



Pulse magazine

November
2023

Dedicated couple remembered with memorial bench – see page 3

Welcome!

Welcome to the November edition of Pulse, packed with news, information and staff stories.

In this month's edition look out for news of our bumper crop of award winners and our new 'one-stop' clinic for arthritis patients.

In this edition:

- ['One-stop' clinic bringing relief to arthritis sufferers](#)
- [Infection Prevention Society's Impact Award winners](#)
- [Dedicated couple remembered with memorial bench](#)
- [Pain Management Webinar, 21 November 2023, 5pm](#)
- [Net Zero team shortlisted for national award](#)
- [Building for the Future Awards](#)
- [NIHR Thames Valley Health Research Awards winners](#)
- [Join the BOB Integrated Care Partnership meeting](#)
- [Shining a light on our Oasis Staff Health and Wellbeing Centre](#)
- [Discounts. Did you know?](#)
- [Get involved and have your say](#)
- [Royal Berks Charity: NHS Christmas concert, Fri 8 December](#)

'One-stop' clinic bringing relief to arthritis sufferers

The Trauma and Orthopaedics team at the trust have launched a 'one-stop' clinic to help patients suffering with the pain of osteoarthritis in their hands and wrists.

The team see hundreds of people in the Outpatients department each month. A quarter of all GP referrals to the team are for patients with arthritis, which is often part of the wear and tear of getting older and can be difficult to live with.



Thanks to a new x-ray machine - a mini c-arm - clinicians can now image the hand and wrist themselves in the clinic.

Before this clinic, it could take more than a year from GP referral, to first appointment, to x-ray, and then on to treatment in our radiology department or in an operating theatre. This new clinic streamlines the experience, reducing the wait for treatment by months, and also easing the pressure on the hospital's other departments.

This means a patient can get seen, assessed, diagnosed, and treated with a steroid injection in a single first visit to the hospital. And they can also see the images pop up on the screen in real-time, helping them to understand their condition and the treatment they are having.

Natasha Picardo, Trauma and Orthopaedic Consultant said, "We hope this clinic will make a big difference to patients who have arthritis in the hands and wrists. Living with pain is exhausting, and makes normal life difficult. To be able to see patients just once, within weeks of an initial referral, means they can receive treatment and get on with their lives much more quickly.

Infection Prevention Society's Impact Award winners

Well done to our Vascular Access Improvement Group, recently announced as joint gold winners in the Infection Prevention Society's 2023 Impact Awards. The awards recognise organisations who are putting patients at the centre of infection prevention and control practice.



The team won the Patient Experience award for their project to improve the quality of care and reduce the risk of infection associated with vascular access devices.

Dedicated couple remembered with memorial bench

Family, friends and staff from the Royal Berkshire NHS Foundation Trust came together recently to remember local husband and wife, Brenda and Ralph Jenkins and their incredible fundraising efforts. The couple, who passed away last year, were long-term supporters of Macmillan Cancer, raising funds and supporting people living with cancer for more than three decades.

Brenda and Ralph's children Philip and Rachel, along with members of the Central Berkshire Macmillan fundraising group gathered to dedicate a bench in their memory. It sits within a private courtyard garden in the Royal Berkshire Hospital's Berkshire Cancer Centre, providing a secluded outdoor space for patients and their families. It's a place to regroup mentally and physically away from the hospital environment during visits.



Philip Jenkins said, "It was great to meet some of the team at The Berkshire Cancer Centre and have the opportunity to look around the facility to better understand how the money Mum and Dad helped raise over many, many years has helped cancer sufferers in Berkshire. We are very grateful to Macmillan for the gesture of the bench in memory of Mum and Dad and hope patients and visitors will be able to enjoy sitting out in the courtyard."

Mark Foulkes, Nurse Consultant at the Berkshire Cancer Centre said, "It was a real privilege to meet Philip and Rachel, and to hear more about the tireless fundraising their parents did for so many years. We have a Macmillan Information Centre here at the hospital, which really benefits from funds raised by people like Mr and Mrs Jenkins.

"It means we can support our patients with grants for the practical costs that come with living with cancer, for example energy bills and furniture modifications. Our patients find real comfort in the peace of the little garden. The memorial bench will most certainly add to the space while also marking Brenda and Ralph's remarkable dedication."

Pain Management Webinar, 21 November 2023, 5pm



Join us!

NHS
Royal Berkshire
NHS Foundation Trust

Pain Management Webinar

Let's talk pain management with Dr Deepak Ravindran

Tuesday 21 November 2023 at 5pm

Secure your spot and join us in discussing strategies to practical pain management, Long Covid and the many neuroscience advances

To register, please contact foundation.trust@royalberkshire.nhs.uk

Compassionate Aspirational Resourceful Excellent

Dr Deepak Ravindran is Honorary Professor at Teesside University and a full time NHS Consultant in Pain, Lifestyle Medicine and Long Covid at the Royal Berkshire NHS Foundation Trust. He also serves as the Deputy Editor of E-Pain Platform at FPM/ Health Education England.

Deepak adopts a trauma informed 'upstreamist' approach to pain practice and helped set up the award winning community pain service in Berkshire (IPASS) in 2015, and the Berkshire Long Covid Integrated Service (BLIS) in 2020.

You are invited to attend a webinar with Dr Deepak Ravindran, Consultant in Anaesthesia, Pain and Musculoskeletal Medicine.

We hope this webinar will be of value to anyone suffering with pain from any body part or will help prevent pain in the future.

You'll have the opportunity to listen to an interesting and provocative interactive talk about:

- the newer advances in the neuroscience of pain
- the opportunities of adopting an integrated community wide approach to understanding and overcoming pain

To reserve your place, email Foundation.Trust@royalberkshire.nhs.uk and we will send you the joining details.

Net Zero team shortlisted for national award

Our Net Zero team is delighted to have been shortlisted for a national award – the Healthcare Financial Management Association Awards in the Sustainability category. The submission focused on our Carbon Champions network of staff and volunteers and the ideas that they've developed.

The winners will be announced on 7 December at the HFMA National Conference in London.

Building for the Future Awards



Congratulations to Harriet Jones and Catherine Hagan for both winning awards for their work with children with additional needs at the Building for the Future Awards in Wokingham last month.

Hattie, a physiotherapist in Paediatrics and ICU, won 'Therapist of the year' for her work with children with additional needs. And Cath is our Paediatric Epilepsy Nurse, who won an award for Medical Professional of the Year!

[Building for the Future](#) is a charity for children and young people with disabilities and/or additional needs in and around Wokingham.

Hattie's pictured above receiving her award from Sir Ed Davey, Leader of the Liberal Democrats, in whose constituency the Building for the Future charity is based.

NIHR Thames Valley Health Research Awards winners

Congratulations to our winners at the recent National Institute for Health and Care Research's Thames Valley Health Research Awards:

Rebecca Garfield and Jo Jones (right), Lead Commercial Research Governance Facilitators who were joint winners of the Outstanding Member of Support Staff award.



Sid Nagala, Ear, Nose and Throat Consultant winner of the Outstanding Principal Investigator (PI) or Associate PI category. And well done to **Boyko Gerov**, Consultant in Emergency

Medicine who was highly commended in this category.

Mark Ainsworth, Lead Research & Development Practitioner who was highly commended in the Outstanding Research and Delivery Team Member category.

Join the BOB Integrated Care Partnership meeting

Join the November meeting in public of the BOB Integrated Care Partnership in Reading, Wednesday 22 November 2023 1-3pm



The next Buckinghamshire, Oxfordshire, Berkshire West Integrated Care Partnership (BOB ICP) meeting in public is being held on Wednesday 22 November 2023 (1pm-3pm) in the Councillor's Meeting Room 1, Reading Borough Council, Civic Offices, Bridge St, Reading, RG1 2LU.

Members of the public who wish to attend this meeting can take part in person but there is no opportunity to join online. However, we will post a recording of the meeting after the event.

Our ICP is a group of organisations which plan and provide health and care services for around 1.8 million people who live and work in the local authority areas of Buckinghamshire, Oxfordshire and Berkshire's three westerly local authority areas of West Berkshire, Reading and Wokingham (known as 'Berkshire West').

Members include local authorities, local NHS organisations and GPs, public health, Healthwatch, care providers, voluntary sector, the Oxford Academic Health Science Network and other research partners.

For more information about the agenda for the 22 November 2023 meeting, attending or how to ask a question or petition the partnership please visit:

[Buckinghamshire, Oxfordshire & Berkshire West Integrated Care Partnership |
http://yourvoicebob-icb.uk.engagementhq.com](http://yourvoicebob-icb.uk.engagementhq.com)

Shining a light on our Oasis Staff Health & Wellbeing Centre

We're proud to have been featured as a best practice case study in a new report on Supporting Staff Wellbeing in NHS Trusts.

The report by NHS Providers looks at trusts nationwide to understand their culture, psychological support, rest spaces and how they create a sense of belonging. We know many of our staff really value the Oasis Staff Health and Wellbeing Centre and we're proud to have been highlighted for the support that's available to them.

If you'd like to take a look at the report, or

[our case study](#) they are on the NHS Providers Website: [Providers Deliver: Enabling Wellbeing Within Trusts](#) | Royal Berkshire NHS Foundation Trust: Investing In Adequate Rest Spaces



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!

Check out some of this month's exclusive discounts:

- [Health Service Cinema Tickets](#) – up to 40% off
- [Gifts & Experience Days from Buyagift](#) – 20% off
- [Hotpoint Home Appliances](#) – up to 25% off
- [Butlins NHS Discount](#) - £20 off
- [Haven NHS Discount](#) – 15% off
- [JD Sports from JD Sports](#) – Up to 50% off sale + 20% full price
- [UGG from UGG](#) – 10% off
- [Alton Towers NHS Discount](#)
- [Clinique from Clinique](#) – 15% off
- [Fitbit from Fitbit](#) – 20% off
- [Car Insurance](#) – save £490 on insurance + £20 Tesco voucher
- [Panasonic TVs & Electronics](#) – 15% off everything

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](#)

- Pain Management Webinar – Tuesday 21 November 2023 at 5.00pm
- Board of Directors - Wednesday 29 November 2023 at 09.00am
- Council of Governors - Wednesday 29 November 2023 at 5.00pm

Become a member

Sign up family and friends to become a member via our [online form](#) to:

- receive our latest updates
- shape how hospital services are delivered
- be eligible to receive our NHS discounts (see page 7)

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

TICKETS ONLY £5.00

NHS Christmas concert

a celebration of Christmas in music

**FRIDAY 8TH DECEMBER
AT READING MINSTER**

rbc Royal Berks Charity
supporting your local hospital

Featuring...The Barberettes, Calcot Junior School Choir, Sing for Fun and Stephanie Hershaw

www.royalberkscharity.co.uk | 0118 322 8860

**Royal Berks Charity
NHS Christmas concert
Friday 8 December**

**[Book your NHS Christmas
concert tickets online!](#)**