



Gloucestershire Health and Care
NHS Foundation Trust

With you, for you



MEMBERSHIP NEWSLETTER / SUMMER 2021



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Welcome

Hello and welcome to our membership newsletter for Summer 2021. We hope you will enjoy reading our latest updates and information.

We continue to be incredibly proud of the way in which our Trust colleagues are working tirelessly to support our communities through the Covid pandemic. We hope that the ongoing vaccination campaign will continue to provide us all with some light at the end of the tunnel, as we move through the summer into the Autumn.

We've also not been resting on our laurels in terms of our other work. For example, we've got some big progress to report on our new strategy and the project to build a new community hospital for the Forest of Dean.

Thank you for your support and please do not hesitate to get in touch with any comments, thoughts or suggestions for next time!



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 NED

A new Non-Executive Director has been appointed to our board. Clive Chadhani, from Worcester, has a 26-year background in global

finance and is currently Finance Director of a manufacturing company based in Evesham.



His role with GHC will be his first within the NHS, however he has a keen interest in the health service with a brother and many family members being nurses or working in some capacity for the NHS. Clive said he would relish the opportunity to join the Trust, adding: "I believe the responsibility placed on Non-Executive Directors is of grave importance and will only be fulfilled by those who care for the organisation and its values.

"I am very excited to be joining the NHS at such a crucial time and looking forward to meeting with colleagues and learning more about how I can contribute to the maintenance and enhancement of services, with a particular interest in the organisation's financial management."

Trust Chair, Ingrid Barker, said: "The beauty of our Non-Executive Board members is that they can bring a huge range of experiences to our Trust and provide key oversight and assurance on the strategic decisions we take. We are delighted to be welcoming Clive to our Board and look forward to his involvement in our work in the years to come."

Deputy Lieutenant presents Veteran Aware accreditation



We were officially awarded our Veteran Aware accreditation during a visit from one of the county's Deputy Lieutenants during Armed Forces Week.

Colonel Andy Hodson was "delighted" to present the accreditation on behalf of the Veterans Covenant Healthcare Alliance (VCHA), in recognition of the Trust's commitment to improving NHS care for veterans, reservists, members of the Armed Forces and their families.

In a brief ceremony attended by some of the Trust's very own veterans, the accreditation was received by Chief Executive Paul Roberts, Trust Chair Ingrid Barker and Community Services Manager Jonathan Thomas, the Trust's Veterans Steering Group Lead.

Upon receiving the accreditation, Ingrid Barker said: "This demonstrates a commitment that Gloucestershire Health and Care will train its colleagues to understand veterans' needs and ensure members of the Armed Forces community do not face disadvantage when seeking help from our services."

The Trust received Veteran Aware accreditation in May this year in acknowledgement of its commitment to a number of key pledges, including:

- Ensuring that the Armed Forces community is never disadvantaged compared to other patients, in line with the NHS commitment to the Armed Forces Covenant
- Training relevant staff on veteran-specific culture or needs
- Making veterans, reservists and service families aware of appropriate charities or NHS services beneficial to them, such as mental health services or support with financial and/or benefit claims
- Supporting the Armed Forces as an employer.

This award further demonstrates the Trust's commitment to supporting veterans and the Armed Forces community, and follows its signing of the Armed Forces Covenant in 2019 and receiving bronze accreditation from the Ministry of Defence Employer Recognition Scheme in March this year.

Be Well Gloucestershire

We are now six months into our Be Well Gloucestershire campaign promoting health and wellbeing support and information to help when stress, anxiety, isolation and other challenges become hard to deal with.

Under One Gloucestershire, we have been working alongside Gloucestershire County Council and Gloucestershire Clinical Commissioning Group to develop a website which brings information about the mental health support that is available into one place – highlighting and signposting people to local services, tips and advice, local charities and support groups as well as help lines and self-referral options. It is essentially a directory of commissioned services in the county as well as support and advice offered by charities and NHS campaigns and platforms.

Many services are free, confidential, and you can access them yourself without a referral from a professional.

We have worked alongside our Experts by Experience to review and shape the content as well as local organisations highlighted on the site and we are adding to it and improving it all the time!

The social media campaign **#BeWellGlos** aims to showcase some of the support that is available across our county and to bring that to life with interviews with people who either deliver that service or who have experienced mental health problems and have accessed support.



For example, during Carer's Week in May we worked with Gloucestershire Young Carers to update the information on our site about their service and interviewed a young carer called Red who talked about the support available in the county for young carers, her experience of being a carer in lockdown and the support she received from Gloucestershire Young Carers. We shared this on social media to highlight not only the charity, but also the other information and resources available for carers of all ages on the Be Well Gloucestershire site.

Dr Mala Ubhi is the NHS Gloucestershire Clinical Commissioning Group lead GP for mental health. She said:

"Our main aim is to encourage Gloucestershire residents to access support for their mental health and wellbeing. We want to encourage anyone who is having a hard time in the county to access the support that is available and break the social stigma attached to mental ill-health."

For more information, visit:
www.bewellglos.org.uk

Celebrating 10 years of our ESD team!



The Stroke Early Supported Discharge Team (ESD) was set up in 2011 to enable people with mild to moderate strokes to leave hospital more quickly and to receive specialist therapy at home for up to six weeks.

At first the service was focused on the Gloucester and Forest of Dean area but soon extended to Cheltenham and Tewkesbury later that year and in 2012, into Stroud and the Cotswolds to become a truly countywide service.

Of more than 1,000 admissions to hospital a year in Gloucestershire for strokes, around 350 of those are seen by our ESD team. The service provides specialist stroke rehabilitation throughout the week in the patient's own home. This enables them to get home more quickly from stroke units at Gloucestershire Royal and Cheltenham General Hospitals as well as the Stroke Rehabilitation Unit at the Vale Hospital. This is better for the patient, with better outcomes when in the home setting and better for the busy acute hospitals.

The 30-strong multi-disciplinary team comprises physiotherapists, occupational therapists, speech and language therapists, nurses, a psychologist, rehabilitation assistants and administrators. Based at the Independent Living Centre in Cheltenham, the team travels across the county.

The team care for our patients for up to six weeks with a focus on enabling each individual to regain their independence; whether in self-care, mobility, communication, leisure activities, driving, family roles or work.

The stroke specialist community nurses see the patients at six weeks and follow them up at six months, supporting patients and their families on what is often a challenging journey to recovery.

Stroke Specialist Physiotherapist and ESD Team Lead Kirsten Stillman is so proud of achieving this milestone. She said:

"Over the past 10 years we have supported patients across the county, we have been able to demonstrate how our service provides clear improvements in the quality of life and independence of our patients. We are all so proud of our achievements over this time and the way the team has continued to provide excellent therapy and support to our patients throughout the pandemic. The team has worked really well together to continue to put our patients' needs first and also in supporting each other. We have supported well over 3,000 patients since we started the service; it is such a fantastic team to work with and we look forward to the next ten years".

Oliver McGowan Mandatory Training in Learning Disability and Autism



The trial of the Oliver McGowan Mandatory Training in Learning Disability and Autism launched in Gloucestershire on 1 April 2021.

The training is named after 18-year-old Oliver McGowan, whose tragic death in 2016 highlighted the need for health and social care staff to have better training in learning disabilities and autism. It is the result of tireless campaigning, especially from Oliver's parents Tom and Paula McGowan, who have been at the forefront of calls for better understanding and training for health and care professionals since Oliver's death.

The training is part of a national commitment to develop a standardised training package and our Trust was one of four national partners appointed to co-design and co-deliver the training for groups of health and social care staff as part of the national pilot.

All of the training is fully co-designed and co-delivered with people with learning disabilities, autistic people with or without a learning disability, family carers and people working within learning disability and autism services.

While the training is NOT mandatory at this stage, our Project Team hopes to train a cross section of staff from all sectors. The data gathered from people completing the training during this pilot stage will go to the National Development Team for Inclusion (NDTi), who are analysing data from ALL the national projects. This will determine the final mandated package from Health Education England in 2022-23.

Let's Talk

NHS

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

0800 073 2200 www.talk2gether.nhs.uk

Princess Anne Visits Trust



HRH The Princess Royal has spoken to colleagues from our Trust about their work throughout the Coronavirus Pandemic.

In a visit to Gloucester in April, Her Royal Highness had conversations with nurses, allied health professionals, facilities colleagues, emergency response leads, and Trust Executive and Non-Executive Directors about their roles and the challenges they have faced over the past 18 months. Trust Chair, Ingrid Barker, said: "We were delighted to welcome the Princess Royal to our Trust, to share details of the breadth of our work throughout the pandemic.

"She was particularly interested in hearing about the work of our Covid testing team, our vaccinators, our Homeless Healthcare service, facilities and infection control colleagues and our hospital and community teams who have worked tirelessly to keep the people of Gloucestershire safe and well throughout what has been an unprecedented and incredibly challenging time."

Forest of Dean Hospital Update



The final stages of preparation are underway for the construction of a new community hospital in Cinderford which is due to open in summer 2023.

We are preparing to submit a full planning application for the new 24-bed hospital in Steam Mills Road, which will replace the existing Dilke Memorial Hospital and Lydney Hospital.

Drawings and designs for the building were made public at the start of July ahead of a Trust board meeting on Thursday 15 July to sign off the final business case for the new hospital. The Trust expects to seek planning permission with a view to starting construction early in 2022.

Angela Potter, Director for Strategy and Partnerships at the Trust, said: "We are delighted that after so much hard work and preparation we are nearly ready to begin

the planning and construction of a great new health facility for the Forest of Dean.

"We are committed to providing the best facilities we can for the people of the Forest, and to offer services with the best possible outcomes. A modern hospital will be a much-needed addition to the district for both residents and NHS staff.

"Naturally, we want to continue to work with the Forest of Dean community on this project - as we have done over a number of years - and would invite everyone to look at the plans and drawings, ask questions and leave their comments."

A number of artists impressions, floorplans and site drawings were published for the site, which was agreed with Cinderford Town Council back in 2019. Development of the hospital was put on hold through the Covid-19 pandemic.



The ward will be made up of single rooms with ensuite facilities to minimise the risk of cross-infection and maintain infection control standards, and a purpose-built therapy gym for rehabilitation.

Alongside the inpatient ward, the hospital will include a Minor Injuries unit with separate adult and children's waiting areas, x-ray, radiology and ultrasound services, consulting and treatment rooms for outpatient clinics, a children's clinic area, endoscopy suite and clinic space for dentistry and podiatry.

The hospital is also being designed with BREEAM certification as a target – as previous community hospitals such as North Cotswolds and Tewkesbury have been – to help reduce energy consumption and support an NHS ambition of net zero carbon emissions.

Access to the site will be via a new junction where the current skatepark entrance is located, with parking to the front of the site and the building positioned further back.

As part of the hospital project, the Trust will provide a new skatepark in Miner's Field and a rebuilt multi-use games area at the Sports Field.

View the planning file on our website: <https://www.ghc.nhs.uk/about-us/fod-hospital/>

CHA Award for Tewkesbury



Trish Jay from the CHA presenting the award to Matron Julie Ellery and theatre manager James Willetts.

A brilliant collective response at Tewkesbury Hospital to the Covid pandemic has been formally recognised by the Community Hospital Association (CHA).

Work to support both colleagues and families through the repurposing of Abbey View Ward won the CHA's Innovation and Best Practice related to Covid-19 Award, which was presented to Matron Julie Ellery on Monday 19 July.

The award recognised a project to set-up new communication channels for patients who were cut off from their families and who at the beginning of the pandemic last Spring were anticipated to require end of life care, as well as efforts to redeploy clinicians from other areas to support the ward.

Evelyn Prodger, Quality Improvement Lead and one of the judging panel at the CHA, said:

“The communication project is a great example of maintaining a patient centred compassionate approach to care in the midst of such a challenging time. You have shown what good looks like and set an amazing precedent.

“Everything you achieved in a short space of time was quite incredible, and it was clear from listening to your sharing how proud you are of what you and your team were able to deliver. Well done.”

Trust Strategy Launched

Our five-year strategy for 2021 to 2026 will take us on an exciting journey. We pledge to put people at the heart of our services, focusing on personalised care by asking ‘what matters to you?’ rather than ‘what is the matter with you?’



Our Mission is:









Enabling People to Live the Best Life They Can



Our Vision is:

Working Together to Provide Outstanding Care

This journey will include:

-  Developing services around the needs of our communities
-  Tackling health inequalities – unfair and avoidable differences in health caused by things like unemployment, poor education, race, disability, and where people live
-  Using technology to improve access and choice in how patients receive care
-  Improving our buildings to make them more efficient and a better environment for our patients and staff
-  Promoting quality improvement and innovation
-  Working towards university status with our Gloucestershire health and education partners
-  Being an environmentally proactive organisation working with our communities to tackle the health impact of pollution and climate change
-  Embedding co-production and engagement

Join us at our Annual General Meeting (online) on 22 September.
Email TrustSecretary@ghc.nhs.uk for details.

Forest Garden Project



On moving our Forest/TNS Integrated Community Team into the Cinderford Health Centre back in March, team manager Neil Moffat discovered a small, overgrown garden in the centre of the building.

With the support of colleagues, the CPRE (the countryside charity), local businesses and individuals, Neil has transformed the space into a beautiful and relaxing space for colleagues to take a moment out of their busy day to enjoy their breaks.

Neil explained: "The garden was completely overgrown to a point that we couldn't even get out of the patio doors. As part of the move I worked with our Estates team to clear out the area until there was literally just mud, weeds and patio. I shared a post on Facebook and had a few responses locally from people offering help and support, including the CPRE who shared the post with thousands of their followers.

I was then contacted by a range of local businesses and individuals which was amazing; it was quite overwhelming and emotional. Travis Perkins in Cinderford donated two tonnes of top soil and two tonnes of gravel for us. I bought some sleepers and our Estates Team put those together into raised planters for us.

"From the local community we had a wonderful gentleman called Gary Partridge who bought plants, tables and chairs as well as an outside storage box; we couldn't have done all this without all the support we have had from so many people – it has been amazing.

"From a personal level, taking this on as a project, coming to the Health Centre at weekends to work on the garden, has been really beneficial and cathartic. It came at a time when we were all dealing with the stressful times of the pandemic and before you knew it, all you could think and worry about was work. It has really helped us focus more on our own health and wellbeing.

"In the NHS, to help ensure we can properly take care of our service users, we also need to be taking care of ourselves and with the support of the community, this has made a real difference to us and we would like to take this opportunity to thank everyone involved."

Coln Ward Parliamentary Award



Coln Ward, from Cirencester Hospital, was officially named the South West winners in the NHS Parliamentary Awards Care and Compassion category, in an event held in London.

The team was represented at the ceremony by Sister Merri Hall, with her Gloucestershire Health and Care colleagues watching the event online from across a number of Trust premises.

The national award went to the Critical Care Family Liaison team, University Hospitals Birmingham NHS Foundation Trust, but it was an incredible achievement for Coln Ward to win the regional award and be shortlisted from over 700 nominations to reach the final stages.

Sister Merri Hall said: "I felt very proud to be present at the award ceremony; there was a real sense of solidarity and mutual understanding amongst all the participants. Although only one representative from each regional winner could be present at the actual ceremony, it was a real honour to represent not only Coln Ward, but also all those colleagues who were redeployed to

work alongside us on the ward. Thankfully, some of the really tough times are fading into distant memory now, but what we will never forget is the support we had from our redeployed colleagues and our senior colleagues in the Trust."

Coln Ward were nominated by colleagues at the hospital for the way in which they adapted to caring for COVID-19 patients while maintaining the highest levels of care and compassion. The nomination was submitted by Sir Geoffrey Clifton-Brown, MP for the Cotswolds.

In March 2020 – during the first wave of the Covid pandemic – the ward became a 20-bed Covid ward which continued for 120 days. Throughout this time, they had additional redeployed staff supporting and providing patient care as part of the Trust's response to the pandemic. The team also had student nurses on the ward who proved an invaluable support at the height of the pandemic. The team are extremely proud of their efforts and how they adapted and maintained the safety and wellbeing of patients and colleagues in response to the crisis.

JAG accreditation



Cirencester and Stroud endoscopy units are celebrating after their fifth year of prestigious national accreditation. Both have received the seal of approval from the Joint Advisory Group on Gastrointestinal Endoscopy (JAG) following a comprehensive written audit, followed by an inspection and interviews with colleagues and service users.

Both hospitals are required to provide evidence of their working practices on a yearly basis, but inspections only happen every five years.

Everything from appraisals and booking processes to PPE and training was assessed through written submissions following visits to Stroud on Tuesday 11 May and Cirencester on Tuesday 18 May. Endoscopy is provided at both sites through partnership work between Gloucestershire Health and Care and Gloucestershire Hospitals NHS Trusts. Janet Gale, Endoscopy and Outpatients Manager at Cirencester and Fairford Hospitals, said; "Obviously we're all delighted!

"You might think you are doing everything correctly, but it's great to find out from an external regulator. It's really nice to have that external view of your work, and they were really impressed with our decontamination processes, our use of PPE and our offer of trans-nasal endoscopy for patients."

Jackie Smith, Endoscopy Sister at Stroud Hospital, added: "They were very impressed – in fact the lead inspector said she'd like to work here! The feedback was really useful and gives us a lot of confidence in our procedures and working practices. We were really happy with the result.

JAG was established in 1994 to set standards for endoscopists and provide quality assurance for hospital units. It uses a series of ratings to assess how well a hospital is providing a high quality, patient-centred service. The two hospitals were first assessed for accreditation on May 10 and 11, 2016 and have maintained their status since then.

Sir Keir Starmer Visit



Opposition leader Keir Starmer paid a visit to Stroud hospital, as part of a summer tour finding out about the issues that matter to communities across the UK. He spent time speaking to colleagues about their efforts during the Covid pandemic and finding out what pressures NHS staff are dealing with.

Competition and Recipe



Gloucestershire Wildlife Trust

Gloucestershire Wildlife Trust manages 60 nature reserves working with communities to inspire and involve people in the wildlife and wild places around them.

The Trust has cafes at three of its sites – Robinswood Hill Nature Reserve, in Gloucester, Crickley Hill, near Birdlip, and Greystones Nature Reserve, in Bourton-on-the-Water.

You could win an afternoon tea for four people at one of the Trust's cafes. All you need to do is send your details – name and address – to us at ghccomms@ghc.nhs.uk or via post at Communications Team, Edward Jenner Court, 1010 Pioneer Avenue, Gloucester Business Park, Brockworth, Gloucester, GL3 4AW. Closing date – 25 September 2021.



Mediterranean potato bake recipe



Serves: 4 people

Preparation time: 10 minutes

Cooking time: 25 minutes

Calories: 1,033kJ / 247kcal

Ingredients

800g salad potatoes, thickly sliced

50g pine nuts, chopped

1 tsp olive oil

Swappable or optional

1 courgette, sliced

1 aubergine, sliced

1 red pepper, deseeded and sliced

1 yellow pepper, deseeded and sliced

1 tbsp red pesto (optional)

1. Preheat the oven to 200C/180C fan/gas mark 6.
2. Put the potatoes, chopped vegetables and pine nuts in a large roasting tin. Drizzle with the oil and toss to coat. Bake for 20 minutes, or until tender.

You can swap the fresh veg for 400g of frozen Mediterranean vegetables to speed up the prep.

3. Add the pesto, if using, and bake for another 5 minutes. Serve immediately.

Final word...



In May this year, our Trust was awarded Veteran Aware status in recognition of its commitment to driving improvements in NHS care for veterans, reservists, members of the armed forces and their families.

Andrew Collins-Mills MBE is the Trust's Associate Director of Workforce Systems and Planning, as well as Lead for the employment of veterans and reservists. An Army veteran himself, Andrew talked to us about his military career and how it led to his current role.

How long were you in the military and where did you serve?

I served in the Army from 1982 until 2011, in the Adjutants General Corps. I got about a bit - the UK, NI, Germany, Canada, Bosnia, Kuwait, Iraq and Cyprus.

What did you do?

Some might say I was a shiny bottom. I started working as a military accountant, but got bored of that quite quickly and progressed into workforce systems teams in the infantry battalions, and eventually as an operational readiness inspector in Brigades and Divisions overseeing large formations of up to about 50 individual organisations. I ended my career as a Personnel Recovery Officer in Preston. This was a momentous change to my comfort

zone and my new role was to provide advice and counselling to wounded, injured and long-term sick soldiers at their homes or in NHS hospitals. The idea was to ensure smooth transition to civilian life or, if able, to return back to military duties.

My last role really opened my eyes to the NHS and I was fortunate to join the Trust in March 2013 after some agency work into a fixed term senior project manager role to deploy the new clinical system (SystemOne). After a few years I returned to my core business in HR/Workforce.

How are you involved with the veterans work?

Fortunately my position allows me to have a hands-on approach when it comes to ensuring we are doing all we can to help veterans and reservists in the Trust. This is in the form of being a point of contact for any potential employee, or reviewing our policies and processes to ensure we are not filtering out forces applicants because they don't have NHS experience, for example.

I have been supporting colleagues (Jonathan Thomas, Sophie Ayre and Nicola Shilton - to name a few) and recently achieved Veteran Aware status - a significant accolade.

We were also recently granted the Defence Employer Recognition Scheme Bronze Award. As part of the Armed Forces Covenant, we are looking to progress this to a higher level to show our ongoing support by ensuring we have pathways into employment, and support deployment and training for our reservists.

As a veteran myself it is fantastic to be involved, but also extremely humbling, noting the high degree of passion from all those involved in making this a success.

