With the theme of ‘safety is everyone’s business’, the Trust’s first Patient Safety week took place in late May. The week was a hive of activity highlighting some of the Trust’s patient safety priorities and improvements, where all staff were invited to join in. From infection prevention management, learning from deaths to datix reporting, there was something for everyone. 

During the week Rebecca Lawton, Director of the NIHR Yorkshire and Humber Patient Safety Translational Research Centre, delivered an interactive keynote session at York Hospital. Rebecca, who has spent many years doing research in patient safety, talked about the ways research carried out with frontline teams can improve patient safety, and presented some examples of the work her team is doing. 

The week was also used to launch the Trust’s new Patient Safety Strategy 2019-2024. Becky Hoskins, Deputy Director of Patient Safety, explained: “The Trust aims to be recognised as one of the safest healthcare organisations nationally and internationally, delivering safe, evidence-based care by acting and learning when we identify a need for improvement.

“Individuals, wards and departments, both in community and acute settings, have all made a contribution to improve patient safety and we have achieved tangible improvements in patient safety over recent years. “Examples include a reduction in unexpected

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

Continued on page 3 >>
This month the Trust has been celebrating the very real contribution that our volunteers make - most particularly to the experience our patients have across all of our sites. My own view is that volunteering creates the ultimate win-win. It’s great for patients, it supports and helps our staff, and our volunteers really enjoy helping their local hospital trust and gain satisfaction from knowing that they have used ‘spare’ time really productively and helpfully. A perfect fit with the values of our Trust! So, a big thank you to all our volunteers - our Trust looks forward to working with volunteers in the future and to recruiting even more positive members of the public to continue to develop and improve the quality of our services for patients.

As I write, we are ‘on alert’ for our CQC inspection. By the time you read this, it may already have taken place or be actually happening. It’s important that all of our staff understand the Board’s approach to the CQC inspection, which is a positive one. The Board of Directors has confidence that staff in every area of the Trust, live by our values: caring, listening, helping, respecting. These values are very close to the key areas the CQC will be seeking to learn more about when they visit. They are interested in five key elements of the ways in which we work - asking are we safe, effective, caring, responsive and well led?

The inspection report will provide us with a view of where we have improved and areas of which we should be rightly proud and an important focus for areas which we can improve. We must all be open and honest in our approach to the inspection, and be sure that what we learn is a positive tool in our shared ambition to continually improve what we do and how we do it.

Sue Symington
Chair

Being diagnosed with diabetes can be hard to come to terms with for children and young people, and finding the right way to communicate with them is crucial.

Recently the child health directorate held interviews for a children and young people’s diabetes nurse specialist post. In a first for the team, the interview and selection process included the views of a 16-year-old service user.

Harriett Dodd receives her care from the diabetes team in York and was invited to participate in the recruitment process as a service user. Because of her direct experiences of using services she could offer a unique insight into what works for patients, which can be used to improve services.

Louise Wootton, Paediatric Diabetes Specialist Nurse, explained: “Including service users in the recruitment process has many benefits including that they can provide first-hand experience of what is needed from new recruits. They can judge how well a candidate engages and communicates with them and they can tell candidates what’s important to them, and identify if they have the right values, behaviours and attitudes for the role. “By finding the right people from the outset we have better staff retention which in turn improves the quality of care for individuals, and saves on recruitment costs and time. We’re very grateful to Harriet for agreeing to take part.”

Harriett said: “I had a positive experience interviewing the candidates for the job on the diabetes team. I was treated as an equal and not a child which I was extremely pleased about, and all of my opinions were valued. The interview was conducted in a way that the setting was informal for my part. This was a good idea because it gave the candidate a chance to ask questions about me as a patient as well as anything they wanted to know about young people with diabetes.

“I also thought it was a good idea to have Dr Sykes there too as they could also ask him any questions they wanted to as well. Overall I really enjoyed getting to meet the people that might become my diabetic nurse and I thought it was a good idea to get a patient’s input in who they would be treated by. I would happily do it again!”

Harriett Dodd
Admission to critical care, reduction in antibiotic usage, increased incident reporting rates and a reduction in serious injury from patient falls in hospital.

“We have also seen a significant improvement in the number of patients we screen for sepsis, a reduction in the number of patients with pressure ulcers and extensive use and understanding of the national early warning system (NEWS).

“Through the new strategy and making safety everyone’s business, our priority is to support our staff to deliver safe, reliable, and effective care with zero avoidable harm to our patients.”

Visit Staff Room Corporate Information / Patient Safety to download the strategy and other useful resources.

Patient Safety Week launched at the Trust

Continued from page 1 >>

The recent focus on patient safety and the launch of the new patient safety strategy highlighted how much it relies on the hard work of staff working in highly complex and pressurised systems. Patient safety can sometimes be perceived as focusing too much on the negative, but it also provides the opportunity to improve and learn.

Every day across the organisation staff are doing things to improve the quality and safety of the care delivered throughout the Trust just by recognising where they can help and by using their own initiative. Gillian Bonser is the housekeeper for the maternity unit at Scarborough Hospital. She has also spent many years as a nursing auxiliary and subsequently healthcare assistant within the Trust. Part of her role as housekeeper is the ordering and organisation of stores and supplies for Hawthorn Ward and delivery suite, as well as ordering for the women’s unit.

Gillian explained: “I know that sepsis is a condition which must be dealt with within a short time frame so when I realised that doctors had to collect various items to perform blood cultures, I thought about how I could make this simpler.

“I noticed that the sample is first collected into two blood bottles before being transferred into the specific culture bottles, so I came up with the idea of putting two blood culture bottles and the appropriate blood collection tubes into small bags. This means that staff can lift this bag when a woman became unwell and quickly take them to the patient to collect the samples. It has made the process quicker and more efficient and colleagues have been very grateful for my help.”

After further discussion with the doctors and midwives Gillian added enough swabs and monovettes to make the process even more efficient.

Gillian added: “I believe that in my role I can make life easier for my colleagues and will continue to be mindful of any issues where my help could make a difference. There is scope for all of us to proactively improve patient care irrespective of our titles. It is also important to share these tips across the Trust which is why I’m sharing my story.

Gill proves that safety is everyone’s business

Clean Air Day highlights health concerns

THE TRUST’S Sustainability team highlighted Clean Air Day recently with information stands at York and Scarborough hospitals.

Poor air quality is a big problem. It is thought that up to 36,000 deaths each year in the UK are caused by air pollution.

The World Health Organisation (WHO) sets maximum limits for air pollution that shouldn’t be passed. These limits look at daily and annual averages. Almost 2,000 locations in the UK are above these limits and there are places in the UK where the air pollution is three times as high as the WHO limits.

Do you know about anti-idling? When your car is stopped in traffic you should turn off your engine, this helps to reduce the amount of emissions while queuing.

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April finalists

Kent Ward Team, Bridlington Hospital

The orthopaedics team on Kent Ward provide care for patients who have had hip and knee replacements. The team includes orthopaedic surgeons, anaesthetists and nursing staff and all have been nominated by a colleague for their ‘excellent’ work to create a same day discharge service for patients receiving total hip replacement surgery. Bridlington has become one of the few centres in the country to deliver this service, which now also includes knee replacement. The team are praised for their hard work to ensure that protocols are in place to deliver this ‘inspirational’ service to patients. It has improved patient experience for patients who do not need to stay overnight in hospital and has saved money for the Trust in terms of throughput. Described as “ground-breaking” – a real achievement for Bridlington as a centre of excellence in orthopaedics.

Aspen Ward Team, Scarborough Hospital

Aspen Ward is nominated by a senior colleague for their ‘constant professionalism, dedication and flexibility’ during winter pressures when they opened up beds to take patients from Chestnut Ward as well as their usual job of running the surgical day case unit from their ward on a daily basis. The service (delivered by one registered nurse and two healthcare assistants) managed up to 15 surgical patients per day in addition to the medical inpatients they took into the unit. They are praised, not only for the way they coped with significant change in their activity, but also for delivering this in a helpful and supportive environment which enabled the delivery of excellent care throughout the winter and beyond.

The Chemotherapy Unit Team, Scarborough Hospital

The whole team has been recognised for truly demonstrating the Trust values by completely putting patients at the centre of everything they do. They have been nominated by a patient (and Trust staff member) who needed chemotherapy after being diagnosed with cancer. After initially being terrified and bursting into tears the patient praises Shirley and Jo who were looking after her on that day. “Their caring, compassion, humour and ability to make me feel at ease was amazing!” After five rounds of chemotherapy the patient recalls how truly amazing the whole team were – from volunteer, healthcare assistants, admin team, the nurses and outpatients. “I watched them go about their day treating all patients with dignity, respect and care, compassion and humour. Every member of the team is seeing patients and their families through a horrible time… I will forever be telling anyone how fantastic the chemo team is.”

Wendy Holey, Healthcare Assistant, York Hospital

Wendy is nominated for going the extra mile in a very busy week for the maternity team. One night in particular there were a number of incredibly unwell surgical patients along with a full ward of postnatal women and their babies who all needed care. Staffing was low and Wendy was the only healthcare assistant on that night shift covering the whole of maternity. Despite Labour Ward being the highest priority due to its acute nature, Wendy continued to support new mums to breastfeed, answered buzzers and cascaded all concerns to the midwives on duty to ensure patient experience and satisfaction was a priority in the midst of what felt like chaos. She physically and emotionally supported the women and staff and did it with a smile on her face all night. Wendy even covered an extra hour to ensure a safe handover at the end of shift.

Anne-Marie Theakston, SCBU Sister, York Hospital

Colleagues from Scarborough have nominated Anne-Marie for her teamwork when, on a particularly challenging day one weekend, the Special Care Baby Unit (SCBU) at Scarborough was faced with no option but to divert the service due to no neonatal trained nurse for the following shift. Aware of the significant impact this would have on her colleagues and the ability to provide a safe service, Anne-Marie offered to cover a shift at Scarborough to avert the divert of neonatal and maternity services. Anne-Marie is praised for her focus on patient experience and for supporting a team by doing what she could to be helpful and respecting and valuing her role as a neonatal nurse. She is described as “an absolute credit to the SCBU team”.

Omar Alam, Senior House Officer, York Hospital

Omar is nominated by a colleague for the help and support he gives to junior doctors. Described as “a fantastic senior house officer” he is recognised for going out of his way to help others both on normal days and on stressful night shifts where he has been known to take the bleep from a colleague in the middle of a night shift. This saw him doing his work and theirs – in order to give them a 20-30 minute break when they would often work straight through the night. Omar often acts as a medium point and will address any concerns about patients or review unwell patients to prevent having to call the medical registrar. “He is a pillar of support, knowledge and information.”

Becky Stephenson, Deputy Directorate Manager, Emergency Department, Scarborough Hospital

Nominated by a senior colleague, Becky is described as a ‘staff management phenomenon’ for the way she helps deliver staffing to Scarborough ED and medical teams, 24/7 up against incredible difficulties. Multiple rota holes, unreliable locums who consistently agree to come and then give backword, and the stress associated with the constant battle to deliver cost effectiveness are thrown at her every day. Becky is praised for her genuine desire to deliver safe patient care and is specifically recognised for her “herculean efforts” around staffing the Scarborough “front of house” rota from Feb/March 2019 onwards, especially for the impossible to cover weekends. The way in which she delivers this is completely down to her personal skills and the knowledge and understanding of the team that she works with.
Students from schools across Scarborough have spent a week at their local hospital gaining invaluable insights into the NHS and how it works.

Scarborough Hospital’s annual Young Persons’ Programme, which ran from 3-7 June, gave local school students the chance to sample some of the many careers on offer, and learn more about life in a busy acute hospital.

The week included a packed programme based on a mock-up of an emergency department which included decision making exercises, practical training sessions, behind the scene tours of departments, meeting junior doctors, pharmacy, estates management and much more.

Student feedback after the event confirmed that they found the week interesting, informative and compelling, and many agreed they would definitely like to work in the NHS having been on the programme.

Anne Devaney, Deputy Director of Workforce Development said: “The programme is about providing an opportunity for local youngsters, who are at the age where they are making choices about their future careers, to discover what roles are available within the NHS, in addition to medicine and nursing. “This understanding will hopefully assist them in choosing a career in healthcare via practice placements, an apprenticeship scheme or applying for training with one of our local university partners.”

CHILDREN at York and Scarborough hospitals will be able to drive themselves for their own surgery in a ride-on electric car, following a generous donation from the Tesla owners group.

The mini Teslas will play an important part in helping distract children who are nervous about going for an operation by offering a fun way to travel to theatres.

Liz Vincent, Directorate Manager Child Health, said: “Having to come into hospital can be a daunting time for anyone, especially for children, so equipment like this can really make a child’s stay more enjoyable. “Many thanks to the Tesla owners group - the car will provide a welcome distraction for children who are nervous about their surgery and help them feel more comfortable in hospital.”

The cars, worth over £600, have a top speed of 6mph. The donation follows a bid by the Trust, in partnership with York Teaching Hospital Charity, to provide a car for the children’s wards at both York and Scarborough hospitals.
Proud staff celebrate long service

Staff from around the Trust, who between them have clocked up hundreds of years of service, were invited to be honoured at a long service events in York and Scarborough.

Speaking about the awards, Mike Proctor, paid tribute to the dedicated and caring staff from across the Trust - many of whom have spent much of their working lives in the NHS.

Mike said: “This year 73 members of staff have reached the milestone of 25 years dedicated service to the National Health Service. Between them they have worked a staggering 1,825 years.

“One of the strengths of the Trust is the experience provided by our staff who have devoted their working lives to the NHS. Staff are without doubt our greatest asset and work extremely hard to provide the very best possible care to our patients. Each and every one of them is a credit to our service and the public they serve.”

Celebrating their long service were staff who have served 25 years with the NHS - ten years of which have been consecutively with the Trust.

Amongst those being rewarded was Dr Joanne McVey, Consultant Clinical Psychologist and Deputy Head of Psychological Medicine. Jo said: “I started work in the NHS when I was 21, as an assistant psychologist. I was so excited and lucky to get that first post and it put me in good stead to pursue and train for my dream job as a clinical psychologist. Since then, I have worked all over Yorkshire and latterly as a consultant clinical psychologist at the Trust for the last 13 years.

“Working in the NHS gives me a sense of being in a team with a shared purpose - we are here to help people have the best quality of life and to be as healthy as possible. Walking down any hospital corridor or in outpatient clinics gives me the same feeling now, some 27 years later, as it did when I was 21.

“I have been lucky to work with so many fantastic colleagues and to have received quality, professional, training along the way.”

Also celebrating was Staff Nurse June Seggie who has worked at Bridlington Hospital for the last 25 years. June said: “I have always enjoyed working with people and find my role as a staff nurse very rewarding - I really couldn’t envisage working elsewhere.

“I have remained at Bridlington Hospital because I like the ward and the team I work with are fantastic.”

Mike added: “I would personally like to congratulate and thank each and every recipient for their valuable years of service.”

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International exchange brings fresh perspective

This year, for the first time, the Trust has taken part in an exchange scheme for hospital and healthcare professionals which offers a unique opportunity to learn and exchange ideas.

The programme offers those with healthcare clinical and managerial responsibilities the chance to visit another EU member state for four weeks.

The Trust has hosted a patients’ rights manager, Ina Bendas, from Moldova who was given a whirlwind introduction to the NHS and in particular the culture and values of the Trust. Ina shadowed staff from departments across the Trust covering everything from patient safety to infection control to studying the Trust’s approach to patient experience.

Ina said: “The experience I have gained from the inside of another organisation has given me a whole new point of view and I will take back everything I’ve learned to pass on to my colleagues. It was really important for me to be involved in the practical side of the work here and I can see so many ways this visit can help us to improve things in my organisation.

“It’s been a fantastic experience. Everyone has made me feel so welcome and I’m grateful for all the time people have given to show me their areas of work.”

Neil Wilson, Head of Partnerships and Alliances who helped organise Ina’s visit, said: “It was a pleasure to host Ina - her enthusiasm to learn about the NHS and her interest in meeting our teams was incredible. Not only did it help her gain fresh perspectives, ideas and innovations, it was refreshing to see how she viewed our services with a fresh pair of eyes. Everyone enjoyed meeting her and I would like to thank all the teams that took time out to make Ina’s visit such a success.”

The exchange scheme is organised by HOPE, the European Hospital and Healthcare Federation, an international non-profit organisation created in 1966. The NHS Leadership Academy supports the programme on behalf of the UK. Approximately 150 healthcare professionals across 27 countries take part in the exchange each year. It culminates in an international conference which brings together participants as well as other healthcare professionals to explore the exchange’s theme and share best practice.

The Trust is planning to continue its participation in the exchange scheme.

Perioperative team finalists for top award

YORK Hospital’s perioperative team are finalists in the prestigious HSJ Patient Safety Awards after being recognised for their innovative approach to caring for patients who undergo major colorectal surgery.

Known as the ‘York Model’, the team’s approach to combined care and enhanced recovery has earned them a place in the final for the Surgical Care Award at the HSJ ceremony on 2 July.

Zoe Murphy, Perioperative Specialist Nurse, explained: “We’re delighted to be shortlisted in this category as we believe we are unique in the country. Our approach reduces length of stay and complication rates for patients by providing the highest quality of nursing care, combined with the enhanced recovery programme.

“The advanced treatments and technologies we have on the ward and the extensive staff training and support ensures care is delivered safely and effectively on the ward. So far we calculate that we have saved 50 bed days for critical care as well as helping patients get home sooner.”

Patients who are recovering well are encouraged to be mobile as soon as possible so they are ready to go home as soon as it is safe for them to do so. Patients whose recovery is not going as planned receive care from a specialist team at an early stage which means that deterioration is identified and rectified early.

Zoe added: “We have had a lot of interest from other trusts around the country to who want to learn from our approach, so it’s great news that we’ve been recognised by HSJ in this category.”
Healthy living for the menopause

Another date has been added to this successful one-hour workshop providing a wealth of information about the menopause.

The workshop looks at the principles of eating well, food and drink to avoid, alcohol, hydration, and supplements.

It includes the benefits of physical activity and advice on mental health.

The next session is on 23 July 2019 at 10am in the HYMS room - 1st Floor, Admin Block, Bridlington Hospital.

For more information, please contact the wellbeingteam@york.nhs.uk.

CF team celebrates centre launch with run

A NEW specialist centre designed to improve care for adults with cystic fibrosis in York, Scarborough, Hull and the surrounding areas has launched.

Centre director, Dr Rebecca Thomas, said: “Huge leaps forward in treatment, standards of care and basic understanding of cystic fibrosis has meant that there are now more adults than children with the condition”.

“The new centre provides specialised multidisciplinary care for anyone over 16 who wants care nearer to where they live. We know that becoming an adult with cystic fibrosis can bring its own challenges and we are keen to offer the specialised care needed for adults in a more local setting which can easier fit in with people’s lifestyle.”

The centre offers routine clinics, annual assessments, urgent visits, inpatient stays, home antibiotic IV treatment and access to research studies as well as a personalised service with access to telephone, text and email support when needed. This is provided by a dedicated team of CF specialist consultants, physiotherapists, pharmacists, psychologists and clinical nurse specialists.

Rebecca continued: “Our shared expertise and experience allows us to provide a full service and continually improve care for adults locally”.

To celebrate the new joint centre the team are running the 10k challenges in York and Hull to fundraise for cystic fibrosis.

To find out more visit their Facebook page – York Hull Adult Cystic Fibrosis Centre or twitter @yorkhullcf.
Volunteers Week 2019

Volunteers’ Week 2019 provided the Trust with the perfect opportunity to say thank you to the 300 plus volunteers who every day make a difference for our patients.

Speaking to the volunteers, Interim Chief Nurse, Helen Hey, summed the week up perfectly: “I appreciate the fabulous contributions you make every single day, but I don’t tell you every day - so I’m taking the opportunity of volunteers’ week to say a massive ‘thank you’ to all of you brilliant volunteers out there involved in caring for our patients (and our staff) - your efforts and commitment never cease to inspire and amaze me. Thank you so much for your insights, creativity, energy and enthusiasm.”

Volunteers are widely appreciated throughout the Trust but how do they feel about the experience? Chris Moss is a volunteer in York Hospital’s Emergency Department. Speaking of her experience Chris said: “Throughout my life the NHS and York Hospital has given me so much on many levels. Firstly, it gave me my nurse training (SRN), I was then fortunate to have a 15-year career as a staff nurse on the acute surgical wards, a role I loved and was extremely proud to hold.

“All my four children were born in York Hospital with great care from the midwifery team. Then as life has progressed many of my family members have been cared for through illness and death. This continues today, as I have experienced first-hand the ongoing expertise and advances in treatment dealt to a close family member.

“I decided to volunteer as I am now at a stage in my life where I have the time to be able to give something back to York Hospital and the NHS, a cause I truly believe in. Given the experiences I have described, linked with a wish to help people, I also want to help and support the staff in some way if at all possible.

“There are such a variety of volunteering roles but the role in ED stood out in the first instance due to the direct contact with patients and staff from many disciplines. I felt my nursing and life experience could give me an empathy and some understanding of the challenging situations patients and staff would be experiencing.

“The demands on our NHS have grown immensely over my lifetime and volunteering, in some small way, fulfils my desire to support the service and its staff. “The role of volunteering is extremely rewarding. It gives me a sense of feeling I am making a difference even just in some small way. Volunteering helps to give a sense of purpose and has also opened up new friendships, it is extremely rewarding.”

Matron for the Emergency Department, Jill Wilford, said:

Volunteers such as Chris are invaluable in the emergency department. They make a positive difference to the patient's experience in this busy environment with their support, patience, kind words and gestures.”

Trainee nursing associate funded learning opportunity

THE TRUST is offering funded learning opportunities for existing health care support workers to undertake a trainee nursing associate qualification.

The nursing associate role bridges the gap between health and care support workers, who have a care certificate or equivalent and registered nurses and offers opportunities for health care support workers to progress into nursing roles.

To find out whether you are eligible please contact Amanda Horrocks, Practice Education Team Lead on 771 2035 or Cathy Skilbeck, Clinical Workforce Development Coordinator/Apprenticeships on 772 5107.

Living With and Beyond Cancer event

This year’s National Cancer Survivorship Celebration Day was celebrated with a special event to show the world that there is life after a cancer diagnosis.

For the second year a Living With and Beyond Cancer event was held at York Hospital, highlighting all the support available to people with cancer.

Left: scenes from the Living With and Beyond Cancer event
A unique music project is brightening the lives of patients on York Hospital’s stroke and dementia wards. During May and June professional healthcare musicians, Brightside Music, are visiting wards to provide interactive live music sessions.

Research demonstrates that there are many benefits to the use of music in healthcare settings. Sessions are tailored to each situation, sometimes working with individual patients at bedsides and groups in communal areas.

Griselda Goldsbrough, Art and Design Development Manager from the Trust’s Arts Team, who is working with the musicians, said: “The project has already made quite an impact on York Hospital’s patients and their relatives. Music offers a distraction from routines and procedures, changing the atmosphere and it can offer comfort at difficult times to patients and families.”

One relative reported: “After ten weeks of daily visits to the stroke ward, trying to look cheerful, straining to understand and sharing my husband’s frustration, I felt a profound relief just to sit back and share the music.”

Another relative shared how the sessions had impacted their elderly mother-in-law who had suffered from a stroke a month before: “She was very sad and we were finding it difficult to talk to her, then the musicians arrived, playing music and songs she could relate to. A couple of days on from this she is showing marked improvement in outlook, is actively participating in her physio sessions and did not ask us to leave quite so quickly after arrival! We realise that we cannot attribute all of this to the music session but we are certain that it helped enormously!”

Brightside Music duo Becky Eden-Green and Aisling Holmes are both experienced musicians with a background in education. They have undertaken the Music in Healthcare apprenticeship with OPUS Music CIC, a leading authority on live music-making in healthcare establishments.

Becky explains: “Over recent years there has been a growing understanding of the impact that taking part in the arts can have on health and wellbeing. By supplementing medicine and care, music can improve the health of people who experience mental or physical health problems.”

Visit the Brightside Music website at www.brightsidemusic.org
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

RESEARCH NEWS

Research ambassadors

PATIENT research ambassadors (PRA) work with the research teams to raise awareness of the research projects that patients and staff can get involved in. Lydia Harris, Head of Research and Development, explained: “The PRAs perform a valuable service for the research department. As well as promoting and raising awareness of the research taking place within our hospitals they help with local and national initiatives such as International Clinical Trials Day. They signpost patients, staff and visitors to where they can find out about research and help researchers and the R&D department develop ideas for research that are patient orientated.”

As a PRA Kathleen Murphy wants to give something back to help future research and to help other families. Kathleen’s mum suffered from early onset Alzheimer’s many years ago when there was no way of diagnosing this condition and there was very little support and care available. However, due to medical research things are much better for families suffering the same situation and Kathleen is keen to promote the benefits of research.

Pat Southgate, also a PRA, retired over four years ago after 43 years working in different nursing roles. She wants to support local NHS research by promoting the many benefits of being part of any research, for patients, public and healthcare staff. Pat said: “Throughout my long career in the NHS, I have seen incredible advances in the early identification, management and treatment of many complex conditions as a consequence of the amazing findings discovered through clinical research.”

If you are interested in recruiting a PRA for your department or finding out more about these roles and how they can support your research please contact Lydia.harris@york.nhs.uk ext 7726606. All PRAs are recruited via the Trust’s volunteer network and are fully supported and trained in their role.

International clinical trials day

INTERNATIONAL clinical trials day (20 May) celebrates the anniversary of the first clinical trial by James Lind in 1747 into the causes of scurvy on board the HMS Salisbury.

His trial consisted of just 12 men, grouped into pairs and given a variety of dietary supplements from cider to oranges and lemons.

The trial only lasted six days but, within that time, there was a noticeable improvement in the group eating the fruit, providing Lind with the evidence required of the link between citrus fruits and scurvy.

The Trust’s research teams celebrated international clinical trials day with displays at York and Scarborough hospitals to evidence all their fantastic work. This provided a great opportunity to interact with staff, patients and public visiting the hospitals on that day.

Kathleen and Pat

Cate Laven, Kathleen Murphy, Ellie Webster and Laura Pitt
Your hospital charity

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

Set a challenge

Are you ready for a challenge? You can now register your interest for next year’s challenge events by contacting charity.fundraising@york.nhs.uk

How do people raise money?

People choose to donate to the charity for many reasons. Some are grateful patients who want to express their gratitude to the hospitals for their care and support. Helen Cawthorne recently raised approximately £2,000 for the Butterfly Appeal by holding a gym event at CrossFit in York. Mabel Holmes will be doing a sponsored swim for her 80th birthday. She decided she wanted to do something different and chose to raise money for the oncology department at York Hospital by completing a challenge event of her own.

Bucket collections are held regularly and at the recent Biffy Clyro concert at Scarborough Open Air Theatre we raised £204 in total as a result of donations. We also have a schedule of bucket collections at various shows and performances at York Grand Opera House which continues to fundraise throughout the year thanks to generous theatre goers.

Applying for funding

If your department or ward wants to apply for funding or request to spend then please contact charity.fundraising@york.nhs.uk or 01904 724521.

The charity funds a whole range of things from interactive music sessions for patients at Bridlington and Malton hospitals to the new Ambulatory Care waiting area at York Hospital.

If you want to apply for funding or request to spend then please contact the fundraising team for an application form.

NHS Big Tea 2019

Thursday 13 June saw the launch of the NHS Big Tea 2019, which took place at St George’s Hospital in London. Casualty actor, Charles Venn and ITV This Morning’s Dr Ranj were present for the launch. The Big Tea for the Trust will take place on 5 July 2019.

We are inviting staff to show their support and take part by holding a tea party to celebrate the birthday of the NHS. Visit www.nhsbigtea.co.uk or contact the fundraising team for more information on how you can plan your event.

Go to our Facebook page for more