The Intensive Care Unit, Ward 39, Ward 26, Ward 11 at York Hospital (pictured) and Lloyd Ward at Bridlington are celebrating after achieving ‘Gold’ standard against the Trust’s Ward Accreditation Tool - awarded for scores of 95 percent and above. The Tool, launched in November 2016 following a successful pilot, has 10 sections which have been developed to include specific aspects of ward care - such as nutrition and hydration, falls, dementia and patient experience. The results help the Trust understand where practice is of a very high standard, as well as helping teams understand where wards may need some support to achieve the standards set.

Presenting the awards, Beverley Geary, Chief Nurse said: “In the last year we have audited all 40 wards across the Trust and five...”

CONTINUES ON PAGE 2

THE ANNUAL carol service for NHS staff from around the region was held on 6 December, heralding the start of Christmas for the many who attended. For almost four decades, NHS staff, past and present, have gathered at York Minster each Christmas, taking time out from their busy duties to give thanks and rejoice. A choir of over 200 local NHS staff rehearse at their separate locations in the weeks leading up to the service, only coming together on the day of the service to sing the programme of carols together for the first time.

CONTINUES ON PAGE 3

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

Have you got a story?

Wards going for Gold

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Merry Christmas and a Happy New Year

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3 Urology nursing team wins award

6 Countdown to Christmas – staff help others

8 Pharmacy redesign impresses

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York Teaching Hospital NHS Foundation Trust @YorkTeachingNHS YorkTeachingNHS YorkTeachingHospital
have achieved the gold standard.

“The gold standard is extremely difficult to achieve and, as such, is a significant achievement. Achieving this standard provides assurance that the care being delivered on these wards is of a very high standard.

Beverley added: “I pass on my heartfelt thanks and congratulations to the teams involved in attaining such a high standard.”

Feeling proud...
There cannot be member of staff in our Trust who is not now aware of the financial challenges which we are facing – along with almost every other acute trust in the country.

Each of us has our part to play in our financial recovery, from our Director of Finance who is leading on our Financial Recovery Plan, right through to the most junior member of staff.

We all have to be careful about the way we use resources, the ways in which we use our own time at work and the ways in which we work together as teams for the benefit of our patients and service users. These are difficult times and the board of directors recognises and values the work taking places across the Trust to control our financial expenditure. Thank you.

In the midst of such a difficult time I have been reminded, on a number of occasions, how very proud we should be of our remarkable NHS and the work of our Trust (despite the challenges we face).

Sometimes, as Chair of the Trust, I’m asked to represent the organisation for special events. These events are a source of great pride to me, and should be to all of our staff too. It feels important to share my experiences over the last month or so to encourage you all to feel the pride that I feel in the NHS which we are all responsible for sustaining.

I attended two very special thank you events in the Trust, one in Scarborough and one in York. These celebrated and thanked the very many special volunteers who fundraise for particular areas of our work as a Trust.

Many of these groups are made up of our patients who want to support and help others with the same health issues – these groups are inspiring and we should feel proud indeed of these contributions from the public to the care we provide our patients.

We have welcomed two very prestigious visitors to our Trust in the last month, Sir Malcolm Grant who is chair of NHS England and Lord Carter of Coles, who is leading ways of improving efficiency in the NHS overall. In both cases we were proud to show our Trust and share our work with these senior leaders.

I have attended two events which have celebrated the achievements of our Medical School, first the official opening of the Allam Building at Hull University which was opened by the Queen.

I had an opportunity to tell her how proud we are of the medical school and its students. Secondly, I attended the HYMS student prize giving in Hull - another opportunity to feel very proud of our contribution to developing doctors of the future.

As Christmas approaches I have also been proud to attend the turning on of the Christmas lights on our Christmas tree at York Hospital – provided for us by local businesses. I also attended the NHS Carol Service in York Minster, where a choir of more than 200 NHS staff come together to do something really special together – sing!

So, times are hard but there remain many things to celebrate, many things to be proud of, and many reasons to continue to take personal pride in a job well done and collective pride in the NHS.

Many of the events I describe reveal that the ‘Christmas Spirit’ is alive in our Trust and our community all year round - and of this we should all feel very proud indeed.

Of course I wish you all enjoyable times over the Christmas and New Year period and look forward to meeting you on my Christmas tour of sites North Yorkshire.

Thank you in advance for the contribution that you will make in the weeks ahead.

Sue Symington
Logging in more securely

AS PART of an ongoing review of IT security, the systems and network (S&N) team has made changes to Windows password access to make it more secure.

Passwords used for login to Windows have now increased from a minimum of 8 to 12 characters. This longer password makes it much more difficult to guess or hack a password.

Existing passwords will be unaffected, but the new standard will be adopted over the next two months as passwords expire.

Recommendations for new passwords are to use a combination of three unrelated words so that it is memorable. It should not be the same as one used for personal accounts such as home computers or shopping websites.

Anyone can unlock or reset their password by enrolling onto Password Self-Service which can be found on Staff Room/Top Searches/IT Support.

Over the coming weeks S&N will monitor the effect of this new password standard, and will also be taking further steps to encourage the wider use of our Password Self-Service facility.

Urology nursing team wins national award

Congratulations to the Malton urology nursing team who were recently crowned Urology Team of the Year.

The award was presented at the annual British Association of Urological Nurses (BAUN) conference in Glasgow.

The team was nominated following the opening of the Malton Diagnostic Centre. The award is for a team who have contributed towards improving the patient pathway and experience and developing services. Two of the team attended the conference.

Teryll Garner, Sister at the Malton Diagnostic Centre (pictured in blue), said: “I did not expect us to win as there were plenty of nominations, but I was incredibly proud when the staff who attended contacted me to say we were successful. It’s fantastic to be recognised by your peers for all the hard work that went into setting up the service.”

With the award comes a training grant for staff education for £1,500, and a team building away day.

The urology team recently celebrated the first six months of the service

Carol service

The service is now organised and sponsored by the Trust who will continue on the long tradition.

Patrick Crowley, Chief Executive, said: “The carol concert is a very special occasion and it means a lot to those who attend. The combination of the spectacular setting of York Minster and the atmospheric singing of the choir really celebrates and honours those who work for the NHS. For the many who will be working over the Christmas period, it kicks off the festive season in style.”

The service was led by Revd Canon Peter Moger, Precentor, York Minster with prayers from the Revd Rachel Bailes, Senior Chaplain, York Teaching Hospital NHS Foundation Trust. The choir was conducted by Dr Andrew Padmore.

Oncology and haematology training for all

WOULD you like the opportunity to access Oncology and Haematology learning webinars? All you need is a Trust login and access to a PC, and it only takes one hour.

The new free webinars can provide everything you wanted to know about Oncology and Haematology but didn’t know who to ask. They will be of interest to any healthcare professional who comes into contact with patients with cancer.

The webinars are available on the Learning Hub.

Alternatively fill in a booking form, have it authorised by your line manager and forward it to jane.archer@york.nhs.uk to be sent a unique access code to input when registering for a webinar.

Why not team up with a few colleagues to share the learning experience – there is no cost involved.

• For the full list of webinars available visit www.ohconsultancy.co.uk/cancer-oncology-webinars
Ophthalmic nurses celebrate after completing course

Ophthalmic nurses from across the Trust recently celebrated successfully completing the fourth in-house course in ophthalmic nursing care.

The course takes place over nine months and involves both academic and practical teaching and assessment.

Katrina Swires, Nurse Manager and course leader for Ophthalmology, said:

“Each student has shown their commitment to their own development, as well as enriching the skills of the ophthalmic directorate nursing team. In a specialty which is becoming more and more technical, the nurses now have the underpinning theoretical knowledge and understanding so that they can support our patients, and provide the care appropriate to them as individuals.”

Individual achievements included the highest academic mark for an essay by Kim Locking, best syndrome presentation by Tanya Oldroyd, and application of theory to practice from Penny White and Maria Mathew.

Helen Collins, OPD, BDH; Kim Locking, ophthalmic OPD, SGH; Tanya Oldroyd, Willow ward, SGH; Maria Mathew, eye theatres, YH; Penny White, Eye clinic, YH; Karin Dickinson, Eye day case unit, YH; Amanda Giles, Eye clinic, Harrogate hospital

Memorial quilt marks World AIDS Day

THE NORTH Yorkshire Aids Memorial Quilt has toured the Trust to raise awareness of HIV Testing Week and World AIDS Day.

The quilt is part of a worldwide tradition and was started by a group of bereaved mothers and partners. It is a large free-standing quilt with a white Yorkshire Rose for each of those who has died and is updated each year by North Yorkshire Aids Action (NYAA).

This year the memorial quilt visited Malton, Scarborough and York hospitals.

Kathryn Gallon, Manager at NYAA (pictured first left), said: “We’re very grateful to the Trust for hosting the quilt. It helps highlight World Aids Day and National HIV testing week.

“Whenever the quilt is displayed there is the opportunity to write in the book of remembrance and to pick up a red ribbon. People from all over the world have created a moving record of their loved ones lost to AIDS and their loving concern for those who are living with HIV.”

National HIV Testing Week 2017 (18 - 24 November) offers free and confidential rapid HIV testing in many locations across North Yorkshire and York.

The Yorsexual Health service, run by the Trust, provides a community outreach service in partnership with Yorkshire MESMAC at clinics across North Yorkshire to offer HIV testing. There is also the option of postal HIV tests to be ordered online.

Chief Executive Patrick Crowley visited the quilt, meeting the team from NYAA (pictured right).
October finalists

Star Award

Safeguarding Children Team
Following an extremely distressing safeguarding children case, the team put in long hours to support a large number of staff in York who were directly involved and were understandably upset. Colleagues were supported emotionally and practically by means of debriefs, supervision and drop in sessions. The safeguarding children team ensured that statements were collated and formatted in a timely manner to assist in the court process. By immediately recognising the actual and potential distress to staff caused by this incident and acting quickly to mitigate this, the team demonstrated the high value they place on the welfare of colleagues in the wider organisation. Team members not directly involved in the case supported their own team colleagues by ensuring that routine tasks and advice calls were continued in a seamless manner.

Ward 16, Sisters Allison Sawyer, Rachel Cooke and Sarah McDarby, York Hospital
The whole team from ward 16 were nominated by a patient for their care and professionalism. They were praised for listening to the patient’s concerns and time spent explaining things. “Although they had a very difficult job to do to ease my condition and the daily processes I needed to go through, they always managed to do it with a smile and a laugh. No matter what I was going through they made me feel it wasn’t the end of the world… I was made to feel the staff were going through it with me, and they celebrated with me when I achieved small milestones through my recovery.”

Ward 34, York Hospital
All the staff on ward 34 were nominated by a relative for their care and kindness looking after her husband’s uncle who suffered a stroke. Praised for being welcoming and friendly, every day staff reported back what he had been talking about, whether he had been out of bed, what he had eaten. Unfortunately his health deteriorated and it was clear he would not be leaving hospital. The nurses organised for the patient’s little dog Smudge to be brought in as that was all he talked about. When the family brought Smudge in he jumped on the bed and the patient, who was not really communicating or opening his eyes, immediately started to stroke Smudge’s tummy and appeared to relax and seemed happy. He passed away a couple of days later and the family are grateful of this happy and emotional time and how the team really cared for individual patients.

Bev was going to make this awful thing bearable, and she did. My pain was managed impeccably and her support and advice is something that will stay with us both forever. Bev cried for me and I know she genuinely cared for us and felt for us”. Bev helped the couple feel like parents even though they didn’t get to take their daughter home and do all they planned. Hannah cared for the couple until their discharge and is described as professional, empathetic, kind and simply wonderful. “I will be forever grateful that Hannah delivered our beautiful baby girl Sophie. Hannah helped me dress my daughter and nothing was too much trouble.”

York ED, ICU, SWM OPD, Gary Kitching, Amanda Vipond, Ben Straughan, Mr Brooks, Kathryn Larkin, Emma Allison, Karen Moore
Staff from across the patient journey were nominated by the daughter of a patient who needed an emergency vascular operation to save his life. They were praised for their sensitive, timely, and extremely skilled care. Initially recognising something was very wrong, a CT scan was done before the vascular team were called so that the information they needed was ready immediately. The evening’s theatre list was cleared to give him a chance of surviving, reassurance given by the anaesthetist that he would survive the operation and his care throughout the night when he became very unwell. ‘Dad died but we are so very grateful that he was given a chance to make it. We are left heartbroken but have been spared any “what ifs’ because of the skill and humanity of these incredible teams and individuals.’

Ward 16 team
Ward 34 team
Gary Kitching, Amanda Vipond, Karen Moore and Emma Allison
Safeguarding Children team
Beverley Waterhouse with nominee Hannah Dawes and Hannah’s mother
Beverley Waterhouse with nominee Hannah

Recognising and celebrating the achievements of our staff and volunteers
Volunteers given a seasonal treat

This year’s York volunteers were treated to a Christmas lunch in Ellerby’s restaurant courtesy of York Teaching Hospital Charity.

The charity’s own volunteers, York Hospital volunteers and those from The Friends of York Hospital were invited to the three-course lunch as a thank you for all their hard work over the last year.

Chief Nurse Beverley Geary said: “The work of volunteers is vital to our organisation and we can’t thank them enough for their dedication. “They make life that little bit better for many people in hospital in so many different ways. “Whether their role is to welcome visitors, serve beverages on the wards, support patients as a dining companion or visitor, or to help raise funds we are extremely grateful for their help.”

Knitted angels bring cheer

TINY knitted angels are set to bring festive cheer to staff, patients and visitors at some of the Trust’s hospitals this Christmas.

Knitters in the local community, staff and Friends of the Chaplaincy department have been busy with their knitting needles since October, and weeks of tired fingers later, hundreds of woolly angels are now ready to hit some of the Trust’s hospitals this Christmas.

The woollen angels will be hidden around the hospitals and are free to take home by those lucky enough to stumble across one.

Each angel has a prayer tag attached, kindly funded by York Teaching Hospital Charity, which reads, ‘May God richly bless you and all those you love this Christmas and New Year.’

The angels were the idea of Louise Grosberg, one of the Trust’s Chaplains.

Louise said: “Knitted angels are something I came across in my previous Church community in Sheffield – my hope is that this small act of kindness will bring a smile to the faces of patients, visitors and staff who will be working over the Christmas period.”

Alternative tree

This year’s alternative entry from Bridlington Hospital to the fifth festival of Christmas trees organised by Bridlington Rotary Club, features a zimmer frame as its base.

Well done Rebekah, a triumph as always!

Hospital lights turn festive

This year the York Teaching Hospital Charity put in a special festive request to light York Hospital up in a jolly red and green (pictured).

While the effect is stunning, the secret is down to the crafty facilities team who create the illusion with a set of coloured filters which they have used time and again to support various charity and awareness days.

Thanks to the facilities team for their help.
Working on the children’s ward

Many staff throughout the Trust work over the Christmas period in all sorts of roles from caring for patients, to keeping everything running in a large 24 hour organisation and for this we are thankful. As Christmas is a time for children, Staff Matters asked staff from the children’s ward what Christmas was like for them.

Meet Mandy Thorpe, Deputy Sister on ward 17 at York Hospital and Wyn Jones, Staff Nurse from Duke of Kent ward at Scarborough Hospital.

How did you get started in your career?
Mandy: I came to York for love – my husband is a Yorkshire man and so I moved here in 2010 to build our life together. I actually came to nursing late in life having followed numerous study and work paths and have never looked back.

Wyn: I joined the army and started from there.

What is it like working at Christmas time?
Mandy: Working at Christmas can be a busy time but we try to get as many children home as possible if it is safe and they are well enough. Throughout December we have lots of events, including visits from Santa’s reindeer, craft sessions, cards on the ward, and a grotto on the ward where Santa himself may make an appearance. Being in hospital is a tricky time for families so we do our best to make this time more fun and less challenging. We rely on the generosity of local businesses and people to help us achieve this so working together with our local community is very important to us.

Wyn: Being on a children’s ward it’s great!

Any memorable stories from Christmases past?
Mandy: We always encourage the children to continue any traditions they may have on Christmas Eve so we have Christmas films on in the playroom, put out mince pies for Santa and carrots for the reindeer we also sprinkle sparkly reindeer food for the reindeer to help guide them to the ward. And with all those mince pies, sometimes Santa loses a button from his suit so we might have to have a bit of a hunt for it on Christmas Day! Santa always makes a special visit to the ward so that the children have presents to open and we all try to have our lunch together in the playroom. There is always lots of laughter.

Wyn: Always a happy time.

What are you most looking forward to this Christmas?
Mandy: I just adore Christmas, it’s my favourite time of year, I love all the decorations, the songs and the time with family. I look forward to the whole of December so could not limit it to just one favourite thing!

Wyn: Snow!

What are you hoping to be under your tree on the big day?
Mandy: Anything sewing related, I love making my own clothes and gifts for family and friends!

Wyn: Peace and goodwill to all men.

Stage set for ‘Blue light’ pantomime

A UNIQUE pantomime written and performed by staff from the NHS is set to entertain the residents of York while raising funds for local charities.

The Blue Light Theatre Company put on a pantomime every year at Acomb Working Men’s Club. It is written, directed and mostly performed by Yorkshire Ambulance Service (YAS) staff joined by staff members from the Trust.

Zoe Paylor, Healthcare Assistant at York Hospital’s emergency department, said: “Originally it was set up by YAS staff to help a fellow paramedic who was diagnosed with Motor Neurone disease. Each year it has got bigger and more people have joined, including myself and colleagues from Occupational Therapy and discharge liaison. Funds continue to be raised for the Motor Neurone Disease Association and York Against Cancer.”
Pharmacy redesign impresses peers at clinical conference

The pharmacy team has been sharing with peers how a more flexible, team-based approach can improve patient flow and maximise the pharmacy department’s contribution to patient care.

Pharmacists, Helen Holdsworth and Sarah Woodcock (pictured right) recently attended the annual UK Clinical Pharmacy Association conference where they had been selected to present a poster detailing the impact of some service improvement work to redesign the clinical pharmacy service at Scarborough Hospital.

Helen Holdsworth, Deputy Chief Pharmacist, said: “We presented a poster illustrating how, by moving to a team-based approach, we increased the rate of medicines reconciliation and clinical pharmacy reviews. In addition we increased the proportion of discharge prescriptions supplied within one hour and reduced the number of missed doses. “On-going monitoring of data from the Trust IT system has demonstrated sustained improvement. This approach could be adapted by other organisations to manage their challenges and priorities. “There were 68 posters at the conference and we were the runners up in the best poster award! In addition a lot of people came to talk to us as they were interested in our work and wanted to discuss how they could adapt this for their own organisations. It was a great opportunity to raise awareness of the great work we do within the Trust.

“In addition the results reflect the hard work and dedication of the entire pharmacy team at Scarborough whose willingness to develop the service has produced such great results. We’re really grateful to York Teaching Hospital Charity who funded our places at the conference.”

Monthly audit data obtained from the Trust patient database has shown the percentage of patients who have medicines reconciliation before discharge has increased from 88 percent to 96 percent. The number of discharge prescriptions validated within one hour has increased from 47 percent to 77 percent, increasing patient flow and reducing pressure on beds.

MINESS study makes the news

The Trust took part in an important piece of research into stillbirth, the results which has just been published and made the news. The MINESS study looked at stillbirth and whether sleeping on your side had an impact. Lydia Harris, Head of Research and Development, said: “It’s great to see that the research our women have taken part in and you have all supported will hopefully make a real difference to future pregnancies and babies safety.”

Cardiology first recruited to new study

Congratulations to the Cardiology research team who have recruited the first UK patient to the Parallax study. This is a commercial drug study, funded by Novartis looking at whether study drug is more effective than individualised medical therapy for co-morbidities in patients with heart failure.

Helping stroke patients before they reach hospital

The stroke research team is working with Yorkshire Ambulance Service (YAS) on a trial which aims to improve outcomes for stroke patients, by lowering their blood pressure using a drug administered through a patch costing 39p.

The RIGHT-2 trial is testing whether a patch containing glyceryl trinitrate, a commonly used drug in the treatment of high blood pressure, can also help those who have suffered a stroke, when tested against placebo.

Pearl Clark Brown, Stroke Research Nurse said: “We aim to meet the paramedics when they come in and that helps to ensure a smooth handover. When a stroke patient arrives in hospital, there’s so much going on, so it’s a credit to the paramedics that we are able to run the trial so efficiently.”

Monthly audit data obtained from the Trust patient database has shown the percentage of patients who have medicines reconciliation before discharge has increased from 88 percent to 96 percent. The number of discharge prescriptions validated within one hour has increased from 47 percent to 77 percent, increasing patient flow and reducing pressure on beds.

Statistical analysis

Licences for statistical analysis have been purchased thanks to the hospital charity. The Statistical Package for Social Sciences (SPSS) licences can be found on an open access computer in both the York Library Computer Room, 5th Floor Admin Block, and the Scarborough Library IT Room in the Postgraduate Centre.

The R&D Department can provide support with analysis or any aspect of research and welcome any enquiries from anyone wishing to undertaken research at the Trust research.governance@york.nhs.uk

Research Team of the Month

Congratulations to Sam Hunter, Louise Scott and Tracey Butterfield HCA team in the Antenatal Department – below.
Lung cancer nurses say ‘get checked out’

November is Lung Cancer Awareness Month and this year the lung cancer specialist nurses at York Hospital asked people to hold their head high to highlight the illness.

Over 46,000 people are diagnosed with lung cancer every year, with nearly 36,000 dying from it. It is the UK’s biggest cancer killer in both men and women, and early detection is the key to surviving lung cancer.

This year’s Hold your #HeadHigh campaign was aimed at supporting smokers and non-smokers of both sexes, as well as those who have brought it on themselves.

“November is Lung Cancer Awareness Month and this year the lung cancer specialist nurses at York Hospital asked people to hold their head high to highlight the illness. Over 46,000 people are diagnosed with lung cancer every year, with nearly 36,000 dying from it. It is the UK’s biggest cancer killer in both men and women, and early detection is the key to surviving lung cancer. This year’s Hold your #HeadHigh campaign was aimed at supporting smokers and non-smokers of both sexes, as well as those who have brought it on themselves.”

“Currently only registered midwives have performed the task, or student midwives under midwifery supervision. “In other parts of the country maternity support workers perform this task so a decision was made to do this in the Trust. Through a competency package of training, maternity support workers can now help improve the service quality we offer to mothers and their babies, as well as enhancing their own role and development.”

Pictured are the newly trained maternity support workers receiving their certificates.

People with lung cancer who have been given all the support I need which has helped restore my confidence after being diagnosed. Anyone worried about symptoms should go and see your doctor, they want to help you.”

Roy Castle Foundation, patients were found to be around five times more likely to have surgery, and less likely to have chemotherapy if they were diagnosed at the earliest stage, compared to the latest stage.”

Rita, one of Lucy’s patients, is keen to back the #HeadHigh campaign. She was anxious about going to her doctor’s with symptoms as she was a smoker. After seeing her GP she was quickly diagnosed and now receives the treatment and care she needs at York Hospital. Rita said: “I’ve been overwhelmed by the understanding and support I’ve received from everyone - from seeing my GP at the start, right throughout my diagnosis and treatment. Although I judged myself harshly for being a smoker, I have been given all the support I need which has helped restore my confidence after being diagnosed.

“Although I judged myself harshly for being a smoker, I have been given all the support I need which has helped restore my confidence after being diagnosed. Anyone worried about symptoms should go and see your doctor, they want to help you.”

Rita with Macmillan Lung Cancer Clinical Nurse Specialist, Lucy Doughty

Take care on social media

THE TRUST’S Facebook and Twitter channels are gathering more followers every day and it’s a fantastic way to let people know what’s happening in and around the organisation. It’s now an everyday way of communicating and we get both compliments and complaints plus a sprinkling of very random questions.

We welcome interaction with staff working in the Trust but you might want to check your privacy settings to ensure you are not accessible to people outside your chosen circle when you like or comment.

Facebook tips

If you’re not sure how you want to set your privacy levels for your various Facebook interactions, you can view the privacy basics to get more information and learn the different things you can do to protect your privacy at the level of which you want.

- Open the Facebook app on your mobile phone or tablet.
- Tap the Menu icon - it looks like three lines on top of each other.
- Tap Privacy Shortcuts.

There are four privacy tiers available within the audience selector when sharing most Facebook content.

- Everyone: Grants access to anyone on the Internet.
- Friends: Grants access to only those who are your friend on Facebook.
- Friends of Friends: Grants access to those who are your friend on Facebook, as well as their friends.
- Custom: Grants access to a selective audience of your choice, including specific people and networks.

If you want to be active on Facebook but only to those who you choose, one idea used by many teachers and healthcare workers is to change your name slightly, maybe to use your middle name, maiden name or mother’s maiden name.
STAFF WELLBEING

New AA meeting
A regular Alcoholics Anonymous meeting will be held every Sunday between 11am and 12-15pm at York Hospital in the Boardroom on the 2nd floor of the main hospital block. The first one begins on 7 January 2018. Meetings can be closed or open. A closed meeting is for those with the alcohol problem and an open meeting is for friends, family and professionals to also attend the meeting if they wish.

The last Sunday of each month at the hospital meeting is open to all. All the other Sundays are for the person looking for support with their alcohol problems.

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking.

There are no dues or fees for AA membership; they are self-supporting through contributions. AA is not allied with any sect, denomination, politics, organisation or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes. Their primary purpose is to stay sober and help other alcoholics to achieve sobriety.

For details of meeting throughout North Yorkshire go to http://bit.ly/2ACqO1r

Are you aware that there is a free service available to all staff that can help you with your wellbeing both at work and home? Known as the Employee Assistance Programme (EAP), it is there to support your overall wellbeing, from practical and emotional support, healthy eating, exercise and structured programmes to help you and your family maintain a balanced lifestyle.

More importantly the new service offers free 24 hour advice and counselling, 7 days a week, 365 days a year. The new programme is provided by Health Assured and also offers a Health e-hub app downloadable from the App Store or Google Play.

Check out what’s on offer visit www.healthassuredeap.co.uk for more information using the Username: York and Password: Teaching

New healthy labelling launch
The work continues on the government’s drive to make healthier choices available in hospitals. Staff, patients and visitors to the staff restaurants will soon notice better labelling of lower calorie foods. Soon sandwiches under 400 calories, impulse buys of 250 calories or less and drinks with 5g of sugar or less will bear a sticker making them instantly recognisable to those confused about calories or shopping in a hurry.

Rapid improvement day
The CHILDREN’S Occupational Therapy and Speech and Language teams held a rapid improvement day recently, gathering together key people in each team to look at what changes they could make, within their current level of resource. The teams looked at ways to reduce their waiting lists while continuing to deliver high quality care to their patients.
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 721 170 or 771 5262. Follow staff benefits on Twitter and Facebook @YHstaffbenefits StaffBenefitsYHFT

Buying and selling annual leave - apply from 8 January

The scheme for buying and selling annual leave for the next leave year will open for applications on 8 January 2018 and will close on 9 February 2018.

This scheme allows employees the flexibility to request to alter their annual leave entitlement, either by buying some additional leave or by selling some of their current entitlement. Extra holiday may appeal for all sorts of reasons – the chance to spend more time with family, special holidays or time to complete a special project. Alternatively, if you wish to use less than your full leave entitlement, this scheme gives you the opportunity to apply to exchange some of it for extra salary.

The scheme arrangements are totally discretionary. Staff must first obtain support from their line manager and the final decision will be made by the Directorate Manager or Head of Service. Full details, including eligibility criteria and the application form will be circulated via the Directorates Management team in January 2018, and will also be available on the Staff Benefits page on Staff Room, or from the Staff Benefits Team.

Happy Christmas from Staff Shops

As the year draws to a close Staff Benefits would like to take the time to say thank you to each and every one of their customers for helping make 2017 another great year for the team. They would also like to take this opportunity to wish you all a very Merry Christmas and look forward to 2018. The Staff Shops will close over the Christmas period from 22 December and reopen on 2 January 2018.

The elf on the shelf made an appearance to remind everyone that the staff shops have plenty of last minute gifts – like cinema vouchers!

NEWS

Holly ward’s unique teamwork approach

STAFF on Holly Ward at Scarborough Hospital have taken a unique new approach to teamwork by creating their own set of Principles.

The ward Principles idea was initially introduced in the Professional Nurse Leaders Forum (PNLF).

All wards were involved in the exercise led by matrons Harriet Lynch and Carol Halton.

The teams got together and wrote a word or a phrase they would like used as a principle for the ward to adhere to based on the NHS constitution and the Trust values.

Zoe Jennings, Sister for Holly Ward, explained: “The idea was for each ward to look carefully at what was important to them. Everybody’s input was taken into consideration and used to develop ideas. This also helped highlight issues which we could then address with the Principles.

“The Trust values were developed and personalised to the ward so, for example, when Holly Ward looked at communication we realised ‘speaking to others how you would wish to be spoken to’ came high on our Principles. A small thing such as making it clear it was everybody’s responsibility to answer the phone was also something we wanted to incorporate.

“Holly Ward principles are different to other wards and vice versa as it is what our team have decided was important to us.”
Netball team donates presents

Thank you to York St John University Netball Team for donating Christmas presents to some of our youngest patients in York Hospital and for putting a smile on so many faces.

Lions support

Thank you to the Bridlington Lions Club who kindly supported the York Teaching Hospital Charity’s Dementia Appeal by donating £558. It will be used to purchase large calendar clocks and activity packs. The activity packs are full of reminiscence items that can help engage patients in conversation as they recall memories and items such as jigsaws, dominoes, music games and CDs.

Christmas toddler success

Thank you to everyone who attended the Special Care Baby Unit Christmas Toddle in Scarborough earlier this month. Everyone thoroughly enjoyed the three-mile walk from Scarborough Spa to North Bay Railway and it was lovely to see so many families together on the day.

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