The Trust’s project to change the way that medicines are prescribed and recorded has officially launched at York Hospital.

Paper prescription charts will be replaced with an electronic prescribing and medicines administration system called ePMA, which will provide a legible, accessible and fully auditable record for all medication transactions.

Following a successful pilot of ePMA on wards 36 and 39, the long awaited scheme will go live throughout York Hospital during November and December. The roll out in Scarborough and Bridlington will take place in the New Year.

The project began on ward 35 and will continue on to the rest of the medicine and elderly wards between 20 November and 10 December, followed by surgical wards.
Revolution in electronic prescribing is here

Continued from page 1

between 11 and 22 December. Donald Richardson, Deputy Medical Director, said: “As medicines increase in number, the complexity and the interactions between them also increases. The new ePMA system provides us with more robust monitoring and additional tools to manage medicines safely.”

Staff on the wards will use electronic devices when reviewing and administering patients’ medicines. While staff are advised that the medicine rounds may take slightly longer than normal at first, ePMA is a very intuitive system. During the pilot nursing staff picked it up very quickly and felt the benefits of ePMA from day one. Prescribers are already familiar with it from using it for eDN.

During November and December the ePMA team will be on each ward to provide support to prescribers, nurses and other healthcare professionals for a minimum of three days. In preparation, all nursing staff and prescribers have been urged to complete their relevant eLearning package, available on the Learning Hub.

Jennie Booth, Lead Nurse for Medicines Management, said: “All wards have received additional devices for running ePMA, but it’s important to note that ePMA can be accessed from any computer, lap-top or tablet that currently has CPD, therefore giving us the ability to change the way we work.

“We are also going round wards giving staff the opportunity to practice on the ePMA training environment before their wards go live.”

Anyone with questions about ePMA, or would like a demonstration or a practice, should contact the ePMA team at epma@york.nhs.uk.

Antibiotics? Ask a professional

NOVEMBER highlighted the national campaign to raise awareness of resistance to antibiotics.

This year’s theme urged people to seek advice from a qualified healthcare professional before taking antibiotics.

Bacteria can adapt and find ways to survive the effects of an antibiotic so antibiotics are losing their effectiveness at an increasing rate.

They become ‘antibiotic resistant’ so that the antibiotic no longer works and the more you use an antibiotic, the more bacteria become resistant to it.

Antibiotics should be taken as prescribed, never saved for later or shared with others.

It is important to use antibiotics in the right way, the right drug, at the right dose, at the right time for the right duration.

Appropriate use of antibiotics will slow down the development of antibiotic resistance.

Message from the Chair

The little things don’t cost a lot...

Before I write another word, let me check – have you had your flu jab?

I had mine in Ellerby’s a couple of weeks ago – hassle-free, supportive and quick. My thanks to the community nurse who so expertly vaccinated me.

Just in case you need reminding, we encourage all of our staff to have a flu jab to protect their own health and our patients’ health. We are warned that this could be a bad year for flu.

To protect our staff and to protect our patients, our regulators encourage all NHS employees to have the flu jab and they reward trusts that have positive results. Last year we missed out on a payment from our regulator of £364,000 because we had vaccinated 375 too few staff.

Let’s not let that happen this year.

Already more than 3,000 frontline staff have been vaccinated which equates to 48 percent. We must achieve the vaccination of 70 percent of frontline staff this year to earn the Trust £502,000.

Please help us achieve this.

These are busy and difficult times for most of us with winter only round the corner. Our Financial Recovery Plan is now in place and almost all of us can feel the difference that this is making in our working lives. We are making progress but with so many competing priorities it can be difficult to know what to give our attention to first. For us, our priorities in the end are absolutely clear it’s our staff and patients that matter most of all.

As Chair, each month I am provided with our compliments and our complaints letters, allowing me to have real insight of what it is we do when we get it really right, and what it is we do when we get it really wrong.

When we get it really right for our patients, they describe in their letters to us – staff who take great care of them, they write about friendly faces, human kindness, being treated like an individual, professionalism and time to communicate and listen.

Interestingly as I reflect on these common themes, it is clear that those things that allow us to get it really right for our patients don’t cost a penny. They are completely free and are within our own gift, all the time. This is encouraging, while we may be in an unprecedented financial crisis, the things that really matter to our patients and that they want most from us, are completely free!

And – your flu jab is free too!

Sue Symington
Procurement shake-up begins

The government-led overhaul of NHS procurement has begun to take effect and will see changes to what supplies the Trust is able to order in the future.

There will be a huge reduction in the range of items available from 445,000 to 7,000 items. The shake-up includes changes to ordering high cost items and the re-tender of the NHS Supply Chain (NHSSC) contract, the Trust’s largest supplier.

Ian Willis, Head of Procurement, explained: “Staff involved in ordering items will notice a big change with a new online system for orders placed via NHS Supply Chain for some departments and changes to the Oracle system.

“It is also part of the Trust’s overall strategy to maintain financial control and aid recovery and it is anticipated to make £3m savings per trust and £660M in savings across the NHS as a whole.

“We are reducing what is available to only items we have previously purchased and then narrowing the list over time. The trialling of new standardised products is being done nationally.”

Training on the new Oracle system will soon be available, look out for further details on Staff Room and Staff Bulletin.

For more information contact purchasingenquiries@york.nhs.uk or Ian Willis, Head of Procurement.

FOLLOWING the recent appeal for departments to manage Trust resources as effectively as possible, the catering team at York Hospital has risen to the challenge.

A review of their finances and resources has revealed that thousands of pounds can be saved over the year by cutting back on catering for meetings and more careful monitoring of cutlery and crockery from the dining room.

Seraph Mollier, Facilities Manager, explained: “I recently joined the Trust just at the time all departments were being asked to focus on priorities in this challenging environment. We’re now reviewing our costs across the whole department and, by saving in many small ways, hope to make a significant difference overall.

“We have identified some simple ways we can save money for the hospital. By cutting back on hospitality we can make savings both in costs and in better utilising our staff at busy times. “We will continue to provide catering for external customers. However, for internal departments, we would require a secured source of funding and the booking needs to be approved by the Trust.”

The team has also launched a cutlery campaign appealing to teams, wards and individuals not to take the cutlery out of the Trust dining rooms.

Seraph continued: “It may seem a small thing ‘borrowing’ the odd fork every now and again to eat your own lunch but when this is magnified across the Trust it has a huge impact on our stocks, which all comes out of our budget. All we ask is that people don’t take them out of the dining rooms but use the plastic cutlery as an alternative.”

From 1 November, the catering teams across the Trust will no longer accept internal hospitality bookings automatically.

All booking requests will be subject to the Finance Director’s approval.

Anyone wishing to submit a request should email the catering team at the relevant site with the new booking form which is available on Staff Room under Corporate Information on the Facilities page.

Catering team prepares to save £££££s

Trust Staff Restaurants

Cutlery Campaign

Please kindly ensure that trays, crockery and metal cutlery are not taken out of the restaurant.

Your co-operation would be greatly appreciated

“By saving in many small ways, we hope to make a significant difference overall”
Raising awareness of CUP

Cancer of unknown primary (CUP) is hidden cancer. The term is applied when a patient is diagnosed as having cancer which has spread, but its origin cannot be identified. This makes treatment, which is based on the profile of the primary cancer, extremely difficult.

Last month Dawn Platt, CUP Lead Clinical Nurse Specialist at York Hospital, helped highlight the illness with an information stall and tombola and raffle. Dawn said: “This year is the tenth anniversary of the CUP Foundation and the theme was to make ten more people aware of the disease and the impact this has on the patient, family and carers. “Patients suffer the double agony of a cancer diagnosis with the added distress of not being able to explain the origin of their cancer.”

Dawn’s mum Jan with best friend Betty, along with colleague Michelle raised more than £300 for the CUP Foundation which supports patients and carers. The CUP Foundation was established in memory of Jo Symonds who died of CUP in 2006. The charity acts as an advocate for those affected by the unknown disease.

To find out more visit http://cupfoundjo.org

Manchester bombing honour for our James

A YORK Hospital mortuary worker who recently worked as part of the forensic team for Disaster Victim Identification (DVI) following the Manchester Arena bombing, has been honoured at a civic reception.

James Mason, Mortuary Anatomical Pathology Technician, was invited by the Lord Mayor of the City of Manchester to attend the event for all those in the Emergency Services who helped following the atrocity. Congratulations James!

Oncology Specialist Nurses Michelle Park and Dawn Platt assisted by Jan and Betty (centre)

Staff survey – why bother?

MENTION staff survey and you may well be met with a blank stare or rolling of eyes from staff who feel they’re too busy to take part.

It comes round with surprising regularity and is nationally recognised as an important way of ensuring that the views of staff working in the NHS are heard – but what does it really achieve?

Staff Matters spoke to Children’s Services where one small piece of feedback from the survey is already making big changes.

When staff reported that managers were not visible, a quick solution was to make sure they were. Directorate and deputy directorate managers began taking a walk around their areas each day. This small change has resulted in a much more open and accessible culture where staff members are able to voice their concerns, ask questions, or share ideas informally.

Directorate Manager Liz Vincent, said: “We are so pleased to have made these changes. The daily walk rounds have really helped communication and teamwork within the department. It has led to improved practice when ideas are acted upon quickly, and crucially the information is coming from the people who are involved on a daily basis. Improvements have included anything from minor repairs or issues around tidiness, to people questioning procedures in order to find a better way of doing things. “As well as fostering a culture of openness, staff feel empowered to point things out and we can continually look at what can be improved – every week we say is this Friday better than last Friday?”

Although it is still early days, the team have now begun a monthly walk around at Scarborough Hospital where staff from different roles accompany a manager to cast a set of ‘fresh eyes’ around the department adding their own unique viewpoint.

Improvements – no matter how small

- Untidy gardens outside Duke of Kent ward – gardeners have attended
- Problem storing staff handbags – lockers introduced
- Lack of privacy and dignity in outpatients cubicles – blinds installed
- Visitors unable to have hot drinks on wards – introduction of lidded thermocups
- Dirty carpets – cleaned
- Cracked bin – replaced
- Cracked and shabby toys – bought new
- Equipment not working in the York sensory room – new provided from charitable funds

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September finalists

Star Award
Recognising and celebrating the achievements of our staff and volunteers

Oak ward, Scarborough Hospital
The whole team has been nominated by their directorate manager for introducing a multidisciplinary board round that helps to improve the experience and quality of care offered to older frail patients. This has helped patients retain mobility and independence and in turn improved patient safety and the management of patient flow. The whole senior team and MDT on the ward have demonstrated a significant commitment to the implementation of these standards. The ward has consistently reduced length of stay for patients from 14.2 days in December 2016 to 10.7 days in June 2017. “The energy, effort and commitment to improving care and practice has been overwhelming and patients are truly benefitting from this improved way of working.”

Sonia Archer, Advanced Clinical Specialist Therapist for Complex Elderly
Sonia is nominated as a champion for improving the way in which the Trust meets the needs of patients with dementia and frailty, and her work to influence the care of all vulnerable patients. She has worked hard to develop networks and contacts in a wide variety of clinical areas throughout the Trust. “Sonia demonstrates commitment and enthusiasm even when progress is frustratingly slow and she always turns setbacks into opportunities... takes time to listen to individual experiences and make her communication personal and relevant. Making sure that our patients get the very best that they can is key to her workplace behaviours when she delivers her dementia training it is clear that this is her one big passion.”

York and Scarborough Respiratory Specialist Nurses
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. The data monitors the quality of COPD care delivered and allows comparison between different hospital Trusts. The Trust’s respiratory specialist nursing teams 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. Results so far have confirmed that the Trust has met the best practice standards, 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.

Cathy Emanuel, Abby Kirby, Leroy Roberts, Sean Broodbent, Ayad Salmons and Franco Villani, Bridlington Hospital
These staff members were nominated for their calm and compassionate response to a violent and abusive patient. One afternoon a male patient became very distressed and verbally abusive at his appointment in a clinic room in outpatients. This resulted in the male patient self-harming and causing a wound to his hand. It became immediately clear that for the safety of the public and staff, the patient needed to be removed from the clinic. Nursing staff and porters assisted the patient and his family out of the main hospital, while being physically and verbally assaulted, until the police arrived when the nurse administered first-aid to the patient’s hand injury. “Every member of staff acted very professionally and in a calm manner treating the patient with both dignity and respect.”

York Maternity Team
The whole of the maternity team were nominated by their ward manager for their exceptional teamwork during an unexpected incident on G3. Staff were moved from clinic to the wards, from their usual area of work to others, in order for the patient to be given the best care possible by the most appropriate people. There was no questioning as to why people were being pulled to other areas within the department and staff were seeking ways to help in order to make sure there was minimal disruption to other service users, yet allowing the patient to receive the best possible care that could be provided. “The team work on that day was exceptional… as part of that team, it made me feel incredibly proud of my colleagues.”
York Hospital Consultant Cardiologist, Sanjay Gupta, has become a surprise internet hit recently after sharing vital health information online for people with heart problems.

Sanjay has created a York Cardiology channel on Youtube to talk about some of the most common conditions many experience, including heart palpitations, ectopic heart beats and anything disturbing the rhythm of the heart. He has had around 1.5 million hits and built up 20,000 subscribers since setting it up three years ago.

Sanjay explained: “If you develop a symptom in the middle of the night people might wait until the morning, but often they need a doctor to tell them to go to hospital. I thought there’s really nothing out there for people like that, but we have the technology like YouTube.

“I knew I could put out lectures so that people who are worried about something in the middle of the night can seek out information and get help.

“When you’re in hospital you don’t always get the time. You want to give patients more time, but you are bombarded with other things. On the videos I can break things down and make it more understandable.”

Sanjay’s subscribers have boomed in the last year, increasing from 5,500 last year to 20,000 today and many people have watched his videos across the globe to diagnose heart problems.

In one case a man from Sunderland mistakenly believed he had indigestion until he watched a video and realised he was having a heart attack.

Sanjay recalls causing huge confusion for a lady who was brought into the emergency department at York Hospital.

“The patient was told she needed to be checked over by a cardiologist. This had panicked her so she went online for more information and happened to watch one of my videos. Soon after, she fell asleep and woke up to think she was dreaming when I arrived to examine her. She had assumed I was in New York!”

One of Sanjay’s most popular videos is on magnesium where he has had 189,000 hits alone.

Sanjay said: “A lot of people have heart palpitations and I recommended people take magnesium supplements to help them, so many people came back to me and said they had suffered for years and I had helped them.”

To watch Sanjay’s videos go to youtube.com/channel/UCxtbUzEzRpX1B9sGbRudG6g.

1.5m internet hits for Sanjay

Photographic competition

Three staff members at Scarborough Hospital all entered a photographic competition hosted by Intersurgical Limited, a medical supplier, to show special places of interest in their local area.

The competition was open to all hospitals in the NHS, the lucky winner being able to donate £500 to a charity of their choice.

Unfortunately, the winner was not from Scarborough, but three runners up, John Loftus (procurement), Keith Underwood (Medical Device Trainer) and Mark Armstrong (Theatre) will all have their photos shown on next year’s Intersurgical calender, January, June and October.
As an NHS Foundation Trust, we have a Council of Governors who represent the views of the Foundation Trust membership and hold the non-executive directors to account.

The Trust has a total of five staff governors who are elected to represent the views of staff.

Lynda Provins, Foundation Trust Secretary said: “Staff governors bring a unique perspective to the Council of Governors and have an important role in supporting, informing and influencing on a number of levels. They bring a strong clinical or professional perspective and know how accrued from working with staff and patients.”

Following recent elections, Helen Noble and Andrew Bennett were re-elected at Scarborough and Bridlington and Jill Sykes was appointed in York.

The staff governor role is very different from trade unions, professional bodies and staff-side organisations. Staff governors do not work on behalf of individual staff members or represent individuals to resolve problems or issues. They are appointed to represent the interests of staff throughout the organisation, especially those of their particular constituency.

As part of their role staff governors report in good faith any widely held staff views to the Council of Governors, bringing a staff member viewpoint and perspective to the discussions.

They will also advise staff of the work undertaken by the Council of Governors and seek their views.

Staff can contact staff governors with any questions by using their work email address.

“My work in this role will have a direct impact by supporting the healthy heart strategy and the early development of heart problems, such as atherosclerosis and CHD.”

They bring a strong clinical or professional perspective and know how accrued from working with staff and patients.”

New specialist nurse helps with cholesterol

York is a host site for a new regional Familial Hypercholesterolaemia Service that has launched across the Yorkshire and Humber region.

The Trust welcomes Claire Tuson, Familial Hypercholesterolaemia Specialist Nurse for North Yorkshire, based at York Hospital.

Claire is one of a team of five nurses across the region and brings extensive experience from time spent as a cardiac nurse.

Familial hypercholesterolaemia is the medical term for high cholesterol that runs in families. It’s caused by a gene alteration inherited from a parent, rather than an unhealthy lifestyle.

People with familial hypercholesterolaemia have raised cholesterol from birth, which can lead to the early development of heart problems, such as atherosclerosis and CHD.

Claire explained: “In the UK, familial hypercholesterolaemia is thought to affect about 1 in 250 people, which means approximately 240,000 people are thought to be affected.

There’s a 50 percent chance that a child or brother or sister of someone with familial hypercholesterolaemia will also have the condition.

“I feel excited and privileged to be part of a service that will not only offer significant health benefits to patients and their families affected by this condition, but a service which will potentially have an important impact on the burden of coronary heart disease and the risk of premature death.”
I am an occupational therapist – Lucy Wood, student

This year’s theme for Occupational Therapy Week (6-11 November) encourages occupational therapists to tell the world what they do and why they love it. What is it that makes people choose this career?

Staff Matters spoke to Lucy Wood, occupational therapy student who is currently on her first placement with the Trust whilst studying at York St John’s University. Lucy decided to study occupational therapy as a mature student after being inspired by the occupational therapists she had met at the Trust.

Lucy said: “I have worked locally with a range of people with physical and mental disabilities including hearing loss, mental health problems and most recently disabled children. Throughout my career I have worked alongside occupational therapists to empower and motivate people to succeed in doing everyday tasks which they felt would be impossible.

“In my last role as family support worker for a large children’s charity, I worked with Ceiri Morgan and other paediatric occupational therapists at York Hospital. 

“After being made redundant this summer, Ceiri’s care and compassion for the families she worked with inspired me to become an occupational therapist. “What I love about the occupational therapists like Ceiri is their holistic approach and ability to be creative, think outside the box and offer crucial support and guidance in a range of areas.

“The families that Ceiri worked with spoke very highly of her and although she had a hectic work load she would always go that extra mile to ensure they received the right support and made them feel like her only patient.

“I am really looking forward to joining the wonderful world of occupational therapy and like Alice in Wonderland, believe as many as six impossible things before breakfast!"

Neurology team recruits first for EXIST 3 trial

The Trust has become the first in the UK to recruit a patient onto EXIST 3, a rollover study following on from the previous EXIST study. This means that the neurology research team will continue to monitor patients with tuberous sclerosis complex and refractory seizures that have so far proven to benefit from continued treatment of the drug Everolimus.

Adele Arton, Research Nurse, said: “Unfortunately this drug has not yet been approved by NICE to use in the NHS for these specific neurologic conditions. However, this is where research really does provide great opportunities for patients to partake in new, exciting upcoming trials within the Trust.

By continuing to undertake this study here at York, it is not only helping to show improvements into managing these conditions but is striving towards providing the evidence needed to support licencing this drug for future use.”

Team recognised for landmark cardiology trial

The cardiac research team is celebrating the results of the CANTOS trial which tested whether reducing inflammation among people who have had a prior heart attack can reduce the risk of another cardiovascular event happening in the future.

The study was conducted in more than 40 countries around the world and is one of the largest and longest-running clinical trials for heart attack patients. The results were considered a milestone as they showed that targeting inflammation, in this case by a drug, significantly improves outcomes for certain very high-risk patients.

The results were announced at the European Society of Cardiology Annual Congress in Barcelona and was attended by Rashed Hossain, Cardiology Research Physician, on behalf of the team.

RESEARCH NEWS

Rashed Hossain, Clinical Trials/ Research Physician (centre); Heidi Redfearn and Yvonne McGill, Cardiology Research Nurses

On placement with the Trust: Lucy Wood

Pictures tweeted by York OTs promoting their profession for #OTweek2017

❝

Throughout my career I have worked alongside occupational therapists to empower and motivate people to succeed in doing everyday tasks ❞
Hospital turns purple
to raise awareness

York Hospital lit up purple this month to raise awareness of two national campaigns, Pancreatic Cancer Awareness and World Prematurity Day.

Pancreatic Cancer Awareness
The ‘Turn It Purple’ campaign highlights the fifth deadliest cancer in the UK by turning the UK purple every November, Pancreatic Cancer Awareness Month.

Backed by the campaign was healthcare assistant and student nurse, Rachel Fowler, whose husband’s grandfather recently died of the illness and was nursed at York Hospital by the Upper Gastrointestinal (GI) Clinical team.

Rachel said: “Unfortunately, my husband’s grandfather wasn’t diagnosed in time but the care he received from the hospital and the community team, from the date of diagnosis, was outstanding and we will be eternally grateful.

“We’re delighted that the hospital is lighting up for Pancreatic Awareness Month. Our hope is that joining the campaign and raising awareness will help others recognise the symptoms early and receive a quick diagnosis. In the future I hope my family and I can support the hospital and pancreatic cancer charities.”

World Prematurity Day
The team from the Special Care Baby Unit (SCBU) at York Hospital marked World Prematurity Day on 17 November, a global movement to raise awareness of premature birth and the devastating impact it can have on families.

An estimated 15 million babies around the world are born premature each year and more than one million of them do not survive their early birth. Premature birth is the leading cause of death in children under the age of five worldwide.

Catherine is
York Press
Health Hero
CONGRATULATIONS to Catherine Gascoyne, above, who was crowned Health Hero in the Community Pride Awards in The Press. Catherine has been a waiting list co-ordinator at York Hospital for 19 years but has worked at the Trust for nearly 30 years, having worked in the pathology department as a clerical officer before taking on her current role.

Catherine was described as a “shining example of how the NHS should operate.”

Updated sickness absence policy
THE TRUST has worked in partnership with Staff Side to update the Sickness Absence Policy. Version 8 is now available on Staff Room under Policies and Procedures with additional resources under HR and Recruitment.

Key points to note are changes to the names of the three stages and a focus on supporting staff, as early into their health problems as possible, by providing an increased suite of options to be considered at the initial stage.

If you would like to speak to someone about the policy, HR and Staff Side will be running joint drop-in sessions:
• York, The Hub in Ellerbys – 21 November, 12.00 – 13.30
• Scarborough, outside Pat’s Place – 5 December, 12.00 - 13.30

THIS year’s free Staff Benefits calendar, designed to help promote the Patient Experience Team’s Night Owls project, is now available. Thanks to the Arts Team and everyone who took part in the competition. Full details can be found at www.yorkhospitals.nhs.uk/owls

The Night Owl project is aimed at reducing noise on wards to allow patients to enjoy a better night’s sleep.

New calendar promotes Night Owl project
Free health checks

Health checks provide a good baseline measure for you to look at what changes you may need to make to your lifestyle to improve your health and wellbeing.

Ruth Hine, Specialist Nurse Health Promotion, said: “The health check lasts an hour and involves measuring blood pressure, cholesterol and a blood glucose test, weight, waist measurement, height and BMI. “We also look at your risk score for diabetes and cardiovascular disease, and discuss the impact of lifestyle factors such as alcohol, smoking, stress, nutrition and physical activity on your health. There is also an opportunity to look at goal setting for change and you will receive a report of the results of the measurements to take away.”

Health checks are available in York, Scarborough and Bridlington.

If you would like to book a health check please email wellbeingteam@york.nhs.uk

Building resilience

Emotional wellbeing and developing personal resilience is a vitally important life skill which everyone needs to know. Resilience is the ability to cope and thrive in the face of negative events, challenges or adversity. The opposite of high emotional wellbeing is severe psychological distress.

Most individuals as they progress through life will to some degree experience both of these states, which is normal. Understanding and being able to recognise these challenges will enable you to seek help at the earliest opportunity.

Check out the latest fact sheet on Building Resilience from our Wellbeing online partners, accessed through the Trust’s wellbeing web pages. If there is anything raised that you would like to discuss further you can call their counsellors on the Adviceline.

Learn the skills to relax

Find out how relaxation can benefit your health and wellbeing and how you can incorporate relaxation practices into your home and work environment with a workshop at Bridlington Hospital on Tuesday 21 November between 11am and 12 noon in the Committee Room. Experience a practical relaxation session using a guided visual relaxation technique. This workshop is for all Trust staff to learn relaxation skills and tips. Bookings for this workshop are via the learning hub.

Be Active workshop

Whether your work involves sitting, standing or being on the move, the Be Active workshop will help you build the right amount of physical activity in your lifestyle to help prevent the effects of ill health.

It offers practical tips for building more activity into your daily life together with exercises and stretches to help combat mental and physical fatigue.

It takes place at Bridlington Hospital on Thursday 7 December between 11am and 12 noon in the Committee Room. Bookings are via the learning hub.

Hospital Radio looking for new volunteers

YORK Hospital Radio, the charity which broadcasts to patients in York Hospital, is looking for volunteer request collectors to visit the wards, in addition to volunteers to provide back-up help to its sports broadcasters.

The request collectors will be given full training, and will be responsible for visiting selected wards during the daytime, meeting suitable patients, and taking details of the music they would like to hear on the radio station.

In addition, the radio station is also looking for volunteers who would like to help with its sports shows by collating information about scores and scorers, and by preparing audio clips from other sources for broadcast during the show.

Anybody interested in finding out more should email studio@yorkhospitalradio.com or call 01904 628800 and leave a message.
Get ready for the festive season

**Staff Shops**
The Staff Shops have lots of fab ideas for Christmas presents, decorations, Secret Santa presents and chocolate gifts. Make sure you visit the shops in November and December to pick up a great bargain.

**Jack and the Beanstalk tickets special price**
York Theatre Royal vouchers give staff the chance to see the matinee performance of Jack and the Beanstalk for £15 every Friday in January 2018, and staff using the studio can get two tickets for £15. The tickets are for sale in the York staff shop. Call York staff shop on 01904 726507.

**York Barbican Christmas Pantomime**
Great offers on this year’s panto, Robin Hood and the Babes in the Wood. York staff shop has tickets to buy at a discounted rate of £13.50.

**Scarborough Spa**
Jack and the Beanstalk at Scarborough Spa is offering £2 off per ticket with discount code ‘NHS’ at evening performances from 9 December – 1 January.

**Staff Desk Calendars**
The 2018 staff desk calendars designed and printed by Staff Benefits, are being delivered to departments in November and December. Look out for your calendar!

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**Physios celebrate Older People’s Day**

TEAMS of physiotherapists from the Trust joined up with primary care services to set up information displays in local GP Practices to celebrate UK Older People’s Day on 1 October.

The day celebrates the achievements and contributions that older people make to our society and the economy.

The team helped promote healthy ageing for older people offering leaflets to individuals visiting the practices, including the ‘Get Up and Go’ booklet that promotes some simple exercises that improve balance and stability in older people.

Karen Wallace Hill, AHP Advanced Clinical Specialist for Falls (pictured seated below) and Vicki Adams, Professional Lead for Physiotherapy visited Haxby Surgery. Fiona Skelton, AHP Team Manager (pictured right) and Alison Bradley, Senior Physiotherapist visited Beech Tree Surgery in Selby.

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**Baby Friendly**

CONGRATULATIONS to the Trust’s maternity department for once again being credited at the highest level for the Baby Friendly Initiative.

The programme trains health professionals in hospitals, health visiting services and children’s centres to support mothers to breastfeed and help all parents to build a close and loving relationship with their baby irrespective of feeding method.

Well done for all the hard work!
Did you know that over the last year York Teaching Hospital Charity has spent over £1.6 million supporting our Trust? York Teaching Hospital Charity (YTHC) is the official charity which supports the Trust. Charitable funds for all departments come under this charity and money raised or donated for your department can be spent by you.

YTHC is responsible for receiving and acknowledging all donations on behalf of the Trust and actively raises vital funds. Income from charitable sources and donations are imperative to helping us provide the best possible patient experience and maximise our potential, more than ever during these challenging times.

The Charity Fundraising Policy has been revised and a new Expenditure Policy has been released. Please read and familiarise yourself with the new policies as they explain the process of receiving donations for your department, fundraising for your department and spending charitable funds.

They replace the previous Charity Fund Holder Handbook, a new user friendly version of the handbook will be sent out directly to fund holders.

**Endoscopy raffle**

Staff member Lorraine Bowers from the endoscopy department at York Hospital has organised a raffle to raise money for their department. There are lots of fantastic prizes up for grabs including a Christmas food hamper, M&S gift voucher and Flamingo Land tickets. Tickets are £1 each and can be purchased from the endoscopy reception in York Hospital.

**Jumpers at the ready**

Don’t forget, it’s not too late to organise your own Christmas fundraising in your department! Contact the Fundraising Team on 772 4521 or charity.fundraising@york.nhs.uk for helpful ideas and advice.

**Danielle raises money for baby unit**

WELL DONE To staff member Danielle Drydale who took part in the McCain 10k and raised more than £240 for the Special Care Baby Unit at Scarborough Hospital, where Danielle works.

Danielle Drydale is pictured, right, after the event.

**Croft’s chocolates raffle**

CROFT’S Chocolates of Scarborough are kindly supporting the Children’s Ward at Scarborough Hospital this Christmas. As well as making a 7ft chocolate snowman for people to take pictures with, Croft’s Chocolates are also raffling a chocolate hamper worth £100. To be in with a chance of winning the tasty hamper, raffle tickets can be purchased from 27 November onwards from the fundraising hub in York Hospital, fundraising office in Woodlands House at Scarborough Hospital, or from Bridlington Hospital by calling Rebekah Walkington on 771 3167.

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