Teams from across the County battled it out to become Knockout champions in the thrilling competition, but one team’s driving ambition and navigational skills put them ahead and that was Rotherham’s A1 Taxi’s who scooped the coveted first prize position.

All teams threw themselves into the competition completing crazy games and challenges in the style of the 70s BBC television show.

Team captain for A1 Taxi’s Sadaquat Ali said: “It was a great feeling to win this competition because we didn’t think that we had a chance and we were really under prepared. I think that the boys have done really well today and have raised some money for charity at the same time.”

Hospital teams from the Pre Assessment Centre, X Ray and Park Rehabilitation Centre joined competition from Clifton Comprehensive School, Crookes Vets and the NHS Rotherham Prescribing Team amongst others.

It was a wet and wild day both on the course and off, as the staff threw buckets of water over the competitors and into the crowd!

The event which took place at the Outokumpu Sports and Social Club in Rotherham saw teams raise over £8000 in sponsorship and donations are still flooding in.

Organiser Rebecca Allinson from The Rotherham NHS Foundation Trust said: “It was a great day and we are thrilled that so many people came along to support us. We have managed to raise a huge amount for the two charities and everyone has had a lot of fun doing it. I don’t think that anyone managed to escape the water today!”

Donations for The Rotherham Hospice and Rotherham Hospital Charity are still being collected online at: www.everyclick.com/rotherhamhospitalcharity or www.justgiving.com/rotherhamhospitalcharity
Could you serve your hospital and your neighbours?

Are you currently a Member of the Foundation Trust and would you be interested in becoming a Public Governor?

As a Public Governor in addition to a statutory role you will represent the interests and views of the Members in your constituency and undertake an Ambassadorial role, representing the interests of the Trust and adhering to its values. We hold quarterly meetings of the Council of Governors, in addition to the Annual General Meeting and Governor Sub Committee activities. Terms of office are normally for a three year period.

We currently have a vacancy in the Rotherham South constituency and on an annual basis have terms of office concluding. There are also two staff governor vacancies.

If you are interested and feel that you have the qualities we require please contact the Foundation Trust Office on 01709 307800 or 01709 307022 to register your interest. This will ensure that information is issued to you when future prospective Governors events are arranged.

For many years The Trust has been planning for the arrival of a Flu Pandemic. We are prepared for the possible outcomes of this when we expect more people to be coming into hospital and pressures on potentially fewer staff to care for them.

We have developed a Pandemic Influenza Plan which is supported by a communications plan and concentrates on caring for our patients first and making sure that they are aware of the latest updates. Also we are planning for the possible staff shortages and can re-direct staff to other areas if this is appropriate.

Clare Robinson, the Trust’s Business Resilience Lead said:

“The Trust is well ahead with preparations for swine flu and we are doing everything we can to make sure that our front line services have enough support. The main message to everyone is that we can all help to prevent the spread of the virus by following good hygiene practises… ‘Catch it, bin it, kill it’. Then make sure that you wash your hands thoroughly with soap and water”.

The Trust would like to remind people not to attend hospital or the GP with swine flu symptoms. Instead contact the new National Pandemic Flu Service on 0800 1 513 100 for treatment. People with suspected swine flu are then able to access antivirals and are provided with a code to enable a ‘flu friend’ (someone without flu symptoms) to collect the antivirals on their behalf.

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We’ve done it again!
The Rotherham NHS Foundation Trust has picked up another top health award. The organisation has been named Foundation Trust of the Year at the prestigious Health Investor Awards at the Hilton Park Lane Hotel in London. It's the second top honour Rotherham has scooped in a month.

In May 2009 Rotherham was named among the Top 40 hospitals in the UK by CHKS, the UK’s leading independent provider of healthcare intelligence and quality improvement services.

We beat off stiff competition from some of the most famous hospitals in the UK, including University College Hospitals London NHS Foundation Trust and Guy’s and St Thomas’ NHS Foundation Trust to land the Foundation Trust of the Year award.

Broadcaster, writer and former politician Michael Portillo presented the awards which were organised by the healthcare magazine Health Investor.

Former Health Secretary Patricia Hewitt and Rother Valley MP Kevin Barron were among the judges.

The judges were impressed by Rotherham’s determination to be the hospital of choice and ground breaking investment strategies that have secured a Combined Heat and Power Plant, Electronic Patient Record System and a major site refurbishment programme commencing in 2009.

They were equally impressed by the Trust’s commitment to improving services to patients as reflected in waiting times for elective care, cancer waiting times, day surgery rates, and class-leading performance in reducing MRSA and C Diff infections.

Brian James, Chief Executive of The Rotherham NHS Foundation Trust, collected the award and commented: “We are absolutely delighted to have won this award. It is the second honour the Trust has picked up in a matter of weeks and is brilliant recognition for the hard work that goes on by staff across the Trust to deliver excellence in patient care.

“We have laid solid foundations upon which we will continue to build our reputation.”

Chief Executive Brian James is pictured with Kate Atkins, Health Investor, Richard Burrell, Chief Executive Assura, and broadcaster, writer and former politician Michael Portillo.
Getting involved in the Big Care Debate

The Green Paper sets out a vision for a new National Care Service. As we all know, more of us are living longer, and of course this is a great thing. However, the harsh reality is that the current care system, designed in the 1940s, is no longer fit to face the challenges of the 21st century. We need to create a system that ensures we all get high quality care, wherever we live and whatever our needs.

This is something that will affect us all, so it is something that we need to decide together. The Big Care Debate is a 16-week consultation period which runs until 13 November 2009. During which staff, stakeholders and the public will be asked which of the Green Paper’s reform options they would like to see implemented.

During last year’s engagement process, people said that they wanted a system that is, above all, fair, simple and affordable - so that people get the support they need wherever they are in the country. There are big questions to be asked, and we must answer them together as a nation, and those on the front line of care and health service delivery have a huge part to play in creating a National Care Service.

The Government has already begun a programme of change through Putting People First. This has started to make a real difference to the way that care and support services are run. However, it is not designed to provide a long-term solution. It does not address issues such as the local variability in the system, the high number of people who get no support from the state, and the fact that the way the system is currently funded will not be adequate as the number of people who need care increases. It is for these reasons that the care and support system needs radical reform.

**WHAT IS IN THE GREEN PAPER?**
The Green Paper describes six things that the Government thinks every adult should be able to expect from the National Care Service.

**Prevention services**
The right support to help you stay independent and well for as long as possible and to stop your care needs getting worse.

**National assessment**
Wherever you are in the country, your care and support needs will be assessed in the same way and you will have the same proportion of your care paid for.

**Joined-up services**
All the services that you need will work together smoothly, particularly when your needs are assessed.

**Information and advice**
You can understand and find your way through the care and support system easily.

**Personalised care and support**
The services you use will be based on your circumstances, needs, preferences and desired outcomes.

**Fair funding**
Your money will be spent wisely and everyone who qualifies for support will get some help meeting the cost of care and support needs.

It is vital that you join the Big Care Debate and have your say on how reforms are implemented.

To see the Green Paper on the reform of adult care services in England, and to get involved in the national debate, visit www.careandsupport.direct.gov.uk. Here you can read more, watch videos, and have your say.

Everyone can comment on the Green Paper online and through the website. Copies of the Green Paper can be ordered at www.orderonline.dh.gov.uk or downloaded from the DH website at www.dh.gov.uk.

Contact by email, on careandsupport@dh.gsi.gov.uk or by post to Green Paper team, Room 149, Richmond House, 79 Whitehall, London SW1A 2NS.

There is also a feature on Facebook and Twitter as Care and Support. Leaflets in GP surgeries, pharmacies and other public places, will contain questions which you can answer and return to the Department of Health.

This is a historic opportunity to change the lives of people for generations to come.
Full page advertising
Or the third year running mums Gillian Headon and Lynne Wilson have raised a massive amount of money in memory of their close friend Sandra Rush.

Sandra who worked at Rotherham Hospital on the Special Care Baby Unit sadly died of breast cancer, but determined to remain positive her two friends set up the sponsored ‘Rush To Walk’ event to raise money for charity in her memory.

This year they managed to raise an amazing £10,000 for charity, some of which was presented to the Breast Screening and Urology departments at Rotherham Hospital.

“We wanted to give the money to local causes that benefit all the men, women and children who help us to raise the money, and to give it to departments dealing directly with cancer. We are glad to support the places that we all rely on for care in the local community” Said Gillian.

Lynne and Gillian gave £2000 to both of the two hospital departments and also donated money to Bluebell Wood Hospice, the Aurora Centre and Rotherham Breast Cancer Support Group.

Clinical Director of Urology Mr Edhem said: “We are very pleased to be chosen for this donation, as this money will allow us to progress technology within the department and pursue new innovations that will help us to move forwards with treatment”.

Carol Barrass the Programme Manager for Breast Screening added: “It is amazing that they have turned something sad into something so positive. We are going to use the money to help us fund a biopsy system to help us provide a more accurate targeting system for the procedure. What they have achieved is fantastic!”

To date the friends have raised over £44,000 and more than 400 men, women and children have taken part at each event. They are planning their next ‘Rush to Walk’ event in May.

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Forthcoming Event...

Breast Awareness Family Open Day

Please put the 10th October in your diary as The Chatham Suite will be hosting an Open Day when the general public will be invited to visit the unit with their family to gain further insight into breast care awareness.

This is a joint partnership event between ourselves and Rotherham Community Health Services, and will be held from 11 a.m. to 3 p.m. – further information will be available nearer the time and should you wish to discuss this event, please contact either Lorraine Brinnen, Community Involvement Manager, RFT on 01709 307800 or Barbara Oldfield, PPE Manager, RCHS on 01709 423280.

Family Open Day on Saturday 10th October 2009
Healthcare students from Rotherham College of Arts and Technology recently visited the hospital to see what employment options are on offer at the Trust.

The group of 26 have just completed their introductory diploma B'Tech in healthcare and were given a tour of the hospital and a quiz to test their knowledge.

The students had the opportunity to look around hospital wards including A and E, Pharmacy, the Stroke Unit and B3, amongst others.

Organiser of the visit Mary Dougan said: “It was a great experience for these students who didn’t start off with the best grades, but they had done so well that their tutor wanted to reward them and show them what employment with the Trust has to offer. The visit was a huge success and gave the students a taste of life working in a busy hospital; I want to thank all the people involved for making it such a good day.”

Did you Know…

Friday 2nd October 2009 is World Smile Day®

“Do an act of kindness. Help one person smile!”

GAMMA SCANNER DIARY DATES

TEST YOUR WITS WITH OUR NEW QUIZ...

A great general knowledge quiz. Entry is only £1 and the lucky winner will receive £50!

Don’t delay, demand will be high, get your copy today from Tracy. Competition closes 31st October 2009.

14TH OCTOBER

LADIES LUNCH Dining in Style will take place at the Consort Suite. Tickets are £25.00 with guest speaker Mrs Elizabeth Bloomer.

For any further information regarding the above please contact Tracy in Fundraising on 01709 307589.

Our Annual Report is available now

Every year The Rotherham NHS Foundation Trust issues an Annual Report summarising the Trust’s work and progress during the year and this year’s report, entitled “In Safe Hands” is now available. You may have seen a copy around the hospital.

If you would like to request a copy please contact the Foundation Trust Office on 01709 307800 or foundation.trust@rothgen.nhs.uk.

Alternatively, write to us at FREEPOST RLXB - HECA - KEBX, The Rotherham NHS Foundation Trust, Moorgate Road, Rotherham, S60 2UD.
World Mental Health Day
10 October 2009

World Mental Health Day was acknowledged for the first time in 1992. Since then it has been commemorated each year as a day for global mental health education, awareness and advocacy. More recently mental health organisations have used this platform to challenge the stigma and discrimination that still surrounds mental ill health.

Time to Change is England’s most ambitious programme to end discrimination faced by people who experience mental health problems. Time to Change is run by a partnership of three leading mental health charities: Mental Health Media, Mind and Rethink. The evaluation partner is the Institute of Psychiatry at King’s College, London. The campaign is funded by the Big Lottery Fund and Comic Relief.

To find out more visit: www.time-to-change.org.uk

Mental illness can affect people of all ages and walks of life, indeed 1 in 4 people will experience some kind of mental health problem throughout their lives.

New Horizons consultation - help shape the future of mental health
Good mental health is fundamental to the well-being and prosperity of England. In the last decade, greater investment and reforms have transformed mental health care, but now we need to go further.

We need to target the root causes of mental illness and support the local development of higher quality, more personalised services.

New Horizons sets out ideas for achieving this. It explores the prevention of mental illness and earlier intervention when things go wrong. It also looks at how services can become more innovative and work more effectively together.

In particular, New Horizons focuses on how Government, services and communities can work together to: get everyone to play their part in improving mental well-being; make it easier for people to get the right help; promote equality and make society fairer; and reduce the stigma that people with poor mental health experience.

The public consultation running up until 15 October 2009, will give everyone a chance to have their say about the New Horizons Document. Download the consultation document and other resources and fill in an on-line response.

Visit: www.dh.gov.uk/mentalhealth and have your say!

Trust implements new screening policy to help drive down MRSA rates

As part of its patient safety strategy, The Rotherham NHS Foundation Trust is introducing a new policy to further reduce MRSA infection rates from its already low levels.

The MRSA Screening Policy, which is being brought in at all Trusts across the country in line with mandatory guidance from the Department of Health, means that from the end of March 2009 some patients will be given a simple test to check if they are carrying MRSA. This will be done as part of the routine procedure carried out by clinical staff before the patient is admitted or attends for treatment.

Kathy Wakefield, Lead Nurse for Infection Control at The Rotherham NHS Foundation Trust, said: ‘Infection control and hygiene are a top priority at Rotherham Hospital. We work hard to ensure everything is done to minimise the risks of healthcare associated infections at the hospital, work which has seen our MRSA infection rates fall by 22% on last year to just seven cases in 2008/09.

“This new national policy supports our existing MRSA screening practices and will make Rotherham Hospital an even safer place for patients to be treated. Our C.diff rates have also reduced by 71% on last year. “Kathy continued: “In order to further reduce the risk of MRSA to patients, it will be of paramount importance that GPs also contribute to the implementation of this policy. GPs will have a key role in the screening, early detection and treatment of MRSA among patients, before they are referred to the hospital.”

For more information, please contact Kathy Wakefield, Lead Nurse for Infection Control at The Rotherham NHS Foundation Trust on 01709 304721 or email kathy.wakefield@rothgen.nhs.uk.
Full page advertising
Tracy Williams has just started work with The Rotherham NHS Foundation Trust and we are thrilled to have her on board. To introduce her to you all we asked her a few questions…

Q: Can you tell us a bit about your previous job role and organisation?
A: I previously worked as Community Fundraiser for The Rotherham Hospice. It was my job to organise events such as the Summer Fair, Valentine Ball, Dress Swap, Race Nights, Midnight Memory Walk and many other things.

Q: What is it about working with The Rotherham NHS Foundation Trust that attracted you?
A: Fundraising on a much larger scale, for a hospital that puts patient care at the centre of everything it does.

Q: What do you think will be your biggest challenge?
A: Fundraising in the current economic climate. Every charity is fighting for the same pound and I want to encourage the patients, staff and people of Rotherham to support Rotherham Hospital Charity to make a real difference.

Q: What are you most looking forward to?
A: The Staff Pantomime! I’ve heard it is a great team effort with lots of fun and great laughs. (Oh no it isn’t). My ideal part would be to play an ugly sister from Cinderella as it would only mean me wearing no make up!

Q: Where would you most like to visit in the World and why?
A: It would have to be New York – I love shopping and where better to shop! I also enjoy the theatre so I could combine this with a trip to Broadway.

Q: What is one thing that people don’t know about you that they might find surprising?
A: I have sung and partied with Rod Stewart at the NEC. Many years ago I was fortunate to be invited to join Rod and his then girlfriend Rachel Hunter for a meal and sing a song after his concert. We all had a fantastic night and Rod was a true star.

Q: If you were an animal, what would you be and why?
A: I would probably be a pampered pooch – laze around all day not worrying about having a bad hair day or going to the gym!

Q: If you had a super power what would it be and how would you use it?
A: To be invisible and go into the Manchester United changing rooms! Or more exciting the RFT board of directors meeting. No Competition!

Q: Is it true that you have to be good fun and a bit cheeky to be a Fundraiser and does that describe your character?
A: That’s definitely true. I want to put the FUN back into fundraising.

We need your help...
Postman Paul is wearing holes in his shoes...
To help save his shoe leather, can we send you future Member Correspondence via email? Please provide your details at foundation.trust@rothgen.nhs.uk

GIFT AID
If you are a UK Taxpayer, please help us reclaim money from the Inland Revenue. Gift Aid allows Rotherham Hospital Charity to receive 28p for every pound donated at no extra cost to you; it’s as simple as ticking a box! A donation of £100 can be gift aided which means you will actually be giving us £128! Imagine what a difference that could make.

All in a week
How much milk do you use at home in a week?
Four bottles? Maybe five?
What about tea bags?
Whatever the number, it most likely won’t come close to the figures below.

In just one week, Rotherham Hospital...
Pours 5400 pints of milk
Slices 600 loaves of bread
Uses 300lbs of sugar
Serves 14,000 meals
Goes through 400 packets of biscuits
And an amazing 30,000 tea bags
The aim is to reassure patients quickly if their symptoms are not cancer, and also to speed up diagnosis, as evidence has shown that the faster patients are diagnosed with cancer and treated the better their health outcomes.

Lisa Reid, Cancer Manager at The Rotherham NHS Foundation Trust, is urging patients to make sure that they keep their appointments to enable them to receive prompt treatment if needed.

The Trust has the capacity to see all patients referred by their GPs within two weeks, but some are cancelling or postponing their appointments each month which is leading to delays.

Lisa explained “it is vitally important that patients referred with suspected cancer attend the first appointment they arrange with the hospital. They should bear in mind that their GP has asked for them to be seen by the hospital quickly and try not to delay their appointment by too long”.

The Government’s ‘Two Week Wait’ referral route was introduced by The Cancer Plan in 2000, to ensure that all patients with suspected cancer could be seen by a specialist quickly.

Patients at Rotherham Hospital will soon benefit from an enhanced imaging service, following the purchase of two new high specification scanners.

The Trust has recently procured a second multi-slice spiral CT scanner and a 1.5-tesla high-resolution MRI scanner. Both will provide images of the highest diagnostic quality.

Mr John Beeston, General Manager Clinical Imaging said: “The high specification CT scanner will provide a range of benefits for all, including the Trust, commissioners and more importantly, our patients. The equipment will allow faster image acquisition, significantly reducing the turn-around time and therefore the waiting time for patients. This will enable an all-round improvement in their safety, experience and quality of care. It will also provide speedier access to brain imaging for patients with a suspected stroke to enable faster diagnosis and earlier intervention.

“The new MRI Scanner utilises a unique Total Imaging Matrix (TIM) system, allowing continuous table movements during acquisitions, which eliminates the need for patient repositioning and equipment changes during scans. This results in shorter examination and acquisition times, further reducing waiting times for our patients.

“This investment in new technology will enable us to provide on-demand access to a range of imaging modalities and provide diagnostics at the point of need. Looking to the future, we will be better equipped to expand the range of examinations currently undertaken and develop new, essential services, including Virtual Colonoscopy and Cardiac Imaging, therefore offering a greater range of local service for GPs, commissioners and the health community.”

For more information, please contact John Beeston, General Manager Clinical Imaging on 01709 304362.
They work in all corners of the hospital, carrying out a diverse range of jobs but these dedicated staff have one thing in common – they’re all Shining Stars.

The Trust employees, from porters and nurses to midwives and gardeners, were honoured at a glittering awards dinner at Aston Hall in May 2009.

Chief Executive Brian James paid tribute to the dozens of staff nominated and the handful of delighted winners.

He said: “Our staff are among the best in the country and the Annual Awards pay tribute to their hard work and dedication.

“Hearing the nominations and listening to how these members of staff, whether as individuals or as teams, go above and beyond on a daily basis was truly inspiring.”

Midwife Rachel Davies received the Above and Beyond Award and then went on to win the Chairman’s Award. She was nominated by Rotherham mum and patient Julie Leake.

Julie’s testimony of the care she received from Rachel was very moving. Julie spoke of how supportive and caring Rachel had been as she delivered Julie’s first baby, Beth, who had sadly died.

Julie became pregnant again and requested Rachel deliver the baby, which Rachel was delighted to do, and changed her shift in order to honour this request. Baby Emma is now a fit and healthy.

The ‘Thank You’ Award was won by a number of individuals and teams. These included Cliff Fox and Phil Wake, theatre porters, who put patients at ease ahead of surgery and were nominated by a delighted patient.

X-Ray porters Steve Gould and Tom Brady, also won a Thank You Award and were described as the ‘backbone of their department’ and praised for brightening patients’ days by singing and creating a ‘feelgood factor’...

Other Thank You Award winners included The Nursing Team from B4, staff from the Special Care Baby Unit, nursing staff from Ward A5, Sheila Bates, who works in Housekeeping on B2, and Carol Foster, A5 Ward Clerk.

Sandra Green, from GU Medicine, took Learner of the Year, in recognition of the tenacity and dedication she demonstrated to achieve her NVQ level 3.

The Idea of the Year winner was chosen from the Idea of the Month finalists and saw the award split between two winners.

Simon McCormick was chosen for his idea to provide activity packs for children waiting in A&E. The idea has now been fully implemented.

Palliative care nurse Ann Harriman was picked for an idea to provide comfort packs for families of palliative care patients who may have to make a snap decision to stay overnight.

The Making A Difference award went to specialist nurse Elizabeth Fairclough who set up a diabetic clinic for older patients, that has meant patients spend far fewer days in hospital. Elizabeth continues to work with the Department of Health on the development of a National Institute of Diabetes for Older People.

Kim Ashall, Director of Services Improvement, said the Shining Stars evening was a tremendous success and feedback from those attending had been very encouraging.

The Trust’s Shining Stars awards evening was a tremendous success. Here’s midwife Rachel Davies receiving the Chairman’s Award. Rachel also received the Above and Beyond award. She was nominated by a patient and is pictured with Chairman Margaret Oldfield and Chief Executive Brian James.

Midwife Rachel Davies receives The Chairman’s Award from the Chairman Margaret Oldfield and Chief Executive Brian James.
Full page advertising
Full page advertising
Patient feedback is vital and now we’re even better equipped to collect and analyse it. Gone are the days of paper questionnaires and lengthy analysis. Instead, the Trust is developing a Patient Experience Tracker system which enables us to identify patients’ views by asking them to answer five straightforward questions.

The system works by providing hand held ‘data capture units’ which are lightweight, simple and easy to use. There are four main question sets each with five questions which relate to:

- Privacy and dignity
- Environment
- Safety
- Nutrition

At the moment staff are surveying in-patients but there is also a data capture unit being used in A&E. In-patients are approached personally by the matron/ward or deputy ward manager so that once they have answered the questions (anonymously) the matron can find out if they have any particular feedback and, if necessary ensure that any concerns can be swiftly resolved.

The system provides a fast, simple and robust way of capturing and analysing feedback from large numbers of people, without the need for paper-based questionnaires and analysis.

Weekly reports are produced and the results fed back to matrons for discussion with ward staff. This numerical information is combined with the informal feedback provided by patients to senior nursing staff and is used to proactively resolve problems and recognise good practice.

Q & A

**Q** Does it have to be fresh fruit and vegetables?

**A** No. Fresh, frozen, chilled, canned, 100% juice and dried fruit and vegetables all count. Aim for at least 5 portions of a variety of fruit and vegetables each day.

**Q** How much is one portion of fruit?

**A** One portion of fruit is, for example, 1 medium apple, or 1 medium banana, or 2 small satsumas or 3 dried apricots. A glass of 100% fruit juice only counts once a day, however much you drink. One portion of dried fruit counts, but other types of fruit and vegetables should be eaten to meet the rest of the 5 A DAY target.

**Q** How much is 1 portion of vegetables?

**A** One portion of vegetables is, for example, 3 heaped tablespoonfuls of cooked carrots or peas or sweetcorn, or 1 cereal bowl of mixed salad. Beans and other pulse vegetables, such as kidney beans, lentils and chick peas only count once a day, however much you eat. Potatoes don’t count towards the 5 A DAY target because they are a ‘starchy’ food.

**Q** Can’t I just get the same benefits from supplements?

**A** No. Dietary supplements do not have the same benefits as eating more fruit and vegetables. Some people are advised to take a supplement, in addition to eating a varied, balanced diet. For example, women who may become pregnant are advised to take a daily supplement (400 microgrammes) of folic acid.

**Q** Do the fruit and vegetables in takeaways and ready meals count towards 5 A DAY?

**A** Yes. But some of these foods may be high in added fat, sugar or salt, and should only be eaten in moderation.

**Q** Does it matter if I eat the same fruit and veg every day?

**A** Different fruits and vegetables contain different combinations of fibre, vitamins, minerals and other nutrients. So you should aim to include a variety of fruit and vegetables to get the most benefit.

**Q** Why do fruit juices and pulses count only once, even if you have several portions of them?

**A** Juice (fruit or vegetable) only counts as 1 portion a day, regardless of how much is drunk, because it has very little fibre. Also, the juicing process ‘squashes’ the natural sugars out of the cells that normally contain them, and this means that drinking juice in between meals isn’t good for teeth. Pulses contain fibre, but they don’t give the same mixture of vitamins, minerals and other nutrients as fruit and vegetables. So in order to get a healthy balance, it is important to ensure that you get a variety of fruit and vegetables.

WHAT COUNTS TOWARDS THE 5 A DAY?