



Pulse magazine

September
2023

Annual General Meeting - 20 September 2023

Our Annual General Meeting on Wednesday 20 September at 5.30pm is fast approaching.

The meeting will be at Green Park Conference Centre, 100 Longwater Avenue, RG2 6GP with the option to attend via webinar.

For webinar details please contact:

foundation.trust@royalberkshire.nhs.uk

We welcome staff, patients, carers, families and the public to attend the event that will give an in-depth look at the trust's performance for the year 2022/23 and our plans for the future.

The doors will open from 3.30pm where you can find a number of showcasing stands and departments from within the trust as well as our MEET PEET team offering free mini health checks. To book a mini health check, please contact the team in advance.

There will also be an opportunity to put your questions to the trust's Board of Directors at the meeting.

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Welcome!

Welcome to the September edition of Pulse, which is packed with exciting news, information and staff stories. Since I joined the trust as the newest Non-Executive Director eight months ago, I couldn't fail to be impressed by the sheer commitment and dedication that I've seen from staff at every level, from the Boardroom to those that I've met on visits and walkabouts, and this edition includes many examples of that.

The recognition of individuals and teams with national awards and prizes is particularly humbling. We can't shy away from the fact that things are really tough at the moment, but the resilience and fortitude of staff in the face of current challenges is a credit to the trust.

This month we say goodbye to Chief Nursing Officer, Eamonn Sullivan, who leaves the trust to join the New Hospital Programme. Eamonn's knowledge and experience has been highly valued by the Board and he will be much missed. We look forward to welcoming Katie Prichard-Thomas, who joins us from the Hampshire Hospitals NHS Foundation Trust, in early October.

On the horizon over the next few weeks and months is a long-anticipated maternity CQC inspection, further work on the hospital redevelopment and engagement with local MPs. I also look forward to my first Annual General Meeting on Wednesday 20 September and hope to meet some of you there.

You will also be excited to hear that we will be coming to you with your Pulse magazine now on a monthly basis!

In the meantime, I hope you enjoy this edition of Pulse.

Parveen Yaqoob, Non-Executive Director



Congratulations Research and Innovation

Our Research and Innovation Oncology team has been awarded Global Clinical Site Accreditation (GCSA) Accreditation for demonstrating global best practice standards in patient engagement after a year long evaluation.

This internationally recognised accreditation illustrates that we can deliver successful and high quality clinical research to an industry-defined best practice standard.

This successful accreditation has provided us with a thorough understanding of our research pathways and where we need to improve. It also clearly signals that we care about quality and can be the clinical partner of choice for research locally, nationally and internationally.



NHS Covid & flu vaccines brought forward

Due to the recent detection of a new highly transmittable Covid variant, you may have heard that NHS England has brought forward its seasonal Covid and flu vaccine programmes.

The adult covid and flu vaccinations had been due to start in October to maximise protection over the winter months, but now those most at risk including adult care home residents are already being given their Covid vaccines.

This is a pre-emptive change to provide vulnerable people with the strongest possible protection from risks presented by the new Covid BA.2.86 variant. Here at the Royal Berkshire Foundation Trust, we've already been seeing a weekly rise in inpatients with Covid for the last few months.

From 18 September, the NHS will start to invite people in priority order of risk and those eligible will be able to book an appointment through the NHS National Booking Service.



Flu vaccine

The most common flu symptoms are fever, chills, headache, aches and pains in the joints and muscles, and extreme tiredness. Although healthy people usually recover fully, for some frail or clinically vulnerable people, flu can be more serious and lead to hospitalisation.

Flu vaccines help protect against the main types of flu virus circulating and it's best to have your flu vaccination in the autumn or early winter before flu rates increase. Remember that you need it every year, so don't assume you are protected because you had one last year.

For advice and information about Covid or flu vaccination, speak to your GP, practice nurse, pharmacist or school immunisation team.

- [NHS flu and covid vaccine programmes brought forward due to risk of new covid variant](#)
- [The flu vaccination: who should have it and why \(winter 2023 to 2024\)](#)

Royal Berkshire's new Rapid Response Lab

Royal Berkshire NHS Foundation Trust's (RBFT) Pathology team has this month moved to their new state-of-the-art Rapid Response Lab at the Royal Berkshire Hospital, enabling them to provide a faster, more reliable pathology testing service for patients. This will bring efficiencies for patients who are undergoing laboratory analysis for Biochemistry, Haematology and Blood Transfusion tests.



The new lab is located in a large open plan space with better workflow, allowing them to work together more efficiently.

It's a big improvement on the cramped and cluttered area the Pathology team previously worked in.

The long-awaited opening of this modern rapid response lab is the culmination of a multi-million pound investment for RBFT Pathology, and the result of months of planning, collaboration, building works, installations and testing. As part of the move to new premises, the new lab is kitted out with new analytical equipment, replacing the old unreliable equipment the team were using.

Dom Hardy, RBFT Chief Operating Officer commented: "I'm really proud that we've delivered this large and challenging project to plan and on time. It will provide a more reliable service for teams in the hospital and ultimately for patients. It's a testament to our staff that they've been delivering a great service for so long – in spite of the unreliable equipment they were using, in a cramped and crowded space. The new lab has really improved working conditions for the team, allowing them to work more collaboratively and efficiently, and improve their wellbeing."



Right: The old cramped and cluttered laboratory

Well done Chinwe!!

Huge congratulations to Chinwe Lawrence-Uchenna, Senior Staff Nurse in our Adult Day Surgery Unit, who was awarded the Florence Nightingale Medal recently.

Chinwe received the award in recognition of her previous role as Health Co-ordinator of the Anambra branch of the Nigerian Red Cross Society.

The Florence Nightingale medal is a prestigious Red Cross Award, which recognises exceptional courage and devotion to victims of conflict or natural disaster. It also recognises exemplary service or a pioneering spirit in the areas of public health or nursing education.

This year 37 nurses from 22 countries have been awarded the Florence Nightingale medal and Chinwe has been deservedly recognised among them for her outstanding work. Well done Chinwe!



Would you like to help us improve our services?

We are currently looking for volunteers to join our patient leader programme to work with us to design and change our patient care for the better.

If you are interested in joining this programme, there's more information on our website or contact the [Patient Experience Team](#).

RBFT website: [Patient, Carer and Public Involvement](#)

Meet Sunila Lobo, Public Governor Reading

Hi all, my name is Sunila Lobo and I am a Public Governor at the Royal Berkshire NHS Foundation Trust for the Reading constituency. My role as a Governor is to help represent the views of the Reading community and to appoint and call to account, the Non-Executive Directors of the trust.

As the sun decided to make an appearance recently, I thought I would give you a cheery recap of some of Reading PRIDE 2023 earlier this month.



It was a glorious day with the vibrant Membership and Royal Berks Charity stand among the many at King's Meadow. Those manning our stall were in multi-coloured garlands, Pride stickers, and rainbow chalk and with bright smiles on their faces...there were also some furry friends! There were lots of chocolates, sweets and other gifts for visitors who signed up as a member, along with games, including guessing the number of sweets in a bowl to win them along with other prizes kindly donated by Ultima Business Solutions.

It was lovely to welcome people from all different backgrounds, age groups, genders and ethnicity groups and explain the benefits of becoming a member of the trust and of course the ever popular health service discounts.

I will be attending the Annual General Meeting on 20 September. We hope to have a good number of you attend.

See you there!

Celebrity sparkle comes to Townlands

Colleagues at Townlands Community Hospital in Henley were recently paid a very special visit with a touch of celebrity sparkle.

Mary Berry along with members of the Friends of Townlands and other sponsors in the local community came to visit and presented two new seating areas they've generously donated.

The seating will add to the patient experience and give members of staff a comfortable area to enjoy the last of the summer sunshine.



Discounts? Did you know?

As a member of the Royal Berkshire NHS Foundation Trust you are eligible to amazing Health Service Discounts to save money on holidays, electrical goods, meals, days out and much more! To register, follow this link [Register | NHS Discounts | Health Service Discounts](#) and select Foundation Trust Member.

Don't forget to let us know what amazing discounts you get so we can share them! Our Interim Corporate Governance Officer is off to Weymouth next week where she got 15% off a Haven Holiday!

Check out some of this week's exclusive discounts:

- [Haven NHS Discount - Health Service Discounts](#) – 15% off
- [TUI Family Holidays | Health Service Discounts](#) – Free kids places + up to £100 NHS discount
- [Health Service Cinema Tickets | Health Service Discounts](#) – up to 40% off
- [Alton Towers NHS Discount - Health Service Discounts](#)
- [Clinique from Clinique | Health Service Discounts](#) – 15% off
- [Fitbit from Fitbit | Health Service Discounts](#) – 20% off
- [Car Insurance | Health Service Discounts](#) – save £490 on insurance + £20 Tesco voucher
- [Panasonic TVs & Electronics | Health Service Discounts](#) – 15% off everything

Welcome to our newly appointed Governors

- Mrs. Beth Rowland – Public Governor, Wokingham
- Mr. Benedict Krauze – Public Governor, Wokingham
- Mr. Richard Havelock – Volunteer Governor
- Ms. Sally Moore – Staff Governor: Administration and Management

Find a [full list of your Council of Governors on our trust website](#).

Royal Berks Charity

The Royal Berks Charity highlights the need for support and the people and places who urgently need it. By raising funds for those areas, we underpin and support the trust and therefore the wider community.

We have been working hard on projects, bridging the gaps in the funding system and making a real difference to the quality of hospital experience for both patients and staff.

To read more about what we have done, please take a look at our [summer edition of Spotlight Magazine](#).

Walk for Wards 2023 – 24 September 2023



Join us at Mapledurham Estate to raise funds for the wards and departments within the Royal Berkshire NHS Foundation Trust. Back by popular demand are our 5km and 10km routes and new to this year is a 15km option!

To sign up or find out more, please visit [Walk for Wards 2023 - Royal Berks Charity](https://www.royalberkscharity.co.uk/events)

Get Involved and Have Your Say

Open Meetings

Why not come along to one of our upcoming open meetings: find the details and agendas on our trust website page: [Open meetings](#)

- Annual General Meeting – Wednesday 20 September 2023 at 5.30pm
- Board of Directors – Wednesday 27 September 2023 at 09.00am
- Membership Committee – Monday 16 October 2023 at 5.30pm

Become a member

Sign up family and friends to become a member via our [online form](#) to receive our latest updates and be eligible to receive our NHS discounts.

Get in touch with the team: Foundation.trust@royalberkshire.nhs.uk