



With you, for you

WINTER 2024

MEMBERSHIP NEWSLETTER

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Welcome

We're rapidly approaching the end of another eventful year – thanks to everyone who continues to support the Trust on its journey.

Our new community hospital that opened in the Forest of Dean earlier this year has been an ongoing topic of conversation – so we're happy to provide an update on some beautiful community artwork that has been installed and the projects which led to their creation.

The hospital was also visited by the head of the NHS Confederation, who had positive things to say about both the hospital and the Trust.

In November, we commemorated the long service of colleagues – one of whom has worked in the NHS for 50 years. You can see them all on pages 4 and 5. And if you'd like to help celebrate the work of our colleagues, you can turn the page and nominate someone in our Better Care Together awards for 2025!



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 ADDITIONS TO TRUST BOARD



Rosanna James



Sarah Branton

In November, the Trust welcomed two new executive colleagues to the Trust – Sarah Branton, our new Chief Operating Officer, and Rosanna James, our new Director of Improvement and Partnerships.

Sarah previously worked as Deputy Chief Operating Officer at Avon and Wiltshire NHS Partnership Mental Health (AWP) Trust, leading the organisation through multiple complex situations as the gold commander for Covid, industrial action and critical incidents. Before that she held the roles of Divisional Director of Operations and Managing Director at AWP.

Rosanna joined us from the Bristol, North Somerset and South Gloucestershire Integrated Care System (ICS) where she was a Programme Director, leading a transformation programme, focused on improving older people's care.

In addition, a new Non-Executive Director has been appointed to the Trust's Board. Rosi Shepherd is currently Chief Nursing Officer for Bristol, North Somerset and South Gloucestershire Integrated Care Board and will combine that role with her new Non Executive position with our Trust. Rosi will join the Trust in January 2025.



Artwork unveiled at Forest of Dean Community Hospital



Colleagues and friends gathered together to formally unveil a beautiful mosaic in the reception area of the Forest of Dean Community Hospital.

This mosaic was created by local artist Rachel Shilston, working with schools, hospital colleagues and community groups to reflect the culture and heritage of the Forest of Dean. It was generously funded by the Leagues of Friends from the Dilke and Lydney Hospitals, and the Chair for each unveiled the mosaic plaque. The project formed part of a wider piece of work with colleagues and community partners to decorate the new hospital with pieces of art which represent the health heritage and people who live and work in the Forest of Dean.

Chairman of the Friends of Dilke Hospital, Bob Young, said: **“Over the years we have had so many people from the Forest who supported us. The mosaic unveiling has been a long time coming – we saw it at the conceptual stage and Rachel has done a wonderful job.”**

Chairman of the League of Friends of Lydney Hospital, Mary Thurston added:

“It is very much of the Forest and fits with the surrounding area and so nice we were able to incorporate the artwork of lots of local schools.”

Locality Inclusion Lead from our Partnership Team, Anita Pope said: **“Working with local artist Rachel Shilston, and supported by the Partnership team, we held 15 workshops where 218 excited primary school children, senior school children, local residents and NHS colleagues collaborated to design and produce a vibrant mosaic full of treasures unique to the Forest.**

“Our colleagues and visitors are now surrounded by uplifting works of art; an enchanting mosaic in the main reception area, vibrant murals brightening the walls of the Children and Young People’s waiting areas; a poetry-inspired glass wall overlooking the main corridor, a lightbox positioned behind the reception desk, canvases in each of the patient bedrooms and a commemorative wall celebrating the Forest’s health heritage. We are very grateful to Dilke League of Friends and the Friends of Lydney Hospital and the Pied Piper Appeal, who helped to pay for the artwork.”

CHRISTINE CELEBRATES 50 YEARS

as colleagues recognised for long service



The long service of colleagues who have worked in the NHS for 20, 30, 40 and even 50 years was celebrated at our annual Long Service Awards on 6 November.

Colleagues gathered at Churchdown Community Centre to pay tribute to those who have achieved the significant milestones and given decades of their lives to supporting communities in Gloucestershire and beyond.

Trust Chair Graham Russell and Chief Executive Douglas Blair thanked the colleagues for everything they had done - collectively those at the event have given more than 750 years of service.

Particular tribute was paid to Single Point of Clinical Access clinician Christine Reeves, who has worked in various roles in Gloucestershire in her 50 years of service. She explained how she joined the NHS after leaving the RAF and has worked in both inpatient and community roles.

She said her one wish for the NHS would be to have 'more time to spend with patients'.

The full list of colleagues who received certificates at the event were:

20 Years

- Caroline Miller
- Emma Jenkins
- Gemma Arkell
- Helen Kalus
- Julie Rudge
- Kelly Skinner
- Lana Stevens
- Laura Harvey
- Lisa Bradley
- Marelle Harvey
- Michelle Jose
- Parisa Wasley
- Rachael Smith
- Sarah Griffiths
- Mari Simms
- Kate Harper

30 Years

- Alison Millward
- Allyson Davis
- Janet Paton
- Judith Healey
- Lynne Rhodes
- Raili Worthington
- Angela Willan
- Sarah Bolger

40 Years

- Caroline Andrews
- Heather Turner
- Julia Fisher
- Sara Roberts

50 Years

- Christine Reeves



BETTER CARE TOGETHER AWARDS 2025 LAUNCHED



Nominations are now open for our Better Care Together awards!

We will be holding an awards ceremony at Hatherley Manor Hotel in Spring 2025 to celebrate the outstanding commitment, dedication, care, compassion and expertise of our colleagues.

Now is our opportunity to shine a light on the teams, services and individuals across our organisation who make a difference to people's lives across Gloucestershire every day.

We would also like to receive nominations for volunteers, experts by experience, and bank staff – all of whom contribute to the support we give our communities.

There are eight award categories:

- **Working Together**
- **Always Improving**
- **Respectful and Kind**
- **Making a Difference**
- **Rising Star**
- **Outstanding Achievement**
- **Team of the Year**
- **Valuing our Communities**

A judging panel, chaired by our Trust Chair Graham Russell, will meet to consider the submissions and create a short list in January.

You can make a nomination using the links on our website here:

www.ghc.nhs.uk/bct24nominate





NHS Confederation CEO praises Forest Hospital development



Forest of Dean Community Hospital played host to Matthew Taylor, Chief Executive of the NHS Confederation, in November.

He was welcomed by Trust Chair Graham Russell and Chief Executive Douglas Blair, as well as Matron Kate Harper and Gloucestershire Integrated Care Board (ICB) Chief Executive Mary Hutton.

Mr Taylor said: **“Being able to develop new facilities like this one matters for many reasons. This is a multipurpose hub built according to the needs of future generations and designed to be user and staff friendly, sustainable, energy efficient and ready for net zero.**

“I spoke to a team keen to find new ways of organising care, focused on integrating services for the benefit of patients, and eager to learn how things are being done in other parts of the country, particularly on neighbourhood working.



“We need to get better at empowering smaller go-getting trusts like this one, giving them the tools and the resources needed to build an NHS fit for the future, particularly if we want to realise the goal of moving care out of hospitals and into the community.”

Forest of Dean Community Hospital opened in May following an extensive project lead by former Director of Strategy and Partnerships Angela Potter, supported by Service Director for Community Hospitals and Urgent Care Dawn Allen and Associate Director of Estates and Facilities Kevin Adams. Both were present at the event, as well as new Director of Improvement and Partnerships Rosanna James.

Japanese delegates visit Trust on fact finding mission



Tewkesbury and North Cotswolds community hospitals hosted a special visit from three international delegates in October.

The guests, representing the Association of Community Hospitals (ACH) for Japan, were here on a fact-finding trip.

President of the ACH, Yoshihisa Honda (CEO and MD of Kaita Hospital), family physician at Kaita Hospital, Dr Shin Yoshida, and Dr Yasuhiro Osugi, Assistant Professor, Fujita Health University, were given a guided tour of both community hospitals, meeting members of staff, healthcare professionals and clinicians, to find out more about how the community hospitals and services in Gloucestershire operate.

Dr Helen Tucker, President of the UK's Community Hospitals Association (CHA), and Dr Kirsty Protherough, Chair of the CHA, joined our Trust's Deputy Director of Nursing Hannah Williams, Associate Director of Patient Safety, Quality and Clinical Compliance, James Wright, Non-Executive Director Jan Marriott, Ward Manager at Tewkesbury Hospital, Suzie Guilding, and Outpatients Manager at North Cotswolds Hospital, Kate Dash, in greeting the Japanese guests and accompanying them on their tour of the hospitals.

The delegates' visit preceded the Community Hospitals Association National Conference in Gloucester, which took place at the Cheltenham Chase Hotel in Gloucester.





Helen Tucker, President of the CHA, continued: **“We hope this visit will give all those concerned with community hospitals, here in the UK and Japan, the opportunity to share their experiences, learn from each other and celebrate innovations and good practice.”**

Following the delegates’ tour of Tewkesbury Hospital, Dr Shin Yoshida said: **“Thank you very much for welcoming us. We have seen some fantastic teamwork and work within the multidisciplinary teams. There are many similarities between the care your community hospitals provide and that provided by ours in Japan.**

“We have all been very impressed – especially with the day surgery facilities at Tewkesbury Hospital.”

Our Mental Health Liaison Team has won a South West NHS Parliamentary Award



The team work jointly with Emergency Department staff at Gloucestershire Royal Hospital to identify people with mental health needs and provide appropriate support and treatment.

Their nomination detailed how they have introduced new ways of identifying people who need their support as soon as they attend, so their risk and previous history can be assessed straight away. This has seen waiting times decrease considerably, reducing overcrowding in ED and improving the experience of patients, with better health outcomes and less chance of needing a hospital bed.

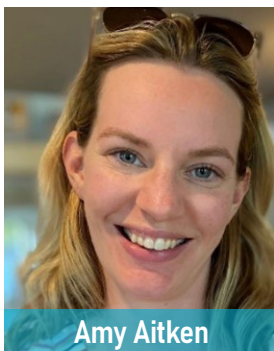
Graham Russell, Chair of Gloucestershire Health and Care NHS Foundation Trust, said: **“We are delighted that the Mental Health Liaison Team has won the regional award. They are a fantastic team doing great work under sometimes difficult circumstances but they always have the best interests of the people they support at heart. Their new and innovative way of working with hospital colleagues is making sure that people receive the best possible care in a timely way and it’s great they are receiving the recognition they richly deserve.”**

NEW GOVERNORS ELECTED

Over the past few months the Trust has welcomed six new Governors representing both staff and members of the public.

STAFF

Management and Administration



Amy Aitken



Martin Pittaway

Health and Social Care Professionals



Michelle Kirk

PUBLIC

Forest of Dean



Marcia Gallagher

Cheltenham



Tussie Myerson

Greater England and Wales



Sarah Waller CBE

The Council of Governors is an important link between our local communities and staff, and the Trust Board. The Council of Governors works alongside the Trust's Board of Directors to help local communities and staff have a greater say in the strategic direction of the Trust, and how services are developed and delivered by the Trust.

Elections for our Council of Governors will be taking place in December and

early January for two vacant Governor positions - Gloucester and Cheltenham - and 1 reappointment (Stroud). We would encourage members to either consider putting themselves forward, or to cast their important votes. Further information about the role of the Governor and upcoming elections can be found on our website (look under Who We Are) or email anna.hilditch@ghc.nhs.uk.





Remembrance Day commemorations



To mark Remembrance Day on Monday 11 November, Great Western Railway organised its annual 'Poppies to Paddington' operation, which transports wreaths from towns and cities across its network to be laid at the war memorial on Platform 1 at Paddington Station, London.

Veterans Champions, colleagues from our Trust (all veterans themselves) and Jensen, the son of Patient Safety Lead Rebecca Walder, laid a wreath on behalf of Gloucestershire Health and Care at Gloucester Railway Station. Expert by Experience Sam Smith (pictured) went the extra mile, taking the train into Paddington to lay a wreath in the capital.

Trust colleagues also took part in the Remembrance Sunday service at



Cheltenham's Long Gardens, including Andrew Collins-Mills (Associate Director Workforce Systems, Planning and Temporary Staffing), Max Boyce (Risk and Security Management Accredited Security Management Specialist), Laura Collins-Mills (Head of Digital Transformation) and Mat Beach (Business Project Manager).



GHC Charity Update



Our charity enhances the care we can provide to our communities and the support we provide to our own colleagues.

Through it we pay for patient day trips and activities, enhancements to garden areas, improvements to staff rest areas, equipment for clinical care and more.

There are lots of ways you can support us, including:

- If you're a keen runner we've teamed up with Run for Charity to provide spaces at a wide range of events here and overseas.

- Make a donation – a one off donation or a regular payment.
- Consider leaving a legacy – many people have over the years and we are truly grateful.
- If you are part of a local organisation or business, consider holding a fundraising event.

Find out more, email: ghccomms@ghc.nhs.uk, visit www.ghc.nhs.uk or follow our Facebook page – **GHC Charity**.





New Board Members



Rosanna James



Sarah Branton



Bilal Lala



Dr Cathia Jenaiati



Jason Makepeace



Rosi Shepherd

A number of new Executive and Non-Executive Directors have been appointed to our Trust Board.

Sarah Branton took up the role of Chief Operating Officer in November, following the retirement of outgoing COO David Noyes. Rosanna James is now our Director of Improvement and Partnerships, after we bid a fond farewell to Angela Potter earlier this year.

Non-Executives Bilal Lala, Dr Cathia Jenainati and Jason Makepeace are settling into their roles and Rosi Shepherd will become one of our Non-Executive Directors from January 2025.

You can read the biographies and backgrounds of our Board members on our website here:

www.ghc.nhs.uk/board-and-governors

A new service was introduced on 19 November for **integrated out of hours primary care in Gloucestershire**

The service is being provided by Gloucestershire Health and Care NHS Foundation Trust working with IC24, a Community Interest Company who provide similar services elsewhere in the country.

The public can use the service by calling NHS111 or visiting 111 online in order to seek out of hours advice and appointments from GPs, pharmacists, Minor Injury and Illness Units and related services.

Dr Amjad Uppal is Medical Director for Gloucestershire Health and Care NHS Foundation Trust. He said the new service should give a more joined-up network of support for communities, as well as healthcare professionals.

He said: **“The service is based on similar successful models elsewhere. It will mean NHS111 and local healthcare services, such as out of hours GP appointments, Minor Injury and Illness Units and other local services are more closely aligned. This should mean a better service for the public, and also reduce demand on other parts of the NHS including the Emergency Department and ambulance service.”**

To find out more visit: www.ghc.nhs/iuc



CLICK OR CALL FIRST

**Ill or injured, but not
life threatening?
Not sure where to turn?**

To get the right care 24/7,
click 111.nhs.uk or call 111.

111 can provide expert
advice and book you into
local NHS services if needed.

The ASAP Glos NHS website
and app also offer step by step
care and service information.



For regular
service updates
follow NHS
Gloucestershire:



Click or
call first

help us
help you

WIN a family ticket to Birdland Park and Gardens



birdland
& JURASSIC JOURNEY

Birdland Park and Gardens has kindly donated a family ticket to their nine acres of gardens and woodland in the Cotswolds where you'll find flamingos, pelicans and cranes, King penguins and Humboldt penguins, a host of parrots, owls and more. You'll also find 30 species of life-size dinosaur lurking in the woodland, from a baby stegosaurus to a T-Rex.

For a chance to win the family ticket please send your details to ghc.comms@ghc.nhs.uk with the subject 'Birdland Competition' 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 Friday 7 February 2025.

Crispy potato fritters with salsa recipe



PREP
10
PEOPLE

COOK
20
MINUTES

SERVES
4
MINUTES

Ingredients

Rosti

- 500g potato, grated
- 1 small onion, grated
- 1 courgette, coarsely grated
- 1 egg, beaten

Salsa

- 2 tomatoes, diced
- 4 tablespoons sweetcorn
- 1 small red onion, finely chopped
- 1 teaspoon olive oil
- 1 teaspoon red or white wine vinegar

Method

1. Preheat the oven to 220C (200C fan oven, gas mark 7) and find a medium-sized baking sheet.
2. Put the grated potato and courgette onto a thick layer of kitchen paper and press out as much water as you can, or squeeze over a sieve. Add to a bowl along with the onion and egg, and mix well to combine.
3. Take a large spoonful of the mixture and gently shape into a rough ball, then put on the baking sheet. Repeat to make 12 potato cakes. Bake in the oven for about 20 minutes, until crisp.
4. Meanwhile, make the salsa by mixing the tomatoes, sweetcorn, red onion, oil and vinegar.
5. Once the rosti are cooked, use a fish slice to lift them off the baking tray, and serve immediately with the salsa and a simple green salad.

Information:

The rosti make a great after-school snack, and work well cooled, wrapped in foil and popped in a lunchbox too.

For more healthy recipes visit:
www.nhs.uk/healthier-families/recipes



Final word



Consultant Occupational Therapist Mel Reed talks about a recent language matters event and gives a glimpse of her favourite walks and time outside of work.

You recently helped organise the Language Matters event at the Trust. What was that about?

Language is so important. It connects us all in everything we do and everything we are. We think in language and it's an area I am incredibly passionate about. The event built upon work undertaken by our Children & Young Peoples directorate. We wanted to create a space where colleagues from all areas of the Trust could come together to learn and grow together and share knowledge, skills and expertise focussing on the power of language. The event was well attended and there was a positive 'buzz' in the room. Colleagues listened to keynote presentations then engaged in World Café discussions covering all ages and all clinical areas.

Was there something about organising that event which surprised you?

The generosity and support from colleagues was really humbling. Pressure is high across the Trust, and I know how busy everyone is in their daily lives. However, our GHC family and partners came together with a 'can do' attitude to create impactful conversations, networking opportunities and a collective call to action.

What makes you happy outside of work?

Outside of work I love meeting friends for a cuppa (and cake) or watching a film with the fire roaring.

What's your favourite walk?

I live in the Forest of Dean, so I am very lucky to have lots of beautiful walks on my doorstep. Mallards Pike is currently a favourite, although sunrise on May Hill is also great for my wellbeing.

Do you have a guilty pleasure?

I'm struggling with a pleasure! Does occasionally getting into my PJs when I get home from work count? Either that or watching crime documentaries!

