



Gloucestershire Health and Care
NHS Foundation Trust

With you, for you

MEMBERSHIP NEWSLETTER

WINTER 2023 

1000
years of
service

PAGE
8-9



Birds of prey are a hoot
at Charlton Lane
PAGE 4



Award for support for
international nurses
PAGE 10



In the frame for healthy
house award
PAGE 14



New clinic for
mental health team
PAGE 13



Welcome

Another year is at an end and it feels like it has gone in a flash. It would be lovely to have sufficient space in this newsletter to provide a recap of the highlights from 2023, but there's always too much happening, or to look ahead to, for that to be viable. Colleagues with a combined total of more than 1,000 years in the NHS gathered for our long service awards – hopefully you'll recognise a face or two among the photos.

There always seems to be recognition for the Trust every time a newsletter comes around and we were delighted to pick up a Pastoral Care Award for our support for international nurses, who do so much to improve and enrich the NHS and the communities they join. There was an HSJ award for our community work on the deteriorating patient and one of our Occupational Therapists is in line for a housing award.

Thank you for all your support throughout 2023. Have a great Christmas and New Year and we'll be back with a new installment in the Spring.



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:



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Gavin admitted to Order of St John by HRH King Charles III

As recognition of his contribution to clinical development within the South West, Emergency Care Practitioner and Independent



Prescriber, Gavin Harrison MStJ has been admitted the Order of St John by sanction of HRH King Charles III.

Gavin has volunteered for St John Ambulance since 2010, and for the last few years has been in a management role for the organisation's volunteer healthcare professionals. These include doctors, nurses, paramedics and physiotherapists – to name but a few.

Using his advanced nursing and prescriber training, he also volunteers by crewing ambulances for 999 work to help support the NHS.

Gavin said: **"I feel extremely honoured to have been admitted to The Order by HRH King Charles III. My career all began from volunteering for St John Ambulance; learning and growing from the incredible people I was around, and still am."**

The Order of St John was established in 1888 by Queen Victoria, with membership awarded for loyal service. This is the Most Venerable Order of The Hospital of St John of Jerusalem – a worldwide royal order of chivalry, similar to The Order of the British Empire.



Nancy Unveils Plaque in Honour of District Nursing Founder



Professional Head of Community Nursing, Nancy Farr was invited to unveil a plaque in honour of Elizabeth Malleson pioneer and founding member of the Rural District Nursing Association.

The plaque was installed at Gotherington Parish Hall following research by the Local History Society. Elizabeth had lived at nearby Dixon Manor. She was born in 1828 and was an educationalist, suffragist and activist for women's education and rural nursing.

Although born in London she moved to Gloucestershire in 1884 and was concerned to find that there was little local service of nurses for pregnant women. Malleson arranged for a trained nurse to be available to serve the people of Gotherington.

Malleson's scheme was not the first but she decided to form a national organisation and her appeal for help brought her into contact with Lady Lucy Hicks-Beech.

They gathered enough support to launch a Rural Nursing Association and supplied District Nurses to villages across England.

Malleson's nurses became the Rural Nursing Division of the Queen's Nursing Institute in 1891 and Malleson became the organisation's secretary.

Nancy said: **"I was fascinated to learn that Gloucestershire was among the first to start a rural district nursing association and Elizabeth received a grant from the golden jubilee fund (Queen Victoria's) to set up the association. The society have evidence of communications to Florence Nightingale who was setting up the Queens Nursing Institute to train DN's in Liverpool at the same time.**

"The parish council was friendly and had everything well organised including a cake to be cut following the unveiling of the plaque because October 29 was Elizabeth's 195th birthday.

"It was an honour and a pleasure to be asked to unveil the plaque and to learn more about a pioneer of district nursing. In Elizabeth's day there was one district nurse, now we have five large locality teams led by District Nurses many of whom hold the Queens Nurse title. That is surely testament to the community model of care."



CHARLTON LANE HOSPITAL ENJOYS A FLYING VISIT!

Walks with Hawks arrived with their beautiful birds of prey at Mulberry Ward, where patients, carers and colleagues took turns to don the glove and have Gerald, Henry and Wally fly over to them to feed.

The interactive experience, organised by Charlton Lane’s Engagement, Activity and Physical Health (EAP) team, was really well received by patients, carers and colleagues alike, who enjoyed the opportunity to get up close and personal with some truly beautiful birds of prey.

EAP and Carers’ Lead Helen Babbage-Pearat said: **“This was a great experience that helped our patients and carers come together, interact and engage with each other. It was so lovely to see so many smiling faces.**

“Huge thanks to Clare from Walks with Hawks and to our colleagues at Charlton Lane, who came together to fundraise to ensure this event could go ahead.”



Recruitment Underway for New Trust Chair and Director of Nursing

Recruitment is underway to find a new Chair for our Trust with our current Chair Ingrid Barker's term due to end in April 2024.

Ingrid has been our Chair since October 2019, having been the Joint Chair for Gloucestershire Care Services NHS Trust and 2gether NHS Foundation Trust since January 2018. Prior to that she was the Chair of Gloucestershire Care Services from April 2011 and previously a Non Executive Director on the Board of NHS Gloucestershire Primary Care Trust for five years.

She said: **"Community services for people with physical health, mental health and learning disability conditions are of huge importance yet often unsung. At times when people are often feeling vulnerable and in great need, our Trust colleagues work hard to support them to be safe and well in their own homes, as well as in our in-patient settings."**



"To me these services really are the underpinning foundations of the NHS and very much the future direction for health and social care. I will be very sad to leave the Trust and I'm determined to ensure a smooth handover to my successor."

Also leaving the Trust is Director of Nursing, Therapies and Quality John Trevains following an announcement in early September of a 'very difficult decision' to leave.

He added: **"It's been a real privilege to have served in my role since our merger in October 2019, and prior to that to be Director of Nursing with 2gether. However, it's now time for me to seek other opportunities and new experiences."**

SEXUAL HEALTH NURSES TO BEGIN JOINT WORK WITH YOUNG GLOUCESTERSHIRE

Our Vulnerable Access Nursing (VANS) Team from the Sexual Health service is about to start offering drop-in sessions in collaboration with Young Gloucestershire.

The team will be offering a monthly drop-in on the third Monday afternoon each month, running from 1pm to 4pm on each date. An initial six-month period of sessions

has been agreed, with drop-ins running at the Young Gloucestershire Hub in Gloucester starting in January 2024.

This latest project extends joint work the team has already done with organisations across the county, including CGL, Nelson Trust Women's Centre and Homeless Healthcare.



PASTORAL CARE QUALITY AWARD

We're delighted to have received the NHS Pastoral Care Quality Award for the high level of care and support we provide to our international nurses.

Since our international recruitment programme began in 2021, we have recruited over 90 nurses and allied health professionals from overseas. Colleagues are provided with a full pastoral package, including accommodation, training and education and a wide range of other support.

This includes tours of the local area, introductions to community groups and anything else they require to settle into their new role and home.

The Quality Award, presented by NHS England as part of its International Recruitment Programme, recognises the Trust's commitment to supporting the pastoral needs of international nurses who have often travelled thousands of miles to work in our NHS services.

Neil Savage, Director of Human Resources and Organisational Development, said:

"We and our patients have benefitted hugely from the international nurses we have recruited in recent years. They bring a wide range of skills, knowledge and expertise to our services. However, we recognise the huge challenges they can face in moving to another country and into an unfamiliar place and role.

"We have gone to great lengths to make the transition as smooth as possible and to provide ongoing support so that our nurses feel welcomed and become fully settled, meaning they will have a long and fulfilling career with us."

Launched in March 2022, the NHS Pastoral Care Quality Award scheme helps standardise the support received by internationally educated nurses and midwives.



New digital visitor screens for Wotton Lawn Hospital

A new digital check-in system was introduced at Wotton Lawn hospital in October.

The new system modernises the approach that has been in place since 1994, where visitors were free to walk in and out of the building and sign in a book in reception.

Visitors can walk into reception as usual but are now asked to sign in on the digital screen, print their own visitor ticket and insert it to a visitors lanyard, which they wear for the duration of their visit.

When visitors leave the main hospital building, they are asked to sign back out on the podium and drop their lanyard into reception. Assistance is still on hand at reception between 7am and 10pm each day for anyone who needs it.



Allied Health Professionals' Community of Practice Forum



Our first AHP Community of Practice Forum took place at Churchdown Community Centre in October.

Teams) and Gina Sargeant, Chief AHP from NHS England SW Region.

Sarah Birmingham talked about the Allied Health Professional Strategy. Co-produced by Gloucestershire Health and Care AHPs, which sets out our ambition for the next three years.

In the weeks and months leading up to the forum, colleagues were also asked to reflect on the last 12 months and nominate colleagues for a number of awards, which were presented by Sarah at the end of the event.

Hosted by Chief Allied Health Professional Sarah Birmingham, the event was attended by Allied Health Professionals and AHP Support Workers from across the Trust.

Speakers included Chief Operating Officer David Noyes, Regional Head of Allied Health Professions Carrie Biddle (via



LONG SERVICE AWARDS



Colleagues, Volunteers and Experts by Experience were honoured for the long service they have given to the NHS and the people we serve during our awards event on 8 November.

“We were also privileged to present certificates to volunteers and Experts by Experience, many of who have given their time freely for more than 20 years - making them completely priceless.”

The event at Churchdown Community Centre, was an opportunity to pay tribute to colleagues who collectively had given more than 1,000 years to supporting our communities.

Trust Chair Ingrid Barker, who hosted the event alongside Douglas Blair, our Chief Executive, said:

“Our event was an opportunity to thank colleagues who have served 20, 30 or 40 years for the support they have given to people not only in Gloucestershire but across the country in other roles as well.





Trust work on deteriorating patients Highly Commended in Health Service Journal Awards



A Trust project to identify deteriorating patients in their own homes received a commendation in the annual Health Service Journal Patient Safety awards.

Our team was shortlisted in the Deteriorating Patients and Rapid Response Initiative of the Year category, with a project entitled **“Integrated community team therapists identifying the deteriorating patient in the home setting”**.

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 clearly to medical colleagues across the system including Rapid Response and GPs.

The changes were tested and then gradually rolled out across all teams in the county.

Results showed a significant increase in the confidence of therapists visiting deteriorating patients at home and patients received more prompt escalation to the support they need. Last year, the project group was asked to present at the prestigious Bristol Patient Safety Conference before being submitted for HSJ Awards this year.

The project was led by Lisa Langford, Deputy Head of Profession for Occupational Therapy, and Kirsty Greaves and Ellie Newton, Deputy Heads of Profession for Physiotherapy. They worked with clinical colleagues from the ICTs and Jenny Smith, Quality Improvement Manager.



DUPE REPRESENTS TRUST AT KING'S BIRTHDAY EVENT

International Nurse Clinical Skills Facilitator Dupe Ogunfeitimi joined colleagues from across the UK at a royal reception hosted at Buckingham Palace by King Charles III.

The King's Birthday Event was held on Tuesday 14 November to pay tribute to the UK's international nursing and midwifery workforce, and to recognise the diversity of backgrounds and cultures which contribute to health services across the country.



WottonFest

The gym at Wotton Lawn Hospital was a hive of activity in September as patients, colleagues and partner organisations gathered to celebrate WottonFest.

Hotdogs, mocktails, cakes and refreshments were among the many offerings throughout the afternoon, as well as fresh produce grown by patients and staff on the Montpellier therapeutic allotment.

It was a 'feel-good' event for patients and staff, and an opportunity to engage with partner organisations, such as Young Gloucestershire, Gloucestershire Domestic Abuse Support Service (GDASS), Change Grow Live (CGL), Treasure Seekers and The Cavern.



Better Care Together Awards



Have you received exceptional service from one of our colleagues or teams? Nominate them for our Better Care Together awards 2023. There are 8 categories to choose from and full details are on our website at: www.ghc.nhs.uk/bctawards

If you need support making your nomination please email ghccomms@ghc.nhs.uk



VOLUNTEERS TEA PARTY



Held in Gloucester in September, our Volunteers and Experts by Experience were joined by keynote speaker Cristina Serrao, NHS England Lived Experience Ambassador, at our annual Volunteer and Expert by Experience Tea Party Celebration.

Highlights also included the presentation of certificates to all the Experts by Experience and volunteers who attended on the day.

All our Volunteers and Experts by Experience were invited to the afternoon tea party, which was hosted by Trust Chair Ingrid Barker and supported by our Partnership, Digital Skills and Communications teams with the aim of recognising the huge contribution of the hundreds of volunteers and Experts by Experience who give up their time to work

with us and those who use our services. The event provided the opportunity for Volunteers, Experts by Experience to mark the NHS75 anniversary, celebrate together and to look forward to the new opportunities and way people can be involved in our Trust. Following the event Ingrid said on Twitter:

"A fantastic afternoon! Love hosting this event as it's pretty much my favourite Trust event of the year! I was in tears being presented with flowers by Rosie. It means so much".

Partnership Team Service Development Manager Dominika Lipska-Rosecka added:

"It was a beautiful day to highlight all the incredible contributions made by our Volunteers and Experts by Experience".





New Clinic Rooms for Mental Health Team

“For our service users it gives them a beautiful space to welcome them into – colleagues and service users both say they feel really valued to come here.”

Colleagues in Cheltenham’s mental health services celebrated in November to mark the official opening of additional clinic space in the town.

Our Mental Health Intermediate Care Team (MHICT) now has an additional eight clinic rooms on the top floor at St Paul’s Medical Centre.

And they’ve seen more than 2,200 service users in the new clinic space since it became available in August. There was a day of entertaining team-building mixed with stories about patient experiences and a visit from the leadership team, including Chief Operating Office David Noyes, non-executive director Jan Marriott, and governor Lisa Crooks, to mark the official opening.

Zoe Hepburn, Clinical Lead for NHS Talking Therapies in the MHICT at Cheltenham, said: “Space has really been at a premium for our teams, and it’s been a struggle moving between rented rooms that we might only have for an hour or two.

“Now a therapist can have a room booked to them all day, they can stay in one place and have much more control of their diary.

The MHICT has Psychological Wellbeing Practitioners, Mental Health Nurses and High Intensity Therapists working together with their administrative support. They provide care for a high volume of people, with more than 25,000 referrals across the county each year.

You can self refer to the team by calling: **0800 073 2200** or visit: **www.letstalkglos.nhs.uk**



Colleagues lay wreath on behalf of Trust for Poppies to Paddington



To mark Remembrance Day, Great Western Railway organised its annual 'Poppies to Paddington' operation, which transports

wreaths from towns and cities across its network to be laid at the war memorial on Platform 1 at Paddington Station, London.

Our Veterans Steering Group Lead Jonathan Thomas, Veterans Champion and Strategic Health Facilitator Simon Shorrick (who served in the Lincolnshire 5th Royal Anglican Regiment) and Registered Nurse and Quality and Safety Lead Rebecca Walder (who served in the Royal Navy as a Queen Alexandra Royal Naval Nurse), laid a wreath on behalf of our Trust at Gloucester Railway Station.



OT NEIL SHORTLISTED FOR NATIONAL HEALTHY HOUSING AWARD

Congratulations to Occupational Therapist Neil Withnell, who has been shortlisted in this year's National Healthy Housing Awards.

Neil has been nominated for an award in the Housing Occupational Therapist of the Year category which **"recognises occupational therapists who have demonstrated the ability to transform people's lives, to overcome diversity and contributed to the advancement of the adaptations sector"**.

He works as a Specialist Housing OT in a newly-commissioned role to develop and redesign housing and adaptation services.

He also provides specialist advice and expertise on housing, disability and relevant legal issues in partnership with Gloucestershire Health and Care, NHS Gloucestershire ICB, district housing partners, clients and carers.

Neil received two nominations for the award in recognition of his hard work and dedication to all things housing within Gloucestershire.





**SUDELEY CASTLE
& GARDENS**



The picturesque Sudeley Castle and Gardens has kindly donated a family ticket (for 2 adults and 2 children aged 3-15) valid until November 2024.

The site features a castle, a number of gardens, the final resting place of Queen Katherine Parr and a range of other attractions. Find out more at sudeleycastle.co.uk

To win the family ticket please send your details to GHC.comms@ghc.nhs.uk or write to Communications Team, Edward Jenner Court, Brockworth, Gloucester, GL3 4AW including your contact details. A winner will be drawn at random after the closing date.

The closing date for this competition is Friday 12 January 2024.



Pesto tagliatelle, peppers and squash recipe

| SERVES | PREP | COOK |
|--------|---------|---------|
| 4 | 10 | 30 |
| PEOPLE | MINUTES | MINUTES |

Ingredients

- 350g butternut squash, peeled and cut into chunks
- 1 red pepper, deseeded and cut into chunks
- 1 yellow pepper, deseeded and cut into chunks
- 1 medium red onion, peeled and sliced
- 1 teaspoon olive oil
- 250g dried tagliatelle (or any long pasta, like spaghetti or linguine)
- 1 medium courgette
- 4 tablespoons reduced-fat green pesto sauce
- 4 teaspoons reduced-fat hard cheese, grated
- 1 pinch ground black pepper

Method

1. You can buy pre-prepared butternut squash, or peel and deseed a whole medium-sized one.
2. Add the olive oil to the pan and toss to coat the veg. Roast for 30 to 35 minutes, turning once, until tender.
3. Around 10 minutes before the vegetables are ready, cook the tagliatelle in a large saucepan of boiling water for 8 to 10 minutes.
4. While the pasta is cooking, use a potato peeler to slice the courgette into long, thin strips. Add these to the tagliatelle to cook for about 3 minutes.
5. Drain the pasta and courgette, and return to the saucepan. Stir in the pesto sauce and roasted vegetables, along with any juices from the pan.
6. Season with black pepper and serve, sprinkling 1 teaspoon of grated cheese over each portion.

For more healthy recipes visit:

www.nhs.uk/healthier-families/recipes

Final word



Podiatrist Gwen Worthington has worked in the NHS for 47 years. Here she talks work, walks and chocolate cake.

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What drew you to podiatry as a career?

I wanted to do something practical and I like meeting people... and I also wanted to go to college so this seemed to tick all the boxes for me.

Was it always something you knew you wanted to do?

No I went to the career's room in school and looked through the folder and spotted what was called Chiropody at the time. I was living in a little village in Wales and the opportunity to go to college in Birmingham sounded very exciting to an 18-year-old!

What's the nicest thing a service user has said to you?

Oh, I think when the service user says they feel better and that you have done a professional job is always the best feeling.

What are your hobbies?

Walking and cooking and grandkids... I particularly enjoy baking. Something to try if you're making a chocolate cake is to add a bit of coffee when you're adding the cocoa powder. It adds something extra.

Do you have a favourite walk in Gloucestershire?

I love walking on Cleeve Hill. It's a great area for walks, and the Rising Sun pub has a nice garden with good views towards Tewkesbury and the Severn valley. Park up in a lay-by on Cleeve Hill Road, get out and explore.

If you could see one singer or band in concert, who would that be?

Oh goodness, Dolly Parton would put on a good show!



For useful contacts, please visit www.ghc.nhs.uk/useful-contacts