



Gloucestershire Health and Care
NHS Foundation Trust

With you, for you

SUMMER 2023

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Welcome

Thank you for reading our latest membership newsletter. We hope you enjoy reading our articles and the most recent updates on Trust events and initiatives.

It's been a busy few months since we shared our last newsletter and we particularly enjoyed celebrating the 75th anniversary of the NHS in July.

Our hospitals and sites pulled out all the stops to mark the occasion, including a visit from television presenter and farmer Adam Henson at Charlton Lane Hospital.

Don't forget to enter our competition to win tickets to the Cotswold Farm Park – it's always a great day out.

As ever, do let us know what you think of the newsletter and if you have any ideas for next time just get in touch!

Get in touch

We welcome your ideas, thoughts and suggestions. If you would prefer to get your newsletter by email, please let us know. Please contact the communications team:

 0300 421 7146

 GHC.comms@ghc.nhs.uk

COMMUNITY NURSES' MEDICAL BAGS

Community nurses are feeling the benefit after the Trust invested in new medical bags to organise all their equipment for home visits.



Our Trust recently purchased 370 bags from Forest of Dean-based firm CorrMed after Nancy Farr, Professional Head of Community Nursing, looked at feedback from other Trusts.

She said: **"I felt it was really sensible to have something that was flexible and fit for purpose for all the things community nurses need to carry into patients' homes. If you're going to see a patient for a dressing you've got everything you need in one place – it saves time and looks and feels professional."**

"It also has a built-in kneeler, which is a really helpful accessory to have as part of the package."

Nurses can organise their bags according to their own preference, but might have separate kits for phlebotomy, sutures, leg ulcer dressings, observation equipment such as thermometers, pulse oximeter and stethoscopes, and various wound care kits.

New Sensory Room at Evergreen House



A new sensory room has been opened at Evergreen House in Cheltenham, thanks to the generosity of a local children's charity. Home to our Trust's Children and Young People's Services (CYPS), Evergreen House provides a range of specialist emotional wellbeing, mental health and learning disability services for children and young people aged under 18 living in Gloucestershire.

Julie Kent, Vice Chair of the Pied Piper Appeal (pictured third left), recently visited the site to officially open the new sensory room, made possible by a generous donation of £10,000 by the charity.

The room offers a calming, distracting and peaceful space for children and young people with sensory processing difficulties. Operational Manager Sally Powell said: **"This fabulous new sensory room provides a welcome distraction for children and young people visiting Evergreen House for assessment and treatment with our CAMHS (Children and Adolescent Mental Health) and learning disability services.**

"It's a wonderful environment that gives them more control over sensory changes and encourages personalised sensory input to help them be calm and focus on themselves.

"It hasn't been open very long, but already we're seeing the benefits this new space brings. I would like to say a huge 'thank you' to Julie and the Pied Piper Appeal for this amazingly generous donation, and for making this fabulous new sensory room a reality. It is making a huge difference for the children and young people who access our services, their families and carers, and we cannot say 'thank you' enough."

Julie Kent MBE, Vice Chairman at the Pied Piper Appeal, said: **"We are so pleased to see the sensory room up and running. We realise how important it is for children with specific difficulties with their learning and emotional wellbeing to be in a comfortable space to talk with professionals who can help them."**

MY LIFE ON SHOW AT GL1



Colleagues and individuals with lived experience from Gloucester gathered at GL1 to unveil four portraits of participants of the 'My Life' programme.

The event was the culmination of work that went into the My Life co-produced service evaluation project – a partnership between GHC's Gloucester Recovery Team, Gloucester Mental Health Physiotherapy Team, our Research team, Elaine Wilmore from Gloucestershire Hospitals Trust and GL1 leisure centre.

Physiotherapist Nicola Dowdeswell said: **"The My Life group was an education and a physical activity session led by the health and fitness consultants at GL1, and that was key for us because we want people to continue and come back to the leisure centre after the programme – they get used to the facility and the staff.**





"It was about getting those connections – people talking about what they've done in the gym or talking about what they've done that week or what they were finding difficult or what they were enjoying."

Four group members who had given a lot of time and commitment – Kirsty, Simon, Nigel and Schemeda – were chosen to have their portraits created as the basis for a poster which was presented at the conference of Health and Care Research at the University of the West of England (UWE) and will go to the Annual Conference for Physiotherapists in Mental Health in September and annual Physiotherapy Conference in November.

Nicola added: **"We would not have received attention at the conference if we'd produced a standard poster. We approached local artist Russell Haines who produced the Tales of Gloucester and he agreed to collaborate with us. His artwork on the poster was important to us to capture people's attention and highlight severe mental illness as a long-term condition."**

The artwork is now on display at GL1 near the Health and Wellbeing Hub.

Trust Shortlisted for HSJ award

HSJ
PATIENT SAFETY
AWARDS 2023

Congratulations to everyone involved in a Trust project which has been shortlisted in the prestigious Health Service Journal Patient Safety Awards.

The project **"Integrated community team (ICT) therapists identifying the deteriorating patient in the home setting"** has been shortlisted in the Deteriorating Patients and Rapid Response Initiative of the Year category. The project used a Quality Improvement approach to find ways to ensure deteriorating patients under the care of the therapy teams in ICTs are escalated in a timely and appropriate way.

Therapists in ICTs were taught how to take baseline clinical observations during their community visits to patients at home using appropriate clinical equipment and then to communicate findings using the SBAR (Situation, Background, Assessment, Recommendation) communication tool to their medical colleagues across the system including Rapid Response and GPs.

Results showed a significant increase in the confidence of therapists when they encounter deteriorating patients at home and patients waiting less time for a clinical decision to be made in support of their onward care.

What does a sustainable hospital look like?

A closer look at the Forest of Dean Community Hospital

The Forest of Dean Community Hospital, located in Cinderford, has been designed to achieve the sustainable BREEAM Excellent certification and showcases various features that make it a model of sustainability and environmental best practice.

'A nice thick jumper'

At the heart of the hospital's sustainable design lies a focus on energy efficiency. The building features extremely thick, 250mm insulation in its walls and roof – essentially enveloping the hospital in a nice thick jumper, which significantly reduces the energy needed for heating and cooling.

It relies solely on electricity (i.e., no gas or fossil fuels), and uses alternative air source heat pumps, mechanical ventilation recovery systems and on-site renewable energy sources to offset its energy consumption.

The hospital will be a net contributor of electricity to the national grid, so its carbon footprint will decline over time, which could lead it to achieving net zero in the future.



Achieving BREEAM Excellent

Prior to construction Speller Metcalfe, Gloucestershire Health and Care NHS Trust and our wider project stakeholders worked together to explore areas of carbon reduction and focus on the building's lifecycle, with a target of achieving a BREEAM Excellent certification.

BREEAM is a sustainability assessment method that sets standards for the environmental performance of buildings and infrastructure. It takes account of a wide range of factors, including energy, water, health and wellbeing, transport, materials and waste.



Sustainable Materials

The team is committed to identifying materials that meet the green credentials of the BREEAM assessment.

This uses a ‘cradle to grave’ approach which considers the raw materials, their manufacturing processes, embodied carbon and ease of recycling. The Forest of Dean team has achieved the maximum score for the material section of the assessment.

Preserving ecology and biodiversity

Extensive consideration has been given to the surrounding wildlife, such as dormice and bats, to ensure the hospital does not encroach onto their existing habitats.

Additionally, the hospital incorporates bat and bird boxes throughout the site, while also committing to planting of significantly more plants and trees than were previously in situ, which will ultimately enhance its biodiversity by over 10 per cent.

Efficient operations and connection to nature

The layout has been designed that corridors have been minimised to reduce staff walking distances, and as a result maximise their day-to-day efficiency. All 24 in-patient rooms have a view directly out to the forest or the surrounding environment.

The therapeutic benefits of connecting patients with nature are well-documented, and this deliberate design choice aims to positively impact patient recovery rates and wellbeing.



Celebrations Mark **NHS 75** across the Trust



Celebrations took place across the Trust to mark the 75th anniversary of the NHS on Wednesday 5 July.

Events included a guest appearance by BBC presenter and farmer Adam Henson, at Charlton Lane Hospital, where he unveiled a newly - created art installation called 'Safe in our Hands'.

At Wotton Lawn Hospital, in Gloucester, the Cotswold Male Voice Choir joined the celebrations while at Cirencester Hospital Lord Bathurst joined the garden party. Elsewhere celebrations were held at the Independent Living Centre, in Cheltenham, and the Community Dental Service.

Speller Metcalfe, the main contractor for the new Forest of Dean Community Hospital, invited members of staff to come down to enjoy a site tour, followed by a celebration buffet lunch.

Kate Harper, Matron of Dilke and Lydney Hospitals, said: **"There's a lot of anticipation around the new hospital, and obviously colleagues have a lot of questions. So it's great for us to be able to look around – especially now the building is starting to take shape – and get a feel for where we'll be working next year.**

"It was a lovely gesture from Spellers to arrange a lunch and surprise prizes to round the visit off!"



Colleagues joined parkruns across the county the following weekend to continue the celebrations.

We had representatives at runs including Gloucester North, Gloucester City, Kingsway, Cheltenham, Mallards Pike, Five Acres, Cirencester, Berkeley and Wolford Woods (Moreton).

At some of the events, certificates were presented to people who the parkrun organisers felt best embodied the spirit of 'participation'.

Presentations were made by colleagues including Ingrid Barker, Trust Chair, Marcia Gallagher, Non Executive Director, and Neil Savage, Director of Human Resources and Organisation Development.

Many of the parkrun events are organised by Trust colleagues or colleagues from elsewhere in the NHS, and at Berkeley the Vale Hospital League of Friends provided the refreshments.

Preceptorship Quality Mark

We are proud to announce that we have been awarded the National Preceptorship Interim Quality Mark.



explained: **"This was a lot of work which we started back in October 2022, when the National Preceptorship framework (2022) for nursing was released.**

"Myself and my colleague Rob Aldridge spent much time developing our multi-professional preceptorship policy following the publication of NHS England's National Preceptorship Framework (for Nursing).

"The application process for the National Preceptorship Interim Quality Mark consisted of achieving 10 mandatory core elements and a further 80% of the supplementary criteria."

Preceptorship is aimed at supporting and guiding newly registered colleagues joining the Trust. Applications for the quality mark opened on 1st January 2023 and there are 33 Trusts so far in England who have achieved this. Sylvia Jellyman, Professional Development and Clinical Skills lead,

Baton of Hope raises suicide awareness

People touched by suicide have taken part in a unique relay in Bristol to raise awareness of what is the biggest killer of people aged under 35.

Among them was Tammie Bell, a Physical Health Practitioner from our Gloucester Community Mental Health service, who carried the Baton of Hope in memory of her brother who sadly lost his life to suicide. The specially designed baton toured UK

towns and cities for two weeks through the summer. Rebecca Butler, our lead nurse practitioner for the west locality, said: **"We're so proud of Tammie and her courage to take part in this important event.**

"She was battling through anxiety and nerves about taking part in this national event, which shows how passionate she is about raising awareness."

AGM meeting

Our Annual General Meeting will be held on Wednesday 13th September from 5 until 6.30pm, online via Microsoft Teams. The Annual General Meeting is an opportunity to hear about our achievements over the past year and the challenges we have faced. You will learn about our future plans and priorities, and how we are performing financially. The meeting is open to all, so if you'd like to join us, please register your details using the link here:

<https://GHCAGM2023.eventbrite.co.uk>. If you have any questions about the event, please email **anna.hilditch@ghc.nhs.uk**

Big Health Day

attracts 1500 visitors



Our 15th Annual Big Health Day was held on Friday 16 June with a repeat of last year's glorious sunshine.

The event, at Oxstalls Sports Park and Plock Court Fields in Gloucester, is aimed at helping people with learning disabilities, complex physical and health needs, and those with physical and mental ill health needs to stay active and healthy.

This year the day was as busy as ever, with more than 1,500 people attending, along with 101 indoor stallholders, 10 static vehicles, five activities on Plock Court Field, 10 inclusive sports activities, three interactive workshops and 152 volunteers from Hartpury College, University of Gloucestershire, Dene Magna School and Inclusion

Gloucestershire, giving up their time to make the day happen.

With our links to Inclusive sports organisations, Active Gloucestershire co-ordinated 14 Inclusive and interactive sporting activities.

Visitors were also able to visit the private and voluntary organisations creating awareness of activities and voluntary work including Therapy Dogs Nationwide, The Music Works, Gig Buddies, Artshape, Digibus, Veterans Outreach Bus, Kingfisher Treasure Seekers, Inclusion Gloucestershire, Scrubditch Farm Animals, Girlguiding, circus skills, Sailing for the Disabled, Wiggly cooking workshops, drama sessions, Active Impact, and the emergency services.

Trust named 'Large Employer of the Year' in South West Apprenticeship Awards



We are celebrating the news that we have been named 'Large Employer of the Year' in this year's South West Apprenticeship Awards.

Held on Thursday 6 July at Ashton Gate Stadium in Bristol, the Gloucestershire Live Awards expanded this year to cover the entire South West.

Celebrating with fellow members of the Apprenticeship team at the awards ceremony was Apprenticeship and Widening Access Lead Rachael Bish.

"This is a fantastic achievement for the Trust," she said. "We were delighted to win Employer of the Year in the 2021 and 2022 Gloucestershire Live Apprenticeship Awards. And this year we were up against employers across all seven of the South West regions, so this is an even greater accolade.

"I would also like to congratulate our finalist in the Apprentice of the Year (Health, Wellbeing and Care) category, Healthcare Assistant Vicky Smith, who works in our Intensive Health Outreach team providing therapeutic relationships to hard-to-reach patient groups.

"She has worked as a healthcare assistant for 30 years and recently undertook an apprenticeship with GHC to further her skills and continue to help others."

Vicky was nominated by her manager Marc Pratt. **"Vicky is reflective and creative when implementing nursing interventions, realising the importance of building trust and relationships with patients," he said. "She has a passion to make a difference in the lives of the marginalised, aiming to train further to become a Band 5 nurse once she has completed her apprenticeship."**

Wotton Lawn Sanctuary Garden highlighted by QNI



The Queen's Nursing Institute and the National Garden Scheme have announced five new gardens and health projects led by nurses taking place in 2023 – and one of them is ours!

This project seeks to provide a safe space for women with serious mental health illness in Wotton Lawn in Gloucester.

Lead Physical Health Nurse Angela Willan said: **"I have always had a keen interest in women's health and I am passionate about improving their physical and mental health. This garden will provide a fantastic area for women to relax, meet, and for therapy to take place within an area that is peaceful and designed with them in mind.**

"Engagement in gardening has been shown to have both immediate and long-term effects on mental health outcomes, such as reductions in depression and



anxiety symptoms, while gardening daily is associated with reduced stress and increased life satisfaction. "Physiotherapy and health and exercise practitioners will offer activities such as yoga, fitness and mindfulness sessions for both community and inpatients.

"Service users will have the opportunity to be involved in the design, planting and ongoing maintenance of the garden area, hopefully encouraging a love of gardening which can be carried on after the women have left the facility."



Falls Prevention Awareness Week: September 2023

Our Falls Awareness and Education Service will be holding awareness and information events across the county during Falls Awareness Week in September. There will be seven events during the week, which runs from Monday 18 September, aimed at providing advice to help people stay strong and steady and stay active. Visit our website for details: <https://www.ghc.nhs.uk/news/falls-prevention-awareness-week-september-18-22/>

National Award for Montpellier Allotment



The Montpellier Allotment Project Team celebrated success at the national ‘Design in Mental Health Community Awards’ when they received a ‘Highly Commended’ in the ‘Outside Space of the Year’ category.

Hosted at the Coventry Building Society Arena, the ceremony was attended by Victoria Woodruff, Senior Occupational Therapist and EAP Team Lead at Montpellier Secure Recovery Service, and fellow members of the Allotment Project Working Team.

The therapeutic allotment and green site at Horton Road, Gloucester, is regularly accessed for rehabilitation, development and meaningful engagement by our patients

at Montpellier Low Secure Unit, and those who access our Trust’s services countywide. It is also a resource which is utilised by our colleagues, community groups, local organisations and education providers in Gloucestershire.

The nomination for the Design in Mental Health Awards recognised the allotment project as being **“the perfect example of what can be achieved with some creativity, drive and determination. The allotment site has been transformed in the past 12 months – led by an occupational therapist – into a space that is every bit therapeutic. All this has been achieved while working on the hospital wards full-time, and with the support of patients and volunteers.”**

GOLD AWARD FOR VETERANS SUPPORT



EMPLOYER RECOGNITION SCHEME

GOLD AWARD 2023

Proudly supporting those who serve.

We are proud to have achieved the Gold Employer Recognition Scheme Award for our work to support veterans and serving military personnel.

The Defence Employer Recognition Scheme Gold Award, the highest badge of honour, recognises the positive role that employers play in supporting the Armed Forces community. Neil Savage, Director of Human Resources and Organisational Development for the Trust, said: **“We are delighted to have**

achieved Gold ERS status, in recognition of our ongoing commitment towards our armed forces community.

“We all owe a debt of gratitude to the people who serve our country at home and overseas and as one of Gloucestershire’s largest employers and provider of services, we are fully committed to doing everything we can to support military personnel, their families and our veterans.”





Cotswold Farm Park has generously donated a family ticket (to admit 2 adults and 2 children) on a day of your choice.

To win this amazing prize, please send your details to GHC.comms@ghc.nhs.uk or write to Communications Team, Edward Jenner Court, Brockworth, Gloucester, GL3 4AW.

Competition closing date:
5th October 2023.



Salmon and salad bagel recipe

SERVES 1 PEOPLE	PREP 10 MINUTES	COOK 1 MINUTES

Information

Bagels are popular with kids so this is a good way to introduce some fish into your child's lunchbox. This would work well with a handful of grapes and a plain rice cake.

Ingredients

- 1 wholemeal bagel
- small can (105g) or half a large can of pink salmon
- 1 level tablespoon reduced-calorie mayonnaise
- large pinch of black pepper
- 4 slices of cucumber
- small wedge of lettuce, to give 2 tablespoons when shredded

Complete your lunchbox with:

- handful of grapes (about 12)
- 1 plain rice cake
- 200ml semi-skimmed milk

Method

1. Cut the bagel in half, toast and leave to cool. Drain the salmon and remove the bones. Mix with the mayonnaise and pepper.
2. Drain the salmon and remove the bones. Mix with the mayonnaise and pepper.
3. Spread the mixture on one half of the bagel, add the cucumber and lettuce and then top with the other half of the bagel.
4. Prepare the salmon mixture the night before and keep in the fridge to save time in the morning

For more healthy recipes visit:
www.nhs.uk/healthier-families/recipes

Final word

Douglas Blair, CEO

What have you learnt in your first few months in Gloucestershire?

It has reminded me that I have fairly spatial memory, as places/buildings/rooms and faces all make an impression but new names take a bit longer! The exception to my spatial memory is that it has taken me a few wrong turns and extra miles to work out the J11A/ J11/ A417 pattern of slip roads and roundabouts!

What is the most enjoyable part of your role?

It has been great to be out and about a lot in the last few weeks and months and see new places and new teams, and I find this very enjoyable. In the longer term, I really enjoy seeing plans coming together and improvements made as a result.

Where's your favourite place in Gloucestershire?

It's too early in my detailed exploration of Gloucestershire to have a favourite and probably better if I don't have one given that I am serving the whole county!

What has been particularly memorable in your career so far?

I have had a varied career with different types of jobs in different sectors and geographies.



The most memorable periods have all related to having strong and energetic teams focused on making a change happen. When these things all come together, they can create an infectious enthusiasm that has a life of its own.

Favourite biscuit?

It would have to be a Jammie Dodger, closely followed by a Jaffa Cake (depending on which side of the biscuit/ cake debate you take). My sweet tooth has been quickly spotted by my new colleagues – it doesn't take long to get a reputation for all the wrong things!

Outside of work, how do you like to spend your time?

I tend to try and find ever more inventive excuses for why I can't start gardening or home maintenance tasks!

