



With you, for you

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Welcome

In this newsletter we're happy to be able to give an initial outline on plans to redevelop Cirencester Hospital, one of our Trust's largest sites. This will be a major project over the coming years, and we're still in the very early stages but we look forward to bringing more detailed updates as this new project progresses.

Big Health Day is now in its 18th year and a well-loved and well-established fixture in our calendar. It's usually blessed with glorious sunshine... this year we faced a downpour – but everyone found ways to have a great time anyway.

Trust representatives have been in London for both business and pleasure. One of our colleagues Silpa, was at Downing Street for the NHS 78th birthday celebrations, while expert by lived experience Martha visited the House of Lords for the launch of 'Building Health into Homes', a new Government toolkit which she has played a key role in developing.

Silpa was also kind enough to give us a little more insight into herself – she has the Final Word.



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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100 mile marathon effort



Service Improvement Manager Dominika Lipska-Rosecka completed a 100-mile ultramarathon in July, crossing the finishing line in Edinburgh after a 46-hour trek. Dominika took part in the Rat Race 100 ultramarathon, which starts at Bamburgh Castle and follows the Northumberland coast before crossing into Scotland and finishing 100 miles away at Edinburgh Castle.

She started at 7am on Saturday (July 4) and crossed the finish line just before 5am the following Monday having walked through Berwick-on-Tweed, Dunbar, Musselburgh and into Edinburgh.

"Crossing the finish line was an unforgettable moment and the culmination of months of preparation and commitment," she said.

"A huge thank you to my family, friends, and my lovely GHC Colleagues whose encouragement and belief in me made all the difference throughout that journey. "I'm returning to work with sore legs, a few blisters, and an even greater appreciation for the importance of planning, preparation, determination, and resilience!"

Macmillan Next Steps celebrates 10th anniversary



Macmillan Next Steps marked its 10th anniversary in June with a special celebration lunch at Churchdown Community Centre.

Hosted by the Macmillan Next Steps team, the event brought together colleagues, volunteers and guests to reflect on a decade of supporting people affected by cancer.

Attendees watched a series of films showcasing personal stories and experiences from the past 10 years. Trust Chair Graham Russell highlighted the impact of the service, recognising the vital support it has provided to thousands of people across the community.

Following a buffet, guests took part in a lively Macmillan-themed quiz, led by Senior Health Trainer Felice Marchetti and volunteer Health Trainer Chris Stock.

In true Next Steps spirit, losing teams were tasked with performing exercises used in Macmillan workshops – bringing plenty of energy and laughter to the celebration.



Trust selected for PCREF pilot

Our Trust has been selected to join a national pilot that will explore how the Patient and Carer Race Equality Framework (PCREF) can be integrated into the Triangle of Care, and how mental health services can better understand and respond to the experiences and needs of racially marginalised carers.

The pilot launched during Carers Week in June. Each mental health provider taking part in the pilot is a member of Carers Trust's Triangle of Care programme. Triangle of Care is a nationally recognised scheme designed to promote safety, recovery and wellbeing by ensuring unpaid carers are included, informed and supported throughout a person's care journey.

Run by Carers Trust, the national pilot will support mental health providers to improve how unpaid carers from racially marginalised communities are identified, involved and supported.

We will put the Triangle of Care and PCREF guidance into practice, share learning on what works, and help shape final recommendations to support wider adoption across mental health services.

Participation in the pilot reflects GHC's commitment to working in partnership with unpaid carers to improve experiences and outcomes, and help build truly carer-friendly communities.



Silpa visits No 10 for NHS Birthday reception



Silpa Sunny, Charge Nurse at Wotton Lawn Hospital, attended a reception at No.10 Downing Street hosted by then Prime Minister Keir Starmer, to mark the 78th anniversary of the NHS.

The event was used as an opportunity to thank NHS colleagues from across the UK, and each county was able to nominate a small number of colleagues to attend.

Silpa represented our Trust alongside colleagues from Gloucestershire Hospitals NHS FT and the Integrated Care Board. She said: **"It was a truly memorable evening, and I feel incredibly grateful to have been invited to represent our Trust.**

"It was inspiring to meet so many NHS leaders, hear about their journeys, and have the opportunity to talk about the work we do. The experience has left me feeling proud, motivated, and even more passionate about continuing to grow and make a positive difference."

Hospital patient Norman returns to share his story on film



A remarkable former patient has returned to Tewkesbury Community Hospital to help showcase the care he received during his stay. Ninety-nine-year-old Norman Bevan, who will celebrate his 100th birthday in October, spent two-and-a-half weeks on Abbey View Ward.

Describing the care he received as “exceptional”, Norman was keen to help promote the community hospital and the colleagues who supported his recovery.

After speaking with his consultant, Dr Wales, Norman suggested creating a film highlighting the hospital and his experiences as a patient. With Dr Wales’ support, Norman and fellow members of Tewkesbury Video Camera Club spent a morning filming on site, including on Abbey View Ward.

Behind the camera was Will Henney of Will Henney Media, supported by production assistant Jodie. The filming was directed by Tewkesbury Video Camera Club member Matt and was accompanied by physiotherapist Suzie Gilding, who had been involved in Norman’s care during his stay.

As filming came to an end, Suzie and Norman enjoyed a chance to catch up. **“It’s so lovely to see you again, Norman, looking so amazing and in full health,”**

Suzie said with a smile. **“But, no offence, I hope I don’t see you again.”**

The film has now entered post-production and will be available to watch on YouTube in the coming weeks. A link will be shared once it becomes available.

BIG HEALTH DAY welcomes 1,600 visitors



Luck with the weather ran out on the Trust's 18th Big Health Day in June but heavy early rain failed to dampen enthusiasm at Oxstalls Sports Centre.

Early in the day, heavy rain and gusty winds had everyone heading for cover.

But an hour into the five-hour event the rain eased and skies brightened, seeming to act as a cue for visitors who arrived in increasing numbers through the morning. The total attendance was just over 1,600 people.

Areas under cover – activities in the Sports Hall and stalls and health checks in the arena – became increasingly busy as the day progressed, and finally the weather cleared for larger numbers to venture out, with bikes and trikes (from Goals Beyond Grass) proving as popular as ever.



Big Health Day is a free annual event for people with a physical or learning disability, sensory loss or mental health support needs. It aims to be a fun and inclusive event which encourages people to participate in sport, physical exercise and social activities and to engage with services and organisations which can provide support.

It is made possible through a joint approach with a range of partners.

These include Gloucestershire County Council, Active Gloucestershire, Gloucestershire NHS Gloucestershire Integrated Care Board, Inclusion Gloucestershire, Hartpury College and the University of Gloucestershire.

WILDFLOWERS SPARK MEMORIES AT TEWKESBURY HOSPITAL



Patients on Abbey View Ward at Tewkesbury Community Hospital have been enjoying new nature-based wellbeing sessions delivered in partnership with Tewkesbury Nature Reserve.

Learning and Wellbeing Officer Sarah Short recently spent an afternoon with patients, bringing a selection of wildflowers from the reserve's meadow for the group to explore. Patients took part in a range of activities, including crafting, flower arranging and creating botanical prints.

The session sparked both creativity and conversation. One patient, who said she used to paint botanical artwork, became deeply engaged in the activities despite not having practised the hobby for more than 20 years.

Another patient created a bouquet while sharing fond memories of her father bringing flowers home from his allotment. She reflected on how he still does so today, saying she remains "his little girl" – a memory that clearly holds special significance for her.

To help patients connect with the local environment, Sarah also showed a DVD featuring Tewkesbury Nature Reserve, enabling the group to see where the flowers had come from and learn more about the natural spaces on their doorstep.

The sessions are providing patients with opportunities to connect with nature, express their creativity and share personal memories, contributing positively to wellbeing during their stay in hospital.

FOREST HOSPITAL SUMMER FETE A GREAT SUCCESS



The Forest of Dean Community Hospital welcomed colleagues, patients, visitors and local residents to its annual summer fete on the first weekend of August.

The hospital grounds were buzzing with activity, with a range of attractions including food stalls, games, community stands and live music, creating a fun atmosphere for all ages.

The event brought the local community together while raising funds to support patients and colleagues at the hospital.

A huge thank you to everyone who attended, volunteered, performed, donated or helped organise the fete. Their support made the day a great success and helped raise valuable funds for the hospital.

CIRENCESTER HOSPITAL DEVELOPMENT UPDATE



We're starting a new programme to redevelop Cirencester Hospital to ensure we are better placed to respond to changing healthcare needs in Cirencester and the surrounding areas.

We are in the early stages of the development, an opportunity to re-imagine our main hospital facility and improve facilities for all those who use our services now and in the future.

To date we have submitted our first planning pre-application which sets out a number of options for possible site layout.

The next step is sending in the second pre-application which will contain options about highways, ecology and heritage.

All of this work will help us, in advance, to prepare a full planning application.

We've recently met an ecology expert on site who will help us protect species, identify habitat and preserve trees. In addition, we have completed a survey for heritage and archaeology as the site is close to a scheduled ancient monument of national interest, as well as a Grade 2 Listed Building.

A process of internal consultation is underway to detail the facilities now and what is needed going forward.

Many more of these will be needed. Our Partnership team will be working on engagement with the wider community.

Employment support scoops national award



Kenneth Kwogyenga, from our Individual Placement and Support service, was joint winner at the Black Healthcare Awards in London.

This was the first time in its nine year history that the awards, run by the Caribbean and African Healthcare Network (CAHN), included a category for Outstanding Contribution to IPS Employment Support.

Kenneth, who picked up his award at the Royal Lancaster Hotel on Saturday 4 July, said: "It is exceptionally great to be recognised for the work that I do by supporting people with Severe and Enduring Mental Health difficulties into paid and competitive employment.

"I honestly enjoy empowering others, be it clients, team members, colleagues, employers, clinical staff, and all the people I work hand in hand with. I dedicate this award to my family, the whole IPS Employment Service, GHC NHS FT, and to all the clients who allow us to serve them distinguishingly.

EMAIL ADDRESSES CHANGING AT GHC



From 7 September 2026, email addresses are changing at Gloucestershire Health and Care NHS Foundation Trust.

All email addresses will end in @nhs.net from that date onwards. Colleagues in the Trust are being encouraged to share their new email addresses with their regular contacts in advance of the switchover.

The change will apply to team and service emails, as well as emails used by individuals. An auto forward will be in place for 28 days for all GHC email accounts, with some critical clinical and operational email accounts being forwarded for a longer period.

Please liaise with your usual contact(s) to confirm their new email address and use the new email address from 7 September onwards.

Please note, many email addresses will have a number in them, i.e. john.smith856@nhs.net as nhs.net is used nationally, so do not assume that your contact's email address will replicate their current email address but end in nhs.net.

Please check email addresses carefully before sending emails.

VOLUNTEERS AND EBE CELEBRATION



The sun shone as the Trust welcomed volunteers and Experts by Experience to our regular celebration 'Thank You' event.

More than 100 guests were welcomed along the red carpet at Bowden Hall Hotel, in Upton St Leonards, for a light-hearted afternoon tea hosted by Trust Chair Graham Russell and Chief Executive Douglas Blair. There was a tribute and round of applause for Dan Beale-Cocks, expert by experience, patient safety partner and co-chair of the Mental Health and Wellbeing Partnership Board, who sadly died in 2024.

Parisa Wasley and Jo Sansom from Macmillan Next Steps talked about the impact of experts by experience on their service, and service user Chris added his thoughts on the value of providing his own input. And Peter Beach gave a presentation about the development of Cirencester Hospital Radio, which relies on the dedication, skills and know-how of a dozen volunteers, and which celebrates its 50th anniversary this year.

GHC Charity was also represented, as well as Digital Services, which provided information on the upcoming Experts by Experience App.

Martha champions healthy housing at House of Lords



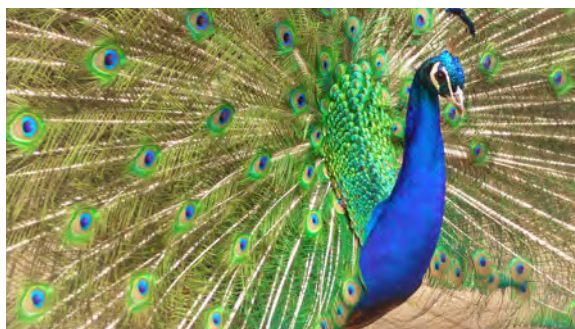
Martha Hall, Expert by Lived Experience, and Mel Reed, Non-Medical Consultant Occupational Therapist, attended the House of Lords in June to formally launch 'Building Health into Homes'.

This is a national resource comprising a strategic report, operational toolkit and practitioner toolkit for occupational therapists, strategic leaders and partners. Key system partners, policymakers, Members of Parliament and strategic leaders joined Lord Richard Best, the Royal College of Occupational Therapy and Foundations, to celebrate the launch and issue a national call to action.

Martha has been a pivotal member of the project steering group and spoke passionately about the difference occupational therapists have made to her housing journey over many years.

She highlighted multiple gaps in the system where occupational therapy could, and should, have been better utilised to address the challenges.

Win a family ticket to Prinknash Bird and Deer Park



Prinknash Bird and Deer Park reopened in 2025 after a six-year closure. Brother and sister Jenna Meek and Jason Peart bought and restored the park, which closed in 2019 after 45 successful years.

Birds roam freely through the grounds and will feed from your hand – as will deer, miniature donkeys and pygmy goats. The park itself is natural, beautiful... and quite hilly – so be prepared for the occasional climb!

They have kindly provided a family ticket to the park in Cranham, near Gloucester, which will be given to the first name drawn after the closing date.

Send your details to ghc.comms@nhs.net with the subject 'Prinknash competition' or write to Communications Team, Edward Jenner Court, Brockworth, Gloucester, GL3 4AW including your contact details. The closing date is Friday 9 October.



HEALTHY EATING RECIPE

EGG AND TOMATO WRAPS



PREP
5
MINUTES
COOK
0
MINUTES
SERVES
2
PEOPLE

Ingredients

- 2 wholemeal or multi-seed tortillas (deli) wraps (each about 25cm/10in in diameter)
- 4 tbsp reduced fat soft cheese
- 1-2 tbsp snipped fresh chives or parsley (optional)
- 2 large eggs, hard-boiled, drained and cooled
- 25g (1oz) rocket leaves

- 2 tomatoes, sliced
- Freshly ground black pepper, to taste

Method

1. Spread one side of each tortilla wrap with soft cheese; sprinkle with snipped chives or parsley (if using).
2. Remove and discard shells from eggs, then slice. Arrange egg slices and rocket leaves across middle of each wrap.
3. Top with tomato slices and season with black pepper.
4. Wrap/fold or loosely roll up tortilla wraps to enclose filling; cut each into 3 or 4 portions. Serve immediately.

For more healthy recipes visit:

British Heart Foundation

www.bhf.org.uk/information-support/heart-matters-magazine/nutrition/quick-healthy-meals

Final word

Silpa Sunny, Charge Nurse at Wotton Lawn Hospital, tells us the best things about her role and her favourite activities and days out.



What is part of your role that no-one would expect?

People often think mental health nursing is all about managing crises, but some of the most meaningful moments are actually the quiet ones. Sometimes it's simply sitting with someone, listening without judgement, having a chat over a cup of tea or just being there when they need someone. Those moments might seem small, but they can make a huge difference.

What's your favourite way to spend your spare time?

I love anything that helps me learn or explore. You'll usually find me reading, writing, travelling or taking photographs. Recently, I've taken up cycling, and I've really enjoyed exploring the Gloucestershire countryside on my bike. I also love finding little cafés, trying new places and making the most of a sunny day outdoors.

What's the best thing about your role?

For me, it's the people. I feel incredibly privileged to support people through some of the hardest moments of their lives and to be part of their recovery journey. Some days are challenging, but even the smallest step forward or seeing someone smile again reminds me why I became a mental health nurse. I also work with an amazing team, and I've learned so much from the people around me.

If a friend was visiting Gloucestershire for a day, where would you take them?

Definitely for a walk! Robin'swood Hill, Crickley Hill or the Malvern Hills are some of my favourite places to switch off. We'd take a flask of coffee, some homemade snacks or pastries, find a quiet spot to sit and enjoy the views. There's something really calming about being outdoors, and I think those simple moments are often the best ones.

