Staff Matters

Huge investment in Scarborough A&E

Scarborough Hospital is to benefit from a £40 million share of funding, following a successful bid by the Trust for capital investment as part of the Humber, Coast and Vale Health and Care Partnership.

The funding will enable the creation of a Combined Emergency Assessment Unit, where staff from a range of medical specialties can work side-by-side in a single assessment area, close to the front door and diagnostic support.

This will help staff to assess patients more quickly and ensure they get the most appropriate care and treatment as rapidly as possible.

Mike Proctor, Chief Executive, said: “This is the culmination of many months work and there are an enormous number of people who deserve thanks. I particularly want to mention Ed Smith who created the vision for emergency care and who has had the patience to stick with it, the Capital and Estates team who produced a compelling case, and to all the staff who work in emergency care at Scarborough. This new environment is exactly what you need and deserve.”

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

3 Taking the test for World Aids Day
5 Need help coping with Christmas?
7 SAFER community teams
10 Award for rheumatology team
Encouraging survey results revealed

The LGBT+ staff network recently carried out a survey of their members which revealed that the majority of LGBT+ staff within the Trust feel safe and protected and confident to be ‘out’ at work. Only 17 percent still felt discriminated against due to being LGBT+ and just 8 percent thought the Trust was not a friendly place to work for anyone LGBT+.

Steven Clark, Chair of the Trust’s LGBT+ staff network, said: “Sadly some staff members still feel hostility or prejudice within their department and that being themselves is not an option. We are here to support staff no matter what their status and have a confidential clause within our network should anyone wish to discuss anything.”

Anyone who identifies as LGBT+ or wants to be an LGBT ally is encouraged to sign up to the network.

To find out more about how to join email lgbt.staffnetwork@york.nhs.uk

Trust raises pressure ulcer awareness

Staff across the Trust celebrated #Stop the Pressure Day on 15 November, raising awareness of preventing pressure ulcers developing in patients.

The tissue viability team, patient safety and podiatry joined forces to visit all in-patient areas to spread the word offering advice with the help of visual training aids, information, and a short video. Lisa Pinkney, Patient Safety Manager, said: “All those involved in the campaign wore a red spot to ‘start the conversation’ about what pressure ulcers are and how they can be prevented.

“The teams then asked everyone to make a pledge to say what they could do within their role to help reduce the risk of patients developing these debilitating ulcers.”

Pressure ulcers remain an issue for many frail and elderly patients and new guidance from NHS Improvement has been launched. The Trust aims to implement some of the recommendations by April next year.

Message from the Chair

In many ways Christmas has come early for our Trust this year with the wonderful news that Scarborough Hospital is to benefit from a £40 million share of funding, following a successful bid by the Trust for capital investment as part of the Humber, Coast and Vale Health and Care Partnership.

The funding will enable the creation of a Combined Emergency Assessment Unit. The funding will enable the creation of a Combined Emergency Assessment Unit. I would like to recognise Dr Ed Smith whose vision for the delivery of ED services on the East Coast has been at the very heart of this bid and who demonstrates that, in his own words, ‘persistence pays off’!

Last week I was delighted to attend the NHS Carol Concert in the spectacular setting of York Minster. It is a charming event and the atmospheric singing of the choir really celebrated and honoured those who work for the NHS.

This year the service had an extra poignancy – firstly because the NHS at 70 was a perfect opportunity to celebrate the achievements of one of the nation’s most loved institutions and secondly, because one of our senior nurses, Ginni Russell, gave a reading which she had written herself in which she reflected on her career as a nurse. What she said was poignant, touching, funny and personal – and moved the congregation to tears and then to a round of applause for her personally as she left the pulpit!

These achievements of just two of our staff lead me to reflect that, while we have faced challenges in the year now ending, and doubtlessly we will face challenges in the year ahead, we all have the opportunity to work as part of an extraordinary team of people, who care deeply about what they do and deeply about those they serve – and for me this is what really matters. I am looking forward to my Christmas Safari, when I will visit all of our sites, and on behalf of the Board of Directors I wish everyone a peaceful and healthy festive period and 2019.
Taking the test for World Aids Day

To mark World AIDS Day (1 Dec) Margaret Sentamu, wife of the Archbishop of York, joined staff from York’s sexual health services and charity Yorkshire MESMAC to highlight the importance of taking a HIV test.

Demonstrating how simple a HIV test can be, Margaret took a finger prick test where the result is given within 20 minutes.

Speaking about World AIDS Day, Margaret said: “It’s important to raise awareness not just for one day, but all year round of the importance of getting tested. There have been fantastic advances in medication which means people can now live a completely normal life, particularly when they get an early diagnosis.

“Understandably people may be nervous about taking a test but you have nothing to lose and everything to gain. Late diagnosis can be devastating, so be brave and go forward - do not fear the test.”

Latest figures reveal that late diagnosis of HIV means that people in York and North Yorkshire can spend an average of three to five years living with HIV before they are diagnosed.

Dr Ian Fairley, Clinical Director for Sexual Health Services, explained: “There are over 100,000 people living with HIV in the UK and around a quarter of them don’t know they’re HIV positive.

“Effective HIV therapy not only keeps the individual well but it also prevents them from passing the virus onto others.

“If someone with HIV is diagnosed early and is able to access treatment then their life expectancy is as good as if they were HIV negative.”

YorSexualHealth runs 27 clinics each week across the whole of York and North Yorkshire.

Find out more about HIV and how to get tested, including a free confidential postal testing kit, by visiting the sexually transmitted infections page on their website, www.yorsexualhealth.org.uk

Postgrad innovation boosts training

WHEN it comes to clinical training, Scarborough’s postgrad centre team has taken simulation training to the next level by producing their own models in-house at a fraction of the cost.

Combining their creative and clinical experience, the team are developing new models for practising clinical skills training by using a 3D printer.

The latest is a simulation model for people to practice surgical incision into the chest wall (thoracotomy) constructed by recycling out of date consumables and using silicones and textiles.

The team has recently created a prototype for chest drain insertion training which costs less than £30 to make, compared with a new model at around £4,000.

Not only can it be used multiple times, it is more anatomically correct than the single-use sheep’s chest previously used.

Simulation Lead for Scarborough Postgraduate Medical Education, Andy Volans said: “We are fabricating re-useable models that are inexpensive to create and have the same feel and feedback for hand-eye coordination as commercially available models at a fraction of the price.

This is very important in the current financial climate.”

Rather than re-create models that are already available at a reasonable cost, the team is looking to create opportunities for cost-effective training that aren’t presently accessible.

Andy Volans continued: “As the various specialty colleges develop their simulation training programmes, the Postgraduate department has been working with those with a more advanced programme to develop models. We can offer specific and bespoke functionality that generalised commercial models cannot offer.

“We know that other colleges are developing their programmes, and would welcome them contacting the Postgraduate team for advice and assistance. Practical models can be developed and be tailored to meet specific training objectives.

“There are also clinical specialities in the Trust who have a developing need for simulation training and we would encourage them to come to us to discuss their needs so that we can assist them.”
October finalists

Star Award

Recognising and celebrating the achievements of our staff and volunteers

Hazel Kavanagh, Respiratory Nurse Specialist, Scarborough Hospital
Hazel received three nominations from colleagues for an example of her dedication to patients and colleagues. A young 29 year old man awaiting a heart and lung transplant became very ill while Hazel was on annual leave. She had cared for him for four years so Hazel came back from leave to break the awful news to him that he was dying. He asked for her to be with him in the intensive therapy unit and Hazel returned promptly to spend the night and day by his side offering comfort and support to him and his fiancee until he passed away peacefully. Hazel was described as bringing “a light of warmth and helped him to ‘breathe easy’ and relieved him of all worries”. Colleagues praise Hazel’s “inspiring act of compassion and care, in essence, a true display of nursing”.

Ian Chapman, LGBT+ Staff Network, York
Ian is nominated by a member of staff whose son had confided in her that he was transgender. The news had come as a great shock as there were no signs her son was unhappy. The support groups available were for parents of young children and, not knowing which way to turn, this staff member saw information about the LGBT+ Network and reached out to them. Ian made himself available to meet for a chat whenever it was needed and it became easier and easier over time to come to terms with calling her son by his preferred pronouns and the name he has chosen to now. The network is described as “helpful, respectful, caring and available were for parents of young children and, not knowing which way to turn, this staff member saw information about the LGBT+ Network and reached out to them. Ian made himself available to meet for a chat whenever it was needed and it became easier and easier over time to come to terms with calling her son by his preferred pronouns and the name he has chosen to now. The network is described as “helpful, respectful, caring and easy’ and relieved him of all worries”. Colleagues praise Hazel’s “inspiring act of compassion and care, in essence, a true display of nursing”.

Alison Heblich, Student Physiologist, Scarborough Hospital
Ali works in the Cardio Respiratory Department and was nominated by a colleague for her observation and quick thinking when a 29 week pregnant lady attended the department to return a monitor. Ali recognised that the lady did not look quite right and sat her down and immediately sought help from one of the cardiology doctors. The lady was found to have severe heart failure and was transferred to York Hospital for an emergency caesarean. As a student who has just completed her first year at University, it was very fortunate that Ali recognised the lady was unwell and if it wasn’t for her swift action and escalation to the clinical team, the outcome may have been very different. Thanks go to Elena Volkova (Cardiology ST4) and Radu Rautu (Echocardiographer) as their rapid intervention greatly improved the likelihood of a positive outcome for this patient. Fortunately both mother and baby are now doing very well and are very grateful for the swift assistance that Ali provided – “her dedication to the job and to the patients she cares for is amazing”.

York Community Team and Whitecross Court
The team were nominated by a patient’s daughter who asked for them to receive ‘a sky full of stars’ for the way they have cared for her 94 year old mum, Betty. Until she was beset by health problems recently, Betty had been able to enjoy full independence which she values so much. Unfortunately, this independence became reduced when she was taken into A&E and her confidence was at an all-time low. After being introduced to the team at Whitecross, Betty was discharged from hospital into their care. The family cannot praise the team enough. “Every single member of the team we have had the pleasure to meet or speak to have been outstanding and the kindness, dedication and care they are offering my mum is truly magnificent and its proven a very humbling experience having these wonderful people in our lives.”
STAFF WELLBEING
A regular section bringing you the latest news and developments from the Wellbeing Team

Need help coping with Christmas?

While many of us love Christmas, for others it’s the most stressful time of year. Christmas is a time of fun and celebration, but it can also bring stress and anxiety.

Whether you live with mental illness or not, the festive period can intensify feelings of loneliness, increase financial worries and put pressure on people to have the “perfect” Christmas.

One in ten people feel unable to cope at this time of year, according to research by the charity Mind - a figure which rises to a third of people with a mental health problem. Christmas can be a challenging time for stress levels and it’s even harder for those with mental ill-health.

The Trust provides support from Health Assured employee assistance programme, available to everyone who works for the Trust. The easiest way to access it is to download the free app.

The Health e-Hub app and online portal help people overcome life’s mental and financial wellbeing challenges. Available on both iOS and Android, it’s the UK’s largest and best free library of wellbeing resources.

You can use the videos, guides, and webinars whenever you need them, no matter where you are in the world.

Call the confidential and compassionate care line. It’s open 24 hours a day, 365 days a year because you never know when you’ll need help.

Get access to online cognitive behavioural therapy (CBT) without having to face long healthcare waiting lists.

To download the app go to Apple App store or Google Play and search for Health Assured.

New nursing uniforms

The new nursing and midwifery team uniforms have now been agreed and preparations have begun to roll them out across the Trust.

The chosen option is a new look for all nursing staff in hospitals and community that reflects a smart and professional image which will also facilitate movement of staff between teams and wards while maintaining a consistent image identifying grade and specialty.

The first step in the roll-out will be for staff to check the size they need to order, and sizing sessions will be arranged across the Trust. The first sizing session will be for staff at Bridlington Hospital where staff will be invited to check their sizing followed by Scarborough Hospital. York sizing sessions will begin in the New Year.

Keep an eye on Staff Room and screensavers for dates of the sizing sessions across the organisation.

New colours

- Matron/Lead Nurse uniforms (do not change) – navy blue with red trim
- Specialist Nurse – navy blue with hospital blue trim
- Ward Sister/Deputy Sister/Charge Nurse/Midwife/District Nurse – navy blue with white trim
- Staff Nurse – hospital blue with white trim
- Healthcare Assistants (Band 2 and 3) – sky blue with white trim
- Band 4/AP and TNA – teal blue with white trim

New features

- Sizes 4-24 (others on request)
- Three lengths – petite, regular, tall (and unhemmed)
- Five lengths of trousers
- Choice of button or elastic waistband

There will be a smart scrub option for certain areas such as theatres and ED where the colour combination corresponds with grade and specialty.
Carols celebrate 70 years

The annual carol service for NHS staff from around the region was held recently, heralding the start of Christmas for the many who attended and to round off a remarkable year of 70th birthday celebrations.

For forty years, 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 come together on the day of the service to sing the programme of carols for the first time.

This year prayers were said by Archbishop of York, Dr John Sentamu, accompanied by the Revd Rachel Bailes, Senior Chaplain from the Trust.

Archbishop Sentamu said: “We had a wonderful, joyous and uplifting time at the Minster celebrating the birth of Jesus Christ and all that brings for us in our lives today.

“My thanks go to all the staff who work in the NHS - your care and skills bring hope and comfort to many. I am pleased that York Hospital Radio will be broadcasting the service so that those who find themselves in hospital can also experience something of the story, song and good news of Christmas - may God be with you at this Christmastime.”

Christmas tree festival

ONCE again Bridlington Hospital’s creative queen, Rebekah Walkington, has come up with an NHS themed Christmas tree for the annual sixth Bridlington Christmas Tree Festival.

Working on the theme of the 12 days of Christmas (you know the tune) it begins with ‘On the first day of hospital, the doctor came to me, with a stethoscope to listen to my heart’ … followed by ‘two surgical gloves, three meals a day, four sample pots, five nurse bell rings, six sterile wipes, seven sharp syringes, eight perfect plasters, nine nice new nurses, ten tiny tablets, eleven marvellous medicines and twelve dazzling dressings and a stethoscope to listen to my heart …’

Thanks to Rebekah the hospital tree was reputed to be the most talked about in the festival!
SAFER community teams

As the SAFER project continues to roll out across the Trust the community teams are the latest group to share how they are using the process to help plan patient care.

The SAFER patient flow bundle uses five simple elements to improve flow and prevent unnecessary waiting. SAFER involves patients and their relatives by giving them four key questions they can ask about their care which helps towards an earlier, timelier and safer discharge.

Community teams have found the process has created better communication, focusing on the patient with a clear plan in mind to work towards their discharge. Lucy Whitehouse, physiotherapist at St Monica's Hospital, said: “It works very well for the patient as they can see we are planning their discharge from day one and they are encouraged to play a part. Patients are encouraged to ask four key questions throughout their stay so they can see how their care plan is progressing which makes it much more inclusive. Things are broken down into smaller goals making it much more focused on the outcome for each patient, and much easier for staff to see where we are in the process.”

Using the SAFER model has seen decisions made much quicker with morning board rounds and afternoon “huddles” supporting decisions that speed up actions for individual patients’ care.

Jonny Jackson, Occupational Therapist from Selby community team, added: “The morning board rounds are really useful. It takes a while to get used to a new way of working but it’s now become a useful part of the team’s day and its much clearer now who leads on a particular task. Once it becomes a regular part of the routine, decisions are made much quicker and SAFER provides a much clearer way of working together.”

The community teams have found that having SAFER ‘champions’ has helped the rollout of the process and kept it on track.

Donna Gibson, Deputy Sister at St Helen’s Rehabilitation Hospital, is one of the SAFER champions. Donna said: “Being a champion is more about spreading the good practice. It’s now becoming business as usual and has certainly created ownership amongst nursing staff. It has focussed everyone on the idea that discharge is everyone’s business.”

Trust hosts national diabetes meeting

A UK-wide group of clinical psychologists working in diabetes met to explore the psychological needs of people with diabetes at York Hospital in October.

The presentations and workshops centred on themes around supporting psychological well-being via web based support, and how to improve engagement with people who may struggle to come to an outpatient appointment. The group also discussed issues around people who may be frequently admitted to hospital and working with people who struggle with eating issues and their diabetes.

There was also an update on the All Party Parliamentary Group meetings around the emotional and psychological support needed for people with diabetes.

The day was hosted and organised by Dr Yvonne Doherty and Dr Rachel Crabbe, Senior Clinical Psychologists from the Department of Psychological Medicine who work into the Diabetes service and the Diabetes Support and Outreach Team based at York Hospital.

The meeting was opened by Dr Vijay Jayagopal, Consultant in Diabetes and Endocrinology with a brief talk around the benefits of having psychology attached to the diabetes service.

Dr Doherty said: “Although it can take time and effort to organise a national event like this one, the day was a great success with colleagues sharing ideas and projects to improve the psychological aspects of care of people who live with diabetes.”
OTs celebrate profession

Occupational Therapy Week is the annual celebration of the occupational therapy (OT) profession and the Trust’s OTs were loud and proud, promoting the valuable contribution occupational therapy makes to the lives of patients, their carers and families and the community.

The theme of the campaign was ‘Securing the future of occupational therapy’, spearheaded by The Royal College of Occupational Therapists (RCOT). This year RCOT challenged its members to make a pledge.

Sophie Boyes, Occupational Therapy Professional Lead, said: “Over the course of the week our occupational therapists took to social media to promote the valuable work they do and make their pledges, over 30 in all.

“Sonia Archer delivered Dementia training to staff at The Ivy in York, which was very positively received. Mandy Graham and Rachel Matthews pledged to share their experience of return to practice after Rachel successfully completed her own return to practice and are now re-registered with the Health and Care Professional Council (HCPC) as an OT. “Perhaps the poignant pledge was from Sian Norman, Occupational Therapist at Selby Hospital who sounded the Last Post at the service of remembrance at York Hospital on Armistice Day. Sian felt privileged to be able to perform this role in honor of all of the service personnel she has treated. Her pledge was to ‘remember’.”

Research News

CARDINAL Network Launch

YORK Hospital recently became part of a pioneering collaboration that brings together NHS trusts and universities across the Yorkshire and Humber region.

CARDINAL is a new initiative to pilot a clinical-doctoral network to support the development of clinical academic pathways for nurses, midwives and allied health professionals in the Yorkshire region. Hosted by the NIHR CLAHRC Yorkshire and Humber, there are four participating universities and five NHS trusts who are working together to run seven new Clinical-Doctoral Fellowships (CDF).

This year a total of six CARDINAL nursing and allied health professional clinical doctorate fellows (CDFs) have been recruited.

Lord Willis of Knaresborough launched the network in Leeds and spoke of the current lack of research nurses in the NHS, the vital role that they could play in applied research in clinical practice and welcomed the CARDINAL network for the new work in this area.

Four of the new fellows spoke about their fields of nursing study - patient support in intensive care, studying access for disabled service users, the treatment of chronic wounds, and working with patients with irritable bowel syndrome.

Research Team of the Month September

Congratulations to the pharmacy research team Poppy Cottrell-Howe, Cheryl Donne, Paul Wood, Mark Elliott and Abigail Rowbotham. They were nominated for their hard work centralising the service to reduce duplication and maximise efficiency. This has been a huge undertaking requiring approvals and co-ordination from clinical trials sponsors before safely transporting the medication within controlled parameters to another location. The pharmacy clinical trials team are a small team and facilitate studies which are run from not only the York and Scarborough hospital sites but also York, Scarborough and Harrogate sexual health clinics which requires a lot of planning. Thank you for all your hard work.

Sonia Archer with the staff at The Ivy, above; right, Sian plays the last post

Lord Willis with four of the new CDFs: Sara Ma, Rebecca Hawthorn, Susan Guthrie, Lucy Hall

Research Team of the Month September

Congratulations to the pharmacy research team Poppy Cottrell-Howe, Cheryl Donne, Paul Wood, Mark Elliott and Abigail Rowbotham.

They were nominated for their hard work centralising the service to reduce duplication and maximise efficiency. This has been a huge undertaking requiring approvals and co-ordination from clinical trials sponsors before safely transporting the medication within controlled parameters to another location. The pharmacy clinical trials team are a small team and facilitate studies which are run from not only the York and Scarborough hospital sites but also York, Scarborough and Harrogate sexual health clinics which requires a lot of planning. Thank you for all your hard work.
ESTATES AND FACILITIES

The busy winter months present some of the most challenging times of the year for Estates and Facilities staff as they tackle snow and ice on our hospital sites, rescue our wards from norovirus and keep people fed through thick and thin. Staff Matters takes a look at how these teams make their contribution to battling winter pressures.

Catering go all out for Christmas cheer

Pat's team served 385 Christmas lunches for staff

The catering teams have the 24/7 task of feeding patients and staff across the Trust all year round, but when it comes to Christmas they really turn up the heat to deliver a bumper food fest.

Christmas lunch will be served to around 270 patients and a further 100 staff at Scarborough Hospital who will be working to keep the busy hospital running. Pat Bell, who has worked for the Trust for 28 years, explained: “We have a tremendous team here at Scarborough. Despite it being Christmas day, the team will still be serving breakfast, lunch and supper - so for us it’s business as usual.”

At York Hospital the impressive service is mirrored with a team of just over 20 staff working from 7am until 3pm, providing Christmas lunch for around 700 patients.

At Scarborough Hospital and Ellerby’s, said: “We make it to the restaurant whether it is waiting for ice and snow to hit. The estates teams are ready and waiting for ice and snow to hit. The estates teams are ready and waiting for ice and snow to hit.

Clearing the way throughout winter

WHEN it comes to winter weather the estates teams are ready and waiting for ice and snow to hit.

At York Hospital and groundsman Shaun Fletcher, Estates Supervisor, goes one further with the department’s very own tractor which rolls into action to clear snow and ice across the hospital grounds. Between November and March Sean and his colleague Gary Connolly provide an essential on call service for snow clearance, gritting and the occasional tree or debris removal.

Thanks to the teams behind the scenes that brave the ice, snow and cold winds to keep everything seamlessly ticking over.

Stopping the spread of diseases

AS THE dreaded norovirus makes its way into our hospitals and wards, the facilities teams bring their specialist training into action, battling to stop the spread of this highly infectious and deeply unpleasant virus from ward to ward.

Once notified by Infection Prevention, the facilities team begin the painstaking cleaning process following ‘enhanced’ and ‘barrier cleaning’ procedures, using only specific colour coded cleaning equipment.

The schedule includes cleaning all hard surfaces using a chlorine based product and ensuring all sanitary and high touch points are cleaned three times a day.

Staff wear colour coded protective equipment to stop the spread of infection and there is no movement of staff when a ward is closed to ensure that the virus is not spread via a staff member.

Once a ward is ready to reopen a team will do a deep clean. This means taking down all curtains, stripping the beds to the frame, tipping lockers, tables and chairs, emptying waste bins, towel dispensers and toilet roll holders. The team then thoroughly clean all equipment and mop all floors, again using the chlorine based solution. They then re-hang clean curtains on the ward and, only when this has been done, can the ward reopen.

Jenny Louth, Facilities Manager at Scarborough Hospital, explained: “The specialist training that staff receive is paramount in the prevention of cross contamination and stopping the spread of the virus from ward to ward.

“As you can imagine the pressure is on to reopen a ward which often gives our staff a tight deadline to work to.

“Last winter was a particularly busy time for the facilities staff and supervisors.

“They often found themselves working till after 10pm reopening wards so that new patients could be admitted – only to find that when they arrived for work the following morning the ward had been closed during the night due to a patient becoming symptomatic!”
Rheumatology award

The Rheumatology team at York Hospital has received a prestigious national award which recognises health professionals who have gone above and beyond to help people with axial spondyloarthritis including ankylosing spondylitis (AS).

The Patients’ Choice award for ‘Best AS Team’ came from the National Ankylosing Spondylitis Society (NASS) and is voted for by patients.

AS is a painful, progressive form of inflammatory arthritis affecting 1 in 200 adults, with symptoms usually starting by the age of 24. The current average delay to diagnosis for AS in the UK is eight and a half years.

Helen Bickerdike, Specialist Nurse for Rheumatology, said: “We were delighted to find out we had won an award after a York patient nominated us anonymously. It was a fantastic event with afternoon tea held in Houses of Parliament and the opportunity to network with colleagues and meet sufferers from across the country.”

Dr Dale Webb, NASS Chief Executive said: “NASS is proud to celebrate those clinicians who go that extra mile and make a big impact on people’s health and well-being. The award to the team at York Hospital is a great example of this.”

Extract from the nomination:

“The whole team from my rheumatologist, to the specialist nurses to the team who have to take my bloods due to being on biologics. Thank you! Everyone I have dealt with to do with my AS care have been fantastic, patient, understanding and most importantly they have been kind. These attitudes and behaviours make a big difference when trying to deal with a chronic illness that often has a major impact on your life either physically, psychologically or both. The team continues to impress me despite the increasing pressures on the NHS.”

Dungeon donates mobile entertainment unit

THE YORK Dungeon and their company charity, Merlin’s Magic Wand, have donated a state-of-the-art, portable entertainment unit that can be used across wards at York Hospital.

Merlin’s Magic Wand is the charity of parent company Merlin Entertainments who own the York Dungeon. They have donated a Merlin’s Magic Wand Mobile unit, one of only two in the country, which is specially designed to provide children who are too ill to leave their hospital bed or ward with a fun interactive unit with a built in games console and TV.

Andy Jennians, Deputy Directorate Manager for Child Health, said: “The unit is great for the children coming onto our wards and I’m certain it will make a big difference in helping to keep them entertained or distracted while in hospital.

“Some of the children are unable to access the playroom due to illness, so the unit will help ensure they don’t miss out as it can be taken directly to their bedside.”

As well as a built in games console and TV there are LEGO and DUPLO brick sets and storage for more games and toys.

General Manager of the York Dungeon, Marc Bell, said: “Our team absolutely love giving back to the community, especially when it involves something as fun as this. We can’t wait to hear about how much the ward benefits from the unit.”

The team at York Dungeon hope to donate more games and DVDs over time.

‘We can’t wait to hear about how much the ward benefits from the unit’
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

News round-up

Buying and selling annual leave scheme 2019
The scheme for buying and selling annual leave for the next leave year will open for applications on 7 January 2019 and will close on 8 February 2019. It 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 leave. 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 do not have a contractual right to buy or sell leave. 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 in January 2019, and will also be available on the Staff Benefits page on Staff Room under Salary Sacrifices, or from the staff benefits team.

Amazon Lockers available in hospitals
Amazon Lockers are available for staff to use at York Hospital main corridor and at Scarborough Hospital outside Haworth Unit. Amazon Lockers are self-service kiosks where staff who sign up as Amazon customers can receive or return their parcels. Staff can select a locker location and collect their parcel or drop off a return item at a time that’s convenient for them. Customers have three business days to collect their package, after which time it is returned for full a refund.

First York bus tickets
As from 31 December 2018 staff will no longer be able to purchase a bus pass from the York Hospital staff shop for First Group York Services. Instead people can join their Commuter Travel Club and purchase e-tickets at the same price. Details can be found on the travel and transport section of the Staff Benefits web page.

Merry Christmas and thank you
Thank you for your continued support. As the year draws to a close we would like to take the time to say thank you to each and every one of our customers for helping make 2018 another great year for Staff Benefits. We would also like to take this opportunity to wish you all a very Merry Christmas and we look forward to 2019.

The staff shops will close over the Christmas period on Monday 24 December and reopen on 2 January 2019.

Pancreatic cancer awareness
NOVEMBER marked Pancreatic Cancer Awareness Month, and the Trust’s Upper GI team were once again determined to raise awareness of the tenth most common cancer and the fifth most common cause of cancer death in the UK.

To highlight this, York Hospital was one of several buildings in the city that turned its lights purple to help to raise awareness. Patients Sheila Cooper (front right) and Geoffrey Underwood (centre back) joined the team to add their voices to the campaign.
Staff Matters

December 2018

Your hospital charity

To get in touch with the charity team, please email charity.fundraising@york.nhs.uk or call 01904 724521

Challenge yourself during 2019

Skydive - 11 May & 21 September

Take to the skies, reach your limit and have the most exhilarating experience of your life. Join our group and be a part of something amazing.

Registration fee: £50
Suggested sponsorship: £400

York 10k - 4 August

A stunning run around the City of York. For those of you chasing a PB, then this flat and fast course offers you potential.

Registration fee: Free
Suggested sponsorship: £75

Walk in Our Shoes - Anytime

Not quite ready for take on the three peaks? Then why not set yourself a new year challenge and aim to walk 10,000 steps each day for a month – the average walked by our nurses while they are at work. Get sponsored to hit your target for a month and see the difference.

Registration fee: Free

Yorkshire 3 Peaks - 22 June

A 24 mile circular hike across the Yorkshire Peaks offering amazing views and a team feel. A fully supported walk with other NHS charities.

Registration fee: £25
Suggested sponsorship: £125

Great North Run - 8 September

One of the most iconic races of the year and we have places for you. Run the 13.1 miles from Newcastle to South Shields with the support of thousands of people and be part of something amazing.

Registration fee: £50

Already have your own place?

If you have your own place in an event, you can still be part of our team. We can offer you the full support with your fundraising and a running vest or t-shirt to wear proudly on the day.

For further information please contact the Charity Team by emailing charity.fundraising@york.nhs.uk or calling 772 4521.

Go to our Facebook page for more