



Pulse magazine

October
2023

Welcome!

Welcome to the October edition of Pulse, once again, it is packed with news, information and staff stories.

I've been with the trust for nearly 5 years and as chair of the Board Quality Committee I know that despite how challenging times are for staff, they all continue to strive to provide the very best care for patients.



Each month I visit services and I am always humbled by the dedication shown by staff and recognise the important of our international staff in filling workforce shortages across the trust.

This month we welcomed our new Chief Nursing Officer, Katie Pritchard-Thomas to the trust. Katie brings a wealth of experience with her and I know she is looking forward to meeting staff over the next few months.

The annual staff survey was launched earlier this month. The results of the survey are very important to the Board, and we've been encouraging all our staff members to fill it in.

I hope you enjoy reading this edition of Pulse which includes the new Maternity Assessment Unit opening this month and how our Oasis Staff Health and Wellbeing Centre garden has become the first NHS 'Silent Space'.

Enjoy!

Helen Mackenzie
RBFT Non-Executive Director

In this edition

- [2 Welcome to our new Chief Nurse!](#)
- [2 Call4Concern patient safety service](#)
- [3 Annual General Meeting](#)
- [4 RBFT welcomes first NHS 'Silent Space'](#)
- [5 Trust hits 2,000 staff vaccinations](#)
- [5 Walk for Wards](#)
- [6 Maternity Assessment Unit launch](#)
- [6 Andrew Haydon - Staff Governor](#)
- [7 Discounts? Did you know?](#)
- [7 Meet your newly appointed Governors](#)
- [8 Get Involved and Have Your Say](#)

Welcome to our new Chief Nurse!

Please join us in welcoming our new Chief Nursing Officer Katie Prichard-Thomas to the trust.

Katie joined us at the beginning of this month from Hampshire Hospitals NHS Foundation Trust where she had served as Deputy Chief Nurse since 2020.

Katie is a Florence Nightingale Foundation Senior Scholar and is passionate about making sure everyone's voice is heard, and firmly believes that empowered people are the best way to deliver outstanding care.



Call4Concern patient safety service

You may have seen our Call4Concern highlighted in the national media recently. Launched over 10 years ago by Nurse Consultant Mandy Odell, it was the first of its kind in the country and we are very proud of the service.

Call4Concern enables patients and their families to report concerns to our Critical Care Outreach team if they feel they need a second opinion.

Last month, Steve Barclay, Health and Social Care Secretary announced that the Government had committed to bringing in 'Martha's Rule' to give patients and their families the power to request a clinical review.



Following this news, the Patient Safety Commissioner for England, Dr Henrietta Hughes visited the Royal Berkshire Hospital to see our Call4Concern initiative in action.

Dr Hughes said: "I'm absolutely delighted to visit the Royal Berkshire to find out more about Call4Concern.

"Today I met with patients who had used Call4Concern and it had given them much reassurance about their care, and it had unpicked some of the problems in terms of communication. I'm really looking forward to learning more as I look to implement this more widely across England."

[Royal Berkshire Foundation Trust Call 4 Concern](#)

Annual General Meeting - 20 September 2023

It was great to see many of you attend last month's Annual General Meeting at Green Park Conference Centre. The meeting was a success with over 75 people in attendance.

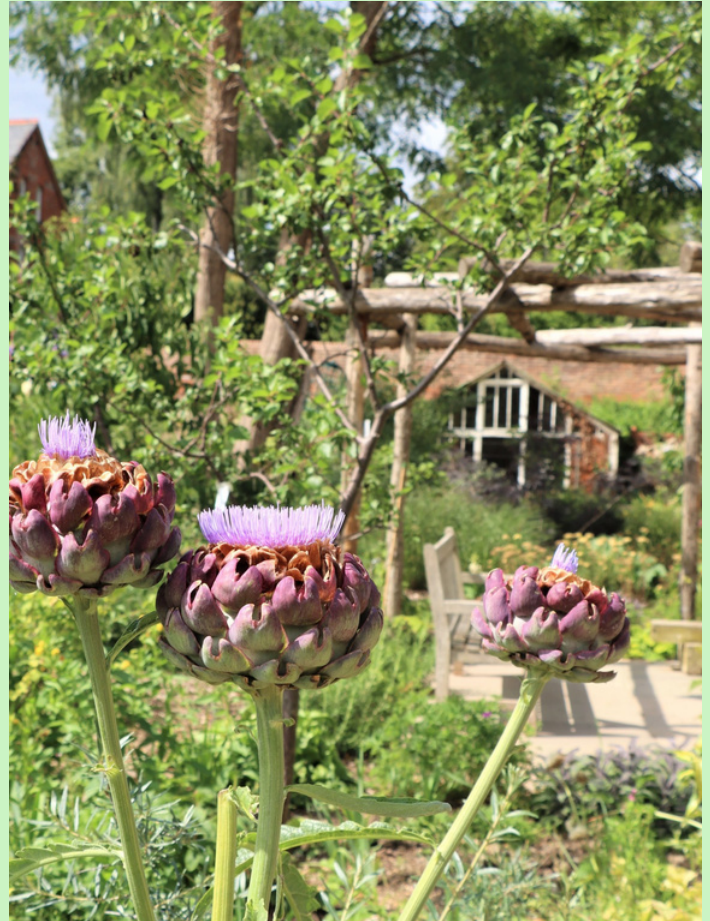
Those who attended had the opportunity to hear from our key note speakers who spoke about the many successes over the past year and ambitions for the next, as well as meet with staff from around the Trust.

Don't worry if you didn't attend, a [recording of the AGM](#) has been published on our website.

Here's a few photos from the day!



RBFT welcomes NHS's first 'silent space'



We're delighted that part of the garden at the Oasis Staff Health and Wellbeing Centre - funded by the [Royal Berks Charity](#) - has now become a silent space for staff, a first in an NHS garden.

Research shows that for many people, reflecting quietly in nature is a good way to rest and recuperate. The more biodiverse that nature is, the more beneficial it is for us. We know that it's often a struggle for our staff to take time out so we hope that dedicating an area for quiet reflection in the biodiversity of this beautiful garden will help them stop for 5 minutes.

[Silent Space charity](#) encourages publicly opened gardens to reserve an area for quiet reflection – a space where visitors and staff can sit or stroll silently while the sounds of the garden go on around them. Today there are more than 70 silent spaces around the UK, ranging from large Royal Horticultural Society and National Trust gardens to small community gardens.

Liz Ware CEO of Silent Space who visited us earlier this month encouraged staff to use their silent space, saying: "You're really lucky to have a wonderfully biodiverse garden here in the Royal Berks Oasis garden – we hope you take time to come and enjoy it".

Trust hits 2,000 staff seasonal vaccinations



More than 2,000 staff have received their Covid or Flu vaccination since this year's autumn vaccine programme went live last month.

Each year, staff working at Royal Berkshire NHS Foundation Trust are offered free Covid and Flu vaccines to protect themselves, patients, and the wider community. Due to concerns over new variants of Covid-19, this year's vaccination programme was brought forward to early September to provide staff with the strongest possible protection this winter.

Since the programme launched, the trust has now had more than 2,000 staff come forward to receive either their Covid and/or Flu vaccine, putting the trust in a good position as respiratory illness cases begin to increase.

Hannah Spencer, Deputy Chief Nursing Officer, said: "We all know from the past few years the impact that Covid and Flu can have, so it's really encouraging to see so many staff already get their Covid and Flu jabs. Thank you to everyone who's come forward and the vaccination team for rapidly launching the programme."

Walk for Wards 2023

Over 200 walkers and their dogs gathered on Sunday 24 September to take part in the [Royal Berks Charity](#)'s annual Walk for Wards event at Mapledurham Estate.

So far, the event has raised in excess of £7,000 with money still coming in from supporters who took part.

As with previous years, this event wouldn't be what it is without the support of Chancellors Estate Agents who sponsored the event, the array of stallholders who came along on the day and the incredible people who took on the challenge.

Thank you!

You have helped us raise over
£7,000
at Walk for Wards 2023

Trustedly supported by


Date for your diary: Sunday 29th September 2024!

Launch of our new Maternity Assessment Unit



Earlier this month we launched our new 24 hour Maternity Assessment Unit (MAU). Our MAU has two new specialist triage rooms, with additional midwives and support staff.

We will be able to help identify women who need urgent attention to quickly get them the care they need. At the MAU, women will be seen by a midwife within 15 minutes of arriving.

Following an assessment, the midwife will decide how urgently the pregnant woman needs to be seen and this is done using a nationally recognised maternity triage tool called BSOTS. BSOTS has been introduced by many NHS trusts and is recognised as a model of safe practice.

Women with pregnancy related concerns can contact our maternity triage line on 0118 322 7304 for a telephone assessment. If needed they can then be booked in for an appointment with our Maternity Assessment Unit.

Andrew Haydon, Staff Governor: Nursing & Midwifery

My name is Andrew Haydon and I am the Staff Governor for Nursing and Midwifery and, it's a privilege alongside the other three staff governors to represent the 6000 staff at the Trust. Being a Governor at the Trust gives me a completely different view of the complexities around running such a big organisation and how we fit into the NHS both locally and nationally. I also chair the Governors Assurance Committee where we get to interact with the Non-Executive Directors and seek assurance on key issues affecting the Trust. This could include, the financial situation, industrial action, staff welfare or areas such as global pandemics such as Covid-19.

I have a real passion for getting younger people involved in the Trust as they are the future of our healthcare system, whether it be as a patient or as a member of staff. Two years ago I challenged the Trust at the Annual General Meeting (AGM) to explore having a youth governor, and we are now proud to announce we have achieved this. Having the voice of the 16-30 age group at all levels of Trust activity is so important, and an area that I am keen to develop over the coming years. Growing the membership in this area gives us a chance seek a different viewpoint, especially with the advances in technology and Artificial Intelligence (AI). However we must also look for the workforce of the future and encourage people to work for the NHS through community engagement with schools, colleges and universities.

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 | Health Service Discounts](#) – up to 40% off
- [Gifts & Experience Days from Buyagift | Health Service Discounts](#) – 20% off
- [Apple iPhone 15 Top Deals | Health Service Discounts](#) - £0 upfront + £32.40 p/m
- [Hotpoint Home Appliances | Health Service Discounts](#) – up to 25% off
- [Butlins NHS Discount - Health Service Discounts](#) - £20 off
- [Haven NHS Discount - Health Service Discounts](#) – 15% off
- [JD Sports from JD Sports | Health Service Discounts](#) – Up to 50% off sale + 10% full price
- [UGG from UGG | Health Service Discounts](#) – 10% 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

Meet your newly appointed Governors

Welcome to your newest Governors:

- Mr. Darren Browne: Partner Governor: Autism Berkshire
- Mr. Thomas Duncan: Staff Governor, Medical/Dental
- Mr. Douglas Findlay: Public Governor, Wokingham
- Mr. Thomas Lister: Staff Governor, Allied Health Professionals/Scientific
- Cllr. Alan Macro: Partner Governor, West Berkshire Council
- Mr. Dhian Singh: Youth Governor
- Ms. Miranda Walcott: Partner Governor, Buckinghamshire, Oxfordshire & Berkshire West Integrated Care Board

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

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