For one night only, staff scrapped the uniforms and sensible shoes to step up and enjoy the limelight, celebrating their achievements at a glittering ceremony at Scarborough Spa.

Over 320 staff and guests from across the Trust gathered to recognise the work of colleagues who have gone over and above in their work.

The Trust’s annual staff recognition ceremony, the Celebration of Achievement Awards, is fully funded by sponsorship and showcases the excellent work taking place throughout the organisation.

The ceremony was hosted by Chief Executive Simon Morritt who took the opportunity to publicly recognise all the wonderful work that takes place in the Trust.

Simon said: “The Celebration of Achievement Awards have become a valuable and highly regarded way of honouring colleagues who have excelled in their achievements and service for the Trust and to the patients, families and clients we serve.

“Every year we face increasing challenges and the pressures we face have never been greater. The awards reflect the excellent work taking place in the Trust and it is a wonderful opportunity to recognise the contributions of our staff and services.

“Every day in the NHS, dedicated teams and individuals go to extraordinary lengths to provide exceptional care and fantastic services.”

Full story and pictures: pages 6-11

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
Message from the Chair

Seeking the staff voice
An important part of my role is attending occasional national NHS events - to learn and understand the national mood and priorities of the NHS - and to ensure that our Trust is represented positively. I recently attended the first day of the NHS Providers conference in Manchester.

The conference opened with a discussion which included Dido Harding (Chair of NHSI), Prerana Isaat (Director of Workforce NHSI), Ian Trenholm (CQC), and David Behan (HEE). The very major theme of their discussion was around the ‘staff voice’ in the NHS with three clear priorities cited - creating a sense of belonging for all staff in the NHS, ensuring that trusts provide good quality personal development for their staff and to be sure that staff are given a voice in their trust.

The voice of our staff is a real priority for our Chief Executive and I thank all of you who have made a contribution, and been heard, as part of Simon Morritt’s very significant listening exercise in his new role as Chief Executive at the Trust.

Simon will be sharing what he has learned at the very important Our Future, Our Voice event planned for 14 November. Equally important, is using your voice to share thoughts about your work and your workplace as part of the annual staff survey, produced and confidentially analysed nationally. If you haven’t yet completed your survey, I urge you to do so. Where things need improving – please say so. Where things have improved – please say so.

The findings of the annual staff survey play a very major part in the way our regulators understand the performance of the Trust, but more importantly the findings provide very clear guidance to the Board of Directors in respect of areas where improvement must be encouraged, and areas where we must direct our attention and work.

Thank you in advance for contributing to our commitment to continually improving the way we listen, and then act, in respect of the ‘staff voice’.

Speaking of staff voices, it was fantastic to hear the cheers and applause for colleagues at this year’s Celebration of Achievement where I was honoured to present the Star of Stars award.

It is the one night of the year where people can unashamedly celebrate the outstanding achievements of friends, teams and colleagues and shines a light on the brilliant work that goes on throughout the Trust. And don’t forget, if your nomination for Celebration of Achievement is selected as a finalist, you get to go too!

Sue Symington
Chair

Pioneering approach to surgery

Patients on the East Coast are to benefit from a new enhanced approach to delivering general surgery thanks to a unique collaboration by consultants at the Trust.

Mr Marco Baroni, Consultant Vascular Surgeon and clinical director for surgery, explained: “It’s well documented that general surgery in Scarborough has been in a fragile position for some time and it has become increasingly difficult to maintain a 24 hour surgical rota on the East Coast. In the summer of 2018 the departure of two surgeons from Scarborough Hospital exacerbated the situation and since that time York consultant surgeons have been providing cover, supported by locums.

“Over the past few months surgeons from across the Trust have worked together to develop a solution which seeks to preserve services in Scarborough. There will be a rota of 18 general surgeons, all working Trust-wide who will have on call commitments, as well as providing planned surgery at both sites with an increased range of sub speciality services.”

The Trust has been successful in recruiting in recent months, which means there is no longer a reliance on temporary locum staff to provide surgery.

Liz Hill, Care Group Manager added: “This new way of working, developed by our clinicians, offers an enhanced service for patients and maintains general surgery on the East Coast, which is really good news.”
Contamination scenario tests emergency teams

Following last year’s LIVEX mass casualty exercise, York and Scarborough emergency departments were tested with a new scenario - their response to a contamination incident.

The half day exercise was created to test plans for a chemical, biological, radiological and nuclear contaminated patient presenting for treatment.

The scenario was a group of students and farm workers had been contaminated with an unknown substance and needed to be brought into the emergency department for decontamination and then treatment. Staff in the department sprang into action with their response plan which included erecting a special tent to shower the patients, and the deployment of specially trained members of staff in protective suits to decontaminate the patients.

Once again the teams used volunteer members of staff from the Trust and students from Hull and York Medical School who had casualty simulation make up applied to give the exercise realism. Their treatment involved decontamination by being showered and scrubbed by emergency staff in protective suits, then being taken into the emergency department to be seen by the clinical teams. The contamination was diagnosed and treatment included prescribing antidotes.

Richard Chadwick, Emergency Planning Manager, said: “The response by all staff was excellent and a number of lessons have been learned that will now be fed back into the training.

“A big thank you to all the ED staff on both sites for participating in the exercise whilst still maintaining routine services. We are also very grateful to the casualty actors for putting up with the decontamination process in a cold and windy car park and the Trust staff who helped deliver the exercise. York and Scarborough communities can rest assured that the Trust has the appropriately trained staff and equipment should we have to respond to a chemical, biological, radiological and nuclear incident in the future.”

York and Scarborough communities can rest assured that the Trust has the appropriately trained staff and equipment.

Reminiscence resource available in Trust libraries

AN INNOVATIVE new loan item is now available from the hospital library service to help staff communicate with people with dementia on the wards.

Six memory boxes are now available for loan with themes that cover areas such as home and family, travel and sport, gardening, childhood, seaside and history. Each memory box has been designed to aid reminiscence therapy and can be borrowed by staff to use with patients on their wards.

The contents include scent and sound activities, memorabilia, books, games and creative activities. Many of the items included have been designed by companies specialising in reminiscence products for older people and those with dementia.

The boxes have been carefully created by the library team, with input from Trust staff and regional library colleagues.

Sue Wilcock, Library Assistant, said: “We are always looking for opportunities to innovate our range of items on loan and we like to respond to the requirements of the organisation. If anyone has suggestions of anything they would like to see in the library we would be delighted to hear from them.”
Raising awareness of staff roles

“Thanks to all the staff who took to social media to celebrate their profession”

Allied Health Professionals day of celebrations

IT WAS the second annual National Allied Health Professionals (AHP) day this October and colleagues from the 14 professions that make up the third largest force in the NHS, celebrated their combined skills and achievements for one day.

Teams took to social media to tell the world how much they love their job and share their pride in being an AHP.

Vicky Mulvana-Tuohy, Lead for AHP Standards, said: “Thanks to all the staff who took to social media to celebrate their profession – the pictures and videos said it all!

“Not only is the day a great way to showcase the work we do collaboratively with other health professionals, but a way to celebrate and recognise the contributions made by AHPs across all sectors to improve the health and wellbeing of the general population.”

STAFF were invited to shadow an AHP to celebrate National AHP Day and IT Training Manager, Sue Bennington, was one of the people who chose to find out more.

Sue shadowed Amy, Senior Physiotherapist on stroke ward at York Hospital, who arranged for her to sit in on a session with Steve, a patient who is learning to walk again after suffering a stroke.

Sue said: “Amy explained the complexities of her role, which has many elements to assist a patient’s recovery. It was nice to see what she does and how she interacts with other clinicians in order to support the patient’s recovery. I feel this has been an important exercise to build up relationships out on the wards for us as a training team.

“Thank you to Amy and assistant physio Tom - together they made me feel very welcome and no question was too much trouble to answer.”

Sue Bennington with Amy and Tom
Major investment in ophthalmology

The Ophthalmology Department is celebrating an investment of over £1 million in the last year that is benefitting patients right across the Trust.

Not only has there been a major refurbishment and upgrade of the Medical Illustrations Unit at York Hospital, brand new diagnostic equipment has been purchased for Scarborough, Malton, Bridlington and York hospitals.

From the replacement of patient chairs on Willow Ward to cameras, lasers and analysers to diagnose and treat glaucoma – the department will now provide much improved care for patients. Pride of place at Scarborough Hospital is the state of the art laser technology that allows treatment to reduce the number of patients relying on long term eye drop medication, thus reducing the number of patient visits to clinic.

There has also been a significant investment in clinical, nursing and technical staff which will allow the team to expand their services to meet the demand of the local population.

New cutting-edge technology is also offered at York Hospital with the introduction of an endo cyclodiode laser. The machine shows the precise target tissue for treatment in the eyes of patients having cataract surgery. Up to now it has only been available in Leeds and Manchester.

Pouya Alagaband, Consultant Ophthalmic Surgeon with special interest in glaucoma, said: “We’re delighted to see the results of investment in ophthalmology throughout the Trust. Not only have we had 20 year old equipment replaced, it is better quality than before, plus we have a range of extra equipment. This means less invasive and shorter treatment times for patients.

“Now that we have the latest technology we can offer more to our patients as well as exploring research opportunities.”

In addition to the investment by the Trust, thanks goes to the Malton League of Friends who have funded all new equipment for Malton Hospital. This includes visual field analysers that measure people’s field of vision, an advanced retinal camera and technology that can scan people’s eyes and track eye disease.

Consultant Ophthalmologist, Richard Gale, added: “This investment will provide much improved care for our patients across all sites enabling us to monitor any changes in condition and respond to these changes in a timelier manner.”
Outstanding staff were honoured for their contributions, achievements and innovation in health and patient care at the Trust's annual Celebration of Achievement ceremony this month. The ceremony is fully funded by sponsorship and once again we thank our generous sponsors who have made this possible.
A night to remember

Special thanks to our headline sponsor, Schneider Electric
Meet the

Living Our Values
Sponsored by Hull York Medical School

Maternity Team from Scarborough Hospital
This team worked incredibly hard to provide much-needed support when caring for two members of the same family on the unit whose babies were born within 30 minutes of each other. One baby was an expected and much looked forward to child; the other was unexpected and was sadly stillborn. This was extremely distressing for all of the family with such extremes of emotion. The team illustrated the Trust values as they strived to fulfil parent’s wishes regarding care, ensuring the family could visit both new mums at all times.

Runners up: Nicola Dean, Omar Alam

Efficiency and Productivity
Sponsored by Vital Energi

Outpatients Services Team
The Outpatients Services team administers more than 850,000 outpatient attendances across the Trust every year. The high volume of "Did Not Attend" (or DNAs) is a huge problem, costing the Trust more than £4.7 million in wasted appointments. The Outpatients Services team identified that unanswered calls were a huge contributor and made vital changes to the patient call handling system. This had two significant effects - the number of unanswered calls dropped by 40% which meant a drop in DNAs creating a saving of just over £1.1 million.

Runners up: Louise Burn, Larraine Barker and Kaye Green, Willow Ward

Excellence in Partnership
Sponsored by Kier

Martha Callaghan, Special School Nurse
In just one year Martha has transformed outcomes for vulnerable children, young people and their families at four special schools in the Scarborough and Ryedale area. Prior to her appointment there had been no school nurse for these schools, so the challenge was immense. Martha has worked tirelessly to build up excellent links and demonstrated partnership working with educational staff in all four settings. Feedback from head teachers has been exceptional for Martha’s commitment to offer quality personalised care to meet each individual child’s needs.

Runners up: Cystic Fibrosis Team, Macmillan Recovery Package Team, Breast Care Team
Innovation
*Sponsored by BIVDA*

Jaynie Pateraki, Advanced Clinical Nurse

Jaynie was instrumental in setting up the ground-breaking sleep service at York over 20 years ago, which now serves over 6000 patients. Many patients suffer from sleep apnoea, a condition where breathing stops and starts while asleep, and patients are recommended a CPAP machine to assist breathing. Jaynie has finally fulfilled a longstanding vision to develop a remote monitoring service of CPAP machines which makes it available to many more patients. Clinic waits are now down to just six weeks instead of over six months.

*Runners up:* Virtual Fracture Team, Bridlington Elective Orthopaedics Team

Patient Experience

Bridlington Elective Orthopaedics Team

This team is one of a few units in the country to provide surgery for joint replacements and discharge the patient all in one day. Until recently, a hip replacement would mean a hospital stay of five days. Surgeons, anaesthetists, nurses, therapists, administrators and managers have worked together to streamline processes and procedures so that patients who are eligible are prepared before and after their surgery with information and follow up. The team’s ‘can do’ attitude and culture of positivity has transformed patient care and their experience.

*Runners up:* Bridlington Volunteer Gardeners, Julie Rice and the Shared Care Nursing Team

Volunteer of the Year
*sponsored by York Teaching Hospital Charity*

Graham Clift

Graham has been helping on the Stroke Rehab Ward at York Hospital regularly for more than six years, doing one-to-one communication practice work. He enjoys getting to know the patients and his patience and determination helps patients learn to deal with their new challenges, often going the extra mile to bring a book, a photo, or a memorable item in order to spark the patients’ interest.

*Runners up:* Pets As Therapy dog Betty and her pet human Louise Wilson, Keith Taylor
Meet the

**Charity Supporter of the Year**
*Sponsored by Brewin Dolphin*

**John Masiak**
John’s unwavering support for a York Teaching Hospital Charity golf day at Pike Hills Golf Club has raised £48,000 over the last nine years. He has continually gone above and beyond ensuring the support of the club, encouraging and entering teams and guaranteeing that the golf day ran like clockwork. Everything from organising sponsors to recruiting the volunteers, John puts his heart and soul into this event and it is very much appreciated particularly from the Coronary Care Unit which he passionately supports.

**Runners up:** Mrs Eunice Cooper and Mr Charles Ingram, Grand Opera House York

**Patient Choice**

**Ward 17, York Hospital**
Since Evan’s first visit to Ward 17 at only a few months old, the family knew they were in safe hands. The family cannot speak highly enough of the professionalism - and most importantly - the care and compassion for their child.

**Runners up:** Audiologist Nina Brown, Ward 31 from York Hospital

THANKS TO OUR SPONSORS
Chair’s ‘Star of Stars’
Sponsored by Brewin Dolphin

Julie Ackerley
When you have both cystic fibrosis and diabetes like Kate, the kindness and compassion offered by her specialist nurse Julie has been a lifeline. After a very challenging four years due to declining health, the need for constant intravenous antibiotic support and having little family support, Kate desperately needed a shoulder to cry on. She describes Julie as a complete rock and, as well as offering her a listening ear, even came to some of Kate’s appointments to reassure her.

Runners up: Kevin Breheney, Olivia-Jo Lovitt

Chief Executive’s ‘Unsung Hero’

Dennis Allen
Dennis has worked quietly and tirelessly for the Trust for nearly ten years and is known for his positive attitude, always smiling, and noticing details about people. He is proactive in supporting any patients with a learning disability and recently changed hours and came in on his day off to support a lady whose operation had to be rescheduled. Dennis cheers up patients with books, DVDs, and games and many patients would not be given a voice or specialist support during their hospital experience without Dennis.

Runners up: Dr Cait’lin Passmore, Christina Sloper

finalists
New wellbeing space

Chief Executive, Simon Morritt, officially opened the new staff wellbeing space at Bridlington Hospital this month where a space in an unused ward has been turned into an area for fitness classes.

Sarah Goldsmith, Estates Officer, is delighted to be given the opportunity to improve her health while at work. Sarah said: “I’ve signed up for circuits and yoga classes on site which means I don’t have to go home and then go back out to the gym. Going straight from work to the class means I can have a laugh, get fit and then head straight home, it’s so convenient – and free.”

Classes are provided by Activfirst with circuit training every Monday from 4.45pm – 5.30pm and yoga classes begin Tuesday 5 November, 4.45pm – 5.45pm and weekly on Tuesdays thereafter. Classes are free to Trust staff. Please take advantage of these free classes. If we don’t use them, we will lose them.

To book call 07487 883237 or email ed.grady@activfirst.co.uk

Menopause wellbeing

The Trust is hosting a menopause seminar and a workshop.

The next date for the menopause seminar presented by Kavita Verma, Consultant in Obstetrics and Gynaecology, is 4 December between 10.30 – 12noon in the lecture theatre, post graduate centre, Scarborough Hospital.

It is useful for those experiencing symptoms of the menopause, for those who are not there yet, but would like to understand more about it, and for managers (female and male) to understand how the symptoms of menopause can affect women in the workplace.

The healthy living for the menopause workshop is scheduled for 29 October, 11.00 - 12.00 noon in the discussion room, post graduate centre, Scarborough Hospital and 3 December between 2 - 3pm, classroom 2, medical education centre, York Hospital.

Know your numbers

Drop in for a mini health check – includes blood pressure, weight, height, BMI on 26 November between 9am – 3pm at Ellerby’s, York Hospital.

Thank you to all staff who have already attended the super clinics – we now have over 35 percent of staff vaccinated so far.

Thank you to peer vaccinator Jo Welch, who has become a one-woman super vaccinator after already having given more than 180 staff the flu jab! Jo said: “Some staff felt they couldn’t leave the ward due to workload, but by coming to them it’s making the flu jab really accessible.”

The flu vaccine for each winter helps provide protection against the strains of flu that are likely to be present and that may be different from last year’s. It is strongly recommended that even if you were vaccinated last year, you should be vaccinated this year.

Heather McNair, Chief Nurse said: “Flu contributes to NHS winter pressures, putting pressure on GPs, hospitals and the care sector. Last winter 5,505 people were hospitalised because of confirmed flu in a network of only 24 trusts in England.

“The earlier you get your flu jab the better – this ensures you’re covered before the virus starts to circulate. Getting your flu jab is the best way to protect yourself, your family, friends and the people you care for. “Help protect yourself, your family and the people you support.”

Super clinics continue until the last week of November for all frontline healthcare workers. Please check your emails for your personal invitation containing details of dates and times of all clinics in York, Scarborough and Bridlington. To find out more about flu visit Staff Room and click on the flu hot topic button.

What’s available

The wellbeing team will be outside Pat’s Place, Scarborough Hospital from 10am -2pm to explain what resources are available.
August finalists

Star Award

Recognising and celebrating the achievements of our staff and volunteers

Leanne Covey, Bereavement Services, York Hospital
Leanne was nominated by a family whose stillborn baby was born in December 2017 at 35 weeks. This devastating experience is still very raw for the family and has been difficult to revisit but they were determined to thank Leanne for the time, support and genuine compassion she gave to the family at such a traumatic time. Leanne organised their baby's funeral and registration of his birth and death so they didn’t have to sit amongst new-born babies at the registry office. She listened to their wishes for his funeral and liaised with all parties and the family to organise everything. The family had said their goodbyes so Leanne dressed baby for them in their chosen outfit and buried him with his toys, chatting to him whilst she did it.

"You will never understand how unbelievably wonderful this was for us to hear and how above and beyond the call of duty this was.”

Anita Ogle, Ward manager, Scarborough Hospital
Nominated by a colleague and her Matron, Anita is described as the most hard working, dedicated ward manager she has met in her time working in the NHS. For a few months Anita was running both the children’s ward and SCBU while a new staff member was appointed on SCBU. Even though it has been twice the workload, Anita has never complained. She ensures the safe running of the ward and is always there to support her staff if they ever need her. Anita is always considerate of her staff, even out of work hours, thinks of each member of staff as an individual. She helps and encourages both statutory and mandatory training and also works with all of the team to ensure they provide the best care.

David Howie, Security Officer, Scarborough Hospital
David was on night duty at Scarborough Hospital when the security team were called to a ward in response to a patient who had broken through a window and was out on the roof. The patient had been admitted after significantly harming himself. David, decided to follow the patient out onto the roof to see what he could do to help and prevent the patient from doing further harm to himself. He spent hours on a cold February night trying to convince the patient to come down and built a good relationship with the patient that helped when the police and further support arrived. David put his safety secondary to the patient's and his actions were described as kind, compassionate and brave.

Claire Kilmartin, Ward Sister, York Hospital
Claire was appointed to a temporary ward sister position to cover maternity leave on the children’s ward and day unit. When the ward sister post on the Children’s assessment Unit and Child Development centre became vacant Claire applied for this permanent position and was successful. With so many leadership changes Claire felt that the best option was for her to run all four areas in order to maintain continuity for the staff and service rather than appoint another temporary sister. Claire was nominated by her Matron for managing this with a sense of calmness and consistency. She is praised for not only maintaining all aspects of the role, but also problem solving and dealing with complex patients whilst being positive with a ‘can-do’ approach at all times.

Marysia Filip, Staff nurse, York Hospital
Marysia was looking after a patient on intensive care who had no family. As he recovered he told her how he was struggling with money as his benefits had been stopped. He was very upset that his clothes had been cut off when he arrived as an emergency care as he could not afford to replace them. As well as spending her own money, Marysia raised money and asked for donations to buy the patient items of clothing, as well as asking for clothing donations from ICU staff. She managed to get several items of clothes which she then brought to him when he was fit on the ward. Marysia is praised by colleagues for compassion and empathy for others and for being a fabulous nurse!
Children’s therapy team puts on extra exercise sessions

Scarborough’s paediatric physiotherapy team have recently gone the extra mile for children with neurological disabilities to help them stay fit when they are not at school.

The physiotherapy team ran a four-week group exercise class in August for four children aged between eight and 14 years old.

Exercises were aimed at improving muscle strength in arms, legs, and core, and the team also worked on gait, mobility, and balance.

Emily Haldenby, Specialist Paediatric Physiotherapist, explained: “The extra sessions were aimed at improving fitness and mobility in the children as there is a tendency towards deconditioning over the summer holidays when they are not at school.

“We wanted to assess the effectiveness of the exercises so we did outcome measures before and after the class. This included a range of balance, mobility, and strength. The majority of patients improved on most of the outcomes, and no patients worsened in any outcome measures.

“We also collected feedback after the class from parents and patients as it is the first time we have run a class like this.

“The children really enjoyed the class and we were delighted with the excellent feedback we got from both parents and patients.

“Thanks to Harriet Rossol, Hannah Palmer, Henrietta Tully and physiotherapy student Olivia Gillam for their enthusiasm in helping the children.”

Research News

Grant development officer joins the team

Due to the increasing demand in external grant awards being written, the research and development department has appointed a Grant Development Officer.

Dr Marthe Ludtmann is experienced in writing and securing fellowships and grants from various funding bodies and will work with the team to help them develop grant applications and increase awareness of research funding calls.

Marthe completed her PhD in 2012 in Neuroscience before continuing her research in the field of Alzheimer’s and Parkinson’s disease.

Marthe works Wed-Fri, email Marthe.Ludtmann@york.nhs.uk

Statistics support

After the signing of a new agreement with York University, the research and development department has secured continued support from a statistician, who will work with Trust researchers to develop their research ideas.

Please contact deborah.phillips@york.nhs.uk
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

Christmas Pantomime offers
Staff can enjoy discounted tickets to Snow White and the Seven Dwarfs at Grand Opera House, York. Tickets are discounted by £5 each and are limited to two per ID badge. Saturday performances are excluded from this offer. To book your tickets contact the Box Office directly.

At Scarborough staff can enjoy 20 percent off tickets to see Treasure Island at the Stephen Joseph Theatre. Book your tickets today by contacting the Box Office.

Financial Wellbeing Programme
As part of the financial wellbeing programme Staff Benefits are working with Leeds Credit Union to help staff save through the staff saving scheme or source an affordable loan. Visit www.leedscreditunion.co.uk/yorknhs to find out how Leeds Credit Union could help you.

Hypoglycaemia awareness week

THE TRUST’S diabetes teams joined forces with healthcare professionals across the country to raise awareness of hypoglycaemia in a national drive to improve staff knowledge and patient care.

Hypoglycaemia, also known as a hypo, takes place when the blood glucose levels of people with diabetes drop too low. They can feel shaky, unwell and, in extreme cases, can slip into a coma. Hypoglycaemia Awareness Week highlights the dangers of hypoglycaemia to patients and helps staff. It can affect nearly all with Type 1 diabetes, and some people with Type 2 diabetes who use insulin or some other medication.

Common causes of hypoglycaemia include inappropriate timing of diabetes medications, reduced access to food and reduced appetite.

Sarah Kelly, Catherine Butler and Catherine Finlay

2019 Staff travel survey – prize draw

THE TRUST is looking to gather information on how staff travel in order to monitor changes, gather feedback and establish if improvements can be made to achieve better transport experiences.

This survey is for everyone who works at the Trust, including people who use public transport whilst at work and those who don’t need to use any transport other than walking.

All responses will go into a prize draw to win one of the following:
- A Betty’s gift box worth £75, courtesy of Enterprise (Trust pool car provider)
- A voucher for two tickets to the county enclosure at Doncaster races
- A family pass for Thornton Hall Country Park
- A free week-long bus ticket valid for any First Bus service
- A £10 voucher for Cycle Heaven, York

The draw will be made in November and winners will be notified by email. The survey can be accessed on Staffroom/ Corporate Information/ Staff Travel and Transport.
National Elf Service launched

At the start of the month, we launched ‘National Elf Service’ for Christmas 2019.
We are calling all staff to get involved by visiting www.york.nhs.uk/elf and registering for their free fundraising pack.
Whether it’s dressing up as an elf for the day, holding a bake sale, hosting a festive quiz, or any other ideas you have that can bring a little festive spirit to our hospitals, please join us in raising money for your hospitals.
Wards and departments can assign a ‘Chief Elf’ who will oversee their colleagues and make sure there are no mischievous elves on the loose round our hospitals!
For more ideas and inspiration, sign up now and we’ll send your fundraising pack containing lots of helpful ideas and props to make your National Elf Service day the best it can be.
All staff members are invited to join us no matter which ward, department or hospital you work in.
We also have alternative fundraising packs for children, so if you would like to get your family and friends involved too, please get in touch!

Sarah and team do the Trust proud

Thank you to Sarah Trevillion and her team who conquered the ‘Way of the Roses’ bike ride, completing 170 miles to raise funds for York Teaching Hospital Charity.
“I completed the Way of the Roses Coast to Coast bike ride over a weekend in September raising money for York Teaching Hospital Charity.
“My friends and I set off from Morecambe early on Friday morning, reached Pateley Bridge by evening, and arrived back in York on Saturday afternoon.
“The final day took us across the Wolds to Bridlington, where we dipped our tyres in the North Sea to mark the end of the 170 mile trip.
“The ride had its ups and downs, but the weather was very kind, and the views though Lancashire and Yorkshire were amazing. As were the many cafes along the way! In total we raised £407 for the charity, and are already thinking about the next challenge.”
Well done Sarah!
If you’d like to take part in a challenge event in 2020, visit www.york.nhs.uk/challenge for events and ideas!

Celebration of Achievement raffle
We had a wonderful night joining colleagues and teams at this year’s Celebration of Achievement at Scarborough Spa who kindly let us hold a charity raffle. Thank you to everyone who bought a ticket – the total came to £1,404.15 which will go towards the Butterfly Appeal.