



Gloucestershire Health and Care
NHS Foundation Trust

With you, for you



MEMBERSHIP NEWSLETTER / SPRING 2021



Covid testing team marks
first anniversary
page 7

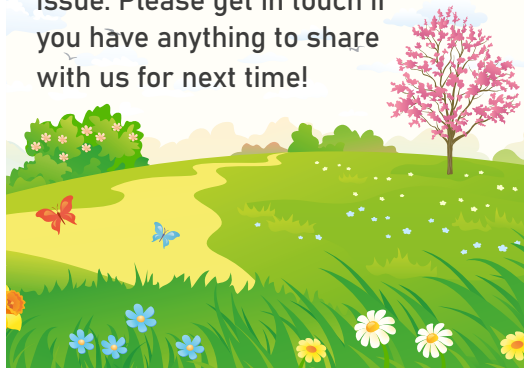


Welcome

Hello and welcome to our membership newsletter for Spring 2021. It's been a turbulent winter for everyone and our services have once more come under enormous pressure due to the latest wave of the Covid pandemic. We could not be more grateful to our Trust colleagues for the way in which they have supported our patients, carers and wider community through the past few months.

There's now reason to be cautiously optimistic about the months ahead and our county is making huge strides in vaccinating our local population. We're proud to be part of this effort, working alongside local GPs, Gloucestershire Hospitals NHS Foundation Trust and others.

Of course, our other work has carried on and we hope you enjoy reading about our latest developments and updates in this issue. Please get in touch if you have anything to share with us for next time!



New Lead Governor

Chris Witham is our new Lead Governor. Chris, who is also public Governor for the Forest of Dean, wears a number of hats. His 'day job' is as Digital Delivery Lead for the NHS Leadership Academy, although he's recently been on secondment to a national Covid response project. He is the Chairman of Cinderford Town Council and a licensed lay minister in the Church of England. Chris and his wife, Rachel, have lived in the Forest of Dean since 2012.



Chris said: "Mental Health and Community Care are hugely important to me from personal experience and caring for relatives. I have seen first-hand how joined-up, person-centred care can have a massive impact on patients, their loved ones and those around them. I see a vital role for the governors in bringing our communities together with health and care providers to ensure more care meets more people's needs and improves more lives.

"I believe the patient voice should be at the centre of everything we do. I want to offer my experience as a patient and a carer and create a space where all voices can be heard. Communication and community understanding are also vital for healthy neighbourhoods and I want to help people to understand how the NHS operates and how they can get involved."

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:

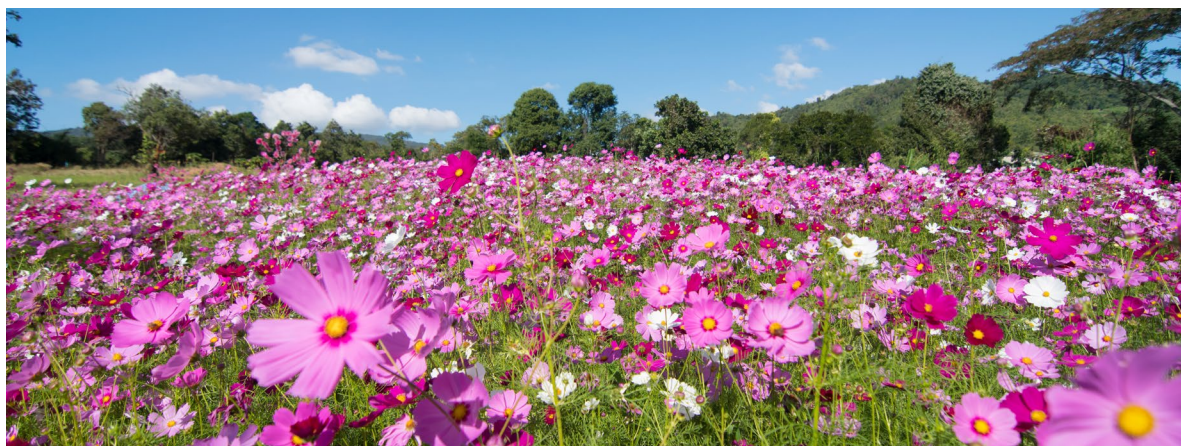


0300 421 7142



ghccomms@ghc.nhs.uk

Be Well Gloucestershire



A new campaign has been launched to encourage people across Gloucestershire to 'Be Well' and access support for their mental health and wellbeing.

The www.bewellglos.org.uk website is the start of what will be a central hub for anyone who needs help or support for themselves or a loved one. Working alongside local organisations, charities and communities, we will develop resources to enable more people to access mental health and wellbeing support for those who live in the county.

Dr Mala Ubhi is the NHS Gloucestershire Clinical Commissioning Group lead GP for mental health. She said: "To help people know where to turn when things feel difficult, health and care organisations across Gloucestershire are working together to highlight the support available. I would encourage anyone who has found that daily anxieties have become more pronounced over the last few months to ask for help if they need it; because help is available. Visit the new Be Well Gloucestershire website for more information. We are developing this website, so if you can't find what you are looking for, please get in touch to let us know what mental health support information would be useful to you at this time".

Alex Burrage is a consultant psychological therapist and clinical lead for the county's Let's Talk service. She said: "At times we can all feel overwhelmed by the things that are going on in our lives, which may include concerns about our physical or emotional health or finances. What we know is that when we feel like this it's important to access help as soon as possible. What's really exciting about the Be Well Gloucestershire campaign is that we're working together to bring a wide range of services and information to help local residents to easily find the help and support that's available."



HIV Testing



Following the success of the Channel 4 TV series *It's a Sin*, and the recent HIV Testing Week, we're raising awareness about the importance of regular testing and how to access these tests at our sexual health service at Hope House, in Gloucester.

Our aim is to reduce the number of people living with undiagnosed HIV and those diagnosed late.

Testing for HIV is quick and easy; all it takes is a finger-prick test. Testing is really important because people can live with HIV for a long time without any symptoms. Testing is the only way to know your HIV status. If you have HIV, finding out means you can start treatment, stay healthy and avoid passing the virus onto anyone else.

Consultant and Clinical Director Sexual Health and HIV at Gloucestershire Health and Care NHS Foundation Trust, Dr Ayo-ola Okunwobi-Smith, said: "Anyone diagnosed with HIV can access free treatment and support. Our Sexual Health Service at Hope House, in Gloucester, offers HIV testing and has a team of specialists to

help people live well with HIV. You can test at home using HIV postal and self-test kits. We would encourage you to visit our dedicated website:

www.hopehouse.nhs.uk/hiv for more information on how you can get tested."

Test, Treat, Protect...

Test: It's a good idea to test at least once a year or following the end of a relationship. Test negative and end worries and doubt. Test positive and you can enjoy a long, healthy life – by testing early and starting treatment in time.

Treat: The sooner someone with HIV starts treatment, the better it is for their health. Treatment can also reduce the amount of HIV in the body to levels at which HIV cannot be passed on. If you are diagnosed with HIV you can easily access free, confidential care and treatment at Hope House to keep you healthy and avoid passing on the virus.

Protect: Most new infections come from unprotected sex with someone who doesn't know they have HIV – so aren't on medication and aren't undetectable. So we all need to look after ourselves.

Find out more about how you can stop HIV: www.startswithme.org.uk/you-can-stop-hiv

Forest of Dean Hospital Update



NHS Gloucestershire Clinical Commissioning Group (CCG) has confirmed the services to be provided at the new community hospital in Cinderford, which is expected to be open in 2023.

The services that will be commissioned include:

- 24 inpatient beds with ensuite bathrooms in predominantly single rooms
- An urgent care facility, open from 8am to 8pm, seven days a week, supported by a range of diagnostic services
- Outpatient services, including a range of consultation, treatment and group rooms and additional areas for online consultations for the provision of outpatient services
- Diagnostic services, including a dedicated endoscopy unit, x-ray, ultrasound and blood-testing (phlebotomy) and space for mobile units such as the Chemotherapy Bus and Breast Screening Service
- Parking for approximately 150 vehicles and agreement on a bus stop, either within the site or near to it
- Flexible meeting space that can be accessed by health and care organisations plus wider voluntary sector organisations

Members of the public can read the Output of Consultation Report, recommendations, supporting information and rationale on a dedicated website at www.fodhealth.nhs.uk

Alongside the Consultation there is a commitment to explore options for the provision of urgent care services in the south of the Forest, and over 100 people have expressed an interest in being involved in this work.

The CCG is committed to progressing with the engagement in the South of the Forest and has included a new primary care premises as a priority in its plan. Primary care (GPs) in the South of the Forest will be working up their plan with partners in the coming months.

Ellen Rule, Director of Transformation and Service Redesign, NHS Gloucestershire Clinical Commissioning Group, said: "We are so pleased that local residents will benefit from a wonderful new, purpose-built hospital that will meet their needs and the needs of future generations."

Our Trust is in the process of writing a formal business case setting out the design specification, operational plan and financial plan for the hospital which will be presented to the Trust Board later this year.

Long Covid

A new community service to support people with Long Covid has been expanded across the county. The service is hosted by Gloucestershire Health and Care NHS Foundation Trust, working closely with colleagues from Gloucestershire Hospitals NHS Foundation Trust and local GPs, and commissioned by NHS Gloucestershire Clinical Commissioning Group.

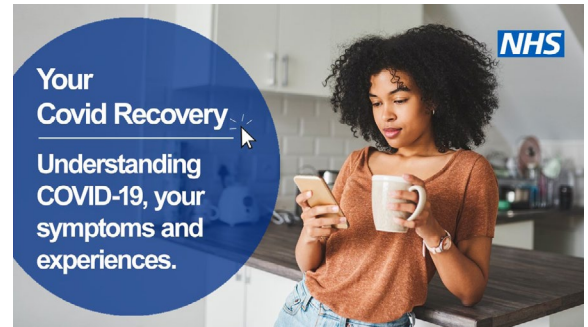
The community-based service is in addition to existing arrangements that support the most ill patients (those who required Intensive Care and Respiratory High Dependency treatment) with their ongoing rehabilitation and recovery after a hospital stay.

The service was tested during December 2020 and January 2021 to understand the specific needs and most appropriate support for patients. This included listening to the experiences of people suffering from Long Covid to help design and develop a service to meet their needs.

Long Covid, also called Post-Covid Syndrome, is currently defined as signs or symptoms that continue for more than 12 weeks which cannot be explained by an alternative diagnosis. The condition usually includes clusters of symptoms, like breathlessness, chronic fatigue, stress and anxiety.

People can also experience generalised pain, high temperature and psychiatric problems.

The service opened to referrals from GPs in February, on a small scale initially in Gloucester City to ensure that processes were working well and to gauge the level of demand.



Patients who continue to experience significant symptoms twelve weeks after Covid infection will be referred to the service, usually by their GP. They will be assessed and offered advice and support, which may include:

- Wellbeing and recovery guidance on the Your Covid Recovery App or website developed by NHS England
- Further clinical assessment
- Referral into other services

The multi-disciplinary approach includes psychology, physiotherapy, health coaching and medical input and patients will be offered ongoing support during their rehabilitation.

More information on recovering from Covid is available at:

www.yourcovidrecovery.nhs.uk

Our Covid Response



Who would have thought that when we first heard of an emerging disease detected in Wuhan, China, in December 2019 that more than a year later it would still be having such an impact on our lives and our NHS services.

While we have hope that the vaccination and latest lockdown will see a lasting reduction in community transmission rates and hospital admissions, the ongoing impact on our services will be felt for many months and possibly years to come.

Our testing service, based at our Headquarters in Brockworth, marked its first anniversary at the end of February. The team, which carries out Covid tests for NHS and care staff, their households and patients who are due to undergo medical procedures, carried out its 15,000th test on February 27.

Alongside other teams, such as the PPE stock distribution team, which were set up specifically to respond to Covid and

help keep our staff and patients safe, our Incident Coordination Centre has been running 24 hours a day, seven days a week for more than a year. Our hospitals and community teams have been treating people with Covid both as inpatients and within their own homes, while many of our services have been delivered differently – digitally in many cases – for over 12 months as well.

Many colleagues have been working remotely to reduce the risks of transmission among our staff and patients, and there is barely a corner of the Trust which has not needed to change something about the way it operates day to day.

Some services have temporarily closed, such as the Dilke Minor Injury and Illness Unit (MIIU), in the Forest of Dean, Tewkesbury MIIU and the Vale MIIU. Keep up to date with all the latest changes by visiting our website at www.ghc.nhs.uk or by following our social media channels.

Something to live for



Meet Laura Canty. Laura is a warm and confident woman with a successful career and comfortable home in Cheltenham where she lives with her husband Rhys and young son Arthur.

Laura is passionate about spreading the word about post-natal depression and in changing attitudes towards mental health. It's this passion that spurred Laura to write a moving and very personal memoir that sheds light on a darker time in her life when, like one in five women in the UK, she developed post-natal depression following the birth of her son.

'Something to live for' was published at the start of this month and reveals not only the little discussed realities of the illness - but also how the support provided by an NHS Mother and Baby Unit literally saved her and Arthur's lives.

Laura was diagnosed with severe post-natal depression (PND) and anxiety in August 2018 and admitted to The Barberry, where she and her baby stayed for a life-changing ten weeks.

"When Arthur was about four weeks old, my mental health started to go downhill rapidly. I stopped being able to function and I was

basically scared of everything; not least our son. I went from a fairly confident new mum to someone who couldn't sleep, wouldn't go out and couldn't bear to look at her baby."

After being diagnosed by her GP, the local Crisis and Perinatal Mental Health teams tried to support Laura at home until one day, she decided to try to take her own life. It was at this point she was referred to the Barberry in Birmingham, The National Centre for Mental Health where she received specialist 24/7 care for her illness. This enabled her to recover the sleep debt that contributes to PND whilst the staff helped care for Arthur.

They ensured Laura was on the right medication and provided talking therapies with a psychologist which provided coping strategies. In addition, they provided a routine of self-care and physiotherapy on an old knee injury to help her start running again.

"The care and attention saved my life and, as I am so grateful for the help I received, I now volunteer with Gloucestershire Health and Care NHS Foundation Trust (GHC), supporting women going through the same devastating, but frighteningly common experience as me. The message I get time after time is that post-natal depression is one of the few areas of mental health we are still not talking about.

"Take a look around. Mothers all around you are suffering from PND without you realising. Some of them are ill enough to

be admitted to hospital, but many of them are still getting up every day, putting their make-up on and pretending everything is okay. They are keeping quiet because, whilst it's increasingly acceptable to say you are not okay, it's still not acceptable to say you want to kill yourself or give your baby away.

"It took a small army of people – professional and personal – to put me back together and I have made it my mission to spend the rest of my life giving it back. It is my hope that sharing my story will help others to receive the treatment they need, rather than suffering in silence."

Laura volunteers as an 'Expert by Experience' for GHC and also sits on the Perinatal Mental Health Network Group for Gloucestershire, regularly speaking at training sessions and events and mentoring other women before their potential admission to a mother and baby unit.

Kim Tiffney is the team manager for GHC's Perinatal Mental Health Team. She said: "We're really proud of Laura and how far she has come and it is a huge compliment for our team to be mentioned in her book.

"Mental health problems are very common in the perinatal period and up to 1 in 5 women struggle with their wellbeing during this time. We know that women often suffer in silence, but we also know that with the right treatment and support the prognosis is good.

"We are a specialist multi-disciplinary team providing care and treatment for women who live in Gloucestershire. We prioritise

women with serious and complex mental health needs, including those who have experienced serious mental health episodes in the past but are currently well. We also offer expert advice to women considering pregnancy if they have a severe mental health diagnosis, or have experienced a previous significant postnatal illness and we can remain involved for up to 12 months after childbirth.

"Laura's story is a powerful, honest and hopeful account of mental illness during the perinatal period and we hope it will encourage other people to seek help when needed."

'Something to live for' is available to purchase on Amazon and the book was described by reviewers at The Telegraph as: "...brilliantly depicts a descent into mental illness, and what it feels like. It's funny, brutally honest – but uplifting too, because it shows how, with the right treatment, she recovered."

If you are experiencing mental health issues, please tell someone whether that be your partner, a relative, a friend, neighbour or your GP. The Samaritans offers a listening service 24 hours a day, seven days a week on 116 123.


Visit www.bewellglos.org.uk for other local support agencies.

Apprenticeships

In celebration of National Apprenticeship Week, our Apprenticeship and Widening Access team hosted its first ever virtual GHC Apprenticeship Awards in February.

The awards were a celebration of our current and recently completed apprentices and recognition for all of their hard work, passion and commitment throughout our Trust.

And the winners were:



Apprentice of the Year
Shanette Prince
- Level 2 Adult Care Worker Apprenticeship



Working Together
Zoe Carter
- Level 2 Healthcare Support Worker Apprenticeship





Rising Star
Tom Lindsey
- Level 4 Professional Accounting/Tax Apprenticeship



Always Improving
Jade Dixon
- Level 3 Senior Healthcare Support Worker Apprenticeship



Respectful and Kind
Charlotte MacBeath
- Level 5 Leadership and Management Apprenticeship



Making a Difference
Elle Yemm
- Level 3 Business Administration Apprenticeship



National Apprenticeship Week helped to highlight some of the myths surrounding apprenticeships. Here are a few of the myths busted during the week:

Myth: Apprenticeships are only for young people

Fact: There is no upper age limit for apprenticeship training. We have apprentices ranging from age 17 to 76 currently completing apprenticeship programmes within the Trust. **Anyone aged 16 and over can enrol onto an apprenticeship.**

Myth: Apprentices are poorly paid

Fact: The National Apprenticeship Salary is currently £4.15 per hour, however **GHC pay newly recruited entry level (Level 2 or 3) apprentices £5.18 an hour for the first 12 months** and then National Minimum Wage for their age category. However, some apprenticeship programmes such as the Trainee Nursing Associate pay at band 3.

If you are already employed by the Trust and start an apprenticeship programme there will be no changes to your contract or salary. You will be earning a wage and receive your training at no cost to yourself.

Myth: Apprenticeships are only for the construction or trade industry

Fact: This is no longer the case, and hasn't been for a while. **There is a wide breadth of apprenticeship training available across all sectors of our workforce** e.g. Finance, I.T,

Business Administration, Customer Service, Management, Dental, HCAs, Nursing Associates, Occupational Therapists and Physios to name a few! New apprenticeship standards are in development all the time.

Myth: Apprenticeships don't offer the same job opportunities as degrees

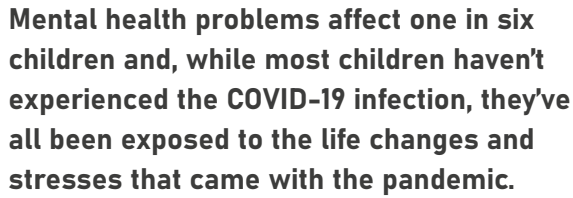
Fact: There are **numerous apprenticeship pathways available** which lead to degree level roles. Apprenticeships can be just as valuable and open up as many opportunities as a degree. **Apprenticeships are available from Level 2 (GCSE) up to Level 7 (Master's Degree).** **GHC currently support 24 different types of apprenticeships.**

Myth: Apprenticeships are for the less academic and people who don't do well at school

Fact: **Absolutely not!** Apprenticeships can be just as challenging and rewarding as traditional GCSE, A-Level and Degree study programmes. **We currently have over 150 apprentices undertaking apprenticeship training from Level 2 (GCSE) right up to Level 7 (Master Degree) level.**

Myth: Apprenticeships are only for new staff to the business – existing staff don't qualify

Fact: A majority of our apprentices are staff who are already employed by the Trust. They are making the most of funded apprenticeship training to upskill, pursue promotion or a change of career within the Trust.



For instance, some may worry about their health, their loved ones or have physical symptoms like stomach ache. Others may behave differently, getting more angry, distant or acting up in other ways.

Some aspects are out of a parent's control, such as school closings, loss of family income, and children not being able to play with friends in person. However, if you are a parent or carer, it's important you know how to look after the mental health of those you care for during this time.

1. Listen to what your child says and how they're feeling

2. Be clear about what's happening

3. Limit news and conversation about coronavirus

12

Try to stick to getting an update twice a day – it's enough to keep you informed but not overwhelmed. You should talk to them about what's going on and ask them what they have heard.

4. Keep close and regular contact

Try to keep your children close to you or those who care for them, as they will need that closer contact now. If you are not living with your children or have to go away, for work or to hospital, keep regular contact by phone or video calls. If the children are part of a family that is separated, it's important for them to be supported in their contact with parents and other family members – even when the adults do not always get on. Help them understand any arrangements that have been or are being made for them.

5. Create new routines

It's likely your normal routine has been disrupted. Routines make children and young people feel safer, so think about how to develop a routine that is interesting and fun. Make a plan for the day or week that includes time for learning, playing and relaxing. You could also arrange a virtual play date with friends or visit an online museum or gallery.

6. Get active

Children and young people should be active for 60 minutes a day, so it's important to try to build activity into kids' daily routine. Can you plan more games outside, like ball games in the park? Outdoor playgrounds are also open, just always make sure you follow current restrictions in your area on where and with how many people you are able to meet, and follow the government advice on social distancing.

There are also lots of indoor games and activities for kids to play on the [Change4Life](https://www.bewellglos.org.uk) website.

7. Eat healthily and avoid too many treats

We know it can be tempting to give sweets or chocolate to cheer your children up. But too many treats are not good for their health, especially if they're not as active as they normally are. [Change4Life](https://www.bewellglos.org.uk) has loads of healthier snack ideas – and making them together is also a great way to keep the kids busy.

8. Children and young people need good sleep

Sleep is so important for mental and physical health for everyone. Children and young people need good-quality sleep, so it's important to keep to existing bedtime routines.

9. Look after your own mental health and get support

Remember to take care of your own mental health and wellbeing. You will give the best support to those you love if you can deal with things calmly and confidently. You can be more supportive if you are better prepared to deal with any issues. There are things you can do, and support is available on looking after your mental health and wellbeing during the coronavirus outbreak.

10. Ask for help if you need it

It can be hard to know where to turn when we're struggling with our mental health but support is available, from NHS and council-commissioned services to local and national charities. Many services are free, confidential, and you can access them yourself without a referral from a professional. Visit: www.bewellglos.org.uk to find out more.

Governor Update

Our Council of Governors meets up to six times per year. All members are welcome to attend meetings – which are currently being held online. To keep up to date on meeting dates and read the meeting papers, visit www.ghc.nhs.uk.



Daniel Brookes is one of our Cheltenham Governors

He said: "I became a Governor back in September 2020 and I remember the huge pride I felt in winning the election. I really didn't know what to expect from the role especially during Covid times.

"You have to feel your way, but you are surrounded by a vast amount of knowledge in all areas. I joined on the Membership and Engagement committee as I am a big believer in partnership working, and try and bring this view to the meetings I attend.

"I'm proud the Trust has agreed to sign up to the No Child Left Behind campaign to ensure that all children have the opportunity to thrive in Cheltenham and beyond, and will be looking to link up with a charity that may like to fund young carers going into further education and to support funding opportunities.

"Recently a member of the public, having just received their Covid-19 vaccination, sent me an email thanking the service as a whole for the incredible job that Gloucestershire had done to lead the way in rolling out the vaccine. That felt amazing!

"The NHS is the pride of the country and should always be protected – and to do this we need members and Governors to do their bit to support it. So please do your bit and sign family and friends up to become members!"

We always welcome new members to the Trust. To join up, please visit www.ghc.nhs.uk/membership



Competition and Recipe



WIN A
£40
VOUCHER

Our competition prize this edition has been donated by Piglet's Pantry and it's a £40 voucher to buy anything on their site.

Piglet's Pantry sell hand made pies, cakes, biscuits, afternoon teas and more and deliver across the UK.

You can visit www.pigletspantry.co.uk to find out what they offer.

To win the £40 voucher, please send your name, phone number, email address or postal address to ghccomms@ghc.nhs.uk, write to Comms, Gloucestershire Health and Care NHSFT, Edward Jenner Court, 1010 Pioneer Avenue, Gloucester, GL3 4AW or phone 0300 421 8100.

Closing date: 16th April 2021

Pasta salad on lettuce recipe



Serves: 4 people

Preparation time: 10 minutes

Cooking time: 12 minutes

Calories: 690kJ / 165kcal

Ingredients

| | |
|--------------------------------------|---|
| 200g dried pasta shapes or spaghetti | 1 tbsp sultanas (or raisins) |
| 3 tbsp low-fat natural yoghurt | 2 handfuls lettuce leaves |
| 2 tbsp reduced-fat mayonnaise | 75g reduced-fat hard cheese, cut into small cubes |
| 2 tomatoes, chopped | 3 spring onions, sliced |
| 1/4 cucumber, chopped | |

1. Cook the pasta following the instructions on the packet, then drain and rinse with cold water to cool it quickly. Drain well.
2. Mix together the yoghurt and mayonnaise in a salad bowl. Add the tomatoes, cucumber, raisins or sultanas, then stir in the pasta.

If reduced-fat mayonnaise is unavailable, use standard mayonnaise but add half the amount and top up with low-fat yoghurt.

3. Serve each portion on a lettuce leaf, and scatter the cheese cubes and spring onions on top.

Final word...



In recognition of International Women's Day 2021, we interviewed women working within our Trust. In this interview, we sat down with Kizzy Kukreja, Senior Dental Officer.

What is your role?

I am a Senior Dentist within the community dental service. I am also a Staff Governor. I provide dental treatment for children and adults with special needs, patients with dementia, phobic patients and treatment under sedation and general anaesthetic when needed. I also carry out visits to homes or care homes.

Was there a woman who inspired you to work for the NHS?

There wasn't a woman in the NHS, but the woman I give credit to, for giving me the drive to work hard, is my mum. She came to UK alone and forged her own career whilst bringing up four children by herself. She always worked hard and was a great role model to always go above and beyond and achieve your best.

What makes you proud in work?

I am always proud when I have treated patients in a relaxed and calm environment. I recently had a patient with dementia, her sister was so grateful for the treatment we had provided, she said that my calm manner had helped the whole family cope with the treatment.

Have you faced any challenges as a woman in your NHS career?

My biggest challenge is the fact that I am a single parent and trying to juggle my full time job.

What challenges do you feel women working the NHS face?

I have already mentioned childcare, but other caring responsibilities force us to take time off work, and have to juggle our work/life balance. We have to choose between our career and other personal issues including health. There is also a culture of not wanting to talk about how being a woman affects our working life. When Covid struck and childcare disappeared in March 2020 I felt helpless.

As a dental service we became the only emergency service open in the whole county, which meant I could not work from home, and as a lead dentist I had to lead a team seeing emergency dental patients. The Trust were super helpful finding a nursery for my son, but unfortunately the nursery did not cover all of my childcare needs, which meant I was initially taking unpaid leave, then when April started I had to take annual leave. This used a third of my annual leave allowance. There was never another option. I am tired and I have missed out on lots of quality time with my son. Lessons have to be learnt from the pandemic, conversations had and everyone should be able to strike the balance between having a contented professional life and a happy personal life no matter your circumstance.

How important is it that women support one another in the workplace?

Hugely. We need to be allies for one another, to show each other respect and build each other up.

Is there any advice that you would give to yourself when you first started in the NHS?

Don't be afraid to ask. If you don't ask you don't get and if you don't get, don't give up, keep fighting. It is far too easy in the NHS to just say "it has always been that way" – but we as individuals can be that change.

