



Gloucestershire Health and Care  
NHS Foundation Trust

# With you, for you

NEWSLETTER / JULY 2020



## Welcome

We apologise that this newsletter has been published later than planned. We were almost ready to send the newsletter out when the Covid-19 pandemic first began.

Since then our Trust has been fully focussed on supporting our patients, carers and communities throughout the crisis. Some of these news items are therefore slightly out of date, but we still wanted to share some of our good news and updates from before Covid. This includes news of new appointments to our Board, developments in our services and some awards given to our fantastic colleagues. We are also, of course, sharing some of the key information about our response to Covid-19.

The past six months have presented the biggest challenge the NHS has faced in its 72-year history. We have got through this crisis due to the huge commitment of our Trust colleagues, as well as our partners, patients, carers and supporters –which includes you, our Trust members. We hope you enjoy reading this latest update on our Trust work and please do not hesitate to get in touch if you have any comments, suggestions or questions.

## NHS72 Celebrations

July 5 marked the 72nd anniversary of the NHS. Who could have imagined that when the NHS was first set up by Aneurin Bevan in 1948, we would be celebrating 72 years later in the midst of a global pandemic. This year the anniversary took on a special significance as it was used as an opportunity to thank all NHS colleagues, as well as wider keyworkers, for their efforts in recent months.

As a Trust we joined with our partners in NHS Gloucestershire CCG and Gloucestershire Hospitals NHS Foundation Trust to 'light up' some of our buildings and record messages of support from staff, patients, partners and leaders which were shared on our social media channels. It all culminated in a huge 'clap of all claps' outside Gloucestershire Royal Hospital where colleagues from across healthcare and the emergency services joined together in a show of unity and celebration.



Charlton Lane Hospital in Cheltenham, bathed in blue for the NHS72 celebrations

## Get in touch

We welcome your ideas, thoughts and suggestions. Please contact the communications team:



0300 421 7142



ghccomms@ghc.nhs.uk

# £375k boost for county's mental health services

The county council and Gloucestershire's NHS have secured £375,000 in extra funding, over three years, to help prevent suicide and improve the positive mental wellbeing of people in Gloucestershire.

The money, which is part of a national NHS England and NHS Improvement Suicide Prevention Transformation programme, will be used to support a number of schemes in the county. The projects will include:

- A new grant programme for community projects that prevent suicide and self-harm in high risk groups by promoting mental wellbeing and reducing social isolation.
- Recruitment of a co-ordinator to provide support and advice to voluntary and community groups, working with people in emotional distress or at risk of suicide and self-harm and help them access mental health services.
- Training for agencies, such as the ambulance, police and adult social care professionals on responding to people in mental health crisis.

The funding will complement two new county council services to help people with their mental health and wellbeing during the current Covid-19 crisis. These include 'Qwell' for adults and 'Kooth' for young people aged 11 to 18. Both services are open to anyone experiencing issues with their emotional wellbeing, such as stress or anxiety and include self-care resources and access to online counsellors.



[www.qwell.io](http://www.qwell.io)



[www.kooth.com](http://www.kooth.com)

## Loving Memories Garden

A Loving Memories Garden has been created at Charlton Lane Hospital, to provide a space for reflection.

It forms part of the Mulberry Ward garden and has been built with the help of generous donations from people who have spent time at the hospital and local businesses, and the hard work of Derek, a Trust volunteer.

The garden features a mural painted by artist Brandon Higgins, and a base of Bristol grey stones from the team at Allstone, in Gloucester.

A tree in the middle of the garden is slowly being covered in remembrance ribbons, placed by families in memory of their loved ones. Forget-me-not paint on the fences and forget-me-not plants complete the remembrance theme.



## Two New Associate Non-Executive Directors Join the Trust

Dr Stephen Alvis, who until recently was a practising GP, has been appointed to our Board as an Associate Non-Executive Director.

Stephen has been a GP in Gloucestershire for the past 32 years, first with the Uley practice and then with the Cam and Uley Family Practice following a merger of two surgeries in 2013.

He chaired the Stroud and Berkeley Vale Primary Care Group, and has served as Treasurer on the Gloucestershire Local Medical Committee, working in liaison with the clinical commissioning group on specific projects. He retired from general practice in October 2019.



We also welcome Steve Brittan who has a career background in technology and innovation, and Trust Chair Ingrid Barker said his experience would be very beneficial to the Trust and its Board. She added: "His impact will greatly help in shaping the organisation."

Steve lives in Gloucestershire and has been a partner at TechHorizons Ltd, a company established to identify, incubate and source investments into innovative UK Dual-Use Technology companies seeking growth capital since 2018. Before this he was the Chief Executive of the UK Defence Solutions Centre – an Innovation Centre comprised of a UK

Government/Industry partnership to promote, develop and invest in UK technology. Between 2009 and 2014 he was a Technology and Innovation Consultant working with various clients to identify options/strategies to create new market entry points to create additional commercial value.

Non-Executive Directors are part time and come from a wide range of backgrounds, most commonly health, finance, business and commerce, and technology. Their role is to help shape the Trust's strategy and then hold the organisation (and Executive members of the Board) to account for the delivery of the strategy while ensuring value for money.



You can find out more about the Non-Executive Directors on our Board on our website at [www.ghc.nhs.uk/board-and-governors/meet-our-board](http://www.ghc.nhs.uk/board-and-governors/meet-our-board)

# GHC People



## Marie Clarke

Advanced Podiatrist – Diabetes

Length of time in current role: 2.5 years



**What I love most about my job:** Being part of the Multidisciplinary Diabetic Foot Team (MDFT) and linking with various departments and services to offer the best possible care for our patients who have been referred for acute wound care and management. Seeing our patients improve over time is very rewarding.

## Chris David

CAMHS Team Manager – Gloucester, Forest of Dean, Stroud and South Cotswolds

Length of time in current role: 7 years



**What I love most about my job:** Making a difference to young people's mental health and wellbeing. Working with incredibly talented, committed and passionate work colleagues. Supporting the voice of the child in service improvements. Challenging and being challenged by the diverse nature of the role.

## Melissa Bennett

Receptionist, Stroud General Hospital

Length of time in current role: 5 months



**What I love most about my job:** Having the opportunity to meet a variety of different people every day. I like being the first person to greet our patients when they arrive at the hospital. I try to provide the best possible customer care and to make every patient's visit a pleasant and hassle-free experience. I am lucky that I get to work with such a fantastic, supportive team.

## Darcey Barwick

Business Administration Level 1 Apprentice

Length of time in current role: Started in November 2019



**What I love most about my job:** My favourite part of my job is interacting with the patients. This gives me a great deal of job satisfaction – I really enjoy building those relationships.

## Anneka Smith

Practice Education Facilitator

Length of time in current role: 2 years



**What I love most about my job:** I belong to a fantastic and innovative team, so coming to work is always an absolute pleasure. I love the fact there is always a new project, so no two days are the same. I enjoy supporting the upcoming workforce and the clinicians that supervise and coach individuals in clinical practice.

## Ben Iles

Head of IT Operations

Length of time in current role: 4 years



**What I love most about my job:** Supporting colleagues across all services and departments, which in turn improves the care we provide and the experience for our patients. IT plays a vital role in the provision of healthcare services and our team pride ourselves on providing a responsive and effective service.

## Celebrating our Community Assets



The latest in our series of Better Care Together events was held at Walls Club in Barnwood, Gloucester, in November 2019.

More than 140 people gathered to discuss 'community assets', including community hospitals and all of the organisations who work together to support and care for our communities.

Among the speakers were Deborah Davidson of the University of Birmingham and Dr Helen Tucker of the Community Hospitals Association, who outlined their research on community hospitals.

There were panels made up of Experts by Experience, who bravely shared their personal experiences, and people representing organisations from the voluntary and community sector.



## Trust signs Armed Forces Corporate Covenant

The Trust has affirmed its support to the armed forces community by signing the Armed Forces Corporate Covenant. The Covenant is a promise by the nation, ensuring that those who serve or who have served in the armed forces, and their families, are treated fairly.

The signing follows the merger of Gloucestershire Care Services NHS Trust and 2gether NHS Foundation Trust. Both organisations were previously signatories to the Covenant, but at the first Board meeting of GHC the Trust reaffirmed its commitment by signing the Covenant as a new Trust.

Trust Chair Ingrid Barker said: "Gloucestershire and Herefordshire have a long military tradition and many Trust colleagues have previously served in the armed forces. We also treat many people and support families who have connections to the military, and it's very important that we publicly demonstrate our support to those who are serving now and who have served in the past."



Pictured left to right Tanya Davies, Social Inclusion Worker; Nicola Shilton, Community Partnerships Support Officer; Ingrid Barker, Chair; and Paul Roberts, Chief Executive.

# International Year of the Nurse and Midwife 2020



This year is the Year of the Nurse and Midwife. We have more than 1,500 registered nurses, who fill a wide and varied range of roles. Here are two of our wonderful nursing colleagues:

## **Alison Curson, Head of Nursing & Quality**

Started training in 1985.

### **Why did you become a nurse?**

I think it is an absolute privilege to support and care for someone when often they are at their most vulnerable. To see and make a difference to people's lives is amazing. People never forget kindness and it is the little things that mean the most. Listening and bringing hope when sometimes a person feels like there is no hope at all. To see and help someone recover from illness is a wonderful feeling.

### **What do you enjoy most about your job?**

Helping nurses to grow and progress in their careers. Being part of all the excellent quality improvements nurses are making within services. Working with excellent caring and compassionate nurses.



## **Janet Gale, Endoscopy and Outpatient Manager, Cirencester and Fairford Hospitals**

Started training in 1983

### **Who has inspired you most in your career?**

Sister Price, Surgical Ward Sister during my training. Her approach to managing staff and her dedication to providing high-quality care for patients at all times has had a significant influence on my practice over the years.

**What do you enjoy most about your job?** Seeing patients who arrive scared about what is going to happen, leave the department relieved, relaxed and full of praise for the care they received.

**What has been your favourite role so far?** My current one. I work with an amazing bunch of people, all of whom strive to make the patient experience a good one.



**Do you feel stressed, anxious or depressed?  
We can help.**

0800 073 2200

[www.letstalkglos.nhs.uk](http://www.letstalkglos.nhs.uk)



# Our Shining Stars

## Trust Wins National Patient Data Award

Our innovative work to use patient-costing information and business intelligence to help clinicians improve services has won a prestigious national award.

The Trust was awarded the Costing Award at the National Healthcare Management Finance Awards (HFMA) in central London. The prestigious annual awards celebrate excellence in financial departments across the NHS.



The work has involved numerous teams, who together have worked to analyse the data that the Trust gathers, and look at how it can be applied to delivering better care for patients. Teams can then take proactive measures and adapt treatment to try to prevent regular readmission to services, or a patient having contact with numerous different teams at different times.

## Jo's Trust Award



A project aimed at improving access to cervical smear tests for women with mental health problems has been recognised with a national award.

Well Woman Wednesdays, a collaborative programme between physical and mental health practitioners at Wotton Lawn Hospital, won the Above and Beyond category in the Cervical Screening Awards run by national charity Jo's Trust.

The initiative has allowed women to access a well woman check-up, including cervical screening, within the hospital.

## Melanie is crowned Healthcare Apprentice of the Year

Senior Community Healthcare Support Worker Melanie Woodman has triumphed at the Lifetime Learner Achievement Awards.

She completed her apprenticeship ahead of schedule despite working full time as a Healthcare Assistant and juggling a busy home life, running a smallholding, with seven children and five grandchildren.

Melanie, who joined the Trust in 2017, wants to become a fully qualified nurse, and had been working to complete a level 3 HCA apprenticeship, which she achieved with a distinction.

She is now moving on to complete a Trainee Nursing Associate programme, which sees her starting university on the same day as her daughter. After this, she would like to go on and complete the full Registered Nurse degree.



Our response to  
**Coronavirus (Covid-19)**

The Coronavirus (Covid-19) outbreak has been the biggest crisis to impact the NHS in its 72-year history. Our Trust began responding to the outbreak on January 23 and since then colleagues have worked with our partner Trusts, GPs, social care, local authorities and other organisations to support our patients, carers and communities through the emergency.

**Here are a few facts and figures to give you a flavour of our response:**

- Between March and June 23, we cared for 151 patients with Covid
- Sadly, 35 of our Covid-positive patients died
- We 'redeployed' 523 colleagues to work in different parts of the Trust
- Our colleagues used more than 190,000 items of Personal Protective Equipment (PPE) each week and by mid-June our stock management team had distributed more than 1 million items of PPE to Trust colleagues

Our services were redesigned to ensure we could support those patients in the greatest need and continue to deliver services, despite some of our own staff becoming unwell or needing to self-isolate.

**We did this by:**

- Increasing the number of beds we could provide
- Dividing our wards into red, amber and green areas to ensure patients with Covid were not in beds next to patients without it
- Changing our services so that more ran seven days a week
- Temporarily closing a number of our Minor Injury and Illness Units to improve the resilience of services, ensuring clinicians were best placed to support patients who needed treatment and advice
- Temporarily suspending visiting at our hospitals, to prevent infection. However, we introduced alternative ways of keeping patients in touch with loved ones, including via iPads which were quickly distributed on the wards
- Introducing digital methods so that clinicians could provide care and treatment without needing face to face contact
- Providing accommodation for some of our staff who needed to live elsewhere to be away from family members who were self-isolating or unwell
- Setting up a 'stock management team' to ensure the effective distribution of PPE to our colleagues and sites
- Testing colleagues for Covid, to enable them to return to work if they are not infected or to ensure they don't work and infect our patients if they are
- Providing ongoing care and treatment for all of our patients in the greatest need.

## Staff Health and Wellbeing

The major challenge of Covid-19 has put our 5,800 staff under enormous strain. Some colleagues have been asked to work in new roles, some have needed to live away from their families, some have been working in PPE for long shifts and everyone has been under pressure both in their professional and private lives.

Ensuring colleagues have access to support has been essential and we've worked hard to ensure there is easy access to, for example, counselling, health screening, information about NHS shopping hours, staff discounts, and spiritual and pastoral care.

Many of our sites had rooms where colleagues could take a break and emotionally unwind and we've been inundated with help from the community – including donations of toiletries and refreshments.



## Help Us Help You

Coronavirus will have a lasting impact on all of us. It's important that you seek help if you're experiencing any physical or mental health issues – NHS services like ours are still here to help you. To find the best place to get help, visit [covid19.glos.nhs.uk](https://covid19.glos.nhs.uk)

## Your Mental Health

If you are worried about your mental health and are struggling to cope, then don't suffer alone. Call the Let's Talk service on 0800 073 2200, [www.letstalkglos.nhs.uk](https://www.letstalkglos.nhs.uk) or contact your GP.

You can also use two new online services Qwell ([www.qwell.io](https://www.qwell.io)) and Kooth ([www.kooth.com](https://www.kooth.com)). Another good source of support is the Every Mind Matters website: [www.nhs.uk/oneyou/every-mind-matters](https://www.nhs.uk/oneyou/every-mind-matters)



**'For the brave' and 'A show of strength' by Mike Dexter.** Mike is a Senior Psychological Wellbeing Practitioner in our Let's Talk service. He has drawn Atlas in a different context in recognition of our frontline colleagues who are working hard to save lives during the pandemic.

# Community Support

We've been completely overwhelmed by the support we've been given from our local community. We've had donations of ear protectors, scrubs and other items of PPE. We've been sent children's pictures, presents, gifts and even some financial donations. We could not be more grateful for this support – thank you to everyone who has taken the time to help us in any way at all!



# Trust Addresses Health Inequalities around Flu Spray

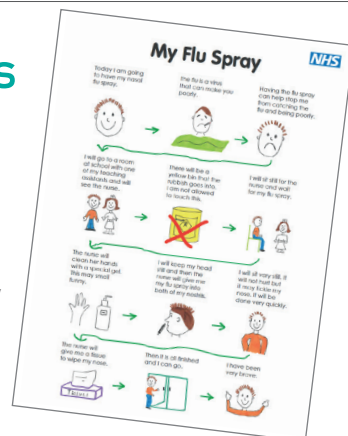
Teams have worked together to address health inequalities among children and young people with learning disabilities.

There was a difference last year between the flu nasal spray uptake rates for children with learning disabilities and the general child population.

This year, colleagues worked hard to reduce the gap.

They produced easy read materials, and parents were offered the option of a school-based or community-based clinic. There were a number of specialist clinics with children's occupational therapists, attended by children needing sensory modulation support or those with anxiety.

The learning disabilities team provided training to the immunisation team on how to support young people with learning disabilities. In addition, the immunisation team were also able to support special learning disability clinics.



We wanted to make sure we provided equal opportunities to all children in the county and we are really pleased with the results. This highlights how we can address health inequalities by working together and we will continue to build on this.

**Jo Ritter**  
Deputy Head of CYPS

## Herefordshire Services

We have previously updated you that from 1 April, Herefordshire Mental Health and Learning Disability Services transferred into the management of Worcestershire Health and Care NHS Trust (WHCT).

We are pleased to update that the transfer went smoothly, despite the inevitable additional challenges posed to both Trusts in connection with Covid-19.

If you joined us as a Herefordshire member, we have transferred your membership into our Greater England constituency and you will be able to vote in the elections for this constituency, or stand for the role of Greater England Governor when there is a vacancy if you would like to.

We are now pleased to update you that there is now an opportunity for you to join WHCT's Public/Patient Reference Group/activities, which would give you an opportunity to help shape their services.

If you would like to get involved in this and are happy for us to provide your contact data to WHCT colleagues so that they can make contact with you, please let us know by 1 September 2020 by emailing [ghccomms@ghc.nhs.uk](mailto:ghccomms@ghc.nhs.uk) or phoning 0300 421 7146. You may need to leave a message and we will get back to you as appropriate.

## Chest pain and signs of stroke

If you or a loved one is suffering severe chest pain or showing signs of stroke (Remember Act FAST – Face weakness, Arm weakness, Speech difficulty) it's Time to call 999.



When it's not an emergency, but you don't feel quite right and you or your family have concerns – call your GP.

## Worried about cancer? Get it checked out



If people are worried about unexplained changes to their body, such as the sudden appearance of a lump, blood in their urine or a change to their usual bowel habits, they must contact their GP surgery, either online, by app or by phone. Visit [covid19.glos.nhs.uk](https://covid19.glos.nhs.uk) for the latest information on local NHS services.

# Health care research changes lives

## Why we carry out research

Through research we can develop new and better treatments, improve diagnosis, understand what works and what doesn't and improve our services to provide better outcomes for our patients.

## Why take part?

You can help improve healthcare for others and give hope for future generations. Your involvement may also give you a better understanding of your condition and the opportunity to try new treatments.

## What's involved?

Taking part in research can be as simple as answering a few questions or giving a saliva sample. Studies can be carried out in your own home, via the internet, at the Fritchie Centre (our research facility), in Cheltenham, or wherever you feel most comfortable.

## COUNT ME IN

Are you a Gloucestershire Health and Care NHS Foundation Trust service user? If so we will 'count you in' and you may be contacted about taking part in research. Research allows us to develop and improve treatments.

There is no obligation to take part and you can opt out at any time. To opt out email [countmein@ghc.nhs.uk](mailto:countmein@ghc.nhs.uk) or telephone 01242 634490.

These are some of the Research Team's recent studies:

**NCMH** – A large genetic study which looks at background and life experiences to understand why some people experience difficulties with their mental health.

**GLAD** – exploring genetic risk factors in individuals who have experienced depression and/or anxiety at any time in their lives, including those with bipolar disorder, OCD, or related disorders.

**CGN-1801** – a five-minute computerised test to improve the detection and monitoring of cognitive impairment and Alzheimer's dementia in working-age and older adults. This could lead to more tailored management of cognitive impairment and better outcomes for people.

**Physical and community healthcare** – we are actively seeking projects in this category. Please email [research@ghc.nhs.uk](mailto:research@ghc.nhs.uk) for further information.

You can find out more about the Research Team and its current studies by visiting: [www.ghc.nhs.uk/research](http://www.ghc.nhs.uk/research)

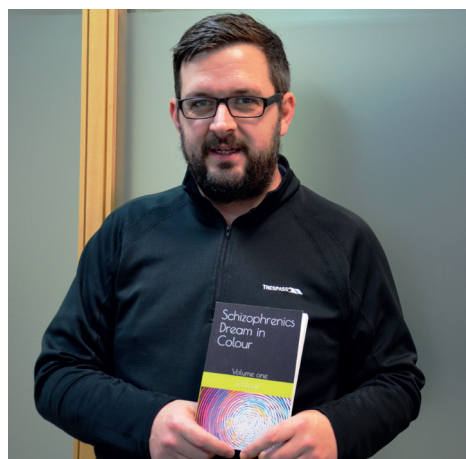
## Ed shares his mental health journey

Expert by Experience, Ed Boait, has turned published author with the release of his first book – an autobiography documenting the first four years of his journey through mental illness.

**Schizophrenics Dream in Colour: Volume One** is 37-year-old Ed's personal account of the beginning of his 19-year struggle with mental ill health.

Ed, who has bipolar disorder and paranoid schizophrenia, and suffers with depression and anxiety, says: "I feel this book is an incredibly detailed and honest account of those first four years. I hope this book will open people's eyes to the trauma and severe difficulties of living with the illness. It didn't always seem possible, but now I'm living a good life with schizophrenia."

Ed's book, **Schizophrenics Dream in Colour: Volume One** is available to buy on Amazon.



## Personalised Health Budgets: the difference between what matters and what's the matter

How many times have you seen a healthcare professional and been asked “what’s the matter?” It’s an apparently simple question, asked many times. But if we instead ask “what matters to you?” your care and treatment could go in a very different direction.

For the past year, Gloucestershire Health and Care NHS Foundation Trust has been part of an NHS England-led pilot project looking at personalised health budgets (PHBs), to meet the needs of people who perhaps find themselves in a gap between the services on offer.

Rebecca Barrow, Personalisation and Development Manager, Gloucestershire Health and Care NHS Foundation Trust, shared one story with us, about Nicky, the Girl That Climbs.

Nicky, aged 24, has spent a significant period of time in a psychiatric hospital and has had repeated contact with the police, mental health services and A&E, but found that her care needs were still not being met.

Her twin sister took her own life while an inpatient in a psychiatric hospital, which had a significant impact on Nicky and her family.

While Nicky was in the psychiatric hospital, a social worker was able to build a relationship with her and establish what mattered to her and her family. Spending time with her and valuing her assessment of the situation and past experiences of psychiatric care was vital to developing a co-produced assessment and care plan.

Nicky said that building a relationship and being listened to rather than being told what will happen to her was something she had not experienced before.

She wanted to try to get on with her life if only she could feel she had more control over her care.



Nicky said: “I knew that I loved to climb and it helped me to keep calm and focused in stressful situations. Most professionals, when told that I loved to climb, would say that it was ‘risky behaviour’. They never looked into why it was helpful for me. My social worker did, and so set up climbing lessons and a membership at the local climbing centre. This has been amazing for me. I have learned how to climb properly, been able to improve my skills and made friends whilst doing so.

“The PHB has really helped me to get back into a routine and provide enjoyment in my life. It was an easy process to set it up and it is rather flexible. As I learn to understand myself and my diagnosis, I can add things to my PHB or take things away. My life is now far from what it was when I was in hospital. The PHB has given me a future, by not letting me give up, and giving me plans, goals and a purpose. I am looking forward to the future and dealing with my past. I still have difficulties, and always will, but at least now, I have the resources to help myself. Nothing will ever bring my sister back, but my family still have me here.”

# Focus on... ICT



## Members of one of our Trust's Integrated Community Teams talk about their roles.

### Katherine Stratton, Community Manager, Cheltenham locality



I help support the work of the ICTs. An ICT is a multidisciplinary team consisting of Community Nursing, Occupational Therapy, Physiotherapy and Reablement.

We work in partnership with GPs, hospitals, mental health services and voluntary organisations to enable people to live as independently as possible at home.

We provide care within or close to the home, avoiding unnecessary admissions to bed-based services and understanding what is important for a person in managing their own physical and mental health and wellbeing.

### Helen Dix, Occupational Therapy Professional Lead



Our main responsibility is to provide clinical professional leadership within the ICT and profession-specific advice and support to the team.

Working closely with Team Managers and Community Managers, we help to ensure a quality approach to patients and staff and support the development of colleagues.

### Kirsty Greaves, Physiotherapy Professional Lead



I support, guide and develop the Physios and Physio Assistants.

My role also involves engaging in initiatives and programmes across the ICT, as we continually work to get better at what we do. Right now this includes looking at clinical variation.

### Lola Cano, Professional Lead for District Nursing



I work with a team of 52 Community Nurses and Healthcare Assistants.

From a clinical point of view, everything I do is related to service improvement and ensuring patient safety. At times the role can be quite daunting and emotionally draining. We have a lot of patients requiring palliative care, for instance. We visit them every day, building a rapport with them and their families. To see a person deteriorate and eventually die is obviously very upsetting. My team do an amazing job, every day. I'm just here to support them.



# Prue Leith visits Trust

Great British Bake Off judge, chef and author Prue Leith visited the Trust as part of her national work reviewing NHS hospital food on behalf of the Government.

The visit was coordinated by the Trust's facilities department with the Hospital Caterers Association.

Prue visited both Charlton Lane Hospital, in Cheltenham, and the Vale Stroke Rehabilitation Unit, in Dursley, where she met with colleagues and patients. She heard about the Trust's nutrition and hydration policies, toured the food preparation areas, joined patients at meal times and tasted the food on offer.

She was highly complimentary of the Trust and its work, while recognising there is always room for improvement. We look forward to reading the outcome of the national review and are pleased to have contributed to this important national work.

The visit also featured on BBC Radio Gloucestershire and BBC Points West.





Prue has kindly shared this recipe with us from her latest book.

## Ratatouille: the luscious one

Serves 4



- 5 tbsp extra virgin olive oil
- 1 aubergine, cut into cubes, skin and all
- 1 large red pepper, cored, deseeded and sliced into strips
- 2 red onions, finely sliced
- 3 sprigs of thyme, leaves picked
- 1 garlic clove, finely sliced
- 1 courgette, green or yellow, cut into cubes
- 5 ripe tomatoes, roughly chopped
- 1 tbsp balsamic vinegar
- a pinch of caster sugar
- a pinch of ground coriander
- salt and pepper to season

1. Heat half the oil in a large, heavy-based saucepan over a fairly high heat. Add the aubergine and fry fast, tossing the cubes until they're slightly soft and golden. Tip out into a bowl and add another glug of oil to the pan. Add the pepper and onions and fry over a medium-high heat until slightly charred and softened, about 10 minutes.
2. Lower the heat and add the rest of the olive oil, along with the thyme, garlic, courgette and tomatoes. Cook for a few minutes before adding the balsamic vinegar, sugar and coriander.
3. Simmer the ratatouille gently, stirring occasionally (or cook it, covered, in an ovenproof casserole in a medium-hot oven) for about 1 hour until the vegetables have become tender, brown and stew-like. Taste and season well with salt and pepper.
4. Serve with a handful of basil leaves and finely grated lemon zest.



# Final word...



Macmillan senior health trainer **Felice Marchetti** talks about his experience of working with cancer support services.

**What inspired you to become a health trainer?** I've always loved sport and exercise, and been involved in fitness. I like being able to help people and to give them the confidence to train safely and carefully.

**Where did you study?** I studied with Premier Global in Bristol, which provides specific training for fitness instructors.

**What do you most like about your job?** Helping people to normalise exercise, and giving people confidence. I like seeing people progress, seeing someone who has never been into exercise make it part of their life.

**Describe your role in five words**  
Rewarding, emotional, challenging, frustrating, humbling.

**What was the last book you read?** I've just started a book called *The Body*, by Bill Bryson.



**Sophie Ayre** talks about what motivates her in her role as a social inclusion worker.

**What inspired you to become a social inclusion worker?** In previous roles I've always had a focus on practical initiatives to improve people's quality of life. I joined the social inclusion team to support the Trust's vision of being more inclusive.

**Where did you study?** University of Kent, in Canterbury.

**What do you most like about your job?** I get to meet and spend time with so many interesting and talented people, and I like that no two days are the same. I really enjoy building mutually beneficial relationships with people and organisations, and being part of the successes that grow out of them.

**Describe your role in five words**

Positive change through meaningful inclusion!

