



Gloucestershire Health and Care
NHS Foundation Trust

With you, for you

SUMMER 2024

MEMBERSHIP NEWSLETTER

Win tickets
to Cotswold
Falconry
Centre

PAGE
15



Crowds return for
Trust's ever-popular
Big Health Day

PAGE 7



Celebrating our
international nurses

PAGE 11



Trust relaunches
Charitable Funds

PAGE 10



Stroud Governors
want to hear what
matters to you

PAGE 12-13



Welcome

You'll have seen from the cover photo that Princess Anne paid a visit to our new Community Hospital in the Forest of Dean to conduct the official opening – there are plenty more pictures over the page.

Our well-loved Big Health Day attracted another great turnout to Oxstalls Sports Centre in June, and we're equally proud to have been reaccredited as a Veteran Aware Trust.

You'll notice some changes in our Board over the next few months – we have a new Chair and Director of Nursing to introduce in this issue. You'll get to meet a new Chief Operating Officer and Director of Strategy and Partnerships soon.

We've also got new public Governors who are keen to hear your views on what membership means and how you want to be represented. That is likely to be a theme which is repeated in the coming months.

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 7146**
 **GHC.comms@ghc.nhs.uk**

New Trust Chair takes up position



New Trust Chair Graham Russell took over from predecessor Ingrid Barker on Wednesday 1 May.

He spent his first day at Stroud Hospital and Weavers Croft and has subsequently been out across the county spending time visiting and working with colleagues in sites.

Graham has been involved with the trust since 2016 first as a non-executive director at Gloucestershire Care Services, went through the merger to form Gloucestershire Health and Care and has been Vice Chair of the merged Trust. He has chaired a Housing Association, a mental health not for profit and is currently the Chair of Brunel Care based in Bristol which is a Health and Care Organisation.

Graham Russell said: **“Gloucestershire Health and Care NHS Foundation Trust is an amazing organisation with fantastic colleagues delivering excellent services. However, we also face challenges of ever increasing demand and sustaining our services, and these offer opportunities for transformation in how we better meet the needs of our communities.**

“I very much welcome the opportunity to lead the organisation to make the most of these opportunities and look forward to working with colleagues across the Trust and our partners both in the NHS and the wider system in the years ahead.”

Quality accreditation for Perinatal Mental Health Team



The Gloucestershire Perinatal Community Mental Health Team has formally received the Perinatal Quality Network Accreditation from the Royal College of Psychiatrists following a robust review process used to promote high levels of care.

The Team, which has expanded to meet the NHS long term plan, focuses on helping women who are at risk of developing or experiencing mental health difficulties, during pregnancy and up to two years following childbirth in addition to promoting the mother/baby relationship and their recovery.

Accreditation review covers: a detailed self-review, peer review and feedback from those using, and referring into, the service. Areas of achievement in the accreditation report included:

- Team's base location is close to general with good clinic and office space.
- The Birth Anxiety and Trauma Service (BATS) consisting of midwife, peer support worker and psychologist being embedded within the team is positive.
- The team has fostered excellent relationships with maternity services.
- Team offers a range of NICE recommended interventions.
- Using a virtual platform to offer quicker appointments.
- Positive feedback on joint Obstetric/ Perinatal Mental Health clinic

- Having a team Pharmacist, one day a week has improved interface between the team and Primary care alongside offering advice to the team members.
- Role of community and partner peer support workers and reaching out to partners was praised.
- Excellent clinical network, which meets 3-4 times a year meeting with voluntary sectors providing a wonderful space to share good practice.
- Patient feedback on the review day was highly complementary as they felt listened to and involved in their care plans, therapies and treatment offered.
- The team presented as cohesive and supportive to each other and passionate towards improving access to services.

Kim Tiffney operational Manager of the Perinatal Mental Health Team, said: **"We're delighted that our service has been recognised for the high standards of care we strive so hard to achieve and we're very proud to be accredited. Every staff member working within the service is passionate about providing women and birthing people high quality individualised care and mental health treatment."**

Accreditation was awarded by the PQN Accreditation Committee until March 11, 2027. Huge congratulations to the team!

Forest Hospital official opening



Her Royal Highness the Princess Royal performed the official opening of the Forest of Dean Community Hospital.

The opening was the culmination of more than a decade of consultation and planning, to provide a purpose built, modern facility to replace the two former Forest hospitals and meet the needs of the local community now and in the future.

Trust Chief Executive Douglas Blair said: **“We were delighted when The Princess Royal accepted our invitation to perform the official opening and visit our new hospital. The event also served as a thank you to all the colleagues – both current and former – who have been involved in bringing the new hospital to fruition and providing the first-class facilities we now have, which mean we are better able to support the people we care for both now and for decades to come.”**



Governors Cath Fern, Penelope Brown and Chris Witham also got a tour of the hospital with Matron Kate Harper.



TRUST RE-AWARDED VETERAN AWARE ACCREDITATION

We are delighted to announce that Gloucestershire Health and Care NHSFT has been recredited as a Veteran Aware Trust.

This is in recognition of our continued work in demonstrating the NHS's commitment to the Armed Forces Covenant in identifying and sharing best practice across the NHS as an exemplar of the high-quality standards of care for the Armed Forces community.

Veteran Aware Trusts are leading the way in improving veterans' care within the NHS, as part of the Veterans Covenant Healthcare Alliance (VCHA).

The reaccreditation acknowledges the Trust's 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's 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.



Chief Executive Douglas Blair said:

“We strive to provide the best possible care for veterans and their families. We actively encourage all patients and colleagues to let us know if they currently serve, or have ever served in the UK armed forces, so that we can best support their needs.

“A number of our colleagues are veterans or currently serve in the reserve forces. This helps give us a real insight into how we can tailor our care to best suit the needs of our veterans, armed forces personnel and their families.”

Trust Chair Graham Russell added:

“This reaccreditation demonstrates a commitment that Gloucestershire Health and Care will train and support its colleagues to understand veterans' needs and ensure members of the armed forces community do not face disadvantage when seeking help from our services.

“It builds on the Trust signing the Armed Forces Covenant in 2019 and receiving gold accreditation from the Ministry of Defence Employer Recognition Scheme (ERS) in November last year.”

Another great turnout for day



We were delighted to see so many people turn out for Big Health Day at Oxstalls Sports Centre, in Gloucester on Friday 14 June.

The morning drizzle seemed destined to keep some people away, but it simply delayed the usual rush by half an hour or so. Early estimates suggested a similar turnout to the previous two years, and that proved to be the case with more than 1,500 visitors heading to the site during the day.

As always the event featured a range of inclusive sports and activities - from bikes and trikes to dance, circus skills to karaoke.

This was the 16th annual event, supported and partnered by a huge range of local organisations such as Active Gloucestershire, Inclusion Gloucestershire, Wiggly Worm, Active Impact, Cinderford Goals Beyond Grass and Scrubditch Care Farm.

As it was also Carers Week there was collaboration with carer support organisations, as well as invaluable help from volunteers from Hartpury College and Dene Magna School, Inclusion Gloucestershire and University of Gloucestershire Mental Health and Learning Disability Students.

Big Health Day is organised by our Trust's Learning Disability Health Facilitation Team, in partnership with a fabulous planning group who helped to co-produce the day.

Other partners include Freedom Leisure, Gloucestershire Deaf Association, Via Dance, Jamats, Prosperity Care, Kingfisher Treasure Seekers, Artshape, Gloucestershire Young Carers PohWER (advocacy) and Sailing for the Disabled. Our Trust's Charitable Funds also supported the day, which allowed the purchase of 400 goody bags for visitors.

NEW LOOK FOR SARC



Colleagues at Hope House Sexual Assault Referral Centre (SARC) resumed business as usual on Friday 14 June when the unit reopened following a makeover.

Having been closed for the previous four weeks for refurbishment works, the unit held an informal open morning today to give GHC colleagues and members of Gloucestershire Police an unofficial tour.

Twelve hours in the saddle helps Wotton Lawn garden



A 12-hour bike-a-thon was held in the atrium at Gloucestershire Royal Hospital on Wednesday 12 June.

The event was organised by the Cheltenham and Gloucester Hospitals Charity with some of the proceeds donated to our project to create a women's garden at Wotton Lawn Hospital.

Among the participants were ward manager Ashley Hartwell and his colleagues Silpa and Ash from Kingsholm Ward at Wotton Lawn.

Action encouraged on Heart Failure – detecting the undetected

Our Heart Failure team were out and about throughout Heart Failure Awareness Week at the end of April, offering free blood pressure checks, advice and information about heart failure and how to spot the common 'F' word symptoms of heart failure: 'Fighting for Breath', 'Fluid Retention' and 'Fatigued'.

Led by the British Society for Heart Failure (BSH), this annual campaign aims to raise awareness of the importance of recognising heart failure symptoms early, getting an accurate diagnosis and receiving optimal treatment.



This year's theme was Detect the Undetected: Find Me. This was a call to action to be aware of and look out for the common 'F word' symptoms: 'Fighting for Breath', 'Fluid Retention' and 'Fatigue' – not only in yourself, but friends, family and loved ones. Having these conversations could save lives.

CHARLTON LANE PATIENTS ENJOY COTSWOLDS VIEW



Colleagues on Willow Ward are delighted with a new mural which depicts a view of the Cotswolds scenery.

The mural was hand-painted by Brandon's Murals, a Gloucestershire based business specialising in large scale wall murals.

Willow Ward Manager Kathryn Dutson explained: "Local landmarks were included to add orientation and engagement for the patients. These included Gloucester Cathedral, Cheltenham Racecourse, Tewkesbury Abbey, Woodchester Mansion, Symonds Yat and the stained glass from the Forest of Dean sculpture trail.

"Originally there was a tree in its place, which wasn't very appealing to the eye – I wanted to brighten up the ward to make it more appealing but also to provide orientation to the patients and utilise as a talking topic for engagement. I liaised with Brandon and discussed local landmarks that most people within the Cotswolds would be familiar with or visited within their lifetime. The mural provides calming colours and is in keeping with other natural scenery murals on the ward."

Trust celebrates impact of Quality Improvements



May saw our annual Quality Improvement (QI) celebration event, which this year was held at the University of Gloucestershire. The event was attended by more than 80 colleagues celebrating our QI work as well as helping to develop a culture of improvement across the Trust.

Keynote speaker Dr Neil Goulbourne, Chief Strategy Officer, Lewisham and Greenwich NHS Trust, shared how we can become 'QI Active' as an organisation, and his experiences of supporting teams through this process. Award winners and highly commended recipients were also announced on the day.

Involving Experts by Experience in QI Work

Winner - Louise Joyner

Highly commended - Nicola Hacker

Sustainability in QI

Winner - Amy Barnes

Highly commended - Caroline Sloan and Clare Compton

Best use of QI tools and/or Data

Winner - Dr Erica Lam, Kelly Skinner, Dr Rosemary King and the Youth Support team
Highly commended - Elizabeth Parkes, Alice Deadman and Caroline Folland

Improvement Directorate/Service/Team of the Year

Joint winners - Priory Ward, Wotton Lawn Hospital and Chestnut Ward, Charlton Lane Hospital

Highly commended - Countywide Directorate

Improver of the Year

Winner - Jennifer James

Highly commended - Emma Morrall

Being QI Active Special Recognition Awards

Sally Ashton, Mel Reed, Becky Anstis and Charlotte Tucker.

Charitable Funds relaunch



Our Trust Charity (GHC Charitable Funds) raises funds to support patients, carers and our own colleagues. The charity funds activities, equipment and projects which are over and above what can be paid for using core NHS budgets.

For example, the charity has funded dancing with dementia sessions, day trips, new furniture for visiting areas, enhancements to outdoor areas, and lots more. You can support our charity in various ways.

This includes making a donation, organising or taking part in a sponsored event, or leaving a legacy yourself or in memory of a loved one who has benefited from our care.

We also welcome contact from businesses and organisations who may want to work alongside us to support our charitable work. To make an online donation, visit www.justgiving.com/ghc-nhs.

To find out more about the charity or offer your support in other ways, please email ghccomms@Ghc.nhs.uk.

Follow our Charity by searching for **GHC Charity on Facebook**



International Nurses celebrated



The second annual Internationally Educated Nurse (IEN) Celebration took place at Kingsholm Stadium on Thursday 4 July.

We were delighted to be joined by so many of our international nurses for a day of inspiration, fun and celebration.

As a Trust, we continue to provide support for our IENs to come together as a group, to create a sense of belonging and forge strong foundations to maximise their personal and professional growth, which in turn enables them to network, collaborate, share ideas and remain working within the Trust.

We were joined by 63 nurses who attended in an array of cultural dress which beautifully demonstrated the diversity in the room.

The IEN Council co-produced the program and made it as interactive as possible. Co-chairs Merlin Baby and Joy Mpofo led an activity that captured the number of countries and languages spoken by our nurses.

The focus on the day was encouraging our nurses to stay and thrive at our Trust. It included external speakers from the black minority ethnic strategic advisory group at NHS England and the Royal College of Nursing (RCN).

The highlight of the day was the Working Together Award - congratulations to winner Mooya Simweeleba, who works at North Cotswold Hospital.

View from the Stroud Governors



Mick Gibbons



Steve Lydon

Stroud Public Governor Mick Gibbons talks about why he chose to join the Trust and his experiences since taking up the role in 2022.

I'd worked in mental health for 30 years and that was my main interest. I was aware of the merger of 2gether and Gloucestershire Care Services in 2019 and that the new Trust provided much more than mental health and learning disability services.

A desire to better understand what this new NHS structure provided for the community prompted me to become a member and speak to one of the public governors for Stroud. He was coming to the end of his term and we spoke at length about the role. Despite some reservations I put my name forward and was elected as the public governor for Stroud.

Initially, my reservations were confirmed. I felt out of my depth and somewhat awestruck in meetings. There seemed to be a whole new vocabulary, and more processes and acronyms than I felt could deal with!

But with support from across the Trust, and some teaching sessions I attended, this uncertainty quickly passed. Now after just over two years as a public governor things have completely changed. My confidence increased quickly, and now I have no problem speaking up in meetings, putting forward my thoughts and – at times – disagreeing with others, knowing my views are still respected.

I sit on three committees, and have been involved in long listing, short listing and interviewing for the Chair of the Trust and recruitment of Non-Executive Directors. I get invited on site visits and have been to Cirencester, Stroud, Charlton Lane and Wotton Lawn Hospitals.

It's a very satisfying role. I'm aware of developments, changes and everyday issues within the Trust. It has made me more aware of just how many of the Trust's services both I and my family use. I look at them quite differently now and I am pleased to say that we have some exemplary services. I'm a direct representative of the local community so if you have any questions I'd be happy to discuss them.

**"As members, you play a key role for us by connecting our Trust, through the Governors, to our communities. We always want to hear what you want, what concerns you have, what your hopes are. Don't stay silent – let us know what you're thinking."
Graham Russell, Trust Chair**

Steve Lydon has represented Stroud as a parish, district and county councillor and believes the NHS needs greater public involvement. Here he explains why.

I've been politically active for many decades, primarily to make a difference and to speak up for those whose voice is not always heard. I've been interested in health matters for most of my life – and as a 68-year-old with a heart condition I'm a regular visitor to Gloucestershire Royal.

I'm currently vice chair of my local parish council. I've been a county and district councillor, including leader of Stroud District Council from 2016 to 2018. I was a member of the county's Health Overview and Scrutiny Committee for over 10 years, including three as Chair. As a glutton for punishment I'm also a season ticket holder for Forest Green Rovers and Gloucester Rugby!

I'm not a medic – but I believe that the health service belongs to all of us. We need far greater public engagement into which key services are planned and delivered, and how.

We need more conversations about what we can do as individual citizens to promote good health (physical and mental). I also recognise

that many other factors contribute to health challenges for individuals and families – low-income, poor-quality housing, stressful and demanding working conditions, and environmental factors.

The key role of a governor is to hold the Trust's Non-Executive and Executive teams to account. We're a 'friendly sheepdog' advising and guiding on important topics. We're not involved in the day-to-day management of the Trust, but work together being briefed and advising on key issues.

We want to engage and encourage our Trust members to play a more active part in the work and oversight of the Trust. Possible ideas include the creation of a forum for Stroud district to discuss key issues the Trust faces in our area and beyond.

What should the Trust be doing to ensure your voice is heard, valued and taken into account? What do members of the Trust want the NHS to do more of to meet ever-growing demands? What should it do less of given the financial and staffing challenges?

Questions or comments for Mick or Steve can be sent to: Members@ghc.nhs.uk

AGM meeting

Our Annual General Meeting will be held in Thursday 19 September 2024 from 5 until 6.30pm, online via Microsoft Teams. The Annual General Meeting is an opportunity to hear about our achievements over the past year and the challenges we have faced. You will learn about our future plans and priorities, and how we are performing financially.

The meeting is open to all, so if you'd like to join us, please register your details by emailing anna.hilditch@ghc.nhs.uk.

The MS Teams link to join the meeting will be shared with registered attendees a few days in advance of the meeting. If you have any questions about the event, please email anna.hilditch@ghc.nhs.uk

BIG TEA event



On 5 July, our Trust Charity (GHC Charitable Funds) held an NHS Big Tea party at Edward Jenner Court and other sites.

This was a great success, with more than £435 raised. There are still other sites due to hold a Big Tea party but we'd like to say a huge thank you to everyone who has supported the cause so far either by buying cakes, tea or coffee or donating their time and baking.

The winner of the 'guess the number of tea bags' has been notified and their prize is waiting for them. For anyone who entered, the number of tea bags was 47 and their lucky guess was 45!

The Trust's charity supports teams, services and colleagues across GHC. Most recently the charity has supported colleagues and service users experiencing financial hardship due to the cost of living.

The charity has also supported a wide range of events and initiatives, including activities for inpatients within our mental health units, the Big Health Check Day and improvements to staff rest areas.

For more information visit: www.ghc.nhs.uk



NEW NURSING DIRECTOR JOINS TRUST

Our new Director of Nursing, Therapies and Quality, Nicola Hazle, began working with us full time on Monday 1 July.

Our Chief Executive, Douglas Blair, said: **"I am sure you will join me in extending a warm welcome to Nicola and I look forward to her bringing fresh eyes into the Trust, introducing some new ideas while maintaining the always high-quality standards we aim to provide for the communities we serve."**

Nicola spent 23 years as a registered mental health nurse and joined the Trust from her role as Health and Care Professional

Director within Bath and North East Somerset, Swindon and Wiltshire Integrated Care Board, where she was responsible for the strategic direction and implementation of health and care professional leadership. She also supported and lead key priority areas of quality, effectiveness and clinical practice.

Nicola is currently a Bank Mental Health Inspector for the Care Quality Commission and a Lay Advisory Panel Member (voluntary) with the College of Optometrists. She has been a Clinical Director within Avon & Wiltshire Mental Health Partnership NHS Trust and has held nursing, senior nursing and management roles in mental health and community organisations across the NHS.

Competition

Win a family ticket to Cotswold Falconry Centre



Cotswold Falconry Centre has generously donated a family ticket to see their flying displays and get up close to around 130 different birds of prey.

Based at Batsford, near Moreton-in-Marsh, they put on three displays a day and let you wander the aviaries to see some amazing and endangered birds from around the world.

For a chance to win the family ticket please send your details to ghc.comms@ghc.nhs.uk or write to Communications Team, Edward Jenner Court, Brockworth, Gloucester, GL3 4AW including your contact details. A winner will be drawn at random after the closing date.

The closing date for this competition is Saturday 14 October 2024.

Recipe

Tasty vegetarian chilli



PREP
10
PEOPLE

COOK
30
MINUTES

SERVES
4
MINUTES

Ingredients

- 2 teaspoons vegetable oil
- 2 garlic cloves, crushed
- 1 red chilli, deseeded and finely chopped
- 300g vegetarian mince
- 1 tin red kidney beans, in water (420g)
- 1 tin chopped tomatoes (400g)
- 200g rice (easy-cook long grain brown rice, if possible)

Swappable or optional

- 1 medium onion, chopped
- 1 carrot, finely chopped
- 2 peppers, any colour, deseeded and chopped
- 2 teaspoons tomato purée (optional)
- 100ml reduced-salt vegetable or chicken stock (optional)
- 1 pinch ground black pepper (optional)

Method

1. Heat the vegetable oil in a large saucepan and add the onion. Fry gently for 2 to 3 minutes, then add the carrot, garlic, red chilli and peppers and fry for 2 to 3 more minutes, stirring often.
2. Add the frozen mince, beans, tomatoes, tomato purée and stock. Bring to the boil, then reduce the heat and simmer, partially covered, for 25 to 30 minutes. At the same time, put the rice on to cook in plenty of gently boiling water – it will take 25 to 30 minutes.
3. Season the chilli with pepper, then serve in warm bowls with the cooked, drained rice.

Information:

This works brilliantly served over a jacket potato. Left overs also go great heated up and added to a wrap with a spoonful of plain low-fat yoghurt and a small grating of lower-fat cheddar.

For more healthy recipes visit:

www.nhs.uk/healthier-families/recipes

Final word

Community Services Manager and Veteran Lead Jonathan Thomas is retiring after 37 years working for 2gether NHS Foundation Trust then Gloucestershire Health and Care NHSFT. Here are some final thoughts from him.



What have been the highlights during your 37 years working in the NHS?

I have so many highlights over my time with the Trust and the NHS, it makes it really hard to pick a particular one. I think representing the Trust at the Houses of Parliament would be up there on a personal level. This was work I undertook supporting people with learning disabilities who had found themselves in the criminal justice system.

What will you miss the most, and least?

Without question it's the people I have worked with. I know most people say this, but the work we all do is challenging, and to have people around you that want to help and support the most vulnerable and complex in society is humbling. It has been a great honour to work with so many dedicated people. Plus we have had a few laughs on the way. As for least, that has to be the massive volume of emails.

What motivated you to get involved with the Veterans Steering Group?

I was asked to see if I could support this a few years ago by one of our psychologists. She asked if I could lend a hand to get veteran awareness recognised in the Trust.

My mother and father both served in World War II met in the deserts of Egypt, despite living only a couple of streets away from each other growing up in London. Mum was with RAF Boomer Command and Dad was with the Royal Logistics. I also have a number of relatives who serve in both the Navy and the Army.

War and conflict are terrible things and listening to my family talk about the sacrifices they and others made is something difficult to comprehend.

Veterans and serving forces personnel have lived a very different life to us. It can be so challenging to make that transition to civilian life. This can cause so many issues and one key one is mental health. The work we have been doing is to educate ourselves as care providers of the approach and support we must provide to this unique and important part of our population.

Do you have any hobbies?

If you ask my family, I have too many hobbies. As with most people from Gloucester, I do like my rugby. Golf has become a terrible infliction. It's so frustrating, but I just can't stop playing. I do a lot of glass work, making stained glass windows/sculptures and fused glass. Finally I am a keen motorcyclist and ride all over Europe, when I get the chance.

Who would be your ideal dinner guests?

Gordon Ramsey, so we have some decent food. However, he can only cook and not talk to us.

David Attenborough. Not just because he is a remarkable man, but he would be able to tell us what animals we should keep away from.

Finally, Laura Davis the UK golfer. She can give me lessons on how to get the ball out of the sand.



For useful contacts, please visit www.ghc.nhs.uk/useful-contacts