The Green Sheet

Staff newsletter

31 March 2023

The Green Sheet will be taking an Easter break next week, so the next issue will be published on Friday, 14 April. The deadline for submissions is 5pm on Tuesday, 11 April.

The Green Sheet wishes all colleagues a happy and peaceful Easter to you and your loved ones.

Coordinators of integrated care key to improved teamwork

Investment in the six integrated neighbourhood teams (INTs) in the Trust's community services means our INT coordinators now have the capacity to focus on their role organising multi-disciplinary responses for patients.

This supports the most effective provision of joined-up care to meet individual need, while releasing time for clinicians to spend with patients.

The six coordinators organise the members of the multi-disciplinary team (MDT) to discuss and facilitate the care and support needed to expedite discharges from acute hospitals, and also prevent admission and readmission where possible.

The introduction of clinical administrative support roles within each INT and also in a central admin support team, means the coordinators can now concentrate on their MDT role.

The coordinators have the following main tasks:

- Coordinating activity for their list of patients
 - Ensuring a care lead is identified
 - Facilitating communication to ensure good patient flow and responsive coordination from the MDT
 - o Follow pathways to ensure support is accessed and received consistently
- Coordinate, plan and chair regular and responsive MDT meetings
- Liaise with, and develop, extensive networks of care and support providers
- Maintain accurate and timely records
- Provide digital and in-person support
- Cover absence to ensure the INT service is provided across all six areas.

Locality lead Rachael Scicluna-Penso said: "Our INT coordinators have local knowledge of the broad range of community services and the teams and colleagues from partner organisations providing care and support. This could include primary care through the GP surgery, social care, police, housing, ambulance trusts and voluntary organisations among others.

"Through establishing and developing relationships, they bring together colleagues from all these service providers around the individual and place-based needs of patients, gathering and sharing information. They are also able to be proactive rather than purely reactive, supporting case-finding for our community matrons."

The MDT approach is only required where patient need cannot be met by a single service within the system. Used efficiently, it brings benefits for patients and clinicians.

"We have trialled this way of working, and received positive feedback," said Rachael. "It means the INT coordinators can focus on bringing together the care for patients who need multi-disciplinary support in a timely and person-centred manner. With our clinical admin support colleagues now in place, this is real progress for our neighbourhood teams, appreciated by patients as well as those providing care across the system."

There are currently five INT coordinators in post, working together to support all six teams while interviews are under way for the Sudbury team:

- Dee Secker Newmarket
- Aggie Serek Bury Rural
- Kirsty Millard Haverhill
- Tracey-Anne Greenacre Mildenhall and Brandon
- Sue Cox Bury Town.

A thank you from the SIREN research team

The research and development team would like to thank all colleagues that have participated in the SARS-CoV2 immunity and reinfection evaluation (SIREN) study.

Since summer 2020, the Trust has been taking part in this large-scale national emergency research study on NHS healthcare workers, which has produced vital research.

Veronica Mendez, data co-ordinator, said: "During this period of time, we have seen lockdowns, cancelled Christmases and lost loved ones and colleagues. It has been a tough time for us all, not just for those working within the NHS.

"The SIREN study has been an important surveillance tool to detect new variants of the virus, track new waves and incidents, monitor the development of antibodies against the virus and study vaccine effectiveness.

"619 healthcare workers at our Trust participated in this vital study, and we kept seeing our participants coming into the clinic no matter what, completing questionnaires fortnightly and enduring endless swabs and blood tests.

"Thanks to your generosity and the very important data that you have helped build, we are now able to enjoy a very different life. Thank you to you all for your support in this study, you have been an important step on our way out of the pandemic."

Please see below for some of the participants' experiences:

Clinical coder Agnieszka Andrzejak said: "I signed up for the SIREN study two years ago and it has been a great experience. As a clinical coder, I believe in the importance of accurate data to improve our healthcare. By taking part in the research, I felt I contributed to improving the understanding of COVID-19 as well as improving current treatments.

"The SIREN team at West Suffolk Hospital has been great, always very friendly and after two years I feel like we have become a family."

Painter and decorator Craig Vaughan said: "For me, it's not only about being part of a ground-breaking team, paving the way for a release from lockdown, helping me cope with PTSD diagnosed due to the pandemic and things I've seen first hand that will be with me for life, this is also about me sticking two-fingers up at COVID-19. Many thanks to the SIREN team!"

Nursing assistant Cybèle de Jong said: I joined the SIREN research project in August 2020. I had tested positive for antibodies earlier that summer, to my surprise. The project sounded interesting as I was curious to see how long my antibodies would last, but it was also such an easy way to help contribute to research into a new illness, which might help other people.

"My antibodies lasted until September of last year, just when I was starting to think I'd be immune forever! And just as the project came to an end, I actually got COVID-19.

"I've very much enjoyed being part of the project, and I'm quite sad it's come to an end. I'm not going to miss sticking that swab up my nose every fortnight though!"

New therapist posts will support community teams

A long-held ambition has been achieved with the introduction of specialist therapist posts in our integrated neighbourhood teams (INTs).

The new INT clinical specialist posts include two whole-time equivalent (WTE) occupational therapists (OT) and two WTE physiotherapists (PT) posts in our community services, in all, six staff who have been recruited internally.

Lead occupational therapist Lisa Enright said: "The colleagues appointed to the new posts will be overseeing a number of teams, providing clinical support, looking at outcome measures, and ways to develop the service for our patients. These specialists will help us to support therapists in the community, drive integration, and share knowledge and best practice.

"This is something we have wanted for a long time and will help us to better understand what the need is for patients, aligned to a personalised care approach. These posts will help to inform, lead and deliver change, and provide valuable insight and opportunities from the practice at the frontline."

Specialist occupational therapist Lucie Johnson said: "This is a really exciting time for therapy in the community, we will be able to provide our colleagues and managers with more support whilst empowering the workforce. We will maximise integrated working across the

six INTs, and ultimately improve patient experience by analysing and working collectively on projects such as reducing waiting lists, installing outcome measures, and providing clinical support."

As the INTs work closely with therapists from our social care partners, the occupational therapy job descriptions for the new posts were developed with Suffolk County Council colleagues.

The six specialist therapists working with the INTs are as follows:

- Area 1 (Bury Town, Bury Rural and Mildenhall/Brandon) Ian Markham (OT), Fiona Armstrong and Helen Woollard (PTs).
- Area 2 (Sudbury, Haverhill and Newmarket) Lucie Johnson and Suzie Myhill (OTs), Ben Gray (PT).

West Suffolk Physio set to close

West Suffolk Physio (WSP), the private, fee-paying physiotherapy service run by the Trust, will be closing on Friday, 12 May 2023.

Unfortunately, the decision to close the service (running since 2015) is because of the ongoing impacts of covid-19 and current market pressures.

Craig Black, executive director of resources, said: "I would like to thank the West Suffolk Physio staff team for their hard work and dedication in helping to provide this service for our local community. They have worked tirelessly for their patients, developing the WSP offer. While it is regrettable that we are having to close the service, the WSP team should be proud of what it has achieved over the years, particularly during the pandemic.

"I am pleased to confirm that all staff working for WSP, both physiotherapy and administration colleagues, will continue working within the Trust's community and integrated therapies division, supporting our patients well into the future."

For those colleagues who refer into the service, the WSP team will be in touch with alternative options for your patients. The team is also busy ensuring current patients and stakeholders are aware of plans.

Time Out internet café is back

The internet café in Time Out at West Suffolk Hospital is back!

Colleagues can pop in, grab a coffee, check your emails, electronic staff record (ESR) or do some e-learning.

You are not required to login as they are walk-up kiosk machines.

Come celebrate International Nurses Day!

To celebrate International Nurses Day on 12 May, the race, ethnicity and cultural heritage (REACH) staff network are organising an event where all are welcome.

There will be cultural representation and food from India, Lithuania, Nigeria, the Philippines, Portugal and Romania, as well as live music from 'The Skid Marks' and 'Clinical Waste'.

The event will be held at The Hunter Club Bar and Venue in Bury St Edmunds from 6 to 8pm, with doors opening at 5pm.

Tickets are £6 which include food and entertainment. These will be made available via Eventbrite closer to the time.

For more information or to print the poster to put up in your staff area, please click <u>here</u>

My WiSH Charity

Shooting syndicate raises £1,000 for cancer care

The Lakenheath Shooting Syndicate have raised £1,000 for the Macmillan unit over their season.

Shooters had to hit a specific target which saw them donate £20 each time. The group wanted to say thank you for the care given to some of their relatives. What an amazing donation!

You can read the full story on our website.

Launch of Tea Top Trumps

If you follow us on our social media channels, you will have seen our Tea Top Trumps as part of our launch of the #NHSBigTea. It seems Sue and Charlene might not share the same tastes but a packet of Biscoff biscuits may soon disappear! Would you like to feature on your own Tea Top Trumps card? Think your choices trump them all? Email <u>lucy.proctor@wsh.nhs.uk</u> to get involved.

If you fancy joining in the NHS Big Tea and celebrating the NHS's 75th birthday, please email <u>fundraising@wsh.nhs.uk</u> for all the details including an amazing fundraising pack which includes bunting, posters, quizzes and everything you need to host a great tea party.

Bingo Bonanza!

Ward G8 are certainly getting in the party mood as they prepare for their Spring Party Bingo Bonanza coming to Southgate Community Centre in Bury St Edmunds on **Friday**, **26 May**.

The stroke unit are inviting their colleagues to come along for a raffle, bingo, and a good old boogie of course! They've got a host of prizes on offer, plus more announced every hour in their 'Dance Floor Prize Draw'.

This event is part of our exciting fundraising activity planned for this year, as Saturday, 17 June sees 10 brave colleagues take on a skydive!

All proceeds of the events are kindly going to My WiSH Charity and will be used to enhance the care of patients on the stroke unit.

For more information and tickets, either scan the QR code in the poster below or follow this link.

Health and wellbeing

Vaccination campaign update – can you help protect the vulnerable?

The Government has announced that a COVID-19 Spring booster campaign will start next month, and our colleagues will once again be delivering vaccinations to the most vulnerable in our community.

This includes:

- adults aged 75 years and over
- residents in a care home for older adults
- individuals aged five years and over who are immunosuppressed.

Immunosuppressed people remain very susceptible to infection and serious illness from the virus, and regular booster vaccinations are the best way to maintain the protection the vaccine affords.

Vaccination team lead Michael Round said: "We know that there are a significant number of immunosuppressed people who have not accessed the most recent boosters available to them. We also know that encouragement from clinicians caring for them is very effective in supporting people to make the decision to be vaccinated.

"People eligible could include those recently or currently receiving chemotherapy, who may not be aware they are eligible. Anything colleagues can do to identify those patients, and let them know they can access boosters, is much appreciated. At the same time, we respect people's personal wishes, and do not want to chase people who have refused the vaccine. Our aim is to facilitate access to the vaccine on site and clinicians can refer any patient to us for support around ascertaining eligibility or accessing vaccination as well as for a no obligation discussion."

He said: "With the support of the estates team we have secured a room in Birch House where vaccinations can be delivered if patients are attending the hospital. We will be running a dedicated clinic for immunosuppressed patients each week, and they can be referred by any clinician at the Trust or self-refer. We are still able to offer primary doses (first and second) to anyone who has not yet received any vaccine."

NHS England has thanked everyone involved for the ongoing work and commitment to deliver the 2022 autumn COVID-19 booster and flu campaign. Across the nation, services achieved 17 million COVID-19 and more than 20 million flu vaccines, alongside the

continued delivery of routine immunisation programmes. The statement said: "Your efforts continue to save lives."

Michael added: "The Spring booster campaign is likely to end on 30 June, and after that, the vaccine will only be available for those who become newly immunosuppressed, targeting those 'at higher risk'. So, this is the last chance for anyone who is outside those criteria to get started on a primary course."

For information on clinic times please contact <u>covidvaccination@wsh.nhs.uk</u>.

NHS Employers health and wellbeing resources

Health and wellbeing of colleagues during industrial action

NHS Employers have brought together key information and resources for all colleagues to help during periods of industrial action.

For more information, please click here.

Supporting you through Ramadan 2023

NHS Employers have compiled guidance for all colleagues to help during this religious period.

For more information, please click here.

Easter tennis programme with Dennis Hall

Dennis Hall is offering NHS colleagues 20 per cent off his Easter tennis programme for children and young people.

'Your intro to tennis'

These outdoor sessions, running from Tuesday, 11 to Friday, 14 April are coaching sessions for 5-10-year-olds (separate groups for 5-7-year-olds and 8-10-year-olds).

These will run from 9.30am to 11am, with a t-shirt and all equipment included in the price of £29.99.

Mini tennis/tennis camps

These outdoor sessions, running from Tuesday, 11 to Friday, 14 April are a mixture of coaching, fun competition and multi-sport activities for 5-8 and 9-14 year-olds.

The sessions for 5-8 year-olds will run from 2pm to 3.30pm, and the sessions for 9-14 year-olds will run from 3.45pm to 5.15pm.

You can either choose to pay £12 per day or £40 for the week.

All sessions will take place at the Victory Ground Tennis Club, Nowton Road, Bury St Edmunds, IP33 2BT.

To book, <u>please visit their website</u> or contact <u>davidhalltennis@gmail.com</u> for any enquiries.

Financial wellbeing – hardship grants and loans

Money and the rising cost of living affects us all and your financial wellbeing is important to us. The financial wellbeing guide on the <u>intranet</u> has been created to share all the advice, tools and support that are available across a number of money-related topics to help us find the things that are most useful.

Each week we're focusing on a different area of the guide. This week we're focusing on hardship grants and loans.

There are a number of grants and loans you could apply for if you are experiencing financial hardship. You can find out more about this on the <u>hardship grants and loans section on the intranet</u>.

Are you making the most of your Blue Light Card?

Did you know that the Blue Light Card offers more than just discounts at national and regional high street chains?

The Blue Light Card also gives you access to local deals from independent retailers, cafés and restaurants.

To access these, you can visit their website and search for local deals through the drop down 'Offers' list. Alternatively, you can download their app and click 'search' and then 'map search', which will bring up a list of offers near to your location.

To take advantage of the other money-saving opportunities, please head to the discounts and offers page on the intranet.

Equality, diversity and inclusion

The rise of transphobia

Peter White, co-chair of the Trust's LGBT+ staff network, has written a thoughtprovoking article about the rise of transphobia in the UK.

On the 11 February 2023, a 16-year-old transgender girl, Brianna Ghey, was tragically killed. While the judicial process around her death is underway, the name used for Brianna by various media outlets in early reporting has been condemned by many in the trans community. One media outlet used Brianna's 'dead name' (the name used prior to transitioning) and removed the word 'girl'. This was quickly reversed, however, the fact that they did this in the first place is distressing to many in the trans community as it was interpreted to demonstrate a lack of understanding and respect.

Today is International Trans Day of Visibility, a day where people are made aware of the difficulties transgenders go through and to show that they are no different to anyone else. I'm not trans, so I can't talk about personal experiences. I can only give you facts. Facts that show transphobia is on the rise. **50 per cent** of trans people do not reveal they are trans to their co-workers for fear of abuse. **More than a quarter** have faced domestic abuse. And that sadly, in 2018, **seven per cent** were refused treatment from medical services. You can find out more <u>here</u>.

Whilst we have made significant progress in the last few decades for the rights within the LGBT+ community, there has been pushback from some parts of society in recent years, especially against the trans community. Discrimination towards transgenders is sadly still prevalent with <u>a 2020 study by the LGBT+ anti-abuse charity, Galop</u> finding that **four in five** trans people had to deal with a hate crime in the last 12 months. A 2018 study by Stonewall only had this at **two in five**.

While I wish I could say things are going in the right direction, I would only be lying. Transphobia in the UK is a growing problem, and we need to do more as a society to prevent this discrimination from happening by educating ourselves about the lives of transgenders. Did you know that for most part, they've known since childhood that their gender was not the same as their sex? That for most, going through the legal process of having their gender changed is incredibly invasive and dehumanising? The fact there is no non-binary option in legal documents?

These facts are just the tip of the iceberg and I highly recommend you visit <u>Stonewall's</u> <u>website</u> where much of this information came from as they can explain things far better than I can. Or better yet, talk to a trans person and hear directly from the source (so long as they are happy to talk about it).

We are in the NHS to help people when they are at their most vulnerable, be it patients or family members, we look after them in times of need. Whether they are straight, gay, trans, it shouldn't matter. We are here to make people feel better be it physically or mentally. While we may not have a magic wand to make everything better, we do what we can and sometimes, that is enough to help those in need get through another day.

To join the Trust's LGBT+ staff network, for colleagues who are lesbian, gay, bisexual, trans or identify with other minoritised sexual orientations or gender identities, and allies, please contact: <u>lgbtnetwork@wsh.nhs.uk</u>.

Easter and other religious festivals

Next week is Holy Week, which includes the most important days in the year for Christians worldwide. Sunday, 2 April is Palm or Passion Sunday, marking Jesus Christ's triumphant entry into Jerusalem; Maundy Thursday on 6 April commemorates the Last Supper; and Good Friday the crucifixion and death of Jesus. Easter Sunday on 9 April celebrates the resurrection of Jesus and is the most significant date in the Christian calendar.

For example, in the Orthodox church, in Greece and many countries in Eastern Europe and the Balkans, Easter is celebrated a week later, with Good Friday falling on 14 April.

- On Palm Sunday, a chaplain will be available in the chapel and bedside Holy Communion will be available. Palm crosses will also be available in the West Suffolk Hospital chapel
- On Good Friday, there will be reflection at 12noon in the chapel
- On Easter Sunday, the chaplain will be available in the chapel, there is no service but bedside Holy Communion will be available.

Please note, due to the Bank Holiday Monday, there will be no Roman Catholic mass on 10 April.

In the Jewish tradition, the holiday of Pesach, or Passover, begins before sundown on Wednesday, April 5, and ends after nightfall on April 13. The eight-day Jewish holiday commemorates the emancipation of the Israelites from slavery in ancient Egypt. Pesach is observed by avoiding leaven and highlighted by the Seder meals that include four cups of wine, eating matzah and bitter herbs, and retelling the story of the Exodus.

For people of the Jain faith, Mahavir Jayanti is the most important religious festival which falls on 4 April this year. It honours the birth of Mahavira, the Buddha's contemporary, and the 24th and final Tirthankara (great sages). Jainism is said to have been founded by Lord Mahavira. He was born in the month of Chaitra, in the year 599 BCE in Kshatriyakund, Bihar.

Education and training

Online clinical supervision training

Clinical supervision is vital for all healthcare practitioners, helping to maintain and improve standards of care by reflecting on and establishing workable strategies for future work.

These sessions are suitable for all supervisors and supervisees holding a clinical caseload (band 4 and above), who are wanting to upskill and learn best practice for providing and receiving clinical supervision.

The morning sessions will take place from 9am to 12.30pm and the afternoon sessions will take place from 1pm to 4.30pm on:

- Wednesday, 5 April
- Thursday, 27 April
- Thursday, 4 May
- Thursday, 25 May
- Friday, 9 June
- Friday, 30 June
- Friday, 14 July.

The Trust is limited to a maximum of five spaces per session, therefore please sign up for this training via Totara at the earliest opportunity to guarantee a place.

These sessions are hosted by East Suffolk and North East Essex NHS Foundation Trust (ESNEFT), who have kindly agreed to make this training available to us.

All enquiries should be directed to AHPEducation@wsh.nhs.uk or Gracie.Cull@wsh.nhs.uk.

Lymphoedema awareness training day

On Monday, 17 April, training is taking place for staff to have the opportunity to learn more about Lymphoedema and its treatment.

The training will include a talk on Lymphoedema as well as an opportunity to visit different stations that will include the opportunity to try the ICP Pump VS MLD on a limb, measuring and applying Haddenham wraps and more.

Spaces are limited to 20 per session and take place at the Drummond Education Centre's lecture hall between 9.30am-11am, 11.30am-1pm and 2pm-3.30pm.

To book your place and to find out more, please email laura.beaumont2@wsh.nhs.uk

Jobs

External

Acute assessment unit

<u>Staff nurse – band 5</u> Reference: 179-c9179-23-2127-m Closing date: 31/03/2023

Care home enhanced support service

<u>Frailty practitioner – band 4</u> Reference: 179-c9179-23-2576-i Closing date: 07/04/2023

Catering

<u>Catering support – band 2</u> Reference: 179-c9179-23-2204-f Closing date: 03/04/2023

Dietetics

<u>Home enteral feeding and community dietician – band 5 / 6</u> Reference: 179-c9179-23-3911-i Closing date: 04/04/2023

Discharge waiting area

<u>Flow co-ordinator – band 4</u> Reference: 179-c9179-23-8890-p Closing date: 10/04/2023

East Coast Pathology Network

Project support officer – band 5 Reference: 432-HR3064-22 Closing date: 11/04/2023

<u>Network quality lead – band 8b</u> Reference: 432-HR3066-22 Closing date: 11/04/2023

Workforce lead – band 8b Reference: 432-HR3028-22 Closing date: 05/04/2023

Estates

Apprentice estates officer – band 4 to 6 Reference: 179-c9179-23-3716-f Closing date: 05/04/2023

Inpatient theatres

<u>Theatre support worker – band 2</u> Reference: 179-c9179-23-6858-s Closing date: 10/04/2023

<u>Theatre practitioner – band 5</u>

Reference: 179-c9179-23-4533-s Closing date: 10/04/2023

<u>Theatre practitioner - anaesthetics – band 5</u> Reference: 179-c9179-23-5644-s

Closing date: 10/04/2023

Integrated children's paediatric service

<u>Complex care children's nurse – band 5</u> Reference: 179-c9179-23-8116-i Closing date: 05/04/2023

Paediatric occupational therapist - band 6

Reference: 179-c9179-23-6698-i Closing date: 06-04-2023

Integrated therapies

Lymphoedema admin assistant – band 3 Reference: 179-c9179-23-6185-i Closing date: 11/04/2023

Rehabilitation assistant practitioner – band 4 Reference: 179-c9179-23-4306-i Closing date: 06/04/2023

Rotational physiotherapist – band 6 Reference: 179-c9179-23-5730-i Closing date: 11/04/2023

<u>Speech and language therapist – band 6</u> Reference: 179-c9179-23-1663-i Closing date: 06/04/2023

Main outpatients

<u>Nursing assistant – band 3</u> Reference: 179-c9179-23-5825-c Closing date: 07/04/2023

Maternity

Public health smoke free community maternity support worker – band 3 Reference: 179-c9179-23-7205-w Closing date 29/03/2023

Obstetrics and gynaecology

<u>Colposcopy pa/administrator – band 4</u> Reference: 179-c9179-23-7162-w Closing date:10/04/2023

Organisational development and learning

Organisational development lead – band 7 Reference: 179-c9179-23-0051-p Closing date 02/04/2023

<u>Organisational development manager – equality, diversity and inclusion– band 8a</u> Reference: 179-c9179-23-7856-p

Closing date 16/04/2023

<u>Organisational development manager – health and wellbeing – band 8a</u> Reference: 179-c9179-23-1241-p Closing date 16/04/2023

Pathology

<u>Haematology laboratory manager – band 8a</u> Reference: 179-c9179-23-2376-c Closing date: 04/04/2023

Patient assessment unit

Pre-assessment administrator – band 3 Reference: 179-c9179-23-2186-s Closing date: 04/04/2023

Patient flow team

<u>Clinical duty manager – band 7</u> Reference: 179-c9179-23-1296-p Closing date: 11/04/2023

Pharmacy

<u>Senior pharmacy assistant – aseptic services – band 3</u> Reference: 179-c9179-23-4211-c Closing date: 05/04/2023

Rotational clinical pharmacist - band 6

Reference: 179-c9179-23-5774-c Closing date: 06/04/2023

Specialist clinical pharmacist - band 6 to 7

Reference: 179-c9179-23-0420-c Closing date: 31/03/2023

Specialist clinical pharmacist - band 6 to 7

Reference: 179-c9179-23-6987-c Closing date: 06/04/2023

Pulmonary rehabilitation team

Rehabilitation assistant practitioner – band 4 Reference: 179-c9179-23-2397-i Closing date: 11/04/2023

Sudbury integrated neighbourhood team Integrated neighbourhood team coordinator – band 4 Reference: 179-c9179-23-6911-i Closing date: 11/04/2023