



Gloucestershire Health and Care
NHS Foundation Trust

With you, for you



NEWSLETTER / WINTER 2020



Coln Ward Wins
Regional Award
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THANK

YOU ❤️



Welcome

Hello and welcome to the latest edition of our membership newsletter. It's been an extraordinary few months since our last update and as we draw to the end of 2020 there is a lot to look back on with pride.

We hope you will be interested in reading about our continued response to Covid along with articles about our support to veterans and the latest developments in building our new hospital in the Forest of Dean.

We're also sharing some information and advice on how to stay healthy and well this winter, as well as how to get support if you need it.

Please don't forget that we love to hear from you – our members – with your thoughts, suggestions and contributions. Please do get in touch with anything you might have for our next edition, which will be out in the spring!



Sonia's MBE

A nurse from Gloucestershire Health and Care NHS Foundation Trust has been awarded the MBE.



Sonia Pearcey, who lives in Gloucester, is the Trust's Freedom to Speak Up Guardian and her inclusion on the Queen's Birthday Honours List 2020 is in part due to her work in supporting Trust staff to speak up about anything that gets in the way of providing good care.

Sonia, who has been a nurse for 32 years, said: "I am proud to be a nurse and feel privileged to be a Freedom to Speak Up Guardian. This award is testament to the support of my family and colleagues throughout healthcare. I would especially like to thank all the Freedom to Speak Up Guardians who strive to protect patient safety and support staff to speak up."

Our Chief Executive Paul Roberts said: "On behalf of the whole Trust I would like to wholeheartedly congratulate Sonia on her MBE. Sonia has made and continues to make a huge contribution to supporting our staff, our patients and partners in creating an open culture, where we can discuss and solve concerns. This is vitally important if we are to continue improving the quality of the services we provide."

Get in touch

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



0300 421 7142



ghccomms@ghc.nhs.uk

Let's Talk about Memory and Dementia

Short films about dementia, made with people from black, asian and minority ethnic (BAME) backgrounds in mind, are now available to view online.

Four films have been made - in English, Gujarati, Polish and Cantonese - and each provides information about the signs and symptoms of dementia and addresses stigma and misunderstanding. Each film also directs people to local help and support services.

The films are the result of ongoing work by the Gloucestershire BAME Network for Dementia; a group that brings together a number of organisations across Gloucestershire with the purpose of improving dementia diagnosis and care for people from Black and minority ethnic communities. The Gloucestershire Alzheimer's Society, family carers, health and social care staff and a number of local groups were involved in making the films.

Kathy Holmes, Chair of the BME Network and Engagement and Involvement Lead for Managing Memory Together added: "I am delighted that these films are now available as we know that people from BME backgrounds experience a number of inequalities related to dementia. This ranges from people from African Caribbean and South Asian origin and communities having a higher risk of developing vascular dementia, to more general difficulties for all black and minority ethnic communities in accessing appropriate care and support."

The films are available on www.ghc.nhs.uk and on YouTube on the Gloucestershire Health and Care channel.

Endoscopy Suites Awarded Accreditation

Stroud Hospital and Cirencester Hospitals have been recognised for meeting best practice quality standards for endoscopy with renewal of their national accreditation.

They are among only a handful of community hospitals in the country to be accredited by the Joint Advisory Group on Gastrointestinal Endoscopy (JAG), which assessed the endoscopy units in May and July this year. 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.



Public consultation on Forest of Dean hospital



This consultation has now finished

A Consultation inviting comment on proposals for the new community hospital in the Forest of Dean launched in October. In December 2019, we announced the hospital will be built at the Lower High Street Playing Field in Steam Mills Road, Cinderford.

The proposal is for a hospital which includes a 24-bed inpatient unit, urgent care facility, x-ray, ultrasound and endoscopy, and a range of consultation and treatment rooms for outpatient appointments. Experiences of providing care throughout the ongoing COVID-19 pandemic will also influence the final design, to minimise the risk of infections spreading and to allow for social distancing between staff and patients.

Letters and consultation materials were sent separately to Trust members in the Forest of Dean encouraging feedback.

Separate from this is another consultation running across the county called Fit for the Future, which concerns development of centres of excellence for specialist hospital services at Cheltenham General and Gloucestershire Royal Hospital.

How to get involved

The materials and survey for the Forest of Dean hospital consultation are available online at

www.fodhealth.nhs.uk and materials for both the Forest of Dean Hospital consultation and the Fit for the Future consultation are available at **getinvolved.glos.nhs.uk**

Written booklets can be requested by:

- sending an email to:
glccg.participation@nhs.net
- by writing to: FREEPOST RRYY-KSGT-AGBR, Fit for the Future: FOD Hospital, Sanger House, Valiant Court, Gloucester Business Park, Gloucester, GL3 4FE
- by leaving a message on the Freephone number: **0800 0151 548**

EasyRead versions of the consultation materials are available on request.

Contractor appointed to build new Forest hospital



Speller Metcalfe has been appointed to build the new community hospital in Cinderford following a rigorous competitive tendering process.

Initial work on the design and position of the building is underway but the full specifications will only be finalised after the completion of the public consultation into services to be provided from the new facility.

Building work on the multi-million pound hospital is planned to start in autumn 2021.

Angela Potter, our Director of Strategy and Partnerships, said: "We are delighted to be working with Speller Metcalfe on this exciting project which will significantly improve the hospital environment for the Forest of Dean population.

"Spellers demonstrated considerable experience of working on health and public sector projects and offered innovative and sustainable solutions so I am confident that

together we can deliver a new hospital that will really improve the overall experience for patients and the staff who work there.

"We look forward to the feedback from the public consultation so that we can work up a final design and begin the planning and building process."

Now in their 25th year, Speller Metcalfe is one of the region's leading building contractors, having grown their family-led business to a turnover of over £120 million.

The firm is well-known in the area, having built Cinderford Health Centre and Station Medical Centre in Hereford, as well as working on the extension and refurbishment of Hadwen Medical Centre in Gloucester.

As part of the hospital development the NHS will also be working with Cinderford Town Council to provide a new skatepark and upgraded multi-use games area in other parts of the town.

Our Covid Response



HANDS



FACE



SPACE

The Trust has continued to respond to the Covid pandemic throughout 2020. Our response has included providing a testing service for NHS and public sector staff from our headquarters, Edward Jenner Court, in Brockworth.

We have also supported Covid patients in our hospitals and services and have created a new team to provide Personal Protective Equipment to Trust colleagues. Our buildings have been made Covid-secure, and we have also introduced different visiting arrangements. Many clinical appointments continue to be carried out digitally, where it is appropriate.

The continuing Covid situation has meant many colleagues taking on additional responsibility, performing different roles and following new processes to maintain safety of both patients and colleagues.

This has led to increased pressure for some and we have been keen to support colleagues with their health and wellbeing.

We have been fortunate in being awarded funding from NHS Charities Together, and have spent money donated to us on additional psychological support for Trust staff among other things. **Thank you for your ongoing support to our Trust and our colleagues.**

For the latest updates on Trust services, please visit our website at www.ghc.nhs.uk.

Tewkesbury Hospital's Abbeyview Ward has been shortlisted twice in the Community Hospital Association (CHA) annual Innovation and Best Practice Awards.



The ward, which usually provides rehabilitation care, has been recognised for the work done to repurpose beds to care for end of life patients who were Covid-19 positive during the early weeks of the pandemic.

Tewkesbury Hospital transformed its services over the course of a week in March. It also set up a dedicated team to ensure regular and frequent communication between patients and their families as infection control processes restricted visiting. They made contact with families and scheduled daily phone calls, Skype calls on iPads (supplied by the League of Friends) or messages that were read to patients by ward staff.

Matron Julie Ellery said: "This is brilliant news, and reflects the determination of everyone at the hospital to provide the best possible care, however challenging the circumstances. I'm proud of the whole team and can't thank them enough for their work throughout the year."

Coln Ward Wins Regional Award



A ward at Cirencester Hospital has won the Care and Compassion category for the South West in the NHS Parliamentary Awards.

Coln Ward was nominated by Geoffrey Clifton-Brown, MP for the Cotswolds. The team adapted to caring for COVID-19 patients while maintaining the highest levels of care and compassion during the first wave of 2020. They took innovative approaches to ensuring patients remained connected with their loved ones, despite visiting restrictions.

This included using iPads for virtual visits and moving beds to the window. For patients who sadly died, they provided a pair of crocheted hearts as a precious keepsake – one to stay with the patient, and the other for their loved ones to keep.

Linda Edwards, Matron of Cirencester Hospital said: “We are over the moon to win the South West Care and Compassion Award in the NHS Parliamentary Awards, and I am immensely proud of the team for their continued hard work and dedication to patient care throughout this highly pressured and difficult time.

“We have received such lovely feedback from the patients in our care, and this is testament to the Coln Ward staff who have gone above and beyond to ensure patients remain connected with their loved ones during the pandemic.”



Staying Well This Winter

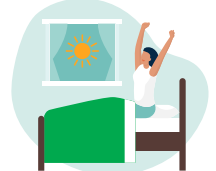


It can be difficult to stay well during Winter. Some people thrive during cold weather, but for many the low temperatures, cold and flu bugs and dark nights mean you just feel like hibernating until it's all over.

There are some simple things we can all do to look after ourselves during the winter months to make sure that when spring comes round we're healthy and well, and raring to go!

Why not try these 10 things to look after yourself over the next few months:

- 1.** Try and get at least 150 minutes of moderate exercise per week. Any sort of physical activity helps. This includes a brisk walk, riding a bike, a spot of gardening or even dancing around the kitchen.
- 2.** If you can get outside in natural daylight at least once a day it will help you feel more awake.
- 3.** Get a good night's sleep – about 8 hours a day is fine for an adult. If you sleep too much it will make you feel more sluggish rather than energised.
- 4.** Eat healthy foods and resist the temptation to overload on sugary, stodgy treats. Getting 5 pieces of fruit and/or/vegetables a day is a great way to start and try and include a good mix of oily fish, starchy carbohydrates and fibre to create a good balance.
- 5.** Stay in touch with family and friends. It's been hard this year to spend time with other people, due to lockdowns, but it's important to maintain contact. Pick up the phone, keep in touch online and perhaps even write a letter – it's always a treat to get a handwritten letter in the post and you can get some exercise walking to the post box as well.





6. Keep up with your hobbies. Whether you enjoy reading, knitting, cookery, playing a musical instrument, crosswords or anything else to keep you occupied, keep doing them to keep your mind active and help you unwind.
7. Don't overdo the alcohol. Many people have begun drinking more during 2020, perhaps to relieve stress, but it will actually do more harm than good. Try and stick to the recommended allowance and have a number of alcohol-free days each week.
8. Give to others. There's evidence that helping other people is really important for mental health and wellbeing. During 2020 many people have volunteered to help people in their community, perhaps by picking up prescriptions or shopping for family members or neighbours. Try and carry this on in the winter, if you can.
9. If you smoke, try and cut down or give up completely. It's not easy but you will feel the benefit to your health, as well as your pocket.
10. Put yourself first. It's not easy if you care for other people, either in your personal life or professionally, but you can't help other people unless you make time to look after yourself.



Visit www.nhs.uk/livewell to read more tips and advice on how to stay healthy and well.



Governor Update

We've recently welcomed some new Governors to the Trust. The following Public Governors have recently been elected to the Council:



Cheltenham
Juanita Paris



Cheltenham
Dan Brookes



Forest of Dean
Chris Witham
Dawn Rooke
(not pictured)



Gloucester
Tracey Thomas



Greater England and Wales
Ruth McShane



Cotswolds
Graham Hewitt

Julie Clatworthy also joined the Council this summer, as the interim Appointed Governor representative from NHS Gloucestershire Clinical Commissioning Group.

The Trust has said goodbye to three Public Governors: Vic Godding, Stephen McDonnell and Bren McInerney. We would like to offer our warmest thanks to them for their work, support and expertise over the past years, and wish them all well for the future.

Next meeting

The next Council of Governor meeting is being held on 21 January 2021, from 2.30pm. The meeting will be held via Microsoft Teams. You can find the details on our Trust website.

You can contact your Governor at any time by the following methods:

- Telephone: **0300 421 7113**
- E-mail: **trustsecretary@ghc.nhs.uk**
- Write to: Trust Secretary, Foundation Trust Governors, Gloucestershire Health and Care NHS Foundation Trust, Edward Jenner Court, 1010 Pioneer Avenue, Gloucester Business Park, Brockworth, Gloucester, GL3 4AW.



Firoza Shaikh

Job title: HR and OD Engagement Manager

How long have you been in your role: My role has evolved from my HR role into organisational development which I've been doing for the last five years.

What do you love most about your job: I like the variety my role gives and being able to work on positive new initiatives in the trust, working closely with colleagues. I have a lot of flexibility and autonomy, I really enjoy it!



Michelle Morse

Job title: Health Care Assistant

How long have you been in your role: 10 years on the wards at Dilke Memorial Hospital then 13 years in the community.

What do you love most about your job: Every day is a different day. It can be very stressful and emotional at times. You never know what you are going to find behind that front door. I work with the most caring and friendly team of nurses.



Ali Coles

Job title: Art Psychotherapist

How long have you been in your role: 7 years

What I love most about my job: I have a special interest in museum-based art psychotherapy and have run several groups in local museums, using the museum exhibitions within the therapeutic process. I think that art psychotherapy has so much to offer, and am very proud to be part of this Allied Health Profession.



Kate Moss

Job title: Clinical Specialist Physiotherapist (Neurology)

How long have you been in your role: 8 years

What I love most about my job: It is great to have such a variety of challenges to work on; the added bonus being that I get to work alongside many different Integrated Care Team (ICT) colleagues - both nurses and AHPs - in several community teams. I also get to work alongside our wider AHP workforce developing and influencing the development of services and shaping care for future patients. The biggest challenge I face however has to be fitting my role into part-time hours!



Claire Nash

Job title: Dental Nurse Specialist

How long have you been in your role: 25 years in January 2021

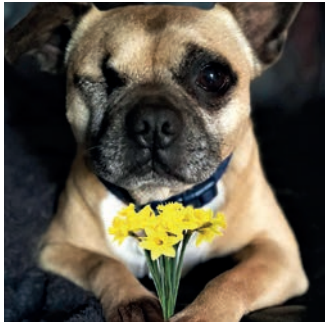
What I love most about my job: Being able to help patients access dental treatment easily and be able to provide the support they need. I find it extremely rewarding when a patient who has initially been unable to even sit in the dental chair due to their anxiety, is able to gain trust in our staff, build their confidence and receive a course of dental treatment in a calm and comfortable environment.

Trust staff photography competition

Earlier this year, Clinical Director and Consultant Psychiatrist, Dr Mark Scheepers, suggested a monthly staff photography competition as a way of providing a positive focus and promoting staff health and wellbeing during these challenging times.

Since its launch in August the competition has received hundreds of fabulous photographs from our snap-happy colleagues.

Entries are invited in four different categories each month and colleagues are invited to vote for their favourites. These are just some of the winning images so far...





Contact information – cut out and keep

Managing Memory Together supports people who are worried about memory, people with dementia and carers of people with dementia.

Telephone: 0800 694 8800

Email: managingmemory@ghc.nhs.uk

Let's Talk primarily offers talking therapy to help with managing anxiety and depression. It is a free NHS service and support can be provided in a range of ways.

Telephone: 0800 073 2200

Visit: www.letstalkglos.nhs.uk

Gloucestershire Recovery in Psychosis (GRiP) is an early intervention in psychosis service for patients living in Gloucestershire.

Call: 01452 894178

Visit: www.ghc.nhs.uk to find out more.

Our **Eating Disorders Service**, in Cheltenham, provides a range of treatment options, including support groups.

Call: 01242 634242

Visit: www.ghc.nhs.uk to find out more.

Our **Minor Injury and Illness Units** can help with a range of things, like sprains, simple fractures, and minor head injuries.

Visit: www.ghc.nhs.uk to find your nearest one and how to contact them.

Hope House SARC is a 'Sexual Assault Referral Centre' (SARC). We offer medical care, emotional and psychological support, and practical help to anyone who has been raped or sexually assaulted.

Visit: www.hopehousesarc.nhs.uk

Gloucestershire Community Dental Services provide patient-centred, holistic dental care for adults and children requiring special care dentistry.

Visit: www.gloscommunitydental.nhs.uk

If you or someone you know needs help in a mental health crisis, call our **crisis teams**. The teams work with those aged from 11 upwards.

Call: 0800 169 0398 and choose one of the options depending on your location.

Competition and recipe

BEN CREESE
COUNTRY BUTCHERS



£25
VOUCHER

Ben Creese Country Butchers have kindly donated a £25 voucher as our competition prize for this edition.

They sell dairy, bakery, fruit and veg and a wide range of other products alongside meat.

To be in with a chance of winning, send your name and address to us at ghccomms@ghc.nhs.uk or post your details to Communications Team, Edward Jenner Court, 1010 Pioneer Avenue, Gloucester Business Park, Brockworth, Gloucester, GL3 4AW.



'Grab and go' breakfast bar



Makes: 6 bars

Preparation time: 15 minutes

Cooking time: 25 minutes

Calories per portion (1 bar): 300kcal
(1,255kJ)

Ingredients

150g jumbo oats	60g cherries
2 very ripe medium bananas	60g cranberries
60g melted butter	40g sunflower seeds
	40g pumpkin seeds

Mornings can sometimes be a bit of a rush. Make a batch of these no-added-sugar granola bars in advance for a healthy breakfast on the go.

Preheat the oven to 200C (fan 180C, gas mark 6). Mix the oats, cherries, cranberries and seeds together in a bowl. Pour in the melted butter and mix in thoroughly to make sure the oats are well coated.

On a separate plate, mash the bananas into a pulp with a fork, then add to the oat mixture and mix well. Spread the mixture into a 30x20cm tin and bake in the oven for 20 to 25 minutes. Once cooked, transfer to a wire rack to cool, then cut into 6 bars.



Final word...



Health Visitor Leilan Smith has worked for the NHS for more than 50 years. She came to the UK from Sri Lanka in the 1960s to study Medicine at the University of Bristol. Here she shares her healthcare journey.

“I studied Medicine at the University of Bristol for three years. Unfortunately, I didn’t have the money to continue my studies, so I went into nursing. I did my training at Frenchay, Southmead and Bristol Royal Infirmary, then moved to Gloucestershire to do midwifery. I carried on from there to be a Public Health Practitioner, which is a Health Visitor.

“After working for the Armed Forces I completed a Masters at Oxford University to become an Autonomous Healthcare Practitioner.

“In the early 2000s I went to Sri Lanka with a team of NHS doctors and nurses where we carried out more than 1,000 hair lip and cleft palate operations on children. When the tsunami struck in 2004, I joined a volunteer force of doctors and nurses.

“We sent containers to Sri Lanka containing medical supplies and equipment and visited hospitals to help the sick and injured.

“Going back about 30 years, I was a health visitor for a young mum with two very young children. She had been diagnosed with an inoperable brain tumour. Doctors had told her to go home, as there was nothing more they could do for her. I managed to persuade the John Radcliffe doctors to change their minds and operate on this lady. Unfortunately, they could only do so much and she had to go to either America or Japan for Proton Beam Therapy, which cost thousands of pounds.

“She had no means of paying for the operation, but because she was in the Forces, I managed to get Richard Branson to take the family to Harvard and the doctors there gave her accommodation through the Forces. She was operated on, she came back home and she passed away last year – that was 30-odd years after her treatment.

What qualities do you need to be a health visitor?

I think you have to be kind, passionate, caring and straightforward. You need to love the job and you have to have empathy. But I think caring is the most important thing, really.

