

Summer 2023

together

for staff and supporters



**You are magic,
you change lives...**

Page 9

**Exciting new
phase for
stroke service**

**Twilight
walk**

**The latest BU-UHD
partnership research**



Welcome

We're delighted to welcome you into the Spring with the latest edition of this magazine.

After a challenging period for our trust, the sun seems to have come out and we have launched our first ever University Hospital Dorset (UHD) Awards. We're fortunate to hear so many examples of incredible individuals and teams around the trust, and hope these awards will provide an opportunity for well-deserved recognition.

The recent industrial action - and the impact that has had on both staff and patients - has presented us with a huge challenge and a requirement to work differently at what is a very emotive time. Similarly so, the recent publication of our CQC reports has had an impact on morale. A lot of the issues raised have already been fixed and what was so reassuring to see, was the way Team UHD came

together during this time to support each other and to embrace the journey of continuous improvement.

Looking at some of the positives, our transformation programme is picking up pace with the new Poole theatres welcoming their first patients at the end of May. The BEACH building has recently had its 'topping out' ceremony (where the highest point of the exterior is completed).

While the buildings are fundamental to the way we provide services, the more significant transformation lies in the coming together of our teams. Spring is a time of great change for our cardiology and stroke services whose work will now mainly be centred at Royal Bournemouth Hospital.

With the health news agenda regularly focused on long waiting lists, it's really encouraging

to see we now have no patient waiting more than two years and that we have ended the year with a better than planned position on 78 week waits. On top of that, we are also maintaining our position as the best performing trust in the south west for diagnostics performance.

We are always on a journey of continuous improvement, and it's pleasing to see so many positives emerging in the season of Spring.

Siobhan Harrington, chief executive and **Robert Whiteman**, trust chair.



April vital statistics!

We saw **33,319** patients in our outpatient departments... and an additional **7,426** virtually

Carried out **1,060** day case procedures

Supported the birth of more than **306** babies

Attended to **13,051** patients in our EDs

Started **197** patients on their radiotherapy

Cared for **238** people at the end of their lives

Tackling TB

“To sum up my 2022 - got a dog, left a job, moved house, got a job, got TB...”



Rosie Ellis is 26. As well as working in marketing and building a house with her partner, she is also readjusting to life after six months of drug treatment for tuberculosis an illness she had mainly heard of through watching *Peaky Blinders*.

However, TB didn't die out in the 20th century, or the 19th. It's the world's second leading infectious killer after Covid-19.

But most importantly, it is treatable and it is curable.

“In June 2022, I started coughing up blood so I went to the emergency department at Bournemouth and was put on a course of antibiotics,” explains Rosie.

“This was really unusual for me and when I wasn't getting better, I suggested TB as a possible diagnosis because by chance, my friend had also had TB in 2018.

“I was then referred quickly and had a CT scan and a

bronchoscopy before being diagnosed and starting on drugs treatment.”

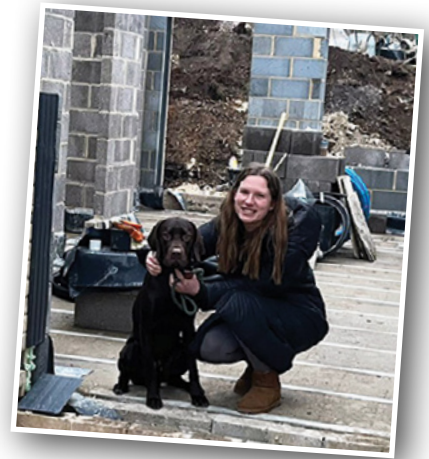
Although Rosie's friend had been successfully treated for TB, she never expected to have caught it herself, as it didn't feel like an illness you got in the UK. But in fact, thousands of people across the country are being treated for TB, an illness still layered in misconceptions - and in some communities, stigma.

“I only became scared when I saw how other people reacted - my friend's grandparent actually cried,” she says, adding: **“But I had seen my friend recover so I was reassured that I would be ok.**

“A lot of my peers didn't know what TB was, although thankfully those that did knew it was treatable.

“Covid also made us used to wearing face masks and self isolating - so it wasn't such an alien concept.”

Rosie's TB is likely to be something she contracted



while travelling in Bali in 2018 which then became active years later - indeed all of her friends from the Bali trip were tested and one is now being treated for latent TB.

“The first two months of treatment were especially difficult and I had to reduce my hours at work. I had fatigue, headaches and nausea,” she recalls.

“But I'm excited to build my health back up now. Something like this makes you realise you're not invincible, so I'm very grateful for being diagnosed, treated and well looked after.

“There doesn't need to be a stigma, and we don't need to hide TB. I hope my story makes people realise that.”



We are HSJ award winners!

Team UHD picked up three accolades at this year's Health Service Journal (HSJ) Partnership Awards 2023. The Dorset Health Village was highly commended in the Best Elective Care Recovery Initiative and Most Effective Contribution to Clinical Redesign categories. We also scooped a win for Estates Optimisation Project of the Year in partnership with Legal and General.



National celebration for trust's all-female surgical team

An all-female surgical team at UHD will feature in a national art exhibition, celebrating the profession and people of surgery. The Royal College of Surgeons of England has commissioned The People's Picture to create a photo mosaic, which will feature the people who make the college what it is, past and present. Joanna Higgins, trauma and orthopaedic consultant at UHD, said: *"I was in theatre one day and literally all of the team were women, and in orthopaedics that's kind of rare."*

It's a privilege to see our image up there in the collection and to shine the spotlight on the female faces of surgery at UHD."



Graduation celebrations

Our nurse apprentice graduation celebration has taken place at the Royal Bournemouth Hospital (RBH). The event was for all apprentice nurses who have qualified in the last six months, and as our education and training colleagues Clair Meldrum and Abigail Fitz-John noted, it was an uplifting day for everyone involved. "They have navigated a world pandemic and two hospital trusts becoming one with the merger and establishment of UHD, and we'd like to say

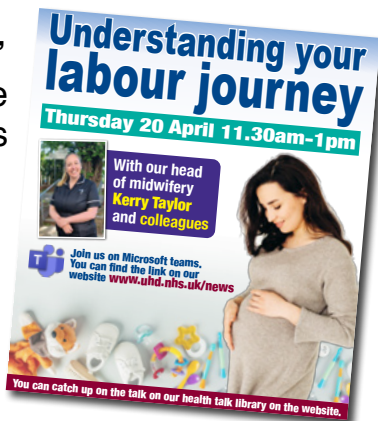
a huge thank you for being such dedicated, hard-working and caring apprentices."





Understanding Health talks and library

Catch up on the latest maternity talk 'Understanding your labour journey' available in UHD's health talk library.



The library has a range of recordings of past health talks including heart failure, menopause and prostate cancer.

Talks due to take place later this year will be...

Understanding your postnatal journey

Understanding how to support your partner through pregnancy, labour and birth

Both talks will be led by our head of midwifery Kerry Taylor and colleagues and dates will be announced soon. Keep an eye on our social media channels and UHD website for times and dates.

Ducktales...

Within the grounds of our hospital sites are the homes to a wide range of wildlife. Paul Fox, a carpenter in our estates department, looks after the wildlife surrounding our RBH lake. With ducks, koi carp and various birds to name a few, the wildlife by our lake keeps him very busy! Here at UHD, we take pride in our green space and hope it encourages biodiversity, an attractive space for staff to enjoy on rest breaks and is an important area for wildlife on our busy town centre hospital site.

Most recently, Paul has had to help keep a mummy duck safe... Paul said:

"With all the lovely areas around the lake, this week a little female duck decided to nest on the roof with no way of getting the duckling's down. I am on the case - as soon as they hatch I will get them somewhere safe.

I have created a barrier to stop them running away and hopefully we can look after them and return them to our lake as soon as possible!"

Look out for another wildlife update from Paul in the next edition of *Together* or our regular weekly updates on Friday's on our UHD social media channels.



Celebrating seven decades!

Doreen, one of our brilliant cancer care secretaries, has retired after an incredible 73 years working in the NHS.

“I started work at Farnham Hospital in Surrey as a junior in a reception office. Part of the hospital had been the old workhouse and had small cells with bars on the windows. It was being used for storage of medical records and I had to sort them out - quite challenging for a 15 year old! she explained.

“After about two years I was promoted to secretary to a

consultant pathologist. In 1957 I got married to Trevor and in 1962 we relocated to Christchurch and had two sons. I started work again in relief, a bit like bank work now, and had a job as a barmaid, a caretaker and did a delivery job.

“In 1969 I had another son and a few years on I started work as a secretary in the x-ray department at Lymington Hospital. I left there in 1987 and got a job as a secretary at Boscombe. After a short time I was approached by Professor Terry Hamblin, then consultant haematologist, to be his secretary. During this time the hospital moved to where it is now. After reaching 65 years of service,



I was invited to Buckingham Palace Garden Party which was lovely. Unfortunately my husband died in 2017. We were married for 60 years. After this, work kept me going. It has been a great pleasure. ”

A half-century of caring

A specialist nurse at Poole Hospital has called time on a glittering 50 year career. Sue Surgenor, gastroenterology nurse specialist, has been instrumental in developing services for patients with stomach and bowel conditions since joining as a staff nurse in 1978.

Sue began her three-year nurse training at the Princess Mary RAF Nursing Service, based in Ely, Cambs, in 1972. “The RAF was a very strict regime, very rigid, we had to attend all the consultants’ rounds, even us juniors, and be expected to interpret x-rays. There were Hattie Jakes-type matrons, you had to know all your patients and woe betide you if you didn’t,” she said.

Sue joined Poole Hospital in 1978, interviewed by then-senior manager Eddie Hawker, and the director of nursing. Sue

went on to work with an ambitious young junior manager, Debbie Fleming - later to become CEO - on a piece of work whose impact would be felt for decades after - the creation of the Poole Approach.

Sue was a ward sister during most of the 1980s, then in the 90s she responded to a government challenge for the NHS’ nursing workforce to upskill and take on more responsibilities as new specialist nurses. She became one of the first gastroenterology nurses in the country, and helped set up an IBD service, leading her to the prestigious national IBD nurse of the year title.



You are magic. You change lives...

Tucked away in a corner of the bustling outpatients department at Poole Hospital you'll find the home of the maxillofacial prosthesis team. At first glance, their workshop is reminiscent of a school science laboratory, complete with Bunsen burners, large metal sinks, test tube holders and even a small oven. Throw in the paints, waxes and fine crafting tools and it starts to feel more like an artist's studio. Indeed, this is a team for which the worlds of science and art very much come together, and do so in a way that transforms lives.

The lives of Susan, Phillip and John, who lost an ear, nose, and eye respectively due to cancer, as well as the lives of the many other patients, have been dramatically improved. For in this workshop, the team painstakingly craft new body features for those who have had to have them removed, either as a result of cancer, of trauma, or who need the team's support for something that has impacted them since birth.

The results are simply life changing.

The BBC followed maxillofacial prosthetists Heidi and Sian to find out more about what they do, and to meet patients Susan, Phillip and John, and their families. The feature also met the wider team, including maxillofacial surgeon, Mr Ramchandani. Watch the coverage at <https://bit.ly/41IM40j>.



Transformation update

Patients to see benefits from new hospital developments sooner

Patients in Dorset will see the benefits of the £250m investment in services at UHD 18 months earlier than planned.

The decision by the trust's board means that the planned care hospital at Poole Hospital, and major emergency hospital at Royal Bournemouth Hospital will be established from spring 2025 - making the most of the new developments as they become available.

Facilities currently under construction include the new 22,650m² BEACH Building (standing for Births, Emergency And Critical care, children's Health) on the Royal Bournemouth site, housing a new purpose-built maternity unit, children's unit, enhanced emergency department and critical care unit. The finishing touches are also being made at Poole Hospital to the new theatres complex - an extension to the existing hospital building comprising of a brand-new purpose-built five storey tower.

Commenting on the decision, Siobhan Harrington, UHD's chief executive said:

“For everyone involved - our patients and their families, colleagues and the public across the Dorset - this is fantastic news.

“After a lot of anticipation, we are now able to say that we will be able to establish the planned and emergency hospitals' within the next two years.

“I want to thank everyone involved for the dedication and hard work involved in getting to this point and look forward with great excitement to opening the doors on our new facilities in 2025.”

Dr Isabel Smith, UHD's medical director for strategy and transformation, added:

“Led by our clinicians, we've been looking at the safest and most practical way to achieve our aim of separating planned and emergency care within our new and existing buildings.

“We collaborated with local GP leaders, the ambulance service as well as other partners in considering safe pathways for our patients.

“We're really pleased that we now have confirmation to reconfigure our services across the sites in Spring 2025 - resulting in earlier patient benefits from the split between emergency and planned care.”

Other developments on the Royal Bournemouth site include a new ward block as well as a purpose-designed pathology hub providing a modern, flexible testing capacity. Poole Hospital will also contain a new Urgent Treatment Centre (UTC) - open 24/7, as well as enhanced outpatient, cancer and diagnostic services. On the Christchurch Hospital site, the ambition is to rebuild the Macmillan palliative care hospice, with the support of Macmillan Caring Locally charity.



Key services on the move

April was a big month on our pathway to establish the major emergency hospital at Royal Bournemouth Hospital and planned care hospital at

Poole Hospital. The way we provide our cardiology and stroke services are changing, providing significant long-term benefits to patients...

Transformation update

Move to deliver significant benefits for cardiology patients

Inpatient cardiology services are now centred on the Royal Bournemouth Hospital (RBH). As part of these changes, patients with cardiac problems will be managed at RBH and inpatients with heart issues at Poole will be moved to RBH.

Our colleagues recently celebrated the achievements of the acute cardiology unit at Poole ahead of the merger with the Bournemouth coronary care unit. It is estimated that quicker access to treatment for patients currently admitted to Poole could save up to 29 lives each year—particularly for patients with conditions such as heart attacks and electrical cardiac problems.

Dr Jehangir Din, UHD cardiac consultant, said: *“These changes will deliver significant*



improvements to the patient experience, helping to save lives and reduce the risk of subsequent heart attacks and strokes.

“We’re glad to retain a number of cardiology services on the Poole Hospital site, with continued consultant support and outpatient procedures.”

‘Exciting new phase’ for stroke services

Our stroke services are combining, with the stroke recovery unit currently based on the Poole site, coming across to the Royal Bournemouth site.

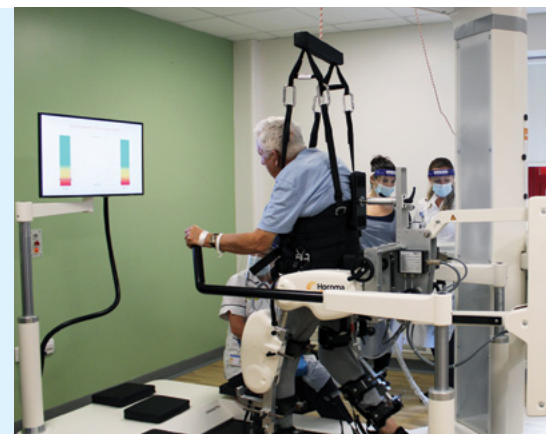
Following the approval of the expansion of the stroke unit, the number of beds will increase to 43 - with construction work completed by spring 2024.

Commenting on the change, Dr Suzanne Ragab, consultant stroke physician and UHD’s clinical lead for stroke, said: *“This exciting new phase sees the join up of the*

whole stroke team.”

“Having the combined service on one site will allow greater flexibility and resilience of staff and more efficient pathways for patients, access to our Walkerbot technology and allows for better continuity of care.”

“Long-term, patients and staff alike will benefit from these investments which will provide much more space and a better working environment and will form a key part of



a major transformation and development programme for healthcare in the region”

During the transformation phase there will be some short-term disruption to services, more details on the ‘Investing in our Hospitals’ section of the UHD website.



Technology in focus

Ground-breaking technology is increasing efficiency and decreasing costs

We are very proud that our BEACH building is the first hospital construction in the UK to use Buildots AI construction technology.

The technology automatically analyses data captured at the site via helmet-mounted 360-degree cameras. The platform then generates true-to-life progress reports supported by visuals, providing managers and stakeholders with accurate, objective data and in-depth analysis, leading to improved efficiency.

One year of Hospice at Home

We have celebrated one year of our Hospice at Home service. Hospice at Home offers a 24-hour, seven days a week service that aims to deliver personalised high-quality end of life nursing care in the patient's own home. Made up of a small team of nurses and healthcare support workers based at the Macmillan Unit who, with the support of the wider multidisciplinary team and community services, hope to make a difference and give patients choice around their preferred place of care and end of life.

The service is often referred to as the 'hospital without the walls' as the team bring the hospice to patient's homes, providing invaluable support not only to the patient but to the families too. The team cares for patients within the last two weeks of life, referred by the hospice and hospital specialist palliative care teams.

In its first year, Hospice at Home have received around 200 referrals with an age range of 35 - 100 years old. In speaking with some of these families after their loved one has passed away, they shared how without Hospice at Home they would not have managed and their loved one would have needed to go into the hospice/hospital - but due to the expertise, care and support they were able to stay at home.

We recently visited the home of Carole Pepperell, who's husband Jim passed away in October 2022 from pancreatic cancer.

“It was a shock when we were told about Jim's diagnosis in August 2020, as he was a fit healthy man. We were told in no uncertain terms that it would not be an easy ride.

“The Hospice at Home team are angels in disguise and I am most grateful to them all.”

“Hospice at Home offered their services after Jim's second lot of chemotherapy. They provided huge support, help in every way possible - Jim wanted to pass away at home, he didn't want to be in the hospice or hospital, he wanted to be at home. They provided not only assistance but equipment too. The nurses were angels, and they gave me so much support with Jim. They were here for us, for me and for our family.”



Conversation with Sir Jonathan Van-Tam

BU recently hosted an appearance from the former deputy chief medical officer, Sir Jonathan Van-Tam. The event was attended by over 1,000 people including UHD and BU staff as well as members of the public. UHD members were invited to attend this event early through the monthly email update, a benefit all members have



access to if they supply their current email address. Throughout his talk he reflected on his experience in combining science and leadership to lead the UK through the pandemic. Watch the behind the scenes video of Professor Van-Tam's visit at <https://bit.ly/41IM40j>.

To make sure you hear about events like this early, sign up to become a member of the trust www.uhd.nhs.uk/about-us/member.

Scans reveal changes in the brain's wiring after cold water immersion

UHD researchers were part of a wider team investigating changes in how different parts of the brain interact with each other after a person's body is immersed in cold water. The findings explain why people often feel more upbeat and alert after swimming outside or taking cold baths.

Dr Ala Yankouskaya, senior lecturer in Psychology at Bournemouth University led the study and worked closely with Dr Ruth Williamson, deputy chief medical officer from UHD and researchers from BU and the University of Portsmouth.

During a research trial, published in the journal *Biology*, healthy volunteers were given a Functional MRI scan immediately after bathing in cold water. These scans revealed changes in

the connectivity between the parts of the brain that process emotions.

“The benefits of cold-water immersion are widely known from

previous studies where participants were questioned on

how they feel afterwards, but we wanted to see how the shock of going into the cold water actually affects the brain,” explained Dr Yankouskaya.

During the study, volunteers came to BU's Institute of Medical Imaging and Visualisation where they were given an initial fMRI scan. They were then immersed in a pool of water at 20 degrees Celsius for five minutes whilst an ECG and respiratory equipment measured their bodies' physiological responses. After being quickly dried they were given a second fMRI scan so the team could look for any changes in their brains' activity.

Comparing the scans showed that changes had occurred in the connectivity between specific parts of the brain, in particular, the medial prefrontal cortex and the parietal cortex.

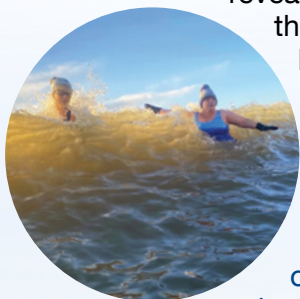
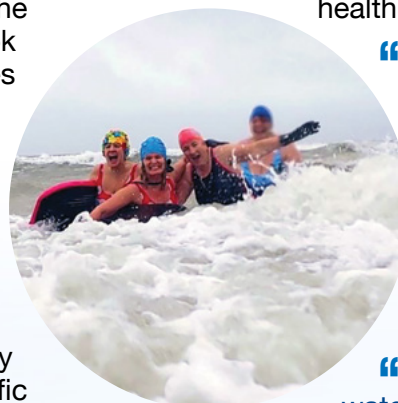
“These are the parts of the brain that control our emotions, and help us stay attentive and make decisions,” Dr Yankouskaya said.

“So when the participants told us that they felt more alert, excited and generally better after their cold bath, we expected to see changes to the connectivity between those parts. And that is exactly what we found.”

The team are now planning to use their findings to understand more about the wiring and interactions between parts of the brain for people with mental health conditions.

“The medial prefrontal cortex and parietal cortex have different wiring when people have conditions such as depression and anxiety,” Dr Yankouskaya explained.

“Learning how cold water can rewire these parts of the brain could help us understand why the connectivity is so different for people with these conditions, and hopefully, in the long-term, lead to alternative treatments,” she concluded.



Meet the governors

Governor update from lead governor, Sharon Collett



Dear members,

Earlier this year, governors were fully involved in the recruitment process for non-executive directors, meeting candidates in stakeholder groups and on the formal interview panel. The trust continues to attract much interest from high calibre individuals and the Council of Governors are happy to announce the arrival of two non-executive directors who have joined the board. We will benefit considerably from their skills, knowledge and experience and in particular, we are enthusiastic to learn more about community work to support our engagement strategy.

Rob Whiteman, Trust Chair comments:

“ I am pleased that two new Non-Executive Directors joined on 1 April 2023: Judy Gillow, who is a

former director of nursing at Southampton and Sharath Ranjan who is a Chief Inspector in the Hampshire Constabulary, both bring to bear added expertise and experience to the board. ”

Earlier in the year, governors enjoyed a joint session with board members. This was very much focused on the patient and staff experience and new approaches to further enhance the impact of our work. It also enabled the council, especially new governors, to meet the board informally. We are continually looking for ways to improve and recently, a new approach to observing trust committees has been implemented. This will provide greater opportunity for governors to understand the work of the trust, and to gain further assurance as we hold the non-executive directors to account for the performance of the board.

British summer time hopefully encourages us to enjoy the outdoors a little more and to relish the trees in blossom and flowers blooming, so please look out for information events across the conurbation; in spring alone governors are provided opportunities to meet the public and our trust members at venues in Christchurch, Southbourne, Bournemouth and Parkstone. Thank you to everyone who joined us in Corfe Castle, I'm sure you found this event informative but were also able to ask questions of particular interest to yourselves and your communities.

Thank you to our Council of Governors for their commitment and to you for your continued support and interest.

Sharon

Join us for our Annual Members Meeting

University Hospitals Dorset's (UHD) Annual Members' Meeting (AMM) will be held at Poole Hospital at 10am on Saturday 9 September.

The event, which will also be live streamed via Microsoft Teams, will include presentations from chief executive, Siobhan Harrington, and chief finance officer, Pete Papworth, on the 2022/23 Annual Report and Accounts, and forward planning for 2023/24. Sharon Collett, lead governor, will also give a presentation on the Council of Governors. Proposed amendments to the Trust's Constitution may be presented.

The meeting will be held in the lecture theatre in the education centre at Poole Hospital and there will be free parking. Information

stands will be set up from 9.30am and light refreshments will also be provided.

Booking is encouraged due to limited capacity. Any information regarding allergies should be given when booking your place. Please email **FTMembers@uhd.nhs.uk** with names and contact details of who would like to attend or call **0300 019 8723**.

If you would like to submit a question at the AMM, please also send this to **FTMembers@uhd.nhs.uk** by Saturday 2 September 2023. Questions submitted in advance will be prioritised at the meeting.

We encourage you to stay for the Understanding Health Talk which will immediately follow the AMM.

Getting to know our governors



Carrie Stone

“The NHS and particularly Poole Hospital has been part of my life for many years. My family were cared for by all the hospitals of University Hospitals Dorset. I was born in Poole’s Maternity Unit and for 38 years worked at Poole Hospital. I was head of legal services until 2015 when I was appointed as the Trust’s company secretary, retiring in March 2021.

“I have in-depth knowledge of how the NHS and the trust works and having worked closely with the board of directors and Council of Governors, their respective responsibilities and accountabilities. Part of my role was to advise the board and council, both before and following the merger. I have recently started volunteering to support the local Covid vaccination programme.

“I’m pleased to continue to support the trust and the people of Poole and West Dorset. It is important that patients, their families and our communities have a voice in shaping future care and protecting services. Listening to members and giving feedback to the trust is one of the most important for me as a governor. I have that listening experience and ability to feedback objectively and accurately to ensure that local voices are heard by those who make decisions on services. Looking to the future, I would love to contribute to the continuing development of health services and play my part in ensuring patients receive high quality, compassionate and safe care.”

Dorset health information event

29 June, 10am-4pm

Health partners from across Dorset will be coming together at the Mowlem Theatre in Swanage at the first Dorset health information event. Come along and hear about planned changes for the future as well as progress updates on how things are evolving across health organisations in your area.

You can also have a health check from LiveWell Dorset and get a covid vaccine. More information will be released over the coming weeks so keep an eye on our social media channels and the UHD website.

Our Dorset
Your Local NHS and Care Trust Working Together

NHS

What changes are happening to your NHS across Dorset?

Come and find out what this means to you at our Dorset health information event.

Mowlem Theatre, Shore Road, Swanage
Thursday 29 June 10am-4pm
No need to book, just turn up on the day

Hear about...

- the BEACH building at the Royal Bournemouth which includes a new maternity unit as well as children's health and critical care
- the new theatres at Poole Hospital
- our outpatient assessment centres and how we're tackling our waiting lists in Dorset
- Your local Swanage patient participation group (PPG)
- the new emergency department and critical care unit as well as the discharge lounge at Dorset County Hospital
- the outpatient assessment centre at South Walks House in Dorchester

Free health check from LiveWell Dorset

Covid vaccines available*

Pay and display parking available in any of the carparks in Swanage town centre.



The University Hospitals Dorset NHS Charity raises funds to support NHS staff with their wellbeing and development. They also fund enhanced equipment and state-of-the-art facilities to help our hospitals go above and beyond for those that depend on them for their care. By funding these not so little extra's that are outside the funding that the NHS provides, our amazing NHS staff can enhance their services. Here's a summary of a few select activities we would love to share with you.

Edging closer to funding two new robotic Tilt Tables

It will cost £190,000 to buy two Robotic Tilt Tables so that our physiotherapists can provide safe and effective early rehabilitation to some of our most unwell patients who are very weak and bed-bound, including patients in critical care or on the Stroke Ward who need intensive rehabilitation. Prolonged horizontal bed rest can lead to loss of function and weakness in their lower limbs, as well as damage to the cardiovascular system. One of the key factors in their recovery is to start rehabilitation in a vertical position as soon as possible. The Robotic Tilt Table allows safe physical therapy in a very early stage of rehabilitation, reducing the amount of time patients will need to spend in hospital and can in some cases, contribute significantly to the level of disability a patient may be left with. The Tilt Table appeal is at the half-way mark with one more table still to fund.

If you'd like to donate and help make a difference to our most unwell patients, please search for Robotic Tilt Table on our website.



Marching forwards together for Men's health

In March 2023, we saw 231 people join us for our annual March for Men fundraising event. Every staff member and supporter made a difference with every stride they took along the Bournemouth seafront. Whether people chose to walk or run 5k or 10k, funds raised by March for Men will enable the charity to enhance its services for the treatment of men's health at University Hospitals Dorset. It was a fantastic event with such a fun atmosphere down at Bournemouth Pier Approach with music coming from Hot Radio and everybody getting warmed up for the event. Oak Services sponsored the event to help make this event happen. Thank you to everybody who supported this event - you made your steps count! Stay tuned on our website and social media over the next six weeks to find out how much was raised in total.



Contact us: uhd.charity@uhd.nhs.uk, call 0300 019 4060/8449

or @UHDcharity on Twitter  Facebook  and Instagram 

Get involved

People can support University Hospitals Dorset NHS Charity by taking part in our events and challenges or by fundraising in their own way for a chosen department or project of their choice. However, here's a few ways you can have fun and raise funds for the Royal Bournemouth, Poole and Christchurch hospitals throughout Spring and Summer!

Shine bright in our

Twilight Walk

23 June 2023

Shine bright and walk for women's health projects

Thousands of women from every part of our community face breast cancer or gynaecological health concerns each year. While we can't stop cancer, together we can help raise funds to help treat it.

On **Friday 23 June 2023**, get your friends together for a 5K or 10K walk starting at Bournemouth Pier Approach from 7.30pm. People of all ages, abilities and genders can walk or race their way to directly contributing significant funds to women's health projects across Dorset.

In its eleventh year, this much-loved event aims to raise significant funds towards new equipment for women with ovarian cancer.

Every supporter will be helping our hospitals to adopt Hyperthermic Intraperitoneal Chemotherapy which is a relatively new way to administer chemotherapy to patients with advanced ovarian cancer after surgery. It does not replace the intravenous chemotherapy that patients receive, however research shows that by administering heated chemotherapy (42oC) directly to the tissues impacted by cancer after surgery, can greatly benefit patients and even improve their overall survival.

Find out more or sign up at

www.uhdcharity.org/get-involved/events/twilight-walk

- we would love to see you there!

Open your glorious homegrown gardens and support your local NHS heroes



Open your garden to help your local NHS heroes go above and beyond for our patients who depend on our care every day of the year. By hosting a fun event, small donations can flourish into lifechanging funds for the local community. You don't have to have the biggest of blooms or fruit-filled trees to get involved. For more information or to sign up to open your own Glorious Garden between May and September, you can visit UHDCharity.org.uk or email UHD.charity@uhd.nhs.uk for your fundraising pack.



Contact us: uhd.charity@uhd.nhs.uk, call 0300 019 4060/8449

or @UHDcharity on Twitter  Facebook  and Instagram 

We need you

Are you living with diabetes?
Are you over 18 years of age?

Would you like to take part in an exciting research opportunity to test a new device that has been developed between Bournemouth University and University Hospitals Dorset?

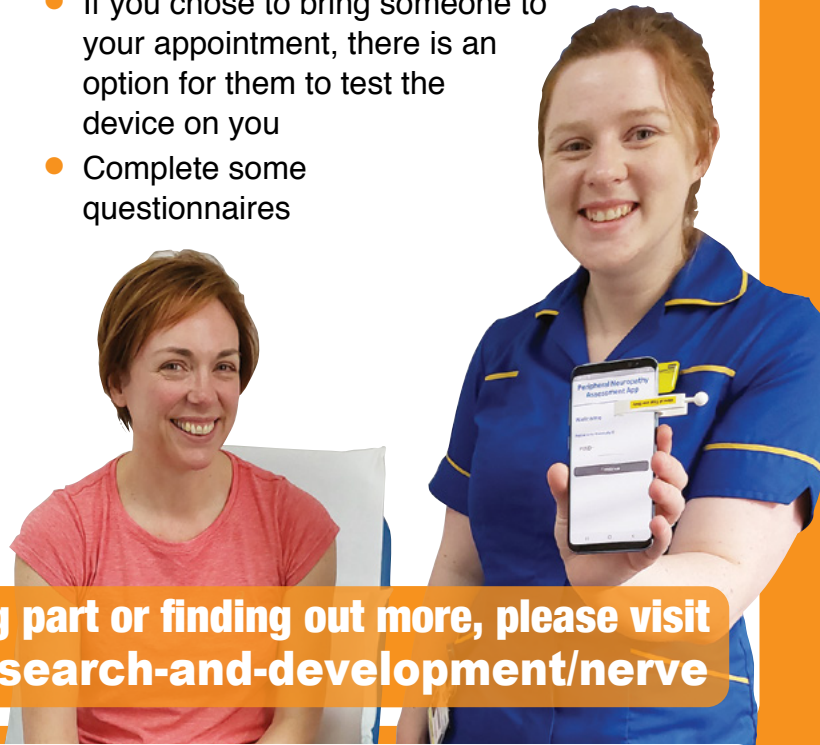
The NERVE study is taking place in the Dorset Clinical Research Centre at the Royal Bournemouth Hospital.

It aims to find out if the new NERVE smartphone attachment is as accurate and reliable as the current standard of care test.

What is involved?

- Attend a single clinic visit lasting approximately one hour

- A healthcare professional will test the NERVE smartphone attachment and the current standard of care test to see if you can feel the vibrations
- You will test the NERVE device
- If you chose to bring someone to your appointment, there is an option for them to test the device on you
- Complete some questionnaires



If you would be interested in taking part or finding out more, please visit www.uhd.nhs.uk/services/research-and-development/nerve

Let's get social



We have dedicated social media channels for our recruitment, which we regularly advertise jobs through as well as any upcoming recruitment events. It also offers us a chance to shine a light on the amazing work our colleagues do - with our weekly 'Meet The Team Monday's' social media campaign. There are so many roles in the NHS, with many taking place 'behind-the-scenes' and it's important to celebrate this!

If you or someone you know is looking for a new career or would like more information about the different career pathways available in the NHS, you can do this via social media - our team is on hand to answer any queries you might have or can signpost you to the appropriate places. Our Bank team are now also on Twitter, **you can find our social handles below.**



Facebook:  @UHDNHSjobs Instagram:  @UHD_jobs

LinkedIn:  search University Hospitals Dorset NHS Foundation Trust

Twitter:  @UHDjobs Bank Twitter:  @UHD_Bank