

newslink

December 2018

Members Newsletter

Issue 34

Preparing for winter

Many of us will never forget the extreme cold snap and heavy snow as the 'Beast from the East' hit the UK in February/March this year.

Salisbury and the hospital experienced heavy snow for a number of days. The dedication of our staff and the support of our local community shone through during this difficult time, with volunteers from our community providing invaluable support in providing 4X4 drivers to help transport our staff and patients to and from the hospital. One of our Governors, who was an inpatient in the hospital at the time, looks back:



**Christine Wynne,
Governor**

My nose was pressed up against the window looking for the first snowflakes to descend, as both news reports were warning that a heavy snow fall would arrive later in the day.

Was it excitement that I would experience the first white Christmas for many years? No! It was 28th February and the window I was pressed up against was in Braemore Ward at Salisbury District Hospital where I had been an in-patient for six days. My consultant had told me that I could go home that day whilst waiting for an operation the following week, but could I make the 26 mile journey home once a friend had offered to drive me home as the 'Beast from the East' was forecasted to drop its load of heavy snow during the afternoon?

The staff were all in a high level of anticipation making arrangements for the patients, and also for themselves should they not be able to get home after their shifts, and how would the hospital function to its usual level of



efficiency with an expected higher attendance of patients due to the extreme weather conditions.

Nevertheless, the weather waits for no-one and the snow started to fall heavily late in the afternoon, but all the plans for the hospital were in place and the staff were positive they would cope with all eventualities.

As for me, due to my temporary discharge being efficiently arranged, I arrived home in one piece thanks to the efficiency and dedication of the staff.

Looking Forward

Salisbury District Hospital has been busy taking steps to ensure we are fully prepared to deal with any surges in demand this winter.

Whether it's identifying extra hospital beds or vaccinating frontline staff against flu, plans are in place to enable urgent and emergency care teams to cope with increasing pressures.

To help, we are also encouraging people to be well-prepared ahead of winter by taking simple steps to look after themselves and helping their families, friends and neighbours to do the same.

NHS Wiltshire Clinical Commissioning Group has created an easy-to-use eight-step guide, to help people know what simple steps they can take to help keep themselves well over the winter months.



- S** – see your pharmacist at first sign of illness
- E** – eat plenty of fruit and vegetables
- L** – learn more about around the clock healthcare services in Wiltshire – there are many alternative options for accessing treatment if your condition is not serious or life-threatening. Visit www.wiltshireccg.nhs.uk/local-services for more information
- F** – find out if you're eligible for a free flu vaccine
- C** – check in on your neighbours
- A** – arrange to pick up your prescription
- R** – restock your medicine cabinet
- E** – ensure you stay warm

Smokefree

From 1 January 2019 Salisbury District Hospital will be a smokefree site. As part of a national initiative to promote healthy living and reduce the costs and impact of poor health on the NHS, all NHS organisations have to be smokefree.



**NO
SMOKING**

This will mean that patients, visitors, contractors and staff will not be able to smoke anywhere on an NHS site, including Salisbury District Hospital and any other organisation's facilities situated on our land. E-cigarettes and vaping will be allowed. However, this will have to be carried out in designated external areas and not inside hospital buildings.

Why is the NHS making these changes?

- Smoking causes around one in six of all deaths of people aged 35 and over
- Smoking can cause a number of illnesses, and aggravate others, including – heart disease, cancer, Alzheimer's Disease, angina, Crohn's disease, gastric and duodenal ulcers, dental disease, osteoporosis, rheumatoid arthritis, cataracts, macular degeneration, psoriasis, fertility issues, depression, hearing loss, multiple sclerosis, diabetes and dementia
- Second-hand smoke can also lead to heart disease and lung cancer, and make illnesses like asthma worse. The effects of second-hand smoke on children can be more serious because their bodies are still developing

What are the benefits of giving up smoking?

This is an opportunity to make lifestyle changes that could have a positive impact on your future:

- By giving up smoking you can reduce the risk of developing many smoking related illnesses
- Within 10 - 15 years of giving up, an ex-smokers' risk of developing lung cancer is only slightly greater than someone who has never smoked.

For further information and support on quitting, please visit:

<https://www.nhs.uk/smokefree>

Our Charities

Support our Stars Appeal MRI Scanner Campaign Raffle

Thanks to your support, our charity the Stars Appeal, have less than £250,000 to raise to reach their £1.5million target to buy a second MRI Scanner for the hospital.

Consultant Surgeon, and Chair of the MRI Scanner Campaign, Graham Branagan said "To have reached the £1.25 million mark is testament to the hard work and generosity of the local population and is a massive boost to all of us here at the hospital. Please don't stop those fabulous efforts as we strive to reach the £1.5million we need for the second MRI Scanner."



A second scanner will mean patients can have their MRI scans faster here at their local hospital. And cancer, stroke, heart and many other patients will benefit from the very latest MRI diagnostic techniques, reducing the need for invasive procedures.

The existing MRI scanner at Salisbury District Hospital helps thousands of local people each year. But it is now running at full capacity. This means more and more people are having to travel to other hospitals for their MRI scan or use a mobile scanner in the hospital car park.



Stars Appeal Ambassadors celebrate reaching £1.25 million

Please help us reach our target by buying the enclosed Christmas Raffle tickets. The top prize is a brand new car worth over £8,000, second prize is £1,000, third prize is £500 and there are more cash prizes as well!

To help raise as much as possible from the raffle, tickets will also be sent out with other hospital newsletters. If you also receive these, perhaps you would be kind enough to pass the tickets on. If you can help sell tickets, please contact the Stars Appeal on 01722 429005. Readers of this newsletter helped raise a wonderful £31,000 from last year's Christmas raffle. We hope to raise even more this year. Thank you for your continued support and have a very Happy Christmas.

Visit www.starsappeal.org to find out more.

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



Did you know the League Friends charity has been a vital part of the hospital for the past 64 years? We take a look at the work the charity does for Salisbury District Hospital.

Who we are

Since 1954 the League of Friends of Salisbury District Hospital has been proud to contribute to and work for the general welfare of local patients. The Salisbury Hospital League of Friends are the people who donate money regularly or volunteer their time to support the work of Salisbury District Hospital and local health care facilities by supplying comfort and help to patients and their relatives through the provision of facilities and equipment not available through NHS funding.

What we do

Since its foundation the League of Friends have focused on funding the small projects that are not within the current budget and make a big difference to the patients' wellbeing. For example this year the hospital's Breast Reconstruction Team benefitted from the very generous donation of funds from Salisbury Hospital League of

Friends which has allowed the purchase of a new medical grade nipple tattoo machine.

The League of Friends have also funded comfort packs to support end of life care. They fund the purchase of resources and materials that are necessary to continue offering relative comfort packs for the loved ones of patients who are in their last days of life.

These are just a few examples of the valuable services League of Friends help to provide.

Your support

You can support our League of Friends by becoming a member and making a donation, or volunteering to help serve in their shop within the hospital. Visit their website www.leagueoffriends.salisbury.nhs.uk to find out more.

Hospital is veteran aware

As we marked the anniversary of the centenary of World War One, Salisbury District Hospital was delighted to be one of the first NHS trusts awarded 'Veteran Aware' accreditation.

We are one of the 24 acute hospital trusts accredited by the Veterans Covenant Hospital Alliance (VCHA) to lead the way in improving NHS care for veterans and members of the armed forces community by:

- Providing training to staff to be aware of veterans' specific needs;
- Making past and present servicemen and women aware of appropriate charities or NHS services beneficial to them, such as mental health services or support with financial and/or benefit claims;
- 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.

Cara Charles-Barks, Salisbury NHS Foundation Trust's Chief Executive said:

'I am delighted that Salisbury NHS Foundation Trust has been formally recognised as an exemplar of the best standards of care for the Armed Forces community. Our local community and the hospital has a strong track record with the Services, particularly with the Army. Given the sacrifices the servicemen and women make, it is vital that Salisbury Hospital continues to provide them with the best possible support.'

Some of the first hospitals to join the alliance already have significant links with the military, while others

are getting involved for the first time. Trusts which are accredited as Veteran Aware will display posters in their clinics and public waiting areas urging anyone who has served in the armed forces to make themselves known to staff.

The VCHA was inspired by the heroism of Captain Noel Godfrey Chavasse VC, a doctor who gave his life rescuing men on the battlefields of the First World War. In 2014, leading orthopaedic surgeon Professor Tim Briggs CBE wrote The Chavasse Report on improving armed forces and veteran care while raising NHS standards, which recommended establishing a support network of hospitals. The resulting VCHA works closely with NHS Improvement, NHS England, service charities and the Ministry of Defence.

New Governors elected 2018

We would like to welcome our new Governors who join our Council of Governors.

Our Governors provide an essential link between the Trust and our members, feeding back information that can be used to help shape and plan our services for the benefit of our patients and they will have an invaluable role to play in the future success of the Trust.

Dr Nick Marsden, Chairman, Salisbury NHS Foundation Trust

Public Governors: William Holmes (South Wiltshire Rural), Christine Wynne (North Dorset), William Butterworth (Kennet),

Staff Governors: Jonathan Cullis (Medical & Dental), Jayne Sheppard (Nurses & Midwives), Lee Phillips (Scientific, Therapeutic & Technical)

Nominated Governors: Col Robert Burley (Military), Cllr Richard Clewer (Wiltshire Council), Jenny Erwin (West Hampshire CCG) - have been elected to the Salisbury NHS Foundation Trust Council of Governors following elections held in all of the Trust's constituencies.

Successful Hospital AGM

Around 100 members and Governors came along to the Annual General Meeting (AGM) at the Salisbury Arts Centre in September to find out more about the hospital's performance over the last year and hear special presentations on the work of our intensive care unit. It was also an opportunity for Chairman Nick Marsden to thank local people for their support and for lead Governor Sir Raymond Jack to talk about the important work of the Governors throughout the year. Next year's AGM will be held on 30th September 2019.



Salisbury Hospital Remembers

To mark the 100th anniversary of the armistice for World War One, Salisbury District Hospital remembered through a number of services held by our chaplaincy team.

This included evening prayers for peace and our annual Service and Traditional Act of Remembrance, where both patients and staff were able to attend and reflect. Our Chief Executive, Cara Charles-Barks also paid her respects on behalf of the hospital at the Armistice Service at the Guildhall Square in Salisbury.

Transforming Maternity Services Together – Have your Say

A proposal to transform maternity services across Bath and North East Somerset (BANES), Swindon and Wiltshire has been shared with the general public. The proposals being made are exciting and positive news for Salisbury District Hospital, enhancing our services to provide more choice to mums and their families in our area.

The proposal has been developed after listening to the views of women, families and staff over the last two years by all the NHS organisations that plan and buy health services as well as those that provide or manage maternity services across Bath and North East Somerset, Swindon and Wiltshire. Together these organisations make up the Local Maternity System.

The Local Maternity System have heard from over 2000 women and families, staff and healthcare partners with feedback about ways to improve the services we provide to mothers and families across the region. We want to provide:

- More equal access to the different birthing options available to women.
- Improved personalised care so women's wishes are heard and recognised.
- Continuity of care to improve the relationship between mother, family and midwife.
- Improved community support to provide targeted care close to home.
- Integrated and seamless care regardless of where and how women choose to give birth.

We can only deliver these improvements if we make some changes to how we currently do things.

Meeting your changing needs

There is increasing pressure on services at our Obstetrics Units at the Royal United Hospital, Great Western Hospital and Salisbury District Hospital. This is because we are seeing more and more high risk pregnancies (for example because of high blood pressure or diabetes) that require support in a hospital setting with an expert medical team available to step in if required.

In addition, many women with a low risk pregnancy are also choosing to have their babies in an Obstetrics Unit because they like the option of a doctor to support them should they need it or they are worried about having to move, by ambulance, to another site during or after their labour

if they need the help of a doctor. We need to offer these women a safe, convenient alternative so staff at our Obstetrics Units can focus on mothers who really need their care. The proposal for change has been developed to ensure our services are efficient and sustainable to support future population growth, changes in housing policy, and the repatriation of military personnel to South Wiltshire from April 2019.

By using what we have available to us differently, we can make sure our maternity services meet the needs of women and their families now and in the future, and provide staff with a great place to work.

Our proposal

- **To create two new Alongside midwifery Units**, one at Salisbury District Hospital and one at the Royal United Hospital, which will provide more women with the opportunity to have a midwife-led birth. For Salisbury mums, a home birth is the only midwife-led choice available at the moment. Introducing an Alongside Midwifery Unit at Salisbury District Hospital will greatly increase the choice available to mums in our area. Offering a midwife-led service will also ease the pressure on the obstetric-led service, which can focus on supporting women with higher risk pregnancies.
- **To continue to support births in two, rather than four, of our Freestanding Midwifery Units across Bath and North East Somerset, Wiltshire and Swindon. Women will still be able to have their baby in Chippenham and Frome Freestanding Midwifery Units**, and antenatal and postnatal clinics will continue to be provided in all four – at Chippenham, Frome,



Paulton and Trowbridge as well as all other current locations e.g. GP practices.

A detailed travel impact analysis was undertaken to inform our proposal to continue supporting births in two of the Freestanding Midwifery Units.

- **To improve the range of antenatal and postnatal services**, for example by providing more breastfeeding support to women in their own homes. We also want to support more women to give birth at home if this is their preferred choice.
- **To replace the nine community postnatal beds (four at Chippenham and five at Paulton Freestanding Midwifery Units)** with support closer to or in women's homes. Women who need to be admitted for medical treatment after giving birth would be treated in their local Obstetric Unit at one of our acute hospitals in Bath, Salisbury and Swindon.
- **95%** of the time post-natal beds in our Freestanding Midwifery Units are empty as women rarely need to stay in a community hospital after giving birth.
- **89 antenatal or post-natal beds** are available at our Obstetric Units for women who need them.

To find out more about the proposals, visit www.transformingmaternity.org.uk

How to get involved



- The Consultation will run for a period of 14 weeks from 12 November 2018 until 24 February 2019.
- During the consultation we want to hear from as many people as possible.
- Visit www.transformingmaternity.org.uk to find out more about the consultation and the different ways you can provide your feedback.

Getting in touch...

Get in touch with your Governor by visiting our website: www.salisbury.nhs.uk, click on the Foundation icon, and then Constituencies and 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.