

Newsletter Welcome

This winter has been like no other and will remain in our memories as the time when the pandemic was at its peak. For some it will also be a memory of sadness and loss.

Many of the hospital staff who cared for the hundreds of patients admitted to hospital with COVID-19 will carry their own personal memories of patients cared for; those who survived a prolonged illness and those who died. Providing the highest standards of care while keeping patients safe and connected to their families required the selfless commitment and dedication of

staff caring for patients and those who worked in support of them.

Putting aside concern for their own personal wellbeing staff took on new roles while adapting to new practices and ways of working to ensure the highest standard of care possible was provided to every patient. On behalf of the Governors, members of the Trust and the communities served by the hospital I offer a sincere thank you to all staff for their work and selfless commitment in caring for all patients and especially those with COVID-19.

John Mangan,
Lead Governor



A message from Nick Marsden, Chairman, Salisbury District Hospital

Governors play an important role in the management of Salisbury Foundation Trust representing the views of the membership. I would like to thank all those Governors who are ending their term for everything they have done and good luck in the future. The enthusiasm, commitment and thoughtful contributions from Governors supports the Board, the Senior Leadership and staff on a daily basis and this engagement contributes to the improvement of patient care and our ability to respond to the needs of the community we serve. If interested in being a Governor, please look out for future opportunities.



Colleagues at Salisbury District Hospital observe a minutes silence on the National Day of Reflection.

Lloyds pharmacy opens

A new pharmacy, located on Level 3 in the main hospital has opened. The Lloyds Pharmacy provides outpatient prescriptions for the trust, with a new outpatient prescription service provided to clinics.

The new pharmacy is also available to visitors and staff for a range of pharmacy retail items and over the counter medicines.

All other medicines used within the hospital, including for inpatients and any other pharmacy related service will continue to be available from the trust hospital pharmacy.

Supporting the national vaccination programme

Salisbury NHS Foundation Trust has helped thousands of people in the local community, from the priority groups, to receive their COVID-19 vaccinations.

The Trust has run a hospital hub vaccination centre on the hospital site, and has also been managing the Large Vaccination Centre at City Hall, with support from the military, partners and volunteers. Teams from across organisations have worked tirelessly to ensure people from the local community are offered their vaccinations as quickly as possible.

Please be aware of the following important information:

- When it's your turn, you'll be contacted by letter, text or email with information on how to book your appointment. Vaccinations are free of charge and only available through the NHS. Anyone who claims to be able to provide you with a vaccine for a fee is likely to be committing a crime and should be reported to the Police online or by calling 112. The NHS will never ask you to press a button on your keypad or send a text asking you to confirm you want the vaccine.
- You need to have 2 doses of the vaccine and to go to 2 appointments. The 1st dose of the COVID-19 vaccine should give you good protection from coronavirus. But you need to have the 2 doses of the vaccine to give you longer lasting protection.
- On the day of your vaccination you'll need to bring your booking reference numbers if your appointment is at a vaccination centre. Your appointment should last for around 30 to 45 minutes.
- All places that offer COVID-19 vaccinations will help keep you safe from COVID-19.
- Please remember that even if you have had your vaccination, you may still be able to pass the virus on to others, so you must continue to follow all the rules and guidance. Remember: hands-face-space-fresh air.



Resetting Services

With coronavirus cases easing, the hospital is focused on restoring the services that were disrupted by the pandemic.

Clinicians are reviewing all waiting lists very carefully to prioritise patients dependent on the state of their health. This means that those with the greatest need will be seen first. When it's time for patients to come for their appointment or procedure, the hospital will get in touch with them.

The hospital has also partially lifted its visitor restrictions. Patients are now able to have a daily visitor for one hour. Visitors must follow social distancing, wear face masks unless exempt, and book to visit at least a day in advance by calling the ward clerk between 10.00 and 16.00.

In addition to safety measures, visitors will be asked to provide their details for NHS

Test and Trace at the point of booking.

There are some exceptions to the one visitor only rule, for example the Children's Ward and Neonatal Intensive Care Unit, vulnerable adults and patients nearing the end of life.

The hospital understands how difficult it has been for people not to be able to see their loved ones and would like to thank everyone for their support and patience. Please continue to follow the rules still in place to protect our patients and staff.

Please check the hospital's website for the latest information on visitor restrictions:

<https://www.salisbury.nhs.uk/coronavirus/visitor-restrictions/>

Sending a message to a loved one

With some visitor restrictions still in place, Salisbury Hospital are helping people to stay connected by delivering hundreds of personal messages to patients from loved ones.

To send a message to a loved one, families and friends can email sft.messagestoalovedone@nhs.net with

their message. From 8.30am to 4.30pm Monday – Friday messages can also be telephoned through on 01722 429044.

The message is then printed onto photo cards and delivered to patients in the wards. The photos used on the cards have been taken by hospital staff and the cards are funded by one of the hospital's charities, the League of Friends.



Delivering babies throughout COVID

Over the last 10 months 2000 babies have been born in Salisbury and recent months have seen an increase in home births. In October 2020, 15 babies were born at home, one of the highest monthly rates in recent years.

COVID-19 has posed numerous challenges to our pregnant women and everyone working in maternity has endeavoured to keep any changes for women and their families to a minimum, whilst ensuring patient safety. Lateral Flow Tests were introduced for women and their support partners attending their 12 and 20 week scans and for all partners supporting women on the Labour ward. The maternity team are also using remote video consultations for some antenatal and postnatal care including

support for infant feeding.

The neonatal unit has been busy and are nearly ready to go live with new technology that will ensure parents can see their baby through video links, when they are not present on the unit.

Initial work has now started to relocate the Day Assessment Unit, which will allow further building work to deliver our new Alongside Midwifery led Birth centre. This work is in part supported by the Stars Appeal and will be ready to open in the summer, providing our local population with a fantastic new birth environment within the hospital site.

Hannah Boyd,
Interim Head of Midwifery and Neonatal Services

Volunteers at Salisbury Hospital

Salisbury District Hospital have a superb team of volunteers providing practical support for patients and staff. Due to COVID-19 many have not been able to be on site, but we know that they will be back on site as soon as it is safe to do so.

The 500 volunteers perform varied tasks across the hospital. These range from supporting the Recycling Centre, to ArtCare who provide us with all the magnificent design and artwork you see across the hospital site. Other volunteer areas include:

- The Stars Appeal Engage Project - a programme helping patients with talk and stimulation
- Ward Buddies who provide non clinical care, such as making patient drinks and helping with mealtimes
- Supporting The Stars Appeal (the hospital charity), such as the donation collecting and bookshop volunteers (we are all missing the bookshop!)
- Running Radio Odstock
- Supporting the League of Friends
- Main entrance guides and facemask assistants
- Pharmacy helpers
- Wessex Rehabilitation Centre - where volunteers help make wonderful crafts including signs, planters and chairs
- Hospice volunteers



- Horatio's Garden, which is such a beautiful sanctuary
- Pets as Therapy.

We welcome applications to join the hospital's volunteer team. Volunteering can be a hugely rewarding and enjoyable experience. All volunteers wear a uniform and are a valued part of the whole hospital team. Find out more here - www.worklife.salisbury.nhs.uk/volunteers
Volunteers achieve long service awards and

we have had some volunteers who have completed 30 years of service. We usually have a summer and Christmas party to say thank you, which are greatly enjoyed by all. Due to COVID-19 we have had to find new ways to say thank you to our wonderful, incredibly valued, volunteer team, but the message always remains the same, a huge thank you for all their help!

Pearl James,
Volunteer Governor

Please keep supporting our Hospital Charity

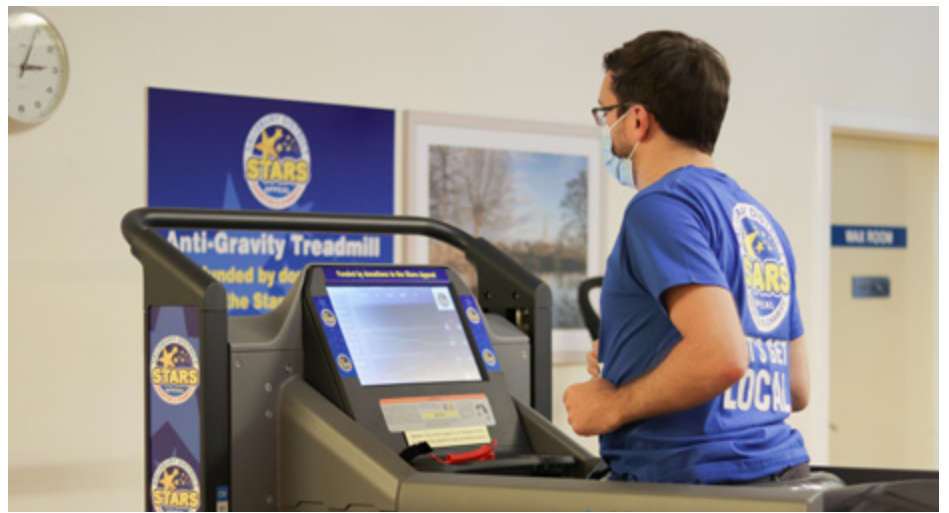
Like many other charities, the pandemic has impacted upon the Stars Appeal's (the NHS charity for Salisbury District Hospital) ability to fundraise in the usual ways. However, their important work funding projects across the Hospital supporting both patients and staff has continued.

From supplying staff with hot food, care packages and counselling, to making major investments in new treatment and diagnostic equipment, supporters of the Stars Appeal have continued to enable the charity to help tens of thousands of people over the last year.

The charity is currently promoting a number of ways in which people can help:

- The sponsored Walk for Wards Wherever You Are on Sunday 4th July
- The NHS Big Tea on Monday 5th July
- New contactless donation stations in the main entrances of the Hospital
- Monthly giving by standing order or online
- A free Will service to those interested in remembering the charity in their Will
- The Salisbury City Community Lottery

To find out more about these initiatives, and the difference your support makes to local people in Hospital and the NHS staff who care for them, call the Stars Appeal office on 01722 429005 and visit the Stars Appeal website at www.starsappeal.org



New rehabilitation equipment helps patients cook, climb and 'walk on the moon'

Thanks to the support of brilliant donors, fundraisers and those that remember the Stars Appeal in their Wills, the Stars Appeal have been able to fund new equipment and facilities which are improving the physical and mental health of patients being treated at the hospital's Wessex Rehabilitation Centre.

£105,000 of Stars Appeal funding has enabled the Centre to add a therapy kitchen, a bouldering wall and an anti-gravity treadmill. The Centre provides courses of intensive rehabilitation to people recovering from serious injuries, for example after a road traffic accident, major surgery and those suffering from chronic pain, such as back or neck pain.

The new anti-gravity treadmill is the only one available in an NHS Rehabilitation Centre in South West England. Patients are

zipped into the treadmill which inflates around them, lifts them, and supports their body weight. At the highest setting it will remove 80% of a person's body weight which is the equivalent of walking on the moon.

The new bouldering wall is the first in an NHS Rehabilitation Centre. Using the holds, set at variable heights and angles, patients can develop their grip and balance using their hands and feet, or traverse the whole wall without leaving the floor.

The new therapy kitchen enables patients to re-familiarise themselves with the everyday tasks that their injury or illness may have prevented them from doing. From making tea or toast, to baking cakes, these activities double as excellent exercises for hands and arms, and allow patients to spend time practising standing while absorbed in their cooking.

Getting in touch



Get in touch with your Governor by going onto our website: www.salisbury.nhs.uk, click on About Us, then Governors and then Constituencies and Governors. Once there, choose the Governor who represents your constituency. Alternatively 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@nhs.net or on 01722 336262 ext 5479.

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