Get ready for your flu jab

This year’s flu campaign launches in early October and will once again be delivered at mass vaccination clinics with the support of peer vaccinators both in the community and across Trust sites.

The clinics are scheduled to maximise protection against the virus and minimise disruption to services and staff. Last year a meal voucher was provided after vaccination and this will be offered once again.

Karen O’Connell, Operations Lead for the Occupational Health and Wellbeing Service, said: “Vaccination clinics worked very well last year, the majority of colleagues attended them for vaccination.

Continues on page 2

Have you got a story?

If you have a story for a future edition of Staff Matters, we would love to hear from you! Contact:

Elaine Vinter, Media and Communications Officer: elaine.vinter@york.nhs.uk
Or email staffmatters@york.nhs.uk

September 2017

Staff Matters

Chaplain Andrew’s fond farewell

COPD teams lead by example

Research news

Will writing scheme launches
“Clinics were central and efficient with staff being registered, vaccinated and discharged within five minutes. Importantly, thanks to the participation of so many staff, the Trust was able to increase our vaccine uptake from 46.5 percent in December 2015 to 69 percent by the end of December 2016. “With everyone’s help we very much expect to further improve these figures and, similar to last year, would like to prioritise all frontline healthcare workers as defined by the Department of Health. Those staff should now have received a personal invitation to attend for vaccination.” The flu vaccine is developed based on the strain of flu that has affected people in the southern hemisphere during their winter. Concerns have been expressed publicly by Simon Stevens, Chief Executive of NHS England, that incidences of flu there have been much higher this year, and it has been the variety that puts the most pressure on the older people’s services like care homes. This would mean much more pressure on GP services and hospitals.

- To find out more click on the Flu Hot Topic button on Staff Room.

**Message from the Chair – listening to improve**

By listening, we can learn
You will read below about two important ways in which our Trust seeks to listen to what our staff say over the next couple of months.

But before that I would like to share a very important thank you which I have recently communicated in our Annual Report and at our Annual General Meeting (AGM).

AGM and Annual Report
On 12 September we held our Trust AGM. This is the centre piece of our public governance calendar each year, and is the time when the directors hold themselves publically accountable for the performance of our Trust. It is also the time when we publish our Annual Review. I hope that you can make time to read it - it’s a great way of reminding ourselves of our achievements in the past year and to gain information about our overall performance. As the Chair of the Trust, I provide an introduction to the AGM and the Annual Report, and I would like to share with you what I said this year. I make a simple statement - that for me, the real story about our Trust and its hospitals and the services we provide, is people. …

“Our Trust, and our patients and service users depend on the skills of our staff to care for them and their families, often through difficult times. As well as the important skills of our staff, our patients and service users also look to our staff, in all roles, for kindness, patience and understanding. “It’s not just about what we do, it’s also about the way in which we do things. We know that the little things really count for our patients. My heart lifts when I meet patients or read letters from service users which describe the kindnesses they have been shown by our staff.”

And to reiterate what I say in the Annual Report, I thank all our staff for the small acts of kindness they show every day to those we serve. You can read the information which was shared with the public at our AGM and download the Annual Review 2016/17 from our website at www.yorkhospitals.nhs.uk/about-us/reports-and-publications/ or contact the Communications Team.

Annual Staff Survey
The 2017 NHS National Staff Survey goes live at the end of September. I would like to encourage all of our staff to complete a survey. We can only improve and develop the services we offer to our patients and the ways in which we work with our staff by listening to what you tell us and understanding what matters to you. A really important way of finding out what you think is through the staff survey so please take time to complete it. Our response rates and what you say matters enormously to the Board, they are seen as an indicator of the health of the culture of our Trust by our regulators, and are a critical tool for our leaders and managers as they seek to develop our Trust. The staff survey is open to absolutely everyone, and absolutely everyone’s contribution really matters - and what you say, is entirely confidential.

**The CQC Well Led Review**
On 17, 18 and 19 October, the Trust will be welcoming inspectors from the CQC to undertake a Well Led Review of our Trust. As you know, the CQC are concerned with the quality of patient care, but they understand that the quality of care provided can often be influenced by the culture and leadership of an organisation. The Well Led Review is a method of assessing how the leadership in our Trust creates the best possible environment for delivering the quality of patient care it is our ambition to provide.

Listening in order to improve
One of our four Trust values is listening in order to improve. The staff survey and the outcomes of our Well Led Review will provide us with opportunities to learn, and importantly to listen, in order to improve.

Everyone’s contribution to the staff survey and to any element of our Well Led Review (if you are asked) really matter. Please make your own contribution to the ongoing development of our Trust!

Sue Symington
The 2017 NHS National Staff Survey goes live at the end of September.
This year everyone who was on the Trust’s payroll on a permanent or temporary basis from 1 September 2017 will receive a paper copy of the survey.
The Trust will distribute the surveys with people’s payslips, or for staff on electronic payslips via the internal mail.
Anyone on maternity leave or seconded externally to the Trust will receive a copy at their home address.
Everyone is encouraged to take the time to complete their survey - and to be as honest as possible.
The survey is completely confidential and is returned directly to a third party contractor, which means no-one in the Trust ever sees any person identifiable information.
We will be looking closely at this year’s results to see what else can be done to make the organisation a better place to work.

Frequently Asked Questions

Why are we doing another Staff Survey?
The survey will collect staff views about working in the Trust. Your response will be used to improve local working conditions for staff, and ultimately to improve patient care. It comes out annually so staff views can be monitored over time as well as allowing us to compare the experiences of staff in similar organisations.

What difference does it make?
A number of changes have already been made based on feedback from last year’s survey, in partnership with Staff Side. This includes a redesign of the Sickness Absence Policy, the creation of a Challenging Bullying and Harassment Lead and enhancement of the Fairness Champion role.

Do I have to complete the survey?
Participation in the survey is not compulsory, but staff are strongly encouraged to use the opportunity to give their opinions and views about the Trust by completing the questionnaire. After all, if you don’t tell us, who will?
It is important that as many staff members as possible complete the questionnaire. The higher the survey response rate, the more confident we can be that the survey findings are representative of the views of staff at the organisation as a whole.

Can the questionnaire be completed in the workplace in work time?
Yes – absolutely!

If I fill in the questionnaire, will my response be kept confidential?
Yes. You will submit your completed questionnaire directly to the independent survey contractor appointed by the Trust. The Trust never has access to the questionnaires or to any linked personal data (eg names and addresses).

Why does the questionnaire need an identification number and barcode?
You have been given a unique identification (ID) number so that your name and work contact details are not on the questionnaire. There is no way that anyone in the Trust can link data with a particular ID number or individual.
After the first survey is distributed, survey contractors use the ID numbers to ensure that reminders are only sent to staff who have not returned a questionnaire.

Fond farewell to Andrew

THIS month colleagues past and present from across the Trust gathered to celebrate the retirement of much-loved chaplain Andrew Foster.
Andrew has worked for the Trust for almost 30 years and is known to many staff and patients for his cheery manner and his well-worn jokes.
Have a fantastic retirement Andrew!
Degree congratulations

Celebrating success following a number of years of study are three Macmillan Clinical Nurse Specialists who have completed their academic degrees whilst managing to work and have a home life!

- Rhys Standfield has graduated with a BSc Honours degree in Health and Social Practice from York University and works as a Macmillan Palliative Care Specialist Nurse in Scarborough
- Sarah Welburn graduated with a BSc Honours in Health Professional Studies (Oncology and Palliative Care) from the University of Hull and works as a Macmillan Cancer Clinical Nurse Specialist – Upper Gastrointestinal Cancer, in Scarborough
- Emily Shephard has graduated with a BSc Hons Degree in Health and Social Practice from the University of York and works as a Macmillan Cancer Clinical Nurse Specialist – Skin.

New CCTV system improves safety for all

THE SECURITY team has recently completed a complete overhaul of the CCTV video management software and cameras across the Trust.

In late 2015 an assessment was carried out to improve and enhance the security team’s ability to effectively manage live incidents and recall data from across the Trust to the centralised CCTV control room.

The team looked at a number of software applications which all needed to comply with stringent data handling standards. It would also need to be capable of improving all areas of public space surveillance.

After much discussion with their current technology partners, the CCTV software was replaced in June with an enhanced modern system which covers York, Malton, Scarborough and Bridlington and some smaller Trust premises around York. Ashley Bellwood, Senior Programme Support Officer – CCTV, explained: “The new software has significantly reduced CCTV costs and increased coverage, as well as releasing resources to improve other areas such as Bridlington and Selby Hospitals. “It has increased the quality of images, secured data streaming, and given the operators new tools to search quickly and conduct patrols via camera. “The Trust always puts patient, visitor and staff safety at the forefront of what we do and in a heightened security climate we strive to ensure we are doing all we can. CCTV has become a key tool for impartial factual evidence for the criminal justice systems, and health and safety investigations.

“As such we’ve seen an increase at an average 14 percent in requests for CCTV data every year since 2012. “Working directly with the software’s international manufacturer CBC, we have been able to integrate our system as well as reduce costs and we will be able to constantly develop this for many years to come.”

AMANDA DEAN, from York Hospital’s catering team, has had her photo selected for the popular BBC Countryfile calendar 2017.

Following a successful photography exhibition on the main corridor of York Hospital earlier this year, and press coverage in The Press, Amanda entered her picture for the long-running BBC calendar competition.

Her photo, entitled ‘Pig-a-boo’ was selected out of 30,000 as one of the fun pictures to be used on the back page.
July finalists

Star Award

Recognising and celebrating the achievements of our staff and volunteers

Diogo Martins, Theatre Nurse, York Hospital
Diogo Martins, a Portuguese nurse in the orthopaedic theatre team at York Hospital, was nominated by a colleague for helping the theatre teams translate for two patients who needed procedures and didn't speak English. Diogo used his break-time to translate for a Brazilian lady who was having a Caesarean section, accurately translating the vital information and helping her with the answers to all her questions. This went a long way to allaying the patient's fears. In the case of a small Portuguese boy who needed urgent limb surgery, and only had his brother for company, Diogo came in on his day off. A child in pain, in an unfamiliar country and facing urgent surgery is bad enough, but the language barrier exacerbated the fear. Diogo recognised this the day before surgery when the child was admitted and agreed to come in to assist. “I can’t think of a way in which he could be more helpful in these two situations and he was certainly keeping the patients’ needs at the heart of what we do.”

Tracey Rix, Catering Operative, Selby Hospital
Tracey was nominated by a colleague for the time and effort she puts in to ensuring that patients are getting a good nutritional diet. After finding out their likes and dislikes, Tracey then goes out of her way to make sure every patient’s individual needs are always catered for and tended to. In one such instance, Tracey used her own time and initiative to make the stay of a gluten free patient that much more comfortable. Since arriving on the ward the patient had barely eaten anything as she didn’t like the bread used by the Trust. Tracey, knowing about the patient’s gluten intolerance and finding out about their love of bananas, went in her own time to buy bread and bananas for the patient. Tracey’s ability to listen, learn and give each patient the time they deserve has proved invaluable to the rehabilitation process.

Vicky Mulvana-Tuohy, AHP Senior Manager, York Hospital
Vicky Mulvana-Tuohy, was the leading figure in the Trust’s recent Takeover Challenge success, which saw young people from Westfield Primary Community School take over the running of York Hospital.
Taking place over the course of one full day, the Takeover Challenge gave young people the chance to experience what it is like in the real work environment.

Lilian was an elderly lady who had suffered a stroke and Sue would often come and sit beside Lilian and gently stroke her cheek. Every time she came into the room she spoke to her, looked after her and held her hand. The nomination described her actions as “human, simple, and the way that all patients watching would hope they would be treated”. Lilian’s family noticed that since she had come onto the ward and received such sensitive treatment she had improved beyond their expectations. Sue “deserves extra special recognition for bringing love to a lady who could not speak or reach out, and in turn making us all feel loved and special and worth the effort”.

Sue Wood, Healthcare Assistant, York Hospital
Healthcare assistant Sue Wood was nominated by Angela, a patient who had observed her dedication to another patient.

Elizabeth Allen, Community Discharge Liaison Nurse
Community Discharge nurse, Liz Allen, was nominated for the role she played in helping an end of life patient make her way home. Realising the importance of the situation to the patient, Liz was able to use her local knowledge and contacts to secure her patient’s request to go home, despite a number of barriers that threatened to undermine the patient’s wishes. Liz liaised with the patient and family to ascertain what their needs and expectations were and secured the necessary package of care. This fulfilled the patient’s desire to go home and was all accomplished the same day. Liz did her utmost to ensure the patient experience was a good one and visited the ward to keep the patient and family informed of her progress.

Elizabeth Allen receives her award
NEW plans to create a Trust Institute will include the promotion of international development work and activity. The work is aimed at exchanging ideas and sharing best practice with other healthcare systems to enhance the reputation of the Trust as an outward looking and forward-thinking organisation. It is anticipated that, through information and staff exchange programmes, people can develop their professional and managerial skills and improve healthcare outcomes.

Neil Wilson, Assistant Director of Strategy and Planning, explained: “A small subgroup of clinicians and managers has been set up to oversee this work and co-ordinate activity. “We have also become a member of the United Kingdom International Healthcare Management Association. This is a network of British health trusts and business groups identifying and promoting overseas networking opportunities which is supported by the Government.

“There is much potential. We can offer training and development opportunities and share our knowledge and expertise in some specialist clinical areas such as enhanced recovery and renal care as well as learning from colleagues in overseas healthcare systems.” The subgroup wants to draw on the expertise of the many staff at the Trust who have knowledge and experience of participating in international healthcare work on a professional or voluntary basis. As well as offering support and encouragement, the group is seeking to build on past, current and future overseas healthcare links and interests across the organisation.

The Trust has recently participated in a Chinese doctor placement programme with the Valette’s Business School in Manchester as reported in June Staff Matters. The programme was well received by both the visiting doctors and staff in the specialty areas and similar visits are planned in the future from overseas healthcare teams. Anyone who would like to share their knowledge and experience of international healthcare work or wishes to know more about the programme can contact neil.wilson@york.nhs.uk

One thing the Staff Matters team has noticed when putting this magazine together is how many people we meet across the Trust who love their job. Despite the challenges of working for the NHS, so many of you love what you do regardless – and its inspiring. Each month we’ll be looking for people who love their job to tell us just why they love it so much.

Who are you and what do you do?
My name is Paul Mayor and I’m the Deputy Directorate Manager in the Head and Neck Directorate.

How long have you worked for the Trust?
30 years and 6 months

What attracted you to work for the NHS?
When I was 16 I had a summer job as a domestic assistant in a small psychiatric hospital in the Yorkshire Dales – I remember that as students our main task was to go round cleaning the nicotine from the walls of all the communal areas of the hospital! That aside I got an insight into caring for and communicating with very vulnerable people. I was involved in a youth group that supported children with significant physical disabilities to go on holidays to France, this was immensely rewarding and I felt I wanted to explore caring and nursing further. My mum was also a nursing auxiliary at our local hospital and pointed me in the right direction to gain further advice about nurse training.

What do you like best about your job?
I started nurse training 1975 and in total I have worked 41 years in the NHS. I have been massively fortunate to work with excellent multi-professional teams. In the Trust we are blessed with conscientious, hard worked, highly skilled clinical professionals, managers and support staff. It’s brilliant to work in the operational world with so many colleagues who are working to get the best deal for their patients

What’s a good day for you?
There’s a list:

- All patients attending for planned surgery have a clear post op arrangement leaving a bed available on a ward
- Plenty of beds available to admit emergency patients in
- All clinics running to time throughout the day
- I receive positive patient feedback to share with clinical colleagues
- My office colleagues make me a cup of tea
- My previous service manager colleague bakes a cake to share (the best in the world!)
- I leave the building before 6pm!

What’s the best bit of advice you were given?
Don’t assume anything – check for yourself! And restrict your meetings to one hour max!

Why not tell us why you love what you do? Email staffmatters@york.nhs.uk

Happy retirement, Paul

Paul’s long and varied career in the NHS began in nursing and progressed to management roles across general medicine, general surgery and, for a time, hospital manager at Selby War Memorial Hospital. In 1998 he developed the new Cancer Care Centre at York Hospital and spent 12 years involved in the development of support services, oncology clinics and chemotherapy services for patients with cancer. He moved to the Head and Neck and Ophthalmology Directorates to become deputy directorate manager for both directorates. Paul said: “I have thoroughly enjoyed every aspect of my career. I’m sure I will miss the ‘busyness’ of operational life but after 41 years I feel it’s time for someone else to have a go!”
The Trust’s Chronic Obstructive Pulmonary Disease (COPD) teams have been recognised for their best practice by the Royal College of Physicians National COPD Audit Programme.

Since April 2017 all acute trusts in England have been required to enter national audit data on every patient admitted to hospital with an acute exacerbation of COPD. This data is used to monitor the quality of COPD care delivered at different hospitals across the country, and allows comparison between different hospital trusts.

Caroline Everett, Respiratory Consultant, explained: “The respiratory specialist nursing teams work extremely hard to review patients admitted acutely to York and Scarborough hospitals with exacerbation of COPD. They aim to review patients within 24 hours of admission and ensure that a ‘bundle’ of the vital elements of high quality COPD care are delivered to each patient.

“Many of these elements of care such as ensuring inhaler technique is correct, giving advice and support on smoking cessation, or referring patients for pulmonary rehabilitation are known to improve outcomes and reduce re-admissions for COPD patients. These would often be inadvertently missed without the intervention of the respiratory nursing teams.

“Together with their admin support workers the nurses also ensure that information on this care is documented in the patient’s record and communicated with community and primary care teams at the time the patient is discharged from hospital.

“The results from the first quarter year of National Audit of this activity has confirmed that our Trust has met the required standard for best practice and is one of only 32 hospitals nationally to achieve this. This is entirely due to the hard work and dedication of the respiratory nursing teams at both hospital sites.”

As well as having entered a substantial number of patient records, the team in York were also commended for their spirometry results. This is the test used to help diagnose and monitor certain lung conditions by measuring how much air people breathe out in one forced breath. The team will share their best practice to support hospitals who are struggling in this area.

COMING SOON: New online expenses system

THE TRUST is changing its online expenses system from October.

The new system, ‘Giltbyte EASY Expenses’ will be available from 12 October 2017, when the current system will cease.

It will offer a significant cost saving for the Trust as its functionality is already available within the existing ESR HR/Payroll system contract.

Giltbyte EASY Expenses system has a simple user layout. Although the screen layouts differ slightly, the process for adding and approving claims is very similar. The system will be accessible from any internet based PC and also via a mobile App.

Please remember when traveling for work purposes you should ensure that you use the most efficient and economical means of travel - taking into account the cost of travel, the cost of subsistence and savings in official time. Video/Tele conferencing, public transport, pool cars and the Enterprise Hire Car scheme should always be first choice, depending on the travel required as per the Trust policy.

All details regarding system access, training and user guides will be available on Staff Room. Keep an eye on screensavers and the weekly Staff Bulletin for more details.

In the meantime if you have questions email expenses@york.nhs.uk
New nursing degree course

A new nursing degree course is being developed by the Coventry University Campus in Scarborough and will launch next year once approved by the Nursing and Midwifery Council (NMC).

The university has been working with local healthcare partners to address the nursing shortfall and train the workforce of the future.

Their already successful adult nursing degree will be introduced to the new Scarborough campus in February 2018. Students starting the course will receive their training in a brand new, fully equipped clinical skills facility at the campus, whilst attending placements in local healthcare settings.

Coventry University (CU) nursing degrees were recently named as the second highest scoring for working in practice across the seventy-nine UK universities approved to run nursing degrees.

For more information about BA (Hons) Public Health and BSc Adult Nursing at CU Scarborough please visit their website www.coventry.ac.uk/cus or contact course tutor Emily Harrison on emily.harrison@coventry.ac.uk

RESEARCH NEWS

Free shoes for staff in study trial
From October staff at the Trust will be able to take part in a research project that investigates whether slip resistant footwear reduces slips among healthcare workers.

Working with the University of York and the Health and Safety Laboratory, the study looks at how footwear could be improved to prevent slips, trips and falls which are the main cause of accidents in the workplace. Last year, over 100,000 people hurt themselves as a result of a having a slip, trip or fall at work.

This is about 40 percent of all the injuries which had to be reported to the Health and Safety Executive (HSE).

In this study, staff who agree to take part in the trial will get a free pair of 5-star rated slip resistant footwear (style of their choosing) to see if they prevent slips and if they provide value for money for the NHS.

If you would like to find out more about the trial and how to get a free pair of shoes please email shoes@york.nhs.uk or call ext 7726696

The research team will be holding two launch shoe shops, one in York on 9 October 10.00am -4.00pm in the hospital foyer. One will also be held in Scarborough on 24 October from 11.00am - 4.00pm, venue to be confirmed.

Additionally, there will be two weekly drop-in sessions from October to March in LaRC for staff to come and pick up shoes, try them on and hand in their consent forms.

The sessions will be held every Tuesday morning (8.30am-11.00pm) and Thursday afternoon (12.30am -3 30pm).

See Staff Room News for more information.

Award winning teams
Team of the month at York is the oncology/ haematology research team for their fantastic recruitment record for 2016/17. Not only did they smash their target, they also exceeded their aspirational target. Congratulations for all pulling together and helping each other out with unexpected and rapid staffing changes.

Claire Brookes, Data Administrator, was also nominated individually for consistently demonstrating the Trust values.

National recognition for aneurism study
The Trust’s research team has recruited the 650th patient in the UK into a study which compares the two main types of treatment for a potentially fatal chest condition.

The team has also beaten its recruitment target of 12, with 19 patients recruited to date in the Effective Treatments for Thoracic Aortic Aneurysms (ETTAA) study.

Aortic Aneurysms (ETTAA) study.

Chronic thoracic aortic aneurysm is a widening of the aorta in the chest. It’s a serious condition that needs to be monitored closely because if the aneurysm bursts it can be fatal.

The study, which is recruiting in 28 UK sites including York, aims to see which of two treatments is better for the patient and more cost effective for the NHS.
Overhaul for Scarborough’s faithful generators

The much needed essential repairs to the traditional standby generators at Scarborough Hospital has created a bit of a stir amongst the engine geeks in the Trust.

Built by Rolls Royce, the generators have so far given 35 years of faithful service and after a bit of TLC are expected to continue to provide reliable backup electricity for the hospital.

Nigel Watkinson, Estates Officer, said: “For anyone interested in engines these generators are remarkable pieces of machinery and have never let the hospital down before a bit of TLC are expected to continue to provide reliable backup electricity for the hospital.

The repair work is expected to take about two weeks and the estates team at Scarborough has hired a temporary generator in the meantime.

Geek alert – wide shot of the Rolls Royce engine in pieces

in 35 years. They are built with the same engine that is fitted to the British army's challenger tank, V12 cylinders with twin turbos, and are 500 horse power which is the same power as a formula one car.

“The power generated means we can go from lights out to lights on in less than 10 seconds and create the energy to boil 250 kettles at the same time. We keep enough diesel fuel in stock for ten days continuous running as the generators can go through about 115 litres of diesel an hour.”

Nigel Watkinson, Estates Officer, said: “Setting this up from scratch required vital input from the transport team.

Karen Cowley, Directorate Manager for Specialist Medicine, said: “We are absolutely thrilled with the positive uptake we have had from patients wanting to be treated on the unit already. It will help us to continue to meet demand in a timely manner without compromising on the quality of care we can provide.”

Mobile chemotherapy unit takes to the road

The first patients in the region were treated at the brand-new mobile chemotherapy unit (MCU) when it took to the road this month.

This ground-breaking project is a first for the Trust and has taken a huge amount of work from teams right across the Trust. Finance, estates, infection prevention, domestic services, IT, purchasing and procurement, transport, nursing and cancer information and support services all collaborated to support the project.

Lizzie Walker, Chemotherapy Lead Nurse and Project Manager for the unit, said: “Setting this up from scratch required vital input from the transport team. We are really grateful for their enthusiasm and shared vision to get this project up and running - we really have become one team.

“The logistics of owning, maintaining and moving a unit of this size has been a huge undertaking for the transport team as it’s never been done before and has been a major part of the project.”

The unit visits Scarborough and Bridlington hospitals, Malton Rugby Club and Selby Hospital each week on fixed days to treat those patients who are having regular cycles of chemotherapy. Transport staff drive to the site each day where it takes the HGV driver around an hour to set up each morning and close down on an evening.

Philip Bland, Deputy Transport Manager, said: “We’re delighted to be so heavily involved in this fantastic scheme. From a transport perspective, many hours of preparation and planning have gone into getting this project literally ‘on the road.’

“We are already seeing the benefits that the unit brings to our communities and especially the patients receiving treatment.”

Karen Cowley, Directorate Manager for Specialist Medicine, said: “We are absolutely thrilled with the positive uptake we have had from patients wanting to be treated on the unit already. It will ensure we deliver treatment closer to home for our patients where appropriate across North Yorkshire.

“The unit will also help with the demand on each of the Trust sites. With chemotherapy activity continuing to grow month on month, and new treatments evolving all the time, we are fast reaching capacity. It will help us to continue to meet demand in a timely manner without compromising on the quality of care we can provide.”

Nursing and transport team take to the road

Sign up to Safety ‘Kitchen Table’ update

Feedback from the recent ‘Kitchen Table’ event held by the patient safety team has revealed that patients and relatives said they felt safe in our hospitals.

The team covered a range of topics and have organised the responses into four themes – environment, staffing and HR, culture, and links between hospital and community - so that the issues can be addressed and progress monitored.

Environment concerns included cleanliness, repairs, lighting and flooring, while staffing and HR issues were around nurse staffing levels, cleaning staff, high usage of agency staff and moving staff to other clinical areas they were unfamiliar with.

Other reservations related to confidence among clinical staff to raise concerns and have those concerns listened to, as well as visible evidence of change following this. People observed there was no feedback given following incident reporting and would like to see increased visibility of senior clinical and management leaders across all hospital sites.

It was noted that several Trust policies are hospital specific and do not incorporate out of hospital care. There was also a call for improved discharge planning particularly communication with families and carers and community services.

Bernadette Evers, Head of Patient Safety, said: “We would like to thank all the staff, patients and visitors who spoke with us as part of the kitchen table exercise. The topics discussed were very varied but remarkably similar in their overall themes. This is very encouraging for all staff who work so hard to deliver safe, quality care to all our patients.

“The patient safety team are currently sharing these findings with the clinical and management teams across the Trust, and will be reporting back on our progress later in the year in addressing the issues you have raised.”
Just 10 minutes of walking can make a difference...

A recent TV ad campaign promoting the benefits of a 10 minute brisk walk is inspiring people to download the app and get walking. The One You physical activity campaign encourages adults to build 10 minutes continuous brisk walking into their day as a simple way to improve their health. It’s aimed particularly at those who have an inactive or low activity lifestyle and may find incorporating activity into their day challenging.

Over 6.3 million adults aged 40 to 60 do not achieve 10 minutes of continuous brisk walking over the course of a month and are missing out on important health benefits, according to Public Health England. Brisk walking is simply walking faster than usual, at a pace that gets your heart pumping. Start with a 10 minute brisk walk a day and then see if you can gradually build up to more. It’s the easy way to improve your health and wellbeing. No gym memberships, no Lycra. Just 10 minutes and you!

A regular 10 minute brisk walk can make you feel better in so many ways. It can boost your energy, clear your head and lift your mood. It can help people with lower back pain and those at risk of high blood pressure. It’s also seriously good for your long-term health – it can reduce your risk of illnesses like heart disease and type 2 diabetes. Download the Active 10 app from the iTunes app store (for iOS), Google Play store (for Android). You can also find further hints and tips on the One You website.

Free wellbeing workshops for staff
Look out for the new staff workshops on their way to help you feel better and fitter this winter. Topics will include move more at work, be active, relaxation, and eat well. These will be promoted via Staff Matters, Staff Bulletin and the Wellbeing Pages on the intranet and booked through the Learning Hub.

Diabetes check drop in
Members of the wellbeing team will be in the Hub at Ellerby’s at York Hospital on Thursday 5 October where you will be able to meet the team and have your diabetes risk score calculated.

Free Health Checks
Health checks for Trust staff continue. To find out more about what is involved click on the wellbeing quick link on Staff Room. To book email wellbeingteam@york.nhs.uk

News in brief

Estates and Facilities maintenance calls
From the beginning of September the Estates and Facilities helpdesk are no longer taking helpdesk maintenance calls. All jobs must be reported on the estates online helpdesk via the link on Staff Room. This refers to all sites.

The helpdesk will continue to take any emergency calls for example flooding, fire or Health & Safety issues on 772 5368 but all other requests must be made through the estates online helpdesk. More information on the estates online helpdesk can be found on Staff Room.
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 @YHstaffbenefits StaffBenefitsYHFT

Lottery winner’s surprise...

NEWLY joined member of the Staff Lottery, Marie Sefton who works in urology at Scarborough Hospital, was astonished to find she was one of the top winners in the August draw.

Marie told Staff Benefits Manager, Teena Wiseman: “I was genuinely shocked and surprised but absolutely over the moon when I opened the letter telling me I had won £500.”

Marie had only joined the lottery earlier this year at one of the roadshows outside the restaurant. Marie plans to take her partner and two sons to Blackpool to see the illuminations. She is also putting some money towards wedding expenses as she and her partner have finally set a date.

New nursery for Scarborough

A CONTRACT to change the use of part of Scarborough Hospital’s social club building has been awarded to KinderPlace Nursery.

The work will begin in October and is expected to finish in March 2018. Nichole Swithenbank, Director of KinderPlace Nursery, said: “I’m very excited to have the building for a nursery and now the hard building work begins liaising with the builders.”

For the past seven years KinderPlace have rented a building at the north end of Scarborough Hospital where staff member’s children attend the sessions.

Part of that building houses the gym, squash court and changing rooms and these will still be managed by the Staff Benefits team.

Ellerby’s Christmas Market

A Christmas marketplace aimed at providing staff with exclusive offers, unique gift ideas for all the family and great presents to purchase on the day will be held at York Hospital for the first time. If successful the Christmas markets will be rolled out at other sites in 2018. It takes place on Wednesday 1 November 2017 in Ellerbys, York Hospital from 11am until 2pm.

Organ donation honoured with artwork

THIS month’s National Organ Donation week was marked at York Hospital with the unveiling of an uplifting art work that both acknowledges how it feels to be the recipient of such a great gift, and honours those families who make this important decision at such a difficult time. This year the organ donation team highlighted the importance of talking about organ donation within families. Sarah Plant and Joanne Brookes from the organ donation team, along with consultant anaesthetist John Berridge, met with Tim and Rosemary Tozer, whose son Danny was a donor, and Walter Stockdale who was the recipient of two kidneys. Both are the subjects of the artwork in the corridor near ICU.

To join the NHS Organ Donation Register visit www.organdonation.nhs.uk/register-to-donate/
Fundraising

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

Will-writing service is free

FROM 2-13 October local solicitors are generously giving their time and expertise for free to support York Teaching Hospital Charity to write wills for people.

There is no charge to have your will written, however the charity ask that you support them by making a donation or legacy in return for the time donated by your solicitor.

There will also be appointments available for staff in York and Scarborough Hospital which can be booked through the Fundraising Team.

Fay and Sarah tackle 3 Peaks

Well done to York Hospital staff members Fay Horton and Sarah Trevillion who took part in the National 3 Peaks Challenge and have so far raised more than £1,200 for the Renal Unit at York Hospital. Fay said: “We loved the challenge - 3 peaks, 3 countries and 3400m of climbing in 24 hours. We couldn’t have done it without our amazing support team – our colleague Vickie and her husband. The money we have raised will go towards making a great difference to the experience our patients have on dialysis.”

Browns Christmas shopping event

ON TUESDAY 17 October at 6.30pm, Browns department store in York are hosting an exclusive shopping event to help raise money for the charity’s Dementia Appeal.

Tickets are £10 each and £5 of the ticket is redeemable against any purchase in store. There will also be prosecco, canapes and a raffle.

Tickets can be purchased in the Fundraising and Volunteering Hub in the main entrance of York Hospital or by calling 772 4521.

Browns Christmas Shopping Evening
17th October 2017
6.30pm onwards
at Browns York
Tickets £10
(£5 redeemable against first purchase)
Drinks and Nibbles on Arrival
Goodie Bags
Charity Raffle, tickets £1 each
Latest Season Fashions
20% OFF Selected Lines
(t&c’s apply)

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