Look out for the new hospital bus due to take to the road on Monday 29 April.

The park and ride service from Rawcliffe Bar has been launched in partnership with First York, supported by York Teaching Hospital Charity. A new dedicated bus stop has been created on the grounds of York Hospital, meaning it’s only a few short steps from the bus into the main hospital reception. The last bus will depart from the hospital at 8.30pm.

Brian Golding, Director of Estates and Facilities; Dan Braidley, Environmental and Sustainability Manager; and Maggie Bulman, Trust and Corporate Fundraiser

Helping people talk about death

When it comes to conversations about death, it always seems too early until it’s too late. As a society, we’re not particularly good at talking about these things. York’s Dead Good Festival takes place this year from 10-19 May, with the aim of encouraging people to be more open about dying, death and bereavement. The festival will encourage people to express themselves in different ways, whilst giving advice and support on a number of practical matters.

Kath Sartain, Lead Nurse End of Life Care for the Trust, explained: “We want the people to buck the trend and to be open in their own discussions about end of life. It can be uncomfortable, painful and even scary, but it’s also important – and it can be invigorating doing it together in the open.”

During the week, local artist, Stephen Lee Hodgkin, will be

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
Talking about death
Continued from page 1

Following the news that the orthopaedics team at Bridlington Hospital had its first patient to receive a new hip and be discharged all in one day comes another first – a replacement knee in one day!

Kath Johnson, Healthcare Assistant in orthopaedic theatres at Bridlington Hospital, recently had a day with a difference. She was picked up as usual by her theatre nurse colleagues and driven to Bridlington Hospital. However, instead of her normal day at work, Kath became their very first patient to have a total knee replacement and be discharged from surgery on the same day.

Orthopaedics Consultant, Mark Andrews, said: “We are very proud of this achievement following on so soon after the milestone of our first total hip replacement in a day. It was a unique occasion - not only did we have one of our own team as the very first person to have day of surgery discharge after a total knee replacement, Kath’s scrub team colleagues Chrissys and Annie took her home at the end of their shift. It was an amazing day for Kath and the orthopaedic team, with the added bonus of door to door transport from her colleagues!”

The team have now completed a total of ten on the day joint replacement discharges and Kent ward are delighted to offer the level of care that allows patients to go home the same day.

Sue Bannaghan, Sister on Kent ward, said: “The patient journey begins on Kent ward when staff carry out pre-assessment so when patients come for surgery they see the familiar staff faces. We listen to our patients and they lead in this amazing achievement.

“After they go home we phone our patients two hours after leaving the ward and then a follow up call the next morning to check they are okay. We offer our patients the chance to come back to see us with any problems following discharge. The whole ward is super proud to be part of such an exciting time for orthopaedics at Bridlington Hospital.”

Another first for Bridlington Hospital

Message from the Chair

Making Plans
As you know, the Board of Directors, along with everyone else in the Trust, have annual appraisals designed to review the year gone by and to set targets for the year ahead.

Our unitary board has a shared responsibility for the design and delivery of the Trust strategic plans. In particular, it is the role of the executive to deliver the plan, and the role of the non-executive directors (NEDs) to understand that delivery, supporting the executive directors in their work and challenging performance where necessary. In both cases it is the NEDs role to seek assurance.

Delivering our strategy is a challenge and the Board maintains a list of its own key objectives in relation to the strategy as well as a Board Assurance Framework which describes the risks to achieving the strategy, along with the mitigation. Each year, every member of the Board has an individual review of their performance of the previous year, along with objectives for the coming year.

Our core objectives are the same for every member of the unitary board, but what we have to do to meet these objectives is different depending on our individual roles. Our core objectives are one of the threads which unite our Board in their work. Underpinning all of our objectives is the importance of working to our Trust values. Caring. Helping. Respecting. Listening.

If you are interested in reading the core objectives of our Board in the year ahead you can find them on Staff Room in The Trust section.

And finally, I would like to encourage all of our staff to think about the ways we can make our Open Days, planned for Scarborough Hospital on 12 September and York Hospital on 17 September, a real success.

We are keen to throw open our doors and share with the public those things of which we are really proud.

What could your team do? What would your team like to share? What are you and your team really proud of?

Look out for further information on Staff Room and the weekly bulletin.

Susan Symington, Chair

Most events are free, but some require booking a place.

Find out more at www.yorksdreadgoodfestival.co.uk
A new wellbeing choir is to be trialled at Scarborough Hospital following the successful pilot of the wellbeing choir at York Hospital and funding from York Teaching Hospital Charity.

The pioneering project encourages people to sing to improve their health and wellbeing. It is open to everyone including staff, patients, visitors or members of the public.

Jess Sharp, Art and Design Project Coordinator, said: “We want to encourage as many people as possible to come and join us. There is a huge amount of evidence to show that singing improves our mood, with a decrease in stress, depression and anxiety. “These benefits are boosted in a group setting, compared to singing alone. The wellbeing choir offers a relaxed session suitable for all abilities so we hope people in Scarborough will join us.”

The choir meets on Tuesdays and begins on 30 April running to 23 July 2019. People can drop-in between 12noon – 1pm to Scarborough Hospital Chapel. There is a suggested donation of £2.

Contact Jess in the Arts Team to register your interest jessica.sharp@york.nhs.uk or call 01904 725265.

New accreditation for procurement

CONGRATULATIONS to the procurement team for reaching the next level of accreditation in the NHS Procurement and Commercial Standards.

Following Level 1 accreditation in May 2017 the procurement team have now reached Level 2 accreditation after six months of rigorous preparation and a formal three-stage approval process. The Trust is only the tenth out of 133 trusts nationally to have achieved this level.

The assessors praised the ‘strong commitment to continuous improvement shown across the leadership team and staff alike’ and the team were commended for being ‘a good example of a high performing procurement function’.

Ian Willis, Head of Procurement, said: “This is a superb accomplishment. We have a remarkable team working in the best interests of the Trust and our patients, so to have external verification of the great work that we do makes me very proud.”

The NHS Procurement and Commercial Standards are the industry benchmark for procurement performance.

PAT dog for children’s ward

Meet Daisy the PAT (Pets for Therapy) dog who has become the latest volunteer on the children’s ward. Daisy is one of the dogs specially trained to help children with autism and learning disabilities. Altogether now “Awwwwwwww ....”
February finalists

Joanne Hamilton, Gale Farm Community Nursing Team, York
District Nurse Jo was nominated by her team for her focus and passion to ensure her patients receive the best possible care. Over 20 years ago Jo came into nursing to care for people, and to this day remains incredibly patient focused. Jo works above and beyond her hours, often putting her patients’ needs before her own. She is very supportive of her team and is described as “always there when needed and encourages our personal development”. Jo’s team recognise her invaluable knowledge and expertise which is shown in her care of palliative patients and their families and praise her hard work and dedication throughout the years in the community. “We are sure this would be endorsed by all the patients and their families she has cared for.”

Michelle Large, Community midwife team, York
A patient who received “world first class midwife support” nominated Michelle for her great understanding and patience in a very stressful pregnancy. Michelle is described as professional, friendly, patient and knowledgeable, patiently answering all her questions and doing the checks to reassure her everything was fine. From directing the patient to the right doctor to speak to about her concerns to making extra phone calls outside routine appointments, Michelle knew the patient was extremely stressed and even made time to see her in an emotional crisis after getting a text. Michelle is described as being “like an older sister, who held my hand and guided me through a very stressful pregnancy”. After the birth of a very healthy baby, Michelle also helped the patient to successfully establish breastfeeding during her post-natal visits.

Hannah Pickering, Aseptics – pharmacy, York
Hannah was nominated by the Cystic Fibrosis team and the bronchiectasis home intravenous (IV) service after stepping in at the last minute to help patients get home for Christmas after the external company who supply home IV antibiotics were unable to supply them, with no notice. Patients were on IVs in hospital or outpatients waiting to start IVs with the plan for them to be at home for Christmas. Aseptics were praised for immediately agreeing to help at a very busy time for them. After much liaison and workload planning the teams ensured that every patient got what they needed in terms of IVs. This was the only option to ensure that patients were able to enjoy Christmas at home and to free up beds over a busy period for the hospital.

Ward 11, York Hospital
Ward 11 was nominated by a family member for the ongoing, outstanding care received by both her mother and father. The family had had the trauma of an emergency appendectomy on their 79 year old mother, followed by an unexpected vascular operation for their Dad. Having worked in an NHS hospital environment for 15 years the nominator speaks from experience the “vascular team on Ward 11 is the best team I have seen. Their focus is on the patient at all times, not just clinically but also in terms of pastoral care; they don’t just want patients well, they want them happy”. She goes on to praise how well they work together – the domestics, healthcare assistants (particular praise to Emma and Beth) and the nurses “work together beautifully and clearly do indeed respect and value each other deeply”.

Anne Fardoe, Sister, SCBU Scarborough and team
This is the second time nomination for the team from the same family to recognise the unbelievable service they provided when their son Jensen was born. During their two and a half week stay in the unit the family say they could not imagine going through their ordeal without the team in the unit. The staff are praised for the continuing support they gave to the new parents and helping them in their emotional journey. The team is described as not just treating their employment as a job but “they go above and beyond to make sure everything is done to ensure the well-being of all. The team were not only there for the well-being of Jensen but also the well-being of us as parents. They treated us as family and created a bond that will not be broken”.

Coronary Care Unit team, Scarborough Hospital
When a poorly patient was admitted in the early hours of 16 December the prognosis was not good and eventually she was put on the end of life pathway. The patient’s daughter has nominated the whole team from domestics up to the consultant for their support at an extremely difficult time for the family, especially as her mum was extremely agitated. “I have worked for the NHS for nearly 30 years and I’ve never seen the other side of the coin before. But I know we should be very, very proud of the staff in coronary care. We will always be eternally grateful that what was probably the worst fortnight of our lives, particularly over Christmas, was made much easier by these kind caring angels.” The patient moved to a hospice on Christmas Eve and sadly died on Boxing Day.
Children’s music therapy hitting the high notes

Children in York with a serious illness, complex needs, and communication difficulties are being helped by the therapeutic power of music, thanks to local charity Jessie’s Fund.

The York-based charity is named after Jessica May George, a former patient at York Hospital who was just nine years old when she was suddenly diagnosed with a rare and inoperable brain tumour.

Jessie’s Fund, and arts therapy group Chroma, are providing music therapy for children at York Hospital one day a week. Music therapist, Steven Lyons works with children with a wide range of diagnosis such as head injuries, psychological challenges, general admissions and outreach work in the community.

Steven describes one of his weekly sessions at York Hospital: “On Wednesday morning after the doctors ward round, we usually meet in the play room with any children who are up and out of their beds. Music is a great ice breaker and way of getting to know people.

“I bring some small instruments and we do some activities such as exploring different sounds, musical introductions and rhythmic turn-taking. It gives children and families a chance to do something whilst they are awaiting news from the doctors about how long they will be staying.”

Music therapy in hospitals can be anything from providing music for individuals and groups to stimulate or relax the patient using familiar songs at the bedside, to improvised music and psychodynamic techniques to help the patient understand their emotions.

Steven continued: “Often the younger children and parents enjoy singing familiar songs, which I accompany on guitar. Other patients might be restricted or prefer to stay in their cubicle and I approach them on an individual basis.

“People are on the ward for a variety of reasons but it is always interesting to hear people’s stories. Recently, I was working with a young girl after her surgery. She was a bit timid at first but her confidence soon grew as she told me and her parents some of the songs she liked and we did our best to meet her increasing requests.”

Emma Peakman, Consultant Clinical Psychologist for children’s services highlights the psychological impact of diagnosis, and the changes to family life this can bring, putting greater pressure on families when a child has a medical regime to follow.

Emma said: “Young people with physical health conditions can be more vulnerable to emotional difficulties such as adjusting to diagnosis and the loss of former health and expectations for the future.

“We have been delighted to host and support the music therapy project within paediatric psychology. Steven has provided children and their families with an alternative and creative musical medium to express and manage emotions, whether this is in a short term in-patient setting, a planned piece of more long-term intervention, or within a group.

“It has benefited children who may not be able to, or do not wish to, communicate verbally by promoting and maintaining their emotional wellbeing. This holistic approach in paediatrics, which values both physical and emotional health care greatly benefits patients and their families.”

The service was has been funded for a year and is due to finish in June. For more information, please visit www.wearechroma.com or www.jessiesfund.org.uk

“It has benefited children who may not be able to, or do not wish to, communicate verbally”
A new therapy that encourages patients to dance their way back to health will help patients on Scarborough Hospital’s Stroke Rehab Unit for the next two months.

Dance movement is a therapeutic form of exercise which is great for physical, mental and emotional health. When dance or movement is set to music it can create a stress relieving, joyful and often healing moment for those involved as well as increasing endorphins in the brain.

Health Specialist, Julie Marsay, explained: “The smallest movement can be a huge development for a stroke patient with limited mobility. Dancing at the end of a patient’s bed can be just as successful, with many experiencing physical and imaginative effects of movement without actually moving their bodies.”

Supported by the ward’s therapists, Julie encourages movement through rhythm, mirrored hand movement, use of percussion instruments and visual imagery. She works with patients at their bedside, using rhythmic ribbons and carefully selected music, and includes costume and props.

The sessions have been well received by relatives and whole families participated in some sessions, thankful for shared experiences and dialogue within the clinical environment in which their loved ones remain for extended periods of time.

Julie recalls one particular dance session with a lady and her grandchildren who were struggling to communicate: “From not quite knowing what to say or how to interact with their Gran, three young girls suddenly had a way to communicate, and Gran enjoying showing them she can still rock ‘n roll too!”

Julie will be on Scarborough Hospital’s Stroke Rehab Ward between April – May 2019. All sessions have been generously funded by York Teaching Hospital Charity.

What people have said
- Patient: “I felt like I was doing therapy and working my muscles whilst having fun”
- Relative: “Nice to see mum smiling”
- Relative: “She looks forward to this, glad we haven’t missed it”
- Staff: “Family members said it was nice to see their loved one smiling and having fun”
- Staff: “The mood on the ward was immediately lifted when Julie came in”
- Staff: “Julie really went the extra mile to get all patients involved. She certainly put a smile on everyone’s faces and brightened up a dull Friday afternoon. One lady said it had made her week”

Trust open days – remember to save the date

THIS September, both York and Scarborough hospitals will be opening their doors to the public as the Trust hosts two open days.

All departments and services are encouraged to take part to tell everyone what you do and the role you play in healthcare for the local community.

There are several ways to be part of open day from having a stand displaying information about your work, offering a tour around a part of your area or running a short seminar on a specialist subject linked to your care area.

Sue Symington, Chair of the Trust, said: “Open days are a fantastic way for visitors to discover more about the daily workings of their local hospital and the services provided by the Trust. We want to share with the public those things of which we are really proud.”

To get involved, complete the online registration form on Staff Room no later than Friday 31 May 2019.

Nearer the time, you will receive a participant’s guide, which will include all the information.

To find out more or to suggest an open day activity for your department, please contact Helen Greenley, Events Coordinator by emailing events@york.nhs.uk

Save the dates:
Scarborough Hospital:
12 September 2019,
12.00pm-3.00pm (followed by the Annual General Meeting)
York Hospital:
17 September 2019,
11.00am-2.00pm
Staff Survey 2019: So what happens next?

Last month saw the staff survey results published, including the results of an online workshop launched in January 2019.

This forum allowed everyone’s ideas and comments to be collated to look at specific issues that staff wanted to discuss.

Sarah Brown, Assistant Head of Workforce, said: “The workshop identified a number of themes such as management and teams, bullying and harassment investigations and processes, HR processes and support and sickness absence.

Other issues involved buildings and facilities, car parking, work life balance, and physical and mental health.

“The ideas and themes were cross referenced to the projects that are already underway in the Trust. These projects were then highlighted as a priority for staff, and new projects were reviewed if nothing was in place.”

The full survey action plan will be available on Staff Room in the coming weeks.

Below are a number of ideas and projects that are in place or being worked on.

<table>
<thead>
<tr>
<th>Ideas from staff workshop</th>
<th>Projects</th>
</tr>
</thead>
<tbody>
<tr>
<td>Improve collaborative leadership</td>
<td>Management training which is in line with the Developing People, Improving Care Framework commenced in Autumn 2018 and is currently being cascaded out via directorates.</td>
</tr>
<tr>
<td>Investigating officers should be trained in conducting fair investigations and supporting staff involved in bullying and harassment investigations</td>
<td>A training session has just taken place for current investigating officers including bullying and harassment investigations. Additional training for newly appointed investigating officers will be rolled out.</td>
</tr>
<tr>
<td>The Trust should continue funding for staff health checks</td>
<td>Continued funding will be considered as part of the Physical Health Working Group action planning in 2019/20.</td>
</tr>
<tr>
<td>Health checks should take place on hospital sites (not at Clifton Moor) and in working time</td>
<td>Mini health checks are currently available on site, including on wards</td>
</tr>
<tr>
<td>Electric car chargers available in car parks</td>
<td>A project has begun for this. The electric cables are not big enough but a bid for national sustainable money has been submitted</td>
</tr>
<tr>
<td>Limit the plastic used in Ellerby’s and Pat’s Place</td>
<td>The Trust is currently withdrawing plastic straws and looking at replacing plastic boxes</td>
</tr>
<tr>
<td>Look at providing better alternatives to parking</td>
<td>A subsidised park and ride for staff will be available in York at the end of April. The travel and transport committee is looking at other options and car parking in general</td>
</tr>
<tr>
<td>Provide exercise classes on all sites</td>
<td>A programme of exercise classes are in place in York with new classes at Scarborough and Bridlington hospitals from April 2019. Classes were trialled in Selby but with poor uptake</td>
</tr>
<tr>
<td>The Trust should provide holistic and wellbeing therapies for staff</td>
<td>Wellbeing workshops on diet, exercise, sleep and menopause are scheduled. Further activities to be explored with the Health and Wellbeing Group</td>
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Could you become a dementia champion?

As a dementia champion you can be any grade or profession within the Trust. It is a voluntary role aimed at helping the Trust become a more dementia-friendly organisation.

It begins with dementia skills training (available through CLaD) which is renewed around every three years. The role involves raising awareness of dementia in your own work area which does not need to be a ward or clinical area. The focus is to have dementia-aware staff across the Trust.

Who champion compassionate, safe, personal and effective care. This could be anything from sharing minutes from the Trust’s Dementia Delivery Group (DDG) to taking part in surveys, providing advice or small tasks related to dementia care within the Trust.

Catherine McKenna, Advanced Clinical Specialist Dietitian, said: “We have hundreds of staff who have had the Dementia Friend training and we already have a brilliant network of dementia champions so we are making great progress. Plus, staff are finding that learning more about dementia is really valuable to both work and personal life.

“With more dementia champions we can grow the network to every area of the Trust. By 2020 the aim is that every ward across the organisation will have two identified dementia champions with a bespoke training programme.”

If you would like to know more about becoming a dementia champion, please email sonia.archer@york.nhs.uk (01904 725201), catherine.mckenna@york.nhs.uk (01904 725269) or nicola.allton@york.nhs.uk (01904 726753).
New wellbeing workshops at Scarborough Hospital

Two new workshops are now available to book on learning hub for staff at Scarborough Hospital.

‘Control Your Weight’ (Tuesday 4 June) looks at the principals of healthy eating and being more active in order to help maintain a healthy weight.

The workshop covers the ‘Eat Well’ plate, recognising saturated and unsaturated fats, sugar and food labels, the benefits and recommendations of physical activity and ideas for being more physically active. People can also learn about measurements around height, weight, BMI, and body fat percentage.

‘Healthy Living for the Menopause’ (Tuesday 18 June) is a one hour workshop that focuses on the principals of eating well, food and drink to avoid, alcohol, hydration, and supplements. It also covers the benefits of physical activity, as well as mental health symptoms, self-help, and therapies.

Both workshops take place in S24 Discussion Room, Post Grad, Scarborough Hospital at 10am.

Chaplaincy creates labyrinth for Easter

THE CHAPLAINCY at York Hospital introduced a novel way to celebrate Easter this year by creating a labyrinth in York Hospital chapel.

The labyrinth is an ancient spiritual tool that can be used by people of any faith or none. It is a single pathway to a centre, and then back out again, laid out on the chapel floor. If journeyed slowly and meditatively it can be prayerful and bring peace - and may help people with the healing process.

The idea came from Chaplain Louise Grosberg who worked in collaboration with on call chaplain Peter Clark, who laid the labyrinth on the chapel floor.

Louise said: “Labyrinth walking can become a spiritual experience. It is in an ancient practice used for spiritual centering, contemplation, and prayer. “Entering the path of a labyrinth, you walk slowly while quieting your mind and perhaps focusing on a spiritual question or prayer. It can be walked in a few minutes or you can take more time.”

“Evidence shows that stillness, silence and reflective mindfulness is beneficial for mental health, and the labyrinth offers the opportunity to boost wellbeing of patients, carers and staff.”
Promoting early cancer diagnosis

THIS month, our cancer nurse specialists highlighted the symptoms of two types of gastrointestinal cancer to encourage people to get diagnosed early.

The upper gastrointestinal (GI) team lit up York Hospital to raise awareness of oesophageal cancer which develops in the gullet, the tube that links the mouth to the stomach. It is hard to detect in the early stages and symptoms include difficulty swallowing, persistent indigestion or heartburn, bringing up food after eating, loss of appetite and weight loss, and discomfort in the upper chest, gut or back area. These symptoms can be caused by other conditions and often they are not due to cancer, but it is important to get them checked by a GP. The risk of developing oesophageal cancer increases with age, with drinking, smoking and being overweight. Read more about the symptoms at www.ochrecharity.org.uk

Trust teams aim to raise bowel cancer awareness

A pril is Bowel Cancer Awareness month and every 15 minutes in the UK somebody is diagnosed with bowel cancer. Young, old, female or male – it affects us all.

The Trust’s colorectal cancer team have been reaching out to highlight how people can reduce their risk of getting bowel cancer and how to recognise the symptoms.

Jenny Evison, Macmillan Advanced Colorectal Nurse Specialist, explained: “Higher risk factors for developing bowel cancer include if you are aged over 50, have a strong family history of bowel cancer, developing repeated non-cancerous polyps in your bowel, have an unhealthy lifestyle, or have Type 2 diabetes or chronic inflammatory bowel disease. This does not mean you will develop bowel cancer, however we can all reduce our risk by maintaining a healthy body weight, stopping smoking, limiting alcohol and eating sensibly.”

Gillian Wheat, Macmillan Lower GI Coordinator, added: “Bowel cancer is treatable and curable especially if diagnosed early. Nearly everyone survives bowel cancer if diagnosed at the earliest stage, however this drops significantly as the disease develops. Being aware of the key symptoms and visiting your GP if things don’t feel right can help increase chances of an early diagnosis.”

Anyone aged 60-74 will receive a screening test every two years. The NHS Bowel Cancer Screening Programme can detect tiny amounts of blood in faeces which cannot normally be seen. For more information contact www.bowelcanceruk.org.uk

Symptoms

Most people with these symptoms do NOT have bowel cancer – however, if you have one or more of these you should see your GP.

The symptoms of bowel cancer can include:

- Bleeding from your bottom and/or blood in your poo
- A persistent and unexplained change in bowel habit
- Unexplained weight loss
- Extreme tiredness for no obvious reason
- A pain or lump in your tummy
Improving the experience for transgender people

The Staff LGBT+ Network have made great progress in helping shape the future of services working alongside various LGBT+ groups within the community, other NHS trusts and with Stonewall to develop gender neutral, inclusive and diverse guidelines and user friendly booklets.

In particular, the network has been working on a new information guide to improve the experience of transgender people who use the Trust services and to support transgender colleagues.

Steven Clark, Chair of the Staff LGBT+ Network, said: “We are very grateful to our local transgender community for their invaluable contribution in helping us realign and reword our transgender guidelines. With their help we have produced a comprehensive guide to support staff in the care of transgender people and their families and carers which also outlines how transgender patients can expect to be treated in our care.”

The transgender information guide is in the final stages of approval and will be available later in the year. Work is also underway with HR to rewrite and produce a new ‘Transitioning at Work’ policy which will help further promote equality and diversity to staff.

New NHS rainbow pin badge unveiled

THE Staff LGBT+ Network have been allocated funding from York Teaching Hospital Charity to purchase NHS LGBT pin badges for staff across the UK, to wear to show support towards LGBT staff and patients.

The badges have been created in response to data confirming that LGBT+ people have specific and significant health needs which are often not met by the NHS – where unhealthy attitudes towards LGBT+ people unfortunately are still all too common.

Steven Clark, Chair of the Staff LGBT+ Network, explained: “Wearing the pin badge is a signal to LGBT+ patients and families that the person wearing it is a good person to speak to about issues of gender and sexuality, and that they will try to provide help if needed. “Staff have to acknowledge this responsibility when they sign up for a badge, and we provide access to resources to both educate staff and to support LGBT+ patients and families. Badges are intended to only be worn by members of NHS staff. It is for LGBT staff predominantly but also for straight allies who wish to show their support to LGBT matters.”

If you would like to be considered for the pin badge project please email steven.clark@york.nhs.uk

Government appoints first NHS LGBT health advisor

MINISTER for Women and Equalities Penny Mordaunt has appointed the first ever National Adviser for LGBT Health in the NHS, and Advisory Panel - fulfilling the Government’s commitment to improving lives as set out in the landmark LGBT Action Plan.

Dr Michael Brady, Medical Director of the Terrence Higgins Trust and a sexual health and HIV consultant at King’s College Hospital, will advise the government on how to tackle inequality in the healthcare system. This is to include improving healthcare professionals’ awareness of LGBT issues and the implementation of sexual orientation monitoring across the NHS. He will also be working with statutory and professional organisations to address LGBT issues in physical and mental health services.
Staff Matters

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

Lottery grant for health centre

The continence team at Clifton Health Centre received new crockery and cutlery by applying for a grant from the staff lottery fund. For more details on funding please visit the Staff Benefits web page.

Summer offers

Flamingo Land tickets are now available at the discounted price of £28.50 each and if you buy four tickets you only pay £112. The tickets are valid for the whole 2019 season so you can just turn up on any day to use them. They are perfect for avoiding rainy days! Discounted tickets for Alpamare water park in Scarborough are also available to purchase from staff shops. If you are not able to get to the staff shops to get your tickets, you can pay over the phone and tickets can be posted to you.

Latest Professional Midwifery Advocates join the team

CONGRATULATIONS to midwives Sara Collier and Rachel Hosker, the latest to be welcomed into the Professional Midwifery Advocate (PMA) Team after completing the training to become PMAs to support midwives in their clinical practice and advocate for women.

The maternity teams across York and Scarborough will be celebrating International Day of the Midwife on Friday 3 May with pop up stands and cakes.

The theme for International Day of the Midwife on 5 May 2019 is: ‘Midwives: Defenders of Women’s Rights.

Childcare facilities near Scarborough Hospital

Scarborough Hospital staff looking for conveniently located childcare facilities can check out the recently refurbished Kinder Place Day Nursery, located opposite the main entrance to Scarborough Hospital. Contact the team today to discuss your childcare needs on 01723 342425 or visit www.kinderplace.co.uk

Price increases in staff shops

This month you may have noticed some price increases in the staff shops. Staff Benefits aim to keep prices as low as possible, but unfortunately the last 12 months have seen an increase in prices from suppliers. Price increases have been held for long as possible, but to ensure the shops remain viable some prices have changed.

New vouchers for sale

Love2shop vouchers are the UK’s leading multi-retailer. The vouchers can be redeemed in over 20,000 stores, restaurants and attractions, with over 150 top brands to choose from including Argos, Boots, Debenhams, Halfords, HMV, Iceland, Matalan, Mothercare, New Look, Pizza Express, River Island and TK Maxx.

Take care with internal extensions

THE Systems and Network team has highlighted a continuing problem with misdialling extension numbers in the Trust’s internal system.

All extension numbers are seven digit – check the external number on the reference card before giving out a direct dial number.
Your hospital charity

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

Team embarks on cycling challenge

Karen Pearce, Jo Blades and Dennis Allen work in the Safeguarding Adult team and provide support and adjustments for patients with a learning disability who require medical care.

They have set themselves the challenge to cycle over 100 miles between six of the hospitals within the Trust in just two days. On 5 June they will set off from Selby Hospital taking in York and Easingwold on day one. Day two sees them heading to Malton, Bridlington to end the ride in Scarborough.

Please support Karen, Jo and Dennis to raise money to provide sensory equipment and activities for people with a learning disability to use when they are staying in hospital.

John Lewis supports Butterfly Appeal

The Butterfly Appeal has been chosen of one of the three benefitting causes for the next few months in John Lewis at Vangarde, York. From the beginning of May, you can pick up your green token at the till and choose your charity of choice – please support the appeal if you can.

Thanking our staff

For anyone looking for a running challenge the charity still has six places available for the Great North Run and just one place left for the York 10k. Please contact the Fundraising team for further information.

A big thank you to all the staff who take the time and make a huge effort to fundraise for the hospitals and to those who support them. Here’s a round-up of your recent efforts.

- York Endoscopy raised £195 from their Easter raffle
- Ward 39 organised a massive cake stall in Ellerbys raising £309.54
- Scarborough’s SCBU whose cake stall raised £254.70
- York Maternity had a cake sale in the department and raised £94.86
- Patient Safety team organised a race night and raised £851

Go to our Facebook page for more