The first mobile chemotherapy unit in Yorkshire has been launched thanks to York Against Cancer and will serve patients from right across the Trust.

The £700,000 unit gives patients from outlying areas, who would otherwise travel to the Trust’s main hospitals in York or Scarborough, the chance to be treated closer to home. It will also benefit those at the main hospitals who need longer or more complex procedures by creating more capacity.

Patients who meet a number of strict criteria will be offered chemotherapy treatment on the mobile unit. It will be staffed by highly trained specialist.
nurses with dedicated parking available on each site.

The unit has been donated as part of events to mark York Against Cancer’s 30th anniversary year.

The charity, founded in 1987, has raised £15,000,000 to support cancer care, research and education in North and East Yorkshire and has now launched a £100,000 anniversary appeal to help support the running of the unit.

Patrick Crowley, Chief Executive, said: “We are absolutely thrilled that we have launched our first mobile chemotherapy unit and hope, that as a result, patients with cancer throughout North Yorkshire will feel the benefits from receiving their treatment closer to home.

“York Against Cancer already provides some invaluable services for our patients and we are incredibly grateful that they have given us this opportunity.”

Rob Holby, a 67-year-old farmer from Leavening, has prostate cancer and currently travels to Scarborough for chemotherapy - a return trip of around 60 miles. A former steward at Malton Rugby Club, he still looks after the pitch at the club, which will be one of the regular ports of call for the chemotherapy unit.

Rob said the unit would make a big difference to patients like him: “The nurses in Scarborough are brilliant, they are very good to you, but it is a stressful thing that you are having done. "You try to look on the bright side but you do get a bit down and being able to come somewhere like this will be a lot less stress - travelling home can take an hour for me with the traffic. This is great for everybody - it will be brilliant.”

The unit will call at Malton, Selby, Scarborough and Bridlington. With four treatment chairs, it will be able to accommodate up to 10 patients a day in modern, comfortable surroundings.

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**Fit for the Future – Message from the Chair**

On my travels around our Trust, I am fortunate to meet many members of staff at all levels - you probably know that I am always interested to talk to as many of our staff as possible!

The messages I receive are consistent – that these are difficult times for the NHS and that change is required to enable us to provide sustainable health care services for the communities we serve into the future.

Most of us realise that we will be unable to do this by ourselves, but that we will need to work together with partners from other health providers, from local authorities and from the third sector. Our ability to work with others will be a measure of the fitness of our health care environment.

August is a month when the Board of Directors meet in private - and this month we will be making time for a wide ranging conversation about what fitness for the future will need to look and feel like for our Trust. This will be an important meeting for the directors as it will shape our thinking in the months ahead.

On the topic of fitness, today I attended my free health check at our Trust. As part of the Healthy Workforce initiative, the Trust offers a health check.

The service was personal and confidential and included resting blood pressure, resting blood measures and basic body measurements. Janet, the nurse who did my health check, was kind and positive about the small changes I could make to improve my own health and fitness for the future.

It’s a great opportunity to receive bespoke feedback and advice – and what’s more, it’s free!

Our healthcare community is seeking to get fit for the future, and so is our Trust and with the support of the Healthy Workforce Initiative staff can help themselves to get fit for the future too.

**Sue Symington**

**More info**

For more information about the wellbeing initiatives offered to staff visit the [Wellbeing Pages on the website](#).
Introducing the new Deteriorating Patient Escalation Policy

As the Trust continues its drive to recognise and respond to deteriorating patients a new policy has been introduced with updated guidance for staff on how to manage and escalate patients who become acutely unwell.

The Deteriorating Patient Escalation Policy and National Early Warning Scoring (NEWs) system are here to ensure that staff know how to recognise deteriorating patients so that the sickest patients are reviewed quickly, and escalated to, the most experienced doctors and, if needed, to critical care. The policy gives clear instructions to nursing staff about the frequency of observations that patients require and which level of doctor should be asked to review a sick patient based on the level of the NEWs score.

The Critical Care Outreach Teams based at York and Scarborough hospitals are available to help staff in situations where their patient has acutely deteriorated.

Catherine Balcombe, Lead Sister Critical Care Outreach Team, said: “We understand that patients can develop health problems that sometimes cause quite rapid deterioration. Sometimes junior doctors and nurses lack confidence and experience when assessing deteriorating patients and can be unsure how to escalate their concerns. “If staff have concerns that a patient is getting worse or if their NEWs score goes up they can call Critical Care Outreach who will come and assess the patient and offer clear guidance and support. “We know that early identification and appropriate escalation and management of patient care leads to improved patient outcome.”

Contact the Critical Care Outreach Team at York on Bleep 745 and Scarborough on Bleep 906.

Living with and beyond cancer – new team

A NEW national initiative to improve outcomes for people living with and beyond cancer has seen the appointment of a Macmillan Recovery Package Project team at the Trust. Macmillan has funded the project for three years to roll out a series of key interventions which, when delivered together, can greatly improve outcomes for people living with and beyond cancer.

Jackie Frazer, Macmillan Lead Cancer Care Nurse, said: “With an ageing population more people are being diagnosed with cancer in the UK and people are surviving a cancer diagnosis due to earlier detection and improved treatments. People are now living with and beyond cancer therefore it is vital that support continues during and after treatment.

“The Recovery Package was developed to support people so that they feel more in control of their illness and recovery which increases positive health outcomes both physical and emotional. It further helps self-confidence and overall improvement in health and wellbeing.”

The Recovery Package is made up of a holistic needs assessment, treatment summary and care plan, a cancer care review and health and wellbeing advice and support for every patient. It will provide a more integrated model of care, through a better coordinated approach between secondary, primary and community care and the person with cancer.

The new team of Project Manager Jason Minto and Assistant Project Manager Bianca Cipriano will be working across the health communities and all the different cancer teams to support delivery of all the elements of the recovery package.

The aim is to ensure that all patients diagnosed with cancer at the Trust have access to all elements of the Recovery Package by 2020.
RESEARCH NEWS

THE York renal research team have recruited the first patient in the UK to a worldwide study that focuses on patients who have anaemia caused by chronic kidney disease. Anaemia commonly arises in patients with kidney dysfunction because the kidneys no longer produce sufficient amounts of a hormone which stimulates red blood cell production.

The trial, ASCEND-ND, compares an investigational oral medication to the standard anaemia treatment which is currently an injection. Patients can be involved in the study for up to five years which involves regular study visits with the research team.

The renal research team would like to thank R&D, pharmacy, labs and the specialist anaemia team for their continued support with the study.

Be aware of TB – infection control message

THE Infection Prevention Team is reminding staff to be alert to the symptoms of Pulmonary Tuberculosis (TB) and aware of the procedure for patients who may have the disease.

TB is caused by a type of bacterium called mycobacterium tuberculosis. It is spread when a person with active TB disease in their lungs coughs or sneezes and someone else inhales the expelled droplets, which contain the bacteria.

Astrida Ndhlouvu, Infection Prevention Nurse, explained: “Although TB is spread in a similar way to a cold or the flu, it isn’t as contagious. Treatment for TB usually involves taking antibiotics for several months. While it is a serious condition that can be fatal if left untreated, deaths are rare if treatment is completed. “Most people don’t need to be admitted to hospital during treatment. It is important that healthcare staff are reminded of the symptoms of TB, and of the need for prompt reporting of such symptoms as a means of protecting patients and hopefully leading to earlier diagnosis for health care staff. “This is particularly important for certain staff groups who have regular contact with TB patients and those who work with clinical materials or specimens that might be infectious.

“Most health care workers will have had a BCG vaccination at some point. While this gives good protection for most people, it may reduce over time so it is important that everyone remains alert to the potential symptoms of TB.”

Reporting symptoms of TB promptly protects patients, colleagues and staff. It should be reported to the Occupational Health Team on 7715099 (from York) or extension 7725099 (from Scarborough) by speaking to one of the occupational health nurses.

Symptoms of TB
- Loss of appetite and weight loss
- Persistent cough which gets worse over several weeks or months and does not respond to routine antibiotics
- Bringing up phlegm and coughing up blood
- Unusually tired
- Fever
- Night sweats

This provides an opportunity for staff who want to develop their skills and experience to request a transfer to another clinical area without having to make a formal application for a vacancy. While transfers are not guaranteed, the Chief Nurse Team will support as many staff as possible to develop their skills. It is important that staff have the support of ward sister, team leader and matron or community nursing operational manager in making a transfer request so it is advisable to talk to them if in advance of requesting a transfer. The transfer request form will be available from your ward sister or team leader and also available on Staff Room from the beginning of September.
Teryll Garner, Sister
Malton Hospital
Nominated by the team at the Malton Diagnostic Urology Department, Teryll Garner was praised for going above and beyond her role as department sister on a daily basis, providing help and support to everyone she works with in a unit still very new to the hospital.

Since the opening of the department Teryll has facilitated a smooth transition of services and received regular positive feedback from the patients that have come through the unit.

From patients and visitors, through to staff at all levels, nothing is ever too much and no query ever too difficult for Teryll who embodies the Trust’s values every day and is a shining example to everyone that works with her.

Katie Holgate, Matron (Elderly) & Kirsty Bottomley Sister (ENT)
York Hospital
In a great example of putting our patients at the centre of everything we do, Katie and Kirsty took early morning calls from Chief Nurse Beverley Geary about a man who was becoming increasingly distressed due to severe hearing difficulties he was suffering from a malfunctioning hearing aid.

Beverley had initially come across the man (a former patient) when his tearful daughter had asked for help at reception after feeling isolated and alone in trying to help their father. Upon taking the call from Beverley, Katie and Kirsty arranged for the man to undergo procedures to aid his hearing and have his hearing equipment re-calibrated, personally taking him to and from the ENT department.

Hearing restored, the patient was discharged later that day and told Katie “it is so lovely just to hear your voice”.

Sara Hogg, Domestic Assistant
Scarborough Hospital
Sara Hogg went and above and beyond her normal call of duty in an incredible way when a pregnant lady struggling with abdominal pain came into the Emergency Department on a hectic evening earlier this year.

While waiting in the urgent care centre for review from a specialist team, the patient unfortunately suffered a miscarriage whilst on the toilet. She had been roughly 18 weeks pregnant and naturally, this was an extremely traumatic experience for the patient.

Going well beyond her normal remit, and without question, Sara was kind enough to extract the foetus from the toilet, knowing just how busy the department was at the time. Sara’s empathy and respect for both colleagues and affected family allowed the parents to know their baby had been cared for in a respectful and dignified manner.

Naomi Inman, Midwife
York Hospital
Taking a call from a woman having her first baby in the throes of advanced labour, Naomi demonstrated an outstanding level of care and understanding in helping to keep the woman calm whilst she delivered and the ambulance crew arrived on the scene.

Despite being on the phone and not having immediate contact, Naomi was able to help the mother feel safe and cared for throughout.

The level of care and understanding displayed, prompted an impressed mother and father to write a heartfelt letter of thanks about Naomi to the PALS team – this despite going through an exhausting and testing post-natal period. In it they state that ‘Naomi was amazing throughout and her efforts will be something they remember for the rest of their lives’.

Julia Branson, the daughter of a dementia patient at the hospital, nominated our HCA team from Ward 25 for their ‘tremendous hard work and excellent care’ in doing absolutely everything to ensure that their dementia patients have the best experience possible when recovering on ward 25.

It’s not just the care they afford patients with things like ensuring routine is maintained, but it’s how they also reassure family who are also struggling.

The team have worked with Julia and her sister to develop new strategies of care and communication with their father and ensured that, in three weeks on the ward, their father has shown no signs of distress during his stay, something Julia has said make them feel ‘respected’ and ‘like more than just another family’.
Theatres take Army-style challenge

Theatre staff at York Hospital took part in a high energy military-style team building session last month, aimed at improving the way teams work together. Teams of eleven included nurses, operating department orderlies, receptionists, healthcare assistants and operating department practitioners (ODP) from right across the theatres department all working together to problem solve and achieve shared goals. The team building exercises were run by the army and included moving a barrel from a minefield using limited resources and without entering the minefield. Staff also had to complete an obstacle course in timed trial, build a ‘gun’ then dismantle and move it, and complete a tyre puzzle. Sue Chappell, Team Leader for ODPs who organised the event, said: “All the activities were designed to help teams work together and everyone had a fantastic afternoon - even the doubters raised a smile! The feedback was very positive and many staff commented on the fact that time had been invested in them and how good it was to engage in an activity out of theatre. “There was a good deal of laughter and sportsmanship ending with an afternoon tea prepared by theatre team. We would like to say a huge thank you to all who supported this event, thanks to the army for giving up their time and to Staff Benefits for the sports grant.”

Frailty event aims to improve patient flow

A pioneering event aimed at improving care for patients in Scarborough, Whitby and Ryedale saw more than 90 health and social care professionals gather in Scarborough this July.

The ‘Frailty Working Together’ networking event was designed to give people the opportunity to showcase new services and meet face to face. The event, organised by the Trust’s Corporate Improvement Team, brought together service leads and staff from the Trust – including representatives from the community response team, emergency department, elderly, and discharge teams – along with colleagues from Scarborough and Ryedale CCG and North Yorkshire County Council health and adult services.

Chairing the event was Mandy McGale, the Trust’s Deputy Chief Operating Officer.

Mandy said: “We wanted to meet up with other services so that we could get to know each other and talk about how we can improve patient flow through the whole healthcare system.

“If we continue to work independently and in isolation the future will be difficult – but by looking holistically across the system, across all agencies, we can ensure patients are in the right place, at the right time.

“As individual services we are good but by building trust and working in collaboration we can be better.”

The event was driven by the many changes witnessed in the Scarborough, Whitby and Ryedale area over the last eighteen months, including the new emergency department model - AMM, the development of the community response team and an increase in GP practice based frailty services.

Elaine Hayward, Joint Head of Service Improvement, explained: “With so many changes information, key contacts and relationships have been lost along the way.

“The event has been an opportunity to put names to faces, learn and understand each other’s challenges, build relationships and consider solutions which will benefit patients.

“This event is just the start. We will collate the feedback from today and work with each service to develop their individual approach to making improvements happen.”

Ed Smith, Clinical Director, spoke about the ‘right, from the start’ approach which introduces a simple way to navigate the acute care system which delivers sustainable, high quality, safe care 24 hours a day. Jamie Todd, Directorate Manager Elderly Care, explained the need and importance of rapid identification of frail and elderly patients in the emergency department.

“This can prevent unnecessary admission and provide the most appropriate support for their medical, social and psychological needs.

“To find out more about the event or for a copy of the presentation, contact Elaine Hayward, elaine.hayward@york.nhs.uk
Staff Matters

Nursing conference

Supporting whistleblowers

The Trust’s Freedom to Speak Up Guardian, Lisa Smith and Chief Nurse Beverley Geary were invited to speak at the national Nursing Times Deputy Chief Nurse Conference in Leeds to speak about whistleblowing and to share their learning. They were joined by Dr Henrietta Hughes, National Freedom to Speak Up Guardian to deliver a presentation on ‘Whistleblowing: Learning from the past and planning for the future’. This provided an opportunity for senior nurse leaders from across the country to hear about the Trust’s approach to ‘speaking up’.

The presentation highlighted how organisations can support creating an environment for people to speak out and how to develop and implement a ‘freedom to speak up’ strategy. Beverley Geary said: “We were delighted to present what we have learnt so far in encouraging people to feel safe in speaking up. Lisa has worked very hard across the organisation since she took up the post and has helped identify what is working in our Trust and our results so far which we were happy to share.”

Anyone wanting more information or wishing to raise any concerns can contact Lisa in confidence on lisa.smith@york.nhs.uk or call 7721236 (external 01904 721236), mobile 07818 427420.

“Lisa has worked very hard across the Trust since she took up the post and has helped identify what is working in our Trust and our results so far which we were happy to share”

Celebration of Achievement countdown begins

FINALISTS for the annual Celebration of Achievement have been announced ahead of the ceremony on Thursday 12 October at Bridlington Spa.

The judging has now been completed and the top three finalists in each category have been invited to attend the event with the winners to be announced on the night.

Patrick Crowley, Chief Executive, said: “Thank you to everyone who took the time to fill out a nomination. This year we had 264 entries, with 25 of those from members of the public and it was a tough job judging so many inspiring nominations. I’m very much looking forward to seeing everyone at the Bridlington Spa in October.”

The Finalists

Excellence in Patient Experience
Jennifer Lee – York Hospital
Claire Worrall – York Hospital
Lucy Mason – Scarborough Hospital

Living Our Values
Ian McGuffin – Scarborough Hospital
Meg levers – Scarborough Hospital
James Rushby and Nicola Howarth – York Hospital

Partnership Matters
Brian Golding and the Vital Energi Team – York, Scarborough and Bridlington Hospitals
Michael Russell – York Hospital
Ina James, Laura Walton, Rachel Daniel & Cathy Holman – Community

Enhancing Systems & Services
York Hospital SAU Development Team – York Hospital
Scarborough First Assessment Team – Scarborough Hospital
One Stop Urology Diagnostic Service – Malton Hospital

Efficiency Award
Bridlington Express Carpal Tunnel Release Team – Bridlington Hospital
Susan Jackson – Scarborough Hospital
Malton Urology Diagnostic Centre Development Team – Malton Hospital
Karen Cowley – Trust Wide

Unsung Hero
Edwin Morgan-Sellars – Scarborough Hospital
James Rushby and Nicola Howarth - York Hospital
Ian McGuffin – Scarborough Hospital

Volunteer of the Year
Friends of York Hospital singers – York Hospital
Ruth Saxby and Jasmine May – Bridlington Hospital
Bob Farish – York Hospital

Patient Safety Award
Joanna Andrew, Eoin O’Cuinneagain, Imogen Fairburn and David Worth – Trust Wide
Dr Amelia Bearn, Dr William Lea, Dr Jennie Kusznir, Dr Sam McMeekin, Dr Karen Goodman, Dr Sandeep Kesavan and Dr Sally Irwin – York Hospital
Judy Smith – Scarborough Hospital

Patient’s Award
Vicky Peterson – York Hospital
Karen Aston-Martin – Community
Sharon Rhodes – York Hospital

Nomination forms can be found on the front page of Staff Room or york.nhs.uk or call 7721236 (external 01904 721236), mobile 07818 427420.
Staff Matters

Eye consultant saves sight for charity

AN EYE clinic in central Africa has sent a special thank you to Ophthalmology Consultant, Jan Van der Hoek, for his dedication to saving the sight of patients. Jan has been performing corneal transplants as a volunteer at the Manna Eye Clinic in Cameroon since 2010.

The Trust’s Ophthalmology department has also supported Jan’s volunteering by contributing to the consumables required so that patients who are unable to afford to pay for treatment can receive free surgery.

Dr Elisabeth Herz, Ophthalmologist at the Manna Eye Clinic, said: “This year 26 patients were operated on, most of who were blind or almost blind. A great number of these patients looking for help have already visited costly ophthalmic practices, traditional healers all over Cameroon and received expensive medicines without a positive result.

By the time they get to the Manna Eye Clinic they are almost bankrupt.

“After the successful operation and regain of sight, they feel like a new life has been given to them. The younger ones can go back to school and the older return to their jobs.”

Without the help of the clinic and its volunteers, patients are faced with a commercial corneal transplant operation offered by hospitals in South Africa. This costs around three thousand pounds not including the flight, visa, hospital fees, or medicines which poor patients cannot afford.

Bridlington careers day

S taff from Bridlington Hospital hosted a careers day this summer to inspire local schoolchildren to consider a career in the NHS.

The event was held at Bridlington Hospital in the morning, followed by an afternoon at Bridlington School, where staff from the Trust shared their experience with Year 10 GCSE students to help promote the 300 different roles available in the NHS.

In the morning the children took a unique behind the scenes tour of the hospital, followed by resus training. They visited the x-ray and plaster room where they were able to try out their skills and learnt about the importance of infection prevention.

The students heard about the essential role that the estates team play in the day-to-day running of a hospital, highlighting the many opportunities for those who are not directly looking for jobs in healthcare.

For the afternoon session each speciality showcased their area of work where the children could visit and ask questions. Taking part in the event were colleagues from estates and facilities, occupational therapy, nursing, recruitment, theatre, x-ray and trauma & orthopaedics.

Rebekah Walkington, who helped organise the event, said: “Staff were asked to write a short biography stating what they liked when they were at school and how they got into their current role. This helped give the children a realistic picture of how they ended up working for the NHS.

These biographies were put into a booklet for the students to read so they could ask questions.

“I am grateful to everyone who offered their time and help. Two fantastic examples amongst the volunteers were Carol Jagger, who has been a ward sister since she was 22 years old and Karl Simpson, who was actually a chef for 17 years before becoming a mature student and then a radiographer!

“It was great to see the children so animated and keen to know more about the exciting and varied careers in the NHS. Hopefully one or two of them will decide that we are the right career choice for them.”

The event was led by the school’s history teacher, Mr Horobin. He said: “The opportunity for the children to talk to professionals and find out for themselves what job opportunities are available has been invaluable. The sessions were really engaging and will have taken considerable effort, drive and creativity – in fact all the qualities we’re trying to develop in our pupils. I was incredibly impressed once more with how nice the NHS staff were.”
PATIENTS with chronic kidney disease at York Hospital are keeping fit while receiving dialysis thanks to a generous donation from York Lions Club.

The Lions have donated £2,000 to purchase specialised equipment for the renal unit’s physiotherapy team to help patients stay fit while they are having their treatment. Two new static chair cycles have been purchased initially so that patients can pedal while hooked up to their dialysis machine.

The exercise-on-dialysis programme was set up in 2005 by Renal Specialist Physiotherapist Vicky Pursey. Vicky explained: “We work with renal patients on the unit to keep them active while they are receiving dialysis. Patients attend at least three times a week for four hours or more, and often find it difficult to take regular exercise.

“Research has shown that exercise plays a vital role in reducing further ill-health in renal patients particularly those on dialysis. It helps reduce muscle wasting, cardiovascular disease, and depression.

“Because patients spend so much time in the unit, exercising during this time is a good reliever of boredom as well as actively improving muscle strength and exercise capacity, or fitness. We provide a combination of hand and leg weights, static chair and bed cycles so more equipment means more people can exercise regularly. The secret is trying to make it fun!”

York Lions President, John Camidge, has seen first-hand how kidney disease and dialysis has affected a close family member and is keen to help local patients as well as raising awareness of the importance of joining the donor register.

John said: “The Lions hold fundraising activities throughout the year and through the tireless efforts of our members and the generosity of the public we are able to help local organisations.”

A project aimed at improving the comfort of children and their families during prolonged stays in hospital has seen a bright new look to the Children’s Ward at York Hospital.

The Arts Team have worked with staff on the ward to coordinate new art work for the bedrooms while the Trust’s Estates Team freshened up the walls with a lick of paint and a new colour scheme.

Specially commissioned artwork from local illustrator Tanya MclClelland will complete the new look with child-friendly illustrations.

The project was funded by The Christian Blandford Fund, a charity that helps provide the little things that can make a huge difference to children and families at local NHS hospitals.

The Arts Team and Tanya worked with patients, visitors and staff to choose the final designs. Tanya’s playful illustrations were perfect for the project, with designs taking inspiration from parks and outdoor spaces across the city of York and the beaches of Yorkshire’s East Coast.

Tanya explained: “Having spent quite a portion of my childhood on hospital wards I fully appreciate how welcoming and cheering a bright picture on the wall can be!

“I’m naturally drawn to create bright and playful scenes so the series of hand drawn illustrations I produced celebrate fun activities such as cycling, spotting hot air balloons, visiting the ducks and summer picnics.

“Hopefully they will evoke happy memories of days out with family at places around York; that the children will recognise and feel familiar with. I feel very privileged to have been given this opportunity and hope the children of York Hospital like their new art!”

To see more of Tanya’s illustrations follow her on Instagram.

Bright new artwork for Children’s Ward

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Person of the year nomination for Simon

CONGRATULATIONS to environmental team member Simon Arundel from York Hospital who has been nominated for the York Press Community Pride Award, in the ‘Person of the Year’ category.

On 22 June this year, Simon underwent surgery to donate a kidney to his younger brother Peter who has been on dialysis for 11 years.

Peter’s life has revolved around hospital appointments and dialysis, meaning he was not able to enjoy the things everyone else takes for granted.

The transplant was a success and Peter has not needed dialysis since then and his kidney function has improved. As Peter lives in Staffordshire, and due to Simon and Peter having an incompatible blood group, the transplant took place at Queen Elizabeth Hospital in Birmingham, so Simon had lots of travelling backwards and forwards for appointments.

Simon said: “I knew that eventually Peter’s dialysis would stop working and he would need a kidney to survive. I offered and our tissue match was 100 per cent and the kidney took straight away, even though we aren’t the same blood group.

“The operations were very painful for both of us, but I feel proud to have been able to help. It was scary as I have never had an op before but I am glad I was brave. My whole family, wife and friends were a fantastic support.”
Attention all York cyclists

Do you commute to work on a bike or cycle in your leisure time? Are you thinking about dusting off the bike in your shed or never cycled but want to start?

There will be a cycling promotion at York Hospital during August and September that will have something for everyone, regardless of experience.

Cycling has numerous benefits – it’s a great way to keep fit, unwind to and from work, is cheaper than a car and better for the environment.

Check out the full range of activities and links on offer, on the Staff Benefits webpage.

Coming soon – cycling offers from across North Yorkshire County Council.

Do you need advice on how to deal with bullying?

IT IS estimated that over half the population has experienced or witnessed bullying at one time or another. Bullying can happen to anyone, at any level of an organisation, and from any walk of life.

In the workplace it occurs most frequently between a person in authority and a subordinate but it can also occur between peers and in other working relationships. It creates fear and anxiety and can have devastating effects on an individual’s self-esteem and health.

Organisations also suffer as it lowers morale, decreases productivity and leads to greater absenteeism.

Whilst bullying in schools and with young people is often physical, bullying in the workplace can be psychological in nature and equally damaging. Increasingly it is happening by email, online and via smart phones – also known as cyber-bullying – which means it continues outside of the workplace.

Although the incidence of bullying is reportedly risen in the last 10 years the good news is that there is better awareness in many workplaces.

This has led to more robust anti-bullying policies, complaints procedures and greater protection for those affected. While this is very helpful the very nature of bullying often leaves the victim feeling isolated and at a loss as to how to improve matters. A useful helpsheet offers insight into why bullying occurs, the impact it can have and what you can do if you are being bullied.

If you are affected by anything in the helpsheet and would like to talk further you can speak to one of our wellness partner CIC’s experienced Adviceline Consultants.

Visit the Staff Benefits wellbeing pages to log in.

New ward information boards help visitors

OVER the last year there has been extensive discussion with patients, visitors, nursing staff and governors about the type of information that patients and visitors want to see displayed on our wards.

Colleagues looked at examples from other trusts, and gave feedback on the ‘knowing how we’re doing’ board that was previously used.

A new format has been agreed directly relating to people’s visit or stay on the ward and will be standard to every ward and community hospital.

It includes the Trust visitors’ code, infection prevention guidance, the Trust values and how to give feedback or ask a question. There will also be information about the Night Owl project to aid patients to get a good night’s sleep and ‘our ward routine’.

The ‘about our ward’ poster is different for each ward, but includes information about ward routines such as mealtimes, ward round times and their commitment to John’s Campaign.

Patients and visitors also suggested having information which explains the different uniforms which may be developed in the future.

• For any questions about the boards, please speak to your matron or contact Linda Smith, Patient Experience Project Manager: linda.smith2@york.nhs.uk
STAFF BENEFITS

A regular section provided directly for you by the Staff Benefits Team bringing you the latest benefits as a staff member of the Trust. Whether you are looking for a better work-life balance, want advice in making healthy lifestyle choices, or just to see what discounts are available to you. For all of your benefits go to the staff benefits section on www.york.nhs.uk/staffbenefits or call the team on 01904 721170 or 771 5262. Follow staff benefits on Twitter and Facebook.

Staff Benefits YHFT

Make valuable savings at the staff shops

THE staff shops at York and Scarborough Hospitals are full of many everyday essentials as well as discounted tickets for a whole range of activities. Even better, you can save 10 percent on your purchases if you are in the staff lottery.

Tickets – a variety of tickets can be purchased. If you are based away from the main sites and want to buy any of tickets call the Staff Benefits team and have them posted directly to your home address.

- save over £100 per year on weekly bus tickets
- enjoy Vue cinema tickets for just £6.75 each. New cinema packs are on the way making more savings
- buy discounted tickets for Alpamare Water Park exclusively from the staff shop in Scarborough
- discounted Flamingo Land tickets (£26 each), a huge saving of £12 per ticket

Essentials - we stock everyday essentials such as tea, coffee, cold drinks and snacks, plus a new range of lunch alternatives. At staff shop York people can pay bills and top up mobile phones using Paypoint.

Extras – find a variety of greetings cards, gift wrap and present ideas, and even birthday cake candles. Summer essentials include cool bags, cutlery and cups and a selection of travel products. York staff shop sells Crown trade paint at fabulously low prices, great for those DIY jobs this summer.

East Coast benefits fairs

In July staff benefits fairs took to the road to Scarborough and Bridlington. In Scarborough over 600 staff visited over 30 stalls.

The staff lottery was drawn by Mike Proctor and the winner of the family ticket to the Yorkshire Wildlife Park was Karen Wiley from General Medicine.

Bridlington Hospital had its first ever staff benefits fair with 20 stalls offering a range of discounts to staff and some great raffle prizes donated by the stall holders.

Teena Wiseman, Staff Benefits Manager, said: “We’ve had lots of positive feedback for both events. In Scarborough people were impressed by the range of stalls and after the Bridlington event being so well received we are looking forward to making next year an even bigger success.”

New eye clinic liaison officer for East coast

YVONNE GILLING, pictured, recently appointed as eye clinic liaison officer, is already making an impact on the lives of people with eye problems in the Scarborough and Bridlington areas.

Yvonne said: “I enjoy helping people to continue living full, independent lives with their eye conditions. Hearing how everyone is managing their daily lives has been an inspiration to me and I must say that each one has brought me something new to learn about.

“People have called upon me for many things, but a repeated issue for them has been the sense of social isolation. It is very satisfying signpost them towards various clubs and activities in their locality, and how to contact their local sight loss charity.

“There have been some difficult conversations too – some clients have found it difficult to accept that their sight will not improve, and when helping them to complete their Certificates of Registration I have been honoured to be able to offer the emotional support that they have sometimes needed.”

Yvonne is keen to promote her service to patients. She works across Scarborough and Bridlington hospitals and can offer advice and assistance to all patients with eye problems.

For more information email yvonne.gilling@york.nhs.uk or call 01723 236113.
Staff Matters
August 2017

Fundraising
For more information or to support an appeal please contact the fundraising team at charity.fundraising@york.nhs.uk

Staff put their running shoes on for hospital charity

York 10k runners – thank you!
Thank you to the members of staff who took part in the York 10k in August to raise lots of pennies to help our hospitals! Everyone had a fantastic day and it was lovely to hear how much everyone enjoyed taking part.

Pictured from left: Helen Lamb and Shannon McGovern, the Occupational Therapy Team and Bev Geary

Great North Run – 10 September 2017
Good luck to everyone taking part in the Great North Run in September and thank you to those who have chosen to raise money for York Teaching Hospital Charity!

Four members of staff from Scarborough Hospital who are taking part are Pam Garnett, Alison Hornsby, Karen Settle and Ines Fonseca and they have already raised more than £800 for the Dementia Appeal through sponsorship, a car boot sale and a wine tasting evening! To help them reach their fundraising target of £1,200, please visit their Just Giving page www.justgiving.com/fundraising/greatnorthrungirls2017

Pictured: Karen Settle, Pam Garnett and Alison Hornsby

Ward 26 Team at York Hospital raise money for the Dementia Appeal
Thank you to the Ward 26 team from York Hospital who raised an amazing £702 for the Dementia Appeal by organising a raffle, cake sale and plant sale. The money raised will help to support patients living with dementia during their time in our hospitals. For more information about our Dementia Appeal and how your ward/department can get involved, please email the Fundraising team at charity.fundraising@york.nhs.uk or call 772 4521.

Pictured: Ward 26 Team

Go to our Facebook page for more