

newslink

May 2019

Governors' Newsletter

Issue 35

Looking Forward to the Future

With the release of the NHS Long Term Plan and its recent CQC Report. The future looks bright for Salisbury NHS Foundation Trust.

Dear Member,
Welcome to the spring issue of Newslink, the official newsletter from the Governors of Salisbury NHS Foundation Trust. Spring is the season of growth and renewal, and the Trust is no different. After a challenging few years, the Trust received some

wonderful news at the beginning of the year — which we will be getting to shortly! This spring the Trust will join the rest of the NHS in preparing to meet the challenges of the next 10 years and exploring ways we can better serve our local community.

Raymond Jack, Lead Governor



Summer Preparations

Last June saw a heatwave strike Britain, with record-breaking temperatures across the UK. While many of us were more than happy to enjoy the sunshine, such hot weather can have detrimental effects on our health, particularly for elderly people, small children and those with heart or lung conditions. Although it is too early to say now if we will see similar temperatures to those of June 2018, with record-breaking temperatures already recorded for the Easter Bank Holiday weekend, it is important to plan ahead and make sure we are not caught off-guard by another heatwave. This is why Public Health England released a four step guide to beat the heat during the summer.

- **Keep In Touch:** Look after yourself, older people and the young; listen to the weather forecast and the news; plan ahead to avoid the heat.
- **Keep Well:** Drink plenty of water while cutting back on diuretics (drinks that increase urine production) like caffeinated drinks and alcohol; dress appropriately for the weather; slow down when it's hot.
- **Keep Cool:** Know how to keep your home cool; cool your skin with water; go indoors or outdoors, whichever feels cooler; cars get hot, so avoid closed spaces.
- **Keep Alert:** Be on the lookout for signs of heat-related illnesses; stay safe while swimming; get help if you need to by calling NHS 111 or 999 in an emergency.

They also recommend being familiar with the symptoms of heat exhaustion and heatstroke:

The symptoms of heat exhaustion are:

- Headache
- Dizziness and confusion
- Loss of appetite and feeling sick
- Excessive sweating and pale, clammy skin
- Cramps in the arms, legs and stomach
- Fast breathing or pulse
- Temperature of 38° C or above
- Being very thirsty

If someone looks to be suffering from heat exhaustion you should move them to a cool place; get them to lie down and raise their feet slightly; encourage them to drink plenty of water (sports or rehydration drinks are okay); cool their skin.

Call 999 if the person:

- Is no better after 30 minutes
- Feels hot and dry
- Is not sweating even though they are too hot
- Has a temperature that's risen to 40°C or above
- Has rapid shortness of breath
- Is confused
- Has a seizure
- Loses consciousness
- Is unresponsive

EU Departure

The Trust has been working hard to prepare for any of the potential outcomes of Britain's departure from the European Union. Our EU Exit Planning Group has spent many months developing our continuity plans and has been taking action as directed by our regulators and the Department for Health & Social Care.

Hospital site Regeneration Project

In order to achieve the goals of the NHS Ten Year Plan, the District Hospital will have to become a truly 21st Century Hospital.

That regeneration is the purpose of the Health, Education and Technology (HEAT) project. The HEAT Project plans to regenerate the Salisbury District Hospital site, creating a modern, sustainable, environmentally-friendly centre to serve the local community's changing needs. The plans include integrating the existing hospital facility with other services designed to complement healthcare. These could range from education and training to research and development. We led a series of public exhibitions on the 14th and 16th March to launch the project and gather initial feedback from our community. Nearly 150 people attended these events and the feedback was positive and enthusiastic. The project hopes to run further exhibitions during the



summer, in which it will lay out a more detailed plan and give people the chance to comment further. Health, Education and Technology (HEAT) Project Salisbury is a working

title. As part of the consultation, the public is also being invited to suggest potential names for the project, either at the exhibitions or by visiting www.heatprojectsalisbury.co.uk

What's next for the Stars Appeal?



Salisbury Hospital's charity, the Stars Appeal, reached their £1.5 million MRI Scanner Campaign target in March. Thanks to your support, Salisbury will soon have a second MRI Scanner - enabling over 10,000 people each year to have their MRI scans faster and at their local hospital, avoiding the need to travel to other hospitals or use a mobile scanner. Cancer, stroke, heart and many other patients will benefit from the very latest MRI diagnostic techniques. Huge thanks to everyone who has helped make this possible.

But the life changing work of the Stars Appeal doesn't stop here. The charity will now be focusing on raising an additional £1million this year to fund a range of projects and services that

will help thousands of local people in hospital every week to get better faster, return home sooner and have more positive hospital experience.

Mr Graham Branagan Consultant Surgeon and Stars Appeal Ambassador said, "With your help we can continue funding ongoing projects that help hundreds of local people every day. We can provide Hospital Chaplains, free Wi-Fi, cancer support, help for older people and those with dementia through companionship, social activities, foot care and music, and a child friendly environment for children in Hospital along with accommodation for their parents. Our fundraising will also enable the purchase of advanced equipment in key areas such as Breast

Cancer Surgery and the Neonatal Unit as well as funding enhancements in the patient environment across the Hospital."

Please continue supporting our charity with your brilliant fundraising and donations. One way to do so is to take part in Walk for Wards at Wilton House, the home of Stars Appeal President Lord Pembroke, on Sunday July 7th - an entry form is enclosed.



Building on our CQC results

In March, Salisbury NHS Foundation Trust was given some excellent news: the latest inspection report from the Care Quality Commission (CQC). The CQC is the independent body responsible for making sure every health and social care service in England provides safe, responsible, effective and well-led care to their patients.

In their last inspection, published in 2016, the CQC gave the Trust a rating of "Requires Improvement". This time, the CQC reported that the Trust's care had improved to such a degree that they upgraded the Trust's overall rating to "Good."

The CQC found that the Trust's leadership and responsivity had improved, while its effectiveness and standards of care remained high. It found that none of the Trust's standards dropped: ratings either increased or stayed the same.

Additionally, the CQC gave our critical/intensive care service, their highest rating: "Outstanding." The CQC recognised that "critical care services were delivered flexibly and all avenues were explored to accommodate patients who needed care in the unit... Care was provided in a person-centred way and individual needs of patients and their relatives were considered and met wherever possible." This rating means that the Trust joins a prestigious club: at the time of writing there are 373 critical care teams in England, and just 28 of them are rated as outstanding. The Trust is extraordinarily proud of the hard work its staff have put into making the Trust as good as it is. It is determined, however, not to rest on its laurels. Its next goal is for the entire Trust to be rated "Outstanding" overall, so that Salisbury NHS Foundation Trust becomes synonymous with excellent, high-quality healthcare.

This target is in keeping with the national NHS Long-Term Plan, the consultation period of which now enters its final months. The NHS Long-Term Plan sets out what steps the entire organisation will take to improve its quality of care over the next 10 years. The plan is the culmination of 200 events and 2,500 submissions, and has been written by those who know

the NHS best: patients, healthcare experts and its own frontline staff. It is both ambitious and realistic.

The long-term plan focuses on three overarching goals. They are:

- Making sure everyone gets the best start in life
- Delivering world-class care for major health problems
- Supporting people to age well.

Each goal breaks down into concrete, measurable objectives. For example, reducing stillbirths and mother and child deaths during birth by 50%, increasing funding for child and adolescent mental health services and reducing waiting times for autism assessments are all objectives that fall under Making Sure Everyone Gets the Best Start in Life.

To ensure that NHS can achieve the ambitious improvements for patients, the NHS Long Term Plan also sets out actions to overcome the challenges that the NHS faces, such as staff shortages and growing demand for services. The Trust is already implementing some of these actions. For example, to help prevent staff shortages we have introduced, in partnership with Wiltshire Council, dedicated Healthcare Trainers for our staff. These Healthcare Trainers will help our staff tackle causes of ill-health by helping them through a personalised health programme and thereby reduce the likelihood that they have to take time off work for illness.

We are currently reviewing the detail of the plan and will work with our NHS and local council partners across the Bath and North East Somerset, Swindon and Wiltshire Sustainability and Transformation Partnership (STP)



to develop our local plan for the next five years. There will be opportunities to shape what it looks like and we will provide further information.

Transforming Maternity Services – Thank you for your feedback

Thank you to everyone who shared their views as part of the Transforming Maternity Services Together consultation, which came to an end in February. We've seen tremendous interest in the proposal to change the maternity services across the Bath and North East Somerset, Swindon and Wiltshire Local Maternity System.

More than 1,000 people have shared their views through our online survey, written to us or attending one of our public events, drop in sessions or market stalls. The feedback is now being collated. It will be independently analysed and the results used to help the Governing Bodies of Bath and North East Somerset, Swindon and Wiltshire Clinical Commissioning Groups make a final decision in the summer.

Salisbury Hospice Charity

The Salisbury Hospice Charity raises money for the Trust's Palliative Care Hospice. To function properly the Hospice needs £1.5 million of charitable donations annually. Without the dedication of the Salisbury Hospice Charity and the generosity of its donors, the Hospice would not have been able to help all of the 1,000 people they provided with end-of-life care last year. The service provided is free for patients and their families, who may be cared for either in their own homes or through non-residential and inpatient services at the hospice. The support offered may be for up to a year or even longer in some cases.



Your support is our future

Registered Charity no 1123314

League of Friends - for the small projects that make a big difference

This year the League of Friends of Salisbury Hospital celebrates its 65th birthday.

Since 1954, the supporters of the Salisbury League of Friends have regularly donated their time and money to support Salisbury District Hospital and local healthcare facilities. They have given comfort and help to both patients and their families by providing facilities and equipment not available through NHS funding. The League has contributed to some amazing projects with the over £2 million that they have raised over the last 65 years. In 1980, they raised funds for a bungalow that patients' families could use, free of charge, if they needed somewhere to stay at short notice. In 1994, to celebrate the League's 40th anniversary, they raised money for a second on-site bungalow. More recently they have provided funding for the ArtCare



archive project, maternity service training and communication therapy software. The League is also a strong supporter of the Trust's annual Striving for Excellence Awards, which will take place in June 2019. There will be more information about the awards in the next issue of Newslink.

Your support

The League of Friends would like to support more projects in the future and is campaigning to attract new members. You can support our League of Friends by spreading the word about them or by becoming a member, making a donation, or volunteering to serve in their shop within the hospital. Visit their website www.leagueoffriends.salisbury.nhs.uk to find out more.



Dates For Your Diary

Armed Forces day:
28th to 30th June

Annual General Meeting:
30th September
@ 5pm – The ArtsCentre.

Medicines for Members:
@5.30pm in the Lecture Theatre on Level 5

- 25th June

Council of Governors Meeting:
@4pm in the Trust Boardroom

- 20th May
- 22nd July
- 18th November



Getting in touch...

Get in touch with your Governor by going onto our website: www.salisbury.nhs.uk, click on the Foundation icon, and then Council of Governors. Once there, choose the Governor who represents your constituency, or contact us by post at the following address, Salisbury District Hospital, Trust Offices, Odstock Road, Salisbury, Wiltshire SP2 8BJ.

To help with our costs, where possible we would like to send this newsletter by email. If you are happy to receive it this way, please contact Isabel Cardoso at: Isabel.cardoso@salisbury.nhs.uk, or on tel: 01722 336262 ext 5479.

This document is available in large print, audio tape or another language on request.