



Gloucestershire Health and Care
NHS Foundation Trust

With you, for you

SUMMER 2022

MEMBERSHIP NEWSLETTER

**FOREST
HOSPITAL
WORK
BEGINS**

PAGE 8



WIN!

A DAY OUT FOR
THE FAMILY



PAGE 15

PICTURES FROM BIG
HEALTH DAY 2022

PAGE 11



NATIONAL AWARD
FOR SAM
PAGE 3



CHIEF EXECUTIVE
ANNOUNCES
RETIREMENT

PAGE 10



Welcome

Hello, and welcome to the membership newsletter for Summer 2022, offering a window into some of the key work and achievements at the Trust over the last couple of months.

We've news on the start of building work on the new community hospital for the Forest of Dean, and are nearing completion of a major refurbishment at the community hospital in Stroud.

We're proud that one of our colleagues won a Parliamentary Award for their work on eating disorders and to see the return of Big Health Day in Gloucester as we return to face to face events following the pandemic. The Trust is delighted to welcome a new non-executive director to the Board, but is also preparing to bid farewell to chief executive Paul Roberts who has announced his plan to retire.

Look out as well for competitions to win a ticket to WWT Slimbridge and to the Cotswold Wildlife Park.

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 7142
 ghccomms@ghc.nhs.uk

New Non-Executive Director appointed to the Trust

A new Non-Executive Director has been appointed to our Board. Nicola de longh was appointed following a competitive recruitment process.



She said: 'I am absolutely delighted to be joining this organisation of fantastic people who do so much to care for others and for our community. The warmth of the welcome I have had has been incredible and I can't wait to get stuck in!'

Trust Chair, Ingrid Barker, said Nicola will be a very welcome addition to the Board. She added:

" Nicola has already impressed us with her enthusiasm, experience and commitment to social transformation which is at the heart of what we are about as an organisation. We are delighted to welcome her into GHC. "

Nicola is Chair of Council at the University of Gloucestershire. She also serves as a Trustee of the Gloucestershire Counselling Service, is Senior Independent Director of Connexus Housing, and chairs the Reference Committee for the Premier Miton UK Responsible Investment Fund. She lives in Gloucestershire for 20 years with her husband, two sons, two cats and a dog.

Lifetime Achievement Award for Sam

A clinician from Eating Disorders Service has won The Lifetime Achievement Award for the South West, in the 2022 NHS Parliamentary Awards.

Since 2011, when our service expanded, Sam has been the clinical lead, for our Eating Disorders Service, was nominated by Cheltenham MP Alex Chalk.

Sam said: "I feel very proud to have been nominated and then to have won the South West Parliamentary Award. It is wonderful to know that my work supporting people with eating disorders for many years has been recognised and appreciated in this way."

The judging panel said:

" Whilst all the nominees were commendable, we felt that Sam was a very worthy and deserving winner on the basis of innovation, lasting impact, and number of lives reached and changed. "

Sam trained as a mental health nurse at Glenside Hospital in Bristol from 1978 to 1982. He began working in Eating Disorders and in 1996, and moved to Gloucestershire to undertake a health needs assessment and develop a strategy for managing eating disorders in the county. He continued, implementing the strategy which promoted early intervention, alongside teaching and supervising mental health staff to work more effectively with patients and families.

In 2008, he was asked to re-design the service focusing on reducing Specialist



Eating Disorder Unit admissions by enhancing care and community provision.

Subsequently Sam designed and developed our day treatment programme then a home treatment service for adolescents both providing intensive interventions aimed at promoting recovery at home. Since 2011, our all age service has expanded, Sam is the clinical lead for a team of 30 staff providing comprehensive interventions. The service has been recognised by NICE guidelines as a 'flagship' for Eating Disorder resources.

He has been instrumental in developing the Body Project in Gloucestershire (a primary prevention intervention) working with two universities to widen access and evaluate the programme.

He established one of the first physical health monitoring services for eating disorders in the UK and is a member of the Beat Clinical Advisory Group, supporting the work of the national eating disorders charity.

Congratulations Sam!



Celebrating our Estates and Facilities heroes

Our Trust joined in celebrating the first ever National Healthcare Estates and Facilities Day on 15 June this year.

This new national day – which going forward will be celebrated annually on the third Wednesday in June – recognises the critical role played by all our Estates and Facilities colleagues in keeping our services running 365 days a year.

Members of our Estates and Facilities Senior Management team, several of our Executives and Eddy the Bear were out and about visiting our Estates and Facilities colleagues on the day, to say a huge 'thank you' for everything they do. They travelled all around the county visiting the teams who work tirelessly to keep

our community hospitals, inpatient units, outpatient services and corporate sites running day in, day out.



Each Estates and Facilities colleague received a colourful sports bottle, badge and a 'thank you' letter from the Estates and Facilities Senior Management team, as a small token of their huge appreciation for everything they do.

Trust Celebrates Armed Forces Week with Defence ERS Silver Award



We celebrated Armed Forces Week (20-26 June) with the fabulous news that our Trust had been awarded the Defence Employer Recognition Scheme (ERS) Silver Award in recognition of its commitment and support for defence personnel.

The Defence ERS encompasses bronze, silver and gold awards for employer organisations that pledge, demonstrate or advocate support to defence and the armed forces community, and align their values with the Armed Forces Covenant.

The Trust signed up to the Covenant in December 2019 to demonstrate that it is an armed- forces-friendly organisation which is open to employing reservists, armed forces veterans, cadet instructors and military spouses/partners.

Our commitment to driving improvements in NHS care for veterans, reservists, members of the armed forces and their families was further recognised in May last year, when GHC was named a Veteran Aware Trust – an accreditation we officially received in June 2021 during a visit from one of the county's Deputy Lieutenants.



The Defence ERS Silver accreditation provides a platform for the Trust to seek the gold award.

Reopening of Stroud Hospital planned after major refurbishment



Following an extensive £2m building project the Trust returned patients and services to the renovated and refurbished areas of Stroud Hospital at the start of August.

Jubilee Ward and the Minor Injuries and Illness Unit (MIIU) were vacated in August last year to allow for a complete redesign of both spaces and installation of new air handling and temperature control systems throughout.

The handover of the building took place on Monday 18 July, with cleaning and equipment moves happening over the subsequent two weeks. Ward colleagues and patients began their move back to the refurbished ward – having been caring for patients on a temporary ward at Cirencester Hospital for nearly a year – on Monday 1 August. MIIU colleagues, who had been working from the nearby maternity

hospital's community clinic, closed down for three days to move into their rebuilt unit and conduct training. MIIU reopened to walk-in patients on Monday 8 August.

Building work in MIIU has included creating larger consulting and treatment rooms, separated assessment bays including one for isolation, a new children's waiting and treatment area and new reception area.

The ward will benefit from improved bed separation, toilet and shower facilities, two larger single rooms with ensuite facilities, a ward office and relocation of the reminiscence room onto the ward.

The project was originally scheduled to be completed early in 2022 but was slowed down by wider issues affecting the building industry, including unpredictable availability of fittings and materials for the work as

well as labour shortages in various trades caused by the pandemic.

Helen Mee, Service Director for Urgent Care and operational lead for the project, said: "I know there's a lot of excitement to get back into Stroud Hospital and take advantage of all the work that has been done.

"The project team has worked through final plans for deep cleaning, and all the logistics around moving equipment, staff and patients into a space which is very different from the one they left."

"The building is looking great and we're confident that it will prove to be a positive upgrade for patients and visitors as well as our staff."

thank you!

We'd like to say a huge thank you to Stroud Hospitals League of Friends for their generous support to the refurbishment project.

They have donated towards the works, and this is just the latest in a long line of donations given to support the hospital and the communities we serve.



New look for Tewkesbury Hospital day room



The day room on Abbey View Ward at Tewkesbury Community Hospital has a super new look, thanks to a fresh new repaint by our Estates team.

Occupational Therapy Assistant April Atherton is thrilled with the new look and has shared these photographs.

"I wanted to share our newly-painted day room here at Abbey View Ward," she said.

"It is different to the standard colours, but looks so cool and relaxing. I would like to thank the decoration team from Estates, David Wharton and Martyn Camm, for the wonderful job they have done.

"The patients will absolutely love the new look. They can now have their lunches in the day room once again. At the end of the day that is what it is all about – the patients."

Forest Hospital groundbreaking as building work begins in earnest



Building works to deliver a new, modern community hospital are now underway at Cinderford in the Forest of Dean.

Members of the project team joined together to take part in a traditional sod cutting ceremony, which marks the start of the project in the same month that the NHS celebrates 74 years of service.

The £23.9 million project is being delivered on behalf of our Trust (GHC) by building contractor Speller Metcalfe.

Paul Roberts, Chief Executive of GHC, said: "I'm excited to mark the start of the construction of a new community hospital for the Forest of Dean.

" It's been an extremely challenging couple of years for colleagues in the NHS so it's fantastic that we are returning to important work like planning and building this hospital, which will be an enormous asset for the area."



Forest of Dean residents will benefit from the modern multi-million-pound community hospital, which is set to replace and improve existing services in Cinderford and Lydney. Once complete, the two-storey hospital will house a 24-bed in-patient unit alongside provision for dental, X-ray, physiotherapy and endoscopy services, among others.

Ingrid Barker, Trust chair, added: "I'm always conscious that a huge number of people have been involved in the development of this hospital, both within the NHS and in the Forest of Dean community. We're thankful for everyone who has played a part to get us to this point, as well as those whose contribution lies ahead."

The hospital is being constructed to the sustainable BREEAM 'Excellent' standard, with a range of measures in place to lower environmental impact and improve energy efficiency.

These include protecting and increasing the existing habit and hedgerow by over 2000% - and installing air source heat pumps,



which will be used to heat the building instead of a traditional gas supply, helping to lower energy bills.

As well as timber, cladding on the building will incorporate green and grey highlights to blend in with the forest background. It will also be situated lower into the ground, reducing the height of hospital to help immerse it into the surrounding environment.

Procured under the Gloucestershire County Councils Major Construction Works framework, the hospital will be located on Steam Mills Road on the Lower High Street playing field, and is set to complete in early 2024.

Chief Executive announces plans to retire

Paul Roberts has taken the decision to retire as our Chief Executive at the end of March 2023.



He said: "This has been a very difficult decision for me as I am truly passionate about GHC as an organisation and Gloucestershire as a system.

"I have the privilege of working every day with exceptional colleagues who serve patients and citizens with dedication and professionalism."

"When I retire next year, I will have worked for 35 years in the NHS and it will have been over 28 years since I was appointed to my first NHS Chief Executive post. I will have been in Gloucestershire for five years.

"Like many busy NHS roles, these posts are demanding, and I feel that I now need more time to pay more attention to my family and my health and wellbeing."

"For the next ten months I will remain entirely committed to my role within the Trust, system, and region, but I wanted you to know about my plans."



Working Together Plan launched

In May the Trust launched its Working Together plan, which sets out how we will improve how we listen to, involve and work with the people and communities we serve.

We have two aims:

- To inspire each other by working together to make improvements that matter and make a difference to everyone we serve.
- To include everyone by making it easy for all people and communities to have their say, get feedback and be involved in ways that suit them.

The plan will be overseen by a new Working Together advisory group, with a wide cross section of representatives from within and outside the Trust.

The group reports directly into the Trust Board to ensure Working Together is at the forefront of everything we do as a Trust.

Find out more at:
www.ghc.nhs.uk/workingtogether

Sunshine welcome return of Big Health and Wellbeing Day



More than 1,400 people soaked up the sun at Oxstalls Sports Centre in Gloucester on 17 June as the Trust hosted the 14th Annual Big Health and Wellbeing Day.

The event made a welcome return to a physical venue, with a host of inclusive sports proving popular throughout the day including bikes and trikes, inclusive football, golf, snooker, sailing, boccia and tennis.

There were also workshops ranging from circus skills and drumming to arts and crafts and displays from emergency services, Scrubditch Care Farm and dozens of stallholders. The day is aimed at people with learning disabilities or complex physical needs to encourage them to enjoy exercise and activities.

As usual, a small army of volunteers from Hartpury College, and some from Dene Magna School, did an amazing job

with setting up, stewarding, car-parking and putting away to keep the day running smoothly.

Simon Shorricks, who organises the day with his assistant Karin Parker, said: "It was fantastic to be able to put on a live event for the first time in three years and to see visitors respond so positively to it once again.

"It seemed like everyone was enjoying the day and taking the opportunity to get involved in the activities available."

"It's a huge undertaking with so many people and organisations which come together to make it happen, so I'd like to thank everyone who helped, or participated in some way to make the day such a success."



During 2021, our Trust formed one of four national partners appointed to co-design and co-deliver the Oliver McGowan Mandatory Training in Learning Disability and Autism, as part of a national trial across the health and care sectors to develop a standardised training package.

The training is named after 18-year-old Oliver McGowan, and is the result of tireless campaigning, especially from

Oliver McGowan Mandatory Training passes into law

Oliver's parents Tom and Paula, who have been at the forefront of calls for better understanding and training for health and care professionals since Oliver's tragic death in 2016.

Following the national trial there was a period of evaluation earlier this year, during which Oliver's training passed into law as part of the Health and Care Act 2022 in May.

When it becomes mandatory in England in 2022/23, the training will educate and train health and social care staff, at the right level for their role, to provide better health and social care outcomes for people with a learning disability and autistic people.

We've pledged for a safer Gloucestershire

A pledge has been signed by Gloucestershire leaders, promising that anti-social behaviour will be taken seriously, made easier to report and tackled in partnership – with victims no longer being passed 'from pillar to post' when it comes to ASB.

The Anti-social behaviour pledge has been developed by Safer Gloucestershire, a County-wide community safety partnership, led by Deputy Police and Crime Commissioner, Nick Evans.

Representatives from organisations including local councils, Gloucestershire Health & Care Foundation Trust, Bromford Housing, Young Gloucestershire and Green Square Accord, all signed the pledge at Gloucestershire Constabulary's Waterwells Headquarters, promising their commitment to its values.



Covid testing team throws 'Thank You' picnic for volunteers

Our Covid Testing team held a picnic in July to thank their fabulous volunteers for all their amazing efforts and support during the Covid-19 pandemic.

A total of eight volunteers joined the testing team in September 2020, and what was originally intended to be short-term help has continued.

They have provided invaluable support, picking up Covid samples from the drive-through testing centre at Edward Jenner Court in Brockworth, and transporting them to Gloucestershire Royal Hospital's microbiology laboratory, up to three times a day, seven days a week.



Colin elected to RCN Professional Committee

Colin Baker has been elected to represent the South West on the Royal College of Nursing's Professional Committee.

Colin, who is Community Services Manager for Managing Memory Services and Lead Nurse for Dementia and the North locality, will serve on the committee until December 2025.

Toni takes on London Marathon in aid of Alzheimer's Society



Toni Herbert, Deputy Clinical Lead for Patient Flow, will be taking on the 2022 TCS London Marathon in October. Toni said: "Never ever did I think I would be saying that! To say I am nervous is a slight understatement. I've spent many hours, and still do, debating whether I can actually do it."

"I will do my best, and if I have to walk half of it then so be it. I have been lucky enough to be accepted on a ballot entry, but would love to raise as much money as possible for the Alzheimer's Society, to try and help contribute to finding a cure for this horrible disease."

Volunteers sought for Stroud Hospital shop

Stroud General Hospital would like to reopen the volunteer-run hospital shop, which has remained closed throughout Covid and the recent hospital refurbishment. However, before the shop can reopen, we need to recruit a volunteer (or volunteers) to manage ordering of stock and organise the volunteer rota. This role would be great for an organised person who does not necessarily want a patient-facing role.

For more information please contact Anna Binding on **0300 421 8066** or Anna.Binding@ghc.nhs.uk or Richard Hobbs on **0300 421 8363** or richard.hobbs@ghc.nhs.uk.

Summer recipe



Tuna and potato salad

Serves: **4 people**
Prep time: **15 minutes**
Cook: **20 minutes**

Ingredients

- 800g new potatoes, scrubbed
- 2 tablespoons lemon juice
- 1 garlic clove, crushed
- 2 tablespoons chopped fresh parsley
- 1 small red onion, chopped
- 200g canned tuna in springwater, drained
- 2 handfuls cherry tomatoes, halved
- quarter of a cucumber, chopped
- 1 pinch ground black pepper
- basil leaves to garnish (optional)

1. Cook the potatoes in gently boiling water for 20 minutes, until tender.
2. Meanwhile, in a salad bowl, mix together the lemon juice, garlic and parsley. Add the red onion and set aside.
3. Drain the cooked potatoes and add them to the salad bowl while they are hot. They will absorb the flavour of the dressing as they cool down.
4. When the potatoes are cool, add the tuna, tomatoes and cucumber. Stir everything together gently and season with black pepper. Serve immediately, or cover and chill to serve later.

Swap tip

For a vegetarian version, replace the tuna with 100g reduced-fat feta cheese, cut into chunks.

For more healthy recipes visit:

www.nhs.uk/healthier-families/recipes

Your chance to win a great day out!



Win a family ticket to Slimbridge

WWT Slimbridge is a wildlife reserve on the River Severn with more than 2000 acres of pasture, reed bed and salt marsh which has the world's largest collection of captive wildfowl and attracts enormous number of migrating birds throughout the year.

The reserve, set up by Sir Peter Scott (son of Antarctic Explorer Robert Scott), plays host to every type of bird you can imagine, with the sights on offer changing with the seasons.

Summer is the time to see species such as Kingfishers and green sandpipers, while autumn sees the arrival of Berwick Swans and redwings amongst many others. The reserve has donated a family ticket (for 2 adults and 2 children under 16) which is valid until the end of 2022. We will give this to one reader drawn at random on Thursday 1 September, 2022.

To enter please send an email to ghccomms@ghc.nhs.uk with Slimbridge Competition as the subject line.



Win an adult and child ticket to Cotswold Wildlife Park and Gardens

Cotswold Wildlife Park and Gardens in Burford has more than 260 different animal species in lovely Cotswold parkland. You can see everything from Lions to Lemurs, penguins to pythons, rhinos to reptiles.

The venue, which celebrated its 50th anniversary in 2020, has kindly donated one adult and one child ticket which we will give away to a reader drawn at random on Thursday 1 September, 2022.

To enter please send an email to ghccomms@ghc.nhs.uk with Cotswold Wildlife Park Competition as the subject line.

Final word



Martin Probert has been a volunteer with the Trust since October 2020. We talk to Martin about why he decided to help the Trust.

What prompted you to join the Trust as a volunteer?

I took early retirement in September 2015 leaving my job as a Systems Analyst. When we came out of the first lockdown period, whilst walking with friend of mine, who works for the Trust, I mentioned that I was thinking of looking for some volunteering work that involved driving.

A few weeks later she forwarded me a post in Facebook requesting volunteer drivers for the Covid Testing Team.

I responded to the post, got a reply from Richard Hobbs and started driving over to Edward Jenner Court twice a week, picking up the test samples and delivering them to the Pathology Lab.

What have you been doing as a volunteer?

As someone who enjoys driving this was ideal for me, not too much time out of the day and a regular schedule. Initially, there weren't too many samples to collect, but this soon changed!



When it was explained to me that each trip carried out by a volunteer, meant that seven additional tests could be taken I realised that this wasn't just "getting me off the couch" it was doing something useful, albeit nowhere near the same scale as the members of the Covid Testing Team. They were the real heroes.

Have you enjoyed it?

When I was told my services were no longer required it was a kind of good news, bad news day. Great that it was a clear sign we were getting on top of the virus and bad that it was back to the couch.

I have now signed up as a volunteer driver to help with the transportation needs of the International Nurses.

For two mornings a week I'll be driving the new nurses around Gloucestershire until they get to grips with their new locality and the public transport system. Should be interesting!

