


Summer 2021

# together

for staff and supporters



**Green machine**  
Moving towards a greener future

**Are you sun safe?**

**Thinking Big on long waits**

# Welcome

I'm delighted to welcome you to the first edition of Together, our brand new magazine, which aims to bring you our latest news and views, insights into the people behind University Hospitals Dorset, and of course, up-to-date information for our fantastic foundation trust members.

Together will come to you three times a year, and is an important way for us to keep you up to speed with all the innovation and developments happening around our hospitals. And what a lot there is to say!

We are so fortunate to have been able to secure over £200 million from the Treasury to enable the development of our hospitals, so that in future, we can provide even better care. Building work has now commenced on both our acute sites - work is already underway to construct our new state-of-the-art theatre complex at Poole Hospital, whilst the footprint for the new building which will house our emergency, women's and children's services on the Royal Bournemouth Hospital site, is now becoming apparent. This development has long been discussed, and it is so exciting to see it becoming a reality! Meanwhile, we are working hard on developing our plans for the new Macmillan Unit at Christchurch Hospital - a site which continues to play a vital role in the provision of innovative health and care services.

You can read much more about our developments on page 4.

Just as we recognise the important role we play in the community, so we are also aware of our impact on our environment. Our new Green Plan is a roadmap to achieve net zero carbon emissions by 2040. This is an ambitious target, but it is right that we play our part in creating a sustainable future.

Readers of Together can play their part too. This magazine is available digitally, and for every 1,000 of our foundation trust members who choose to receive this publication from the hospital electronically each year, almost 200kg of CO2 emissions can be saved. I hope you enjoy reading our special report on our Green Plan on page 5 - and please do sign up to our electronic distribution list.

Of course, given all that we have been through since UHD was established, it would be remiss of me not to touch on Covid-19 and the impact it has had on our communities. Within our new Trust, we know that we are stronger and more resilient as a larger, sustainable organisation, but the pandemic has been challenging for all of us. Throughout this time, the genuine warmth towards the NHS shown by the public we serve, and of course, by our members, has been a source of great comfort and inspiration.



*I was delighted to be part of our Green Plan launch in June.*

Many patients have had planned procedures or operations postponed or cancelled as our hospitals rightly prioritised life-saving care. Our plans to see those patients, some of whom have been waiting for more than a year, are in full swing. With waiting lists running into tens of thousands of patients, we couldn't simply just do more of the same.

A challenge of this size meant we had to 'think big.' Read more about our hugely innovative Think Big project, and how we're working with one of the key people behind the creation of London's Nightingale Hospital, on pages 6 and 7.

Whether you are a staff member, patient, foundation trust member, volunteer, visitor, colleague, member of the public, fundraiser, supporter or colleague from the many organisations we are fortunate to work with, I hope you find something of interest in these pages.

Lastly, as always, we appreciate your thoughts on our communications. If you have feedback on this publication, please send it to communications @uhd.nhs.uk

Thank you.

Debbie Fleming  
Chief executive  
University  
Hospitals  
Dorset



# Here comes the sun... cream!

**T**he pandemic has taught us many things, not least a deep appreciation for the great outdoors.

Dr Anjee Shah is a dermatology registrar at Poole Hospital, and talks to Together about the importance of summer, and all year round, skincare.

## Tell us about the sunny south west...

The south west has quite a high prevalence of skin cancer, partly due to the age and ethnicity of our local population, and living in an area where people have outdoor hobbies.

## What about our daily dose of vitamin D?

Vitamin D is very important, but we don't actually need to be out in the sun for that long to get our vitamin D hit.

If your skin is changing colour, it's protecting you against further damage. The sensible advice is to get some sunshine as you go about your daily life without getting a heavy tan or burning, and to get vitamin D through your diet.

## How do we protect ourselves from the sun?

In an ideal world, we should be wearing big hats, long sleeves, covering our necks and wearing sunglasses.

Avoid the direct sun if you can - but be mindful you can still get sun damage in the shade.

Get a sun cream with both a good UV A and B star rating.

And think about your ears, your nose, and your neck - places perhaps you wouldn't cover up.

There's never too much sun cream - you can always put more on so be generous and top it up. It's the best thing for anti-ageing!

## What about children?

Rash vests and UV suits are great, especially as it's pretty tricky to get sun cream on kids and keep it on! The old slip on a t-shirt, slap on a hat and slop on the sun cream is still really good advice for kids, and for all of us.

## How should we be checking our skin?

Check your skin and check again. A lot of us don't think about the backs of our legs, or feet. Check these areas, take a photo, then check again and see if anything has changed. Ask a trusted friend to help take photos of your back. You can put coins next to moles for example as a means of measuring.

## When should I seek advice?

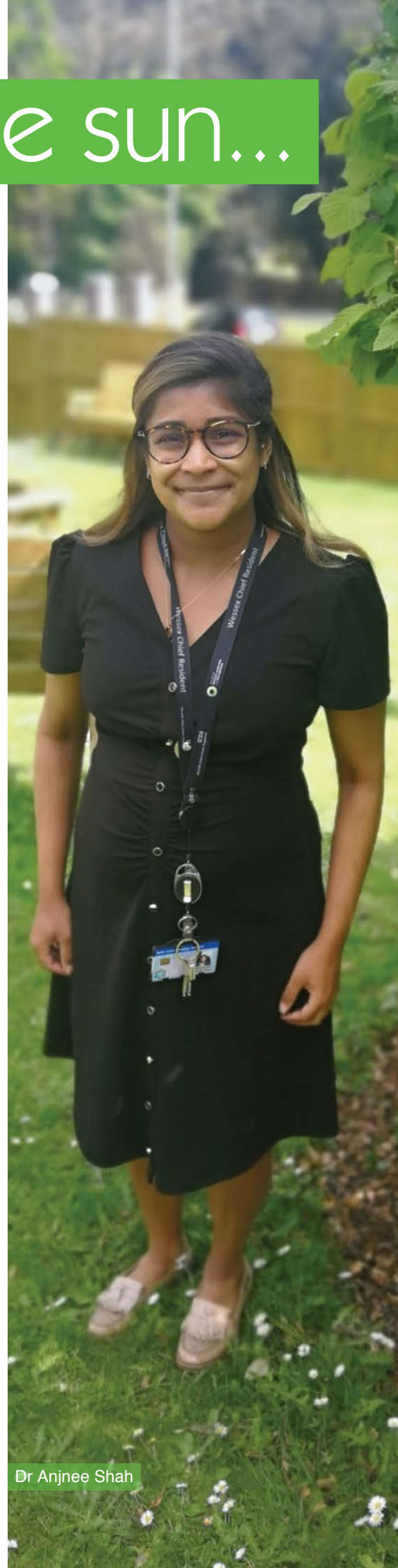
If something has caught your eye, it's for a reason, so it's not silly to get it checked out. If we know about it, we can do something about it.

## Has Covid had an impact on our skin?

Absolutely. Sun awareness has probably been the least of people's concerns.

In many cases, people have been isolated because of Covid and so haven't seen anyone to spot something on their skin. It's a hairdresser, a chiropodist or a friend who might notice something new or changing.

For others, they're nervous about going to the GP but please don't be. There are so many different ways to have appointments now, so get in touch if you're worried. And get that sun cream on!



Dr Anjee Shah

# Investing in our hospitals

It is an exciting time at University Hospitals Dorset as we continue with our plans to transform our hospitals. The total programme of works runs up to 2026 and forms part of the £250m transformation and development plans for our hospital sites.

## Royal Bournemouth Hospital

### What are we doing?

- developing the major emergency care centre for east Dorset
- new emergency department - larger than current Poole and Royal Bournemouth facilities put together
- new maternity and children's unit
- new critical care unit with capacity for up to 30 beds
- purpose-designed pathology hub providing a modern, flexible testing capacity.

### What's next?

The main entrance will close from August to allow hoardings to be erected. Keep an eye on the trust's website for the latest site map together with updated traffic and pedestrian access arrangements.



**Benefits** Increased consultant and specialist team cover seven days a week, reducing the numbers of patients transferring between hospitals, and less demand on ambulances and hospital services, and achieve better outcomes for patients.

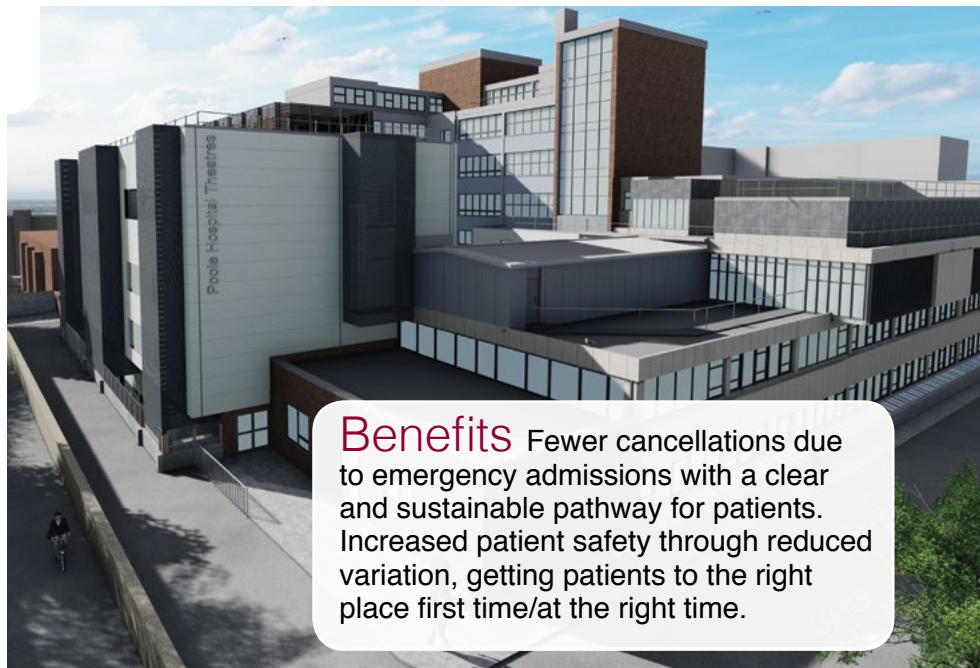
## Poole Hospital

### What are we doing?

- developing the major planned care hospital for east Dorset
- state-of-the-art theatre complex
- new Urgent Treatment Centre - open 24/7
- expanded day case surgery
- enhanced outpatient, cancer and diagnostic services
- innovative new community hub.

### What's next?

Groundworks now in place and the plinth created for a 50m crane installation in August.



**Benefits** Fewer cancellations due to emergency admissions with a clear and sustainable pathway for patients. Increased patient safety through reduced variation, getting patients to the right place first time/at the right time.

## Christchurch Hospital

### What are we doing?

Ambitious plans for the site will help support patient care, including a new charity-funded Macmillan Unit, as well as options to create a senior living community, with affordable shared ownership housing.

### What's next?

We continue to develop our plans for this vital site.



Keep up to date with how we're investing in our hospitals at [www.uhd.nhs.uk/about-us/future](http://www.uhd.nhs.uk/about-us/future)

# Launching our plans for a greener future

**We care about the environment, and that's why we are working to create a greener UHD.**

**W**e launched our first ever Green Plan in June, putting us on a path to having net zero carbon emissions by 2040, in line with NHS England's carbon neutral target. It also commits us to deliver against all of the UN's Sustainable Development Goals by 2030.

To support this, we've created 10 areas of action to reduce our impact on the environment in areas including waste management, travel and energy use. Targets will be updated regularly as we continue to work towards delivering our Green Plan over the next five years.

Recent achievements include creating a haven for wildlife at our Green Flag award-winning lake and grounds at Royal Bournemouth Hospital, offsetting paper consumption which has enabled the Trust through its partners to

plant more than two and a half thousand trees in Madagascar, and further reductions in CO2 emissions across its hospital sites - now approximately 24 percent lower than in 2012.

Chief executive Debbie Fleming said: "As one of the largest organisations in Dorset, with a significant economic, social, and environmental impact, it's really important that we work in a way that has a positive effect on the communities we serve and that we protect the environment which sustains us.

"Our plan will ensure that all our activities are focused on benefiting and safeguarding our environment - with everyone in the Trust having a part to play."

Read our Green Plan - the UHD Sustainable Development Strategy 2021-2026 - on our website, [www.uhd.nhs.uk](http://www.uhd.nhs.uk)

## What are our staff doing to help us to be greener?

**Vanessa Snook,**  
head of  
commercial  
services



**"We've moved to 100 per cent recycled and responsibly sourced paper throughout the organisation, saving approximately 15 tonnes of carbon a year, and an incredible 2.5 million litres of water involved in the manufacturing process."**



**Carla Jones,** deputy  
director of work  
force and OD

**"There are a number of ways that we support staff, including adding a sustainability section in all new job descriptions, and using staff inductions to highlight our sustainability areas for action."**

**Dr Isabel Smith,**  
consultant  
anaesthetist and  
medical director,  
strategy and  
transformation



**"Sustainability is close to all our hearts. We know there are some key hotspots which we will be particularly focusing on such as the use of anaesthetic gases which contribute almost two per cent to the carbon footprint of the NHS."**



Plugged in: Chris Bacon, catering production manager for Poole Hospital, with the electric vehicle they swapped for their old diesel van.

## Go green with us

**For every 1,000 foundation trust members who choose to receive this publication**

**electronically, we can save 192kg of CO2 emissions over the course of a year - the equivalent of driving a petrol car from Bournemouth to Berlin!**

**If you are interested in receiving our membership**

**communications electronically, see page 8 for details on how to do this.**

**Please note this does not affect how the trust may communicate with you as a patient.**

# Thinking big to tackle our waiting lists

**W**e're using innovation to help patients whose procedures or appointments have been delayed get their treatment sooner. Together finds out more.

We need to be innovative if we are to tackle our waiting lists," says Dr Ruth Williamson, deputy chief medical officer, acknowledging the issue of the increasing number of patients we have waiting for outpatient appointments across University Hospitals Dorset. "We need to learn to work smarter so that we can help more of our patients, while preventing burnout in our staff. If, by using extra space and streamlining ways of working we can see 20 patients instead of just 12 in a morning, and multiply that across our clinics, that will very quickly make a huge difference."

This innovative 'thinking big' has led to UHD developing plans to offer appointments in a completely different way, using a novel space away from traditional NHS centres. Converting such a facility into a safe, clinical area, will be overseen by Ashleigh Boreham, who was responsible for converting the Excel Centre in London into the first NHS Nightingale Hospital last year.

"By using a large space in a totally new way, we can map out the flow of patients so that we

always maintain their dignity and privacy, as well as taking into account all social distancing guidelines," says Ruth. "We will also have very clear signage which will help guide patients and we are working with patient groups to ensure that the experience works to the benefit of all."

The plans will see patients seen by a variety of healthcare staff in different roles, depending on their condition. These face to face clinics will help determine what should happen to them next - for instance if they need to come into our hospitals for an operation, or to provide specialist advice on managing with treatment at

**“We’re working with patient groups to ensure the experience works to the benefit of all”**

home or in the community.

"These decisions can help save or change lives - for instance we will be running a dermatology clinic where our can see patients more quickly than in the hospital, to see if their condition is benign or life-threatening. Likewise with our orthopaedic clinics, we can, for example decide if a patient will benefit from a hip



Dr Ruth Williamson



Ashleigh Boreham

operation, or if their condition can be managed in another way.” Plans initially cover dermatology, orthopaedics, ophthalmology and breast screening.

The inclusion of a breast screening unit will also mean women from all over Dorset will have the opportunity to have mammograms which were delayed by Covid in a purpose built unit.

“When you think about it, it really makes sense to take healthcare closer to our local population,” continued Ruth, highlighting the advantages of keeping patients who do

not need inpatient care separate from those in our acute hospitals in these times of global pandemic. “This is much more how things are done in Europe, where healthcare is much more integrated into everyday life.”

This will be a big undertaking, says Ruth, and will involve many different staff from across UHD, as well as our partner organisations: “To do this we will need to work with many colleagues, including IT, booking clerks, transport, housekeeping, procurement and logistics in order to deliver this planned care at scale.”

Ruth’s message to our patients is simple: “We really want to do our best to provide the healthcare that you need and this space will be fantastic as one of the many things we are doing to catch up. We look forward to welcoming you to our new centre to help progress your treatment as we know how frustrating and challenging these delays can be. As healthcare professionals, we are really excited to be part of this project as we hope it will be of huge benefit to many of our patients.

# Impact of sight-saving clinics

Mr Mahesh Ramchandani, consultant ophthalmologist and clinical director for specialities, shares Dr Williamson’s excitement for this new centre. “I know that if we can see more patients in a more efficient way, we can prevent sight loss for some patients and improve the quality of life for other patients. This really will have such a great impact.”

Social distancing has affected how many outpatients can be seen in our eye unit at Royal Bournemouth Hospital, so this centre will help increase our capacity. For patients with glaucoma or macular degeneration, they will undergo a series of tests to see how their condition is deteriorating and then a clinician will look at these results to work out their next treatment. “We are hoping these appointments will be very fast, which will benefit the patient so they can continue on their day very soon after, but the results will help our clinicians make decisions that could help save their sight.”

And for patients with cataracts, they will be seen, assessed and then triaged in the centre by a clinician to see if they are suitable for surgery at a later date. “Research has shown that cataract surgery can really improve quality of life for patients. From simple things like

meaning you can still drive, to preventing trips and falls and helping prevent depression as patients with cataracts can feel very isolated and trapped.”

Mahesh says that this is just part of a series of changes we are making across UHD as part of a wider strategy to help with our waiting lists, including improving our way of working in our operating theatres, always with the benefit to patients as our driving force.



# together for our members



## Welcome from David Triplow, our lead governor

Welcome to this new trust publication, Together, and in particular to this section dedicated to our foundation trust members. I hope you find it useful and informative.

We must congratulate the staff for their dedication over the past 16 months. It has been the most difficult time for the NHS, and they now are working hard to reduce the backlog. You can read more about this on pages 6 and 7.

As governors, one of our major tasks is to represent the public. We usually do this by organising public events and talking to members in the hospital and various places around the area. Covid has put a temporary stop to this, but we will continue when conditions allow.

We have only been able to meet via teams which, like

Zoom, allows us to get together using our computers. We also have observers on the major trust committees.

The new governing body started in January after a contested election. It consists of six governors from the Bournemouth constituency, six from the Poole and rest of Dorset constituency, five from Christchurch, East Dorset, and rest of England, together with four staff governors and five elected governors.

One of our first tasks was to confirm the chair and non-executives for the new board of directors. We are delighted with the quality of the board. They managed to steer the hospitals through the Covid-19 crisis as well as successfully merge the two trusts. They have also overseen the start of the building work at both Poole and Bournemouth hospitals which

eventually will be of benefit to all of us.

We realise that there was little direct communication with members during the pandemic while informing the public and our patients took precedence, and it is good that this publication is the first from the new trust. We wish to update you monthly and we can do this by email. It is easy to receive our communications electronically, including this publication, by simply following the instructions in the letter that arrived with this edition of Together, if you received it by post. More details are below.

I and my fellow governors are looking forward to working with members and keeping you abreast as UHD develops and delivers its exciting plans. We will be planning virtual and face-to-face events, and keeping you up to date by through regular emails and this magazine.

If you like what you see in this publication, please do share it with others.

Thank you.

David Triplow, Lead governor

## Go online and make us green with envy

As you may have seen on page 5, we've set ourselves some ambitious targets to minimise, and reduce where possible, the effect we have on the environment.

There are simple steps that we can all take, like leaving the car at home and taking public transport or cycling, or changing to energy saving lighting in our homes and offices. And choosing to receive Together electronically is another way

you can support us as well as the environment.

If you received this publication through the post, and are happy to receive this and other membership communications electronically, there's a simple way to switch. Please see the letter that arrived with this copy of Together for details on how you can register to receive our membership communications electronically.

We know that some of our foundation trust members do

not use online services, like shopping or email. Please be assured that we will continue to print and post out physical copies of Together, as well as our other communications for our membership.

However you choose to receive membership communications, how we communicate with you as a patient will not change.





# Members news round-up

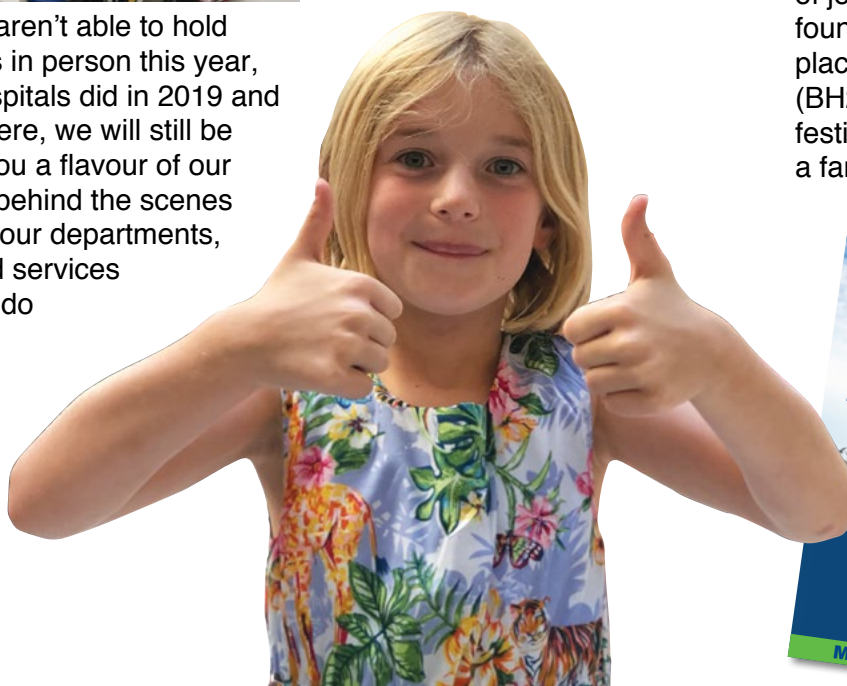
## Understanding Health talks

Our first Understanding Health Talk as University Hospitals Dorset took place recently on the subject of preparing for surgery. The talk, by Professor Rob Middleton, consultant orthopaedic surgeon, was a great start to our 2021 series and was very well received by those who logged on to join us. If you missed the talk, you can find it on our YouTube channel, [www.youtube.com/uhdnhs](http://www.youtube.com/uhdnhs)

More virtual health talks will be organised and we'd like to hear your thoughts about future topics. Do you think there would be interest in how to manage your diabetes or perhaps how the hospitals have changed as a result of the covid 19 pandemic? If you have any suggestions, please email [communications@uhd.nhs.uk](mailto:communications@uhd.nhs.uk)



While we aren't able to hold open days in person this year, as the hospitals did in 2019 and pictured here, we will still be bringing you a flavour of our work and behind the scenes access to our departments, teams and services the public do not often have the chance to see.



## Virtual open day and annual members meeting

**11 September, from 10am**

Planning for our first open day as University Hospitals Dorset later this year is well underway and it's shaping up to be an incredibly exciting event.

The 2021 event will be virtual and go live at 10am on 11 September. Departments from across all three hospitals will showcase a range of services and staff.

Virtual tours, live Q&A sessions for those considering a career in the NHS, first aid tutorials for children, wellbeing and exercise classes, and live health talks are just some of the activities planned so far. Look out for more information about the day on our social media channels and the website over the summer.

Our Annual Members' Meeting (AMM) is part of the live events taking place throughout the day, and will run on Microsoft Teams from 10.30am. It's open to everyone and there is no need to book, simply click on the Teams link at 10.30am on the day.

Details on this and other forthcoming events can be found at [www.uhd.nhs.uk/news/events](http://www.uhd.nhs.uk/news/events)

The AMM will be introduced by our chairman, David Moss, and include an overview of the annual report and financial accounts by our chief executive, Debbie Fleming, and a report from the council of governors. If you have any questions about the AMM please email [ftmembers@uhd.nhs.uk](mailto:ftmembers@uhd.nhs.uk)



## Mudford Arts Festival

Come and meet your governors at the Mudford Arts Festival on Saturday 24 and Sunday 25 July, between 11am-5pm. Speak to them about the exciting changes and developments taking place as well as planned for in our hospitals, and find out how your views can be heard. You can also learn about the benefits of joining the trust as a free foundation trust member. Taking place on Mudford Quay Green (BH23 4AB), the very popular festival is great for families and is a fantastic community event.



# “The joy for me is working with staff and patients”

**K**eith Mitchell has been a governor since 2005 and talks to **Together about the role, his reflections on the pandemic, and how his passion for improving services is making a difference for patients and their families.**

“I felt very helpless during the pandemic - I’m used to volunteering on the wards, for example at mealtimes, and I see that as part of my governor role. It keeps me very grounded when I spend time on the wards, and with the housekeeping teams.

“That all stopped, of course, as did the face-to-face contact with patients, relatives and staff, and I really missed it.

“I have such enormous respect for everyone who kept the hospitals running, whatever their role.

“Talking to foundation trust members and to friends, there was concern about how the hospitals were fairing. There was a lot of concern about loved ones, but also about the staff and the pressures they were under in extremely difficult circumstances.

“A worry I had was that some staff may be returning to work without the support around them they may need, and as a governor, I was able to raise that with hospital management on behalf of staff and the public.

“When the opportunity to become a governor came up, I put myself forward. I didn’t have a health background and it was a great learning curve as well as learning new skills.

“The joy for me is working with staff and patients. One piece of work I’m very proud of arose from a critical CQC report at the Royal Bournemouth a few years ago.

“I went away and thought about it, thinking that in all our patient surveys, the results would come back positive.



“Then my mum went in for an operation, and she told me that if there were any issues she wouldn’t want to make a fuss.

“It struck me that often it’s the relatives who have the real insight into what’s happening on the wards. So we started speaking to relatives on elderly care wards and devised a questionnaire on topics that it would be helpful for staff on the ward to know. And in talking to the relatives, it was amazing

that it was often the small things that we weren’t getting right, and which were simple to fix - and so we did.

“It was brilliant and patients and families responded very positively.”

“Now I’m using that same approach as part of a project looking at end of life care

across UHD. When we looked at how we were performing, it all seemed to be a little ‘after the fact’ - looking at data and information after bereavement.

“The palliative care across UHD is outstanding, from our specialist nurses to the ward staff, the clinicians, cleaners and receptionists. And the feedback from our questionnaires backs this up. And, perhaps not surprisingly, again it is the little things that

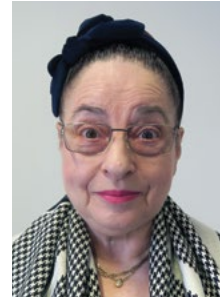
relatives and patients raise, like not wanting to ‘trouble’ staff. I can then pass that feedback on via the ward sister and we can make a real difference for that patient in real time.

“It’s really exciting that we have just started this work at Forest Holme and I’m working closely with Dr Amy Pharaoh and the team there.

“The work has informed a new UHD-wide end of life care strategy and I’m excited about building on the best that we do now.”

**If you are involved in a local group or organisation and would like Keith to talk about his role and any other non-clinical topics at a meeting or event, like the end of life care project, he’d love to hear from you. Email him at [keith.mitchell@uhd.nhs.uk](mailto:keith.mitchell@uhd.nhs.uk)**

# Meet your governors



**Judith Adda**  
Bournemouth



**Sharon Collett**  
Bournemouth



**Majorie Houghton**  
Bournemouth



**Keith Mitchell**  
Bournemouth



**Sue Parsons**  
Bournemouth



**Diane Smelt**  
Bournemouth



**Richard Allen**  
Christchurch, East Dorset and rest of England



**Chris Archibold**  
Christchurch, East Dorset and rest of England



**Carole Light**  
Christchurch, East Dorset and rest of England



**Robin Sadler**  
Christchurch, East Dorset and rest of England



**Sandy Wilson**  
Christchurch, East Dorset and rest of England



**Robert Bufton**  
Poole and rest of Dorset



**Christine Cooney**  
Poole and rest of Dorset



**Andrew Mcleod**  
Poole and rest of Dorset



**Patricia Scott**  
Poole and rest of Dorset



**David Triplow**  
Poole and rest of Dorset



**Michele Whitehurst**  
Poole and rest of Dorset



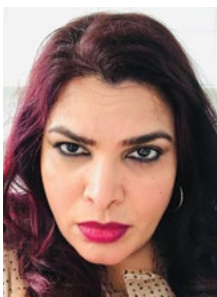
**Marie Cleary**  
Non-clinical staff



**Cameron Ingram**  
Clinical staff



**Markus Pettit**  
Non-clinical staff



**Kani Trehorn**  
Clinical staff



**Dr David Richardson**  
Dorset CCG



**Prof Stephen Tee**  
Bournemouth University



**Beryl Ezzard**  
Dorset Council



**Paul Hilliard**  
BPC Council



**Connor Morton**  
UHD Volunteers Group

To contact your governors email: [ftmembers@uhd.nhs.uk](mailto:ftmembers@uhd.nhs.uk)

# “When you bring people together, great things can happen”

**D**r Matthew Hodson joined Team UHD in March as one of our two deputy chief nursing officers. A former chief nurse at Virgin Care, divisional director of nursing and therapies at a central London community NHS trust and a respiratory nurse consultant at a London acute trust, Matthew is passionate about providing quality, safe services.

His career began as a healthcare assistant before undertaking his nurse training in Winchester.

“Every one of us can bring value to our patients through our behaviours and how we demonstrate and live our values and culture”

“I had asthma as a child and was fortunate to have great placements as part of my training such as respiratory wards, so specialising in respiratory nursing was a natural progression for me,” Matthew explains.

It was in developing services for respiratory patients in London that Matthew’s drive to improve the care his patients received began to be more widely recognised. He was named nurse of the year in 2013 by Nursing Standard magazine after setting up a specialist drop-in clinic for patients with chronic obstructive pulmonary disease (COPD), and awarded an MBE a year later for services to respiratory care. Working with the large respiratory team, he developed support for patients in the community to prevent admissions, while ensuring safe, timely discharges for those who did need to stay in hospital.

“I’m passionate about taking forward the nursing research agenda, and developing lecturer practitioner roles, working with our colleagues at Bournemouth University. Our University Hospital Trust status makes these kinds of opportunities possible.

“Our values as an organisation are important, and they matter - when I looked at UHD before I joined, the values really resonated with me.

For me, they are what we work and live by.

“Every one of us can bring value to our patients through our behaviours and how we demonstrate, and live by our values and culture.

“When you bring people together who are passionate and compassionate, great things can happen.”

The pandemic brought with it a lot of challenges for the profession, says Matthew, and a lot of opportunities.

“Covid has been an unforgettable time for the NHS, and for our hospitals and communities - everyone will have their own reflection. But there is a lot we can learn from our experiences that are positive, like the use of technology for virtual consultations with patients.

“The past year and a half has united us as a profession and brought us closer to our colleagues through collaborative working, and we don’t want to lose that.

Matthew, who lives with husband Lukasz and their eight-month-old daughter Liliana and dachshund Olly, says choosing to live and work in Dorset was a simple decision.

“Who wouldn’t want to live down by the coast and the incredible countryside and beaches here?,” he said.

“There are so many opportunities and places to explore, it’s a great place to be and a great place to bring up Liliana.”





## Welcome to University Hospitals Dorset NHS Charity

**A**s you may already know, the charities linked to the Royal Bournemouth, Christchurch and Poole hospitals formally joined together on 1 April, forming University Hospitals Dorset NHS Charity.

Our newly formed charity aims to support each hospital by providing funds to enhance care beyond that which the NHS can offer. The scope of provision varies hugely and includes additional facilities and state of the art equipment as well as health, wellbeing and development support for our

incredibly dedicated team of NHS staff.




Although we are now one charity, supporters still have the option to donate to a specific hospital or ward of their choice, or can make a general donation to the charity which will be allocated to the area it is needed most. Previous donations made to specific funds will of course be honoured, and we will ensure they are spent in the way each supporter originally intended.

Working as one charity gives us the opportunity to bring our teams together, to focus

our efforts on supporting one another and provides access to opportunities we may not previously have had. We invite staff, patients and supporters to unite and get involved, whether it's taking part in charity events, undertaking your own fundraising challenge or helping to spread awareness for what we do!

We're very excited to continue working as one team to support our local hospitals - follow us on social media and keep to up to date with the latest charity news.

Contact us: [uhd.charity@uhd.nhs.uk](mailto:uhd.charity@uhd.nhs.uk), call 0300 019 4060/8449

or via  Twitter,  Facebook and  Instagram @UHDcharity



# Our NHS Heroes

Whilst the past 15 months have been a difficult time for all, we've been stunned by the generosity of many and are so grateful to have received such phenomenal support and recognition for our team of NHS staff who have worked tirelessly throughout the global pandemic.

A fantastic £295,903 was raised through the NHS Heroes across all our hospital sites, and an additional £549,700 was received in grants from NHS Charities Together.

During the first lockdown we received many donations of

goods/gifts in kind which were distributed throughout hospital sites dependent on need and the nature of the gift. We also placed a big focus on the health and wellbeing of staff working throughout the pandemic, allocating funds to ensure they had access to goods and facilities that would best support them.

So far, we have funded the following to support our NHS Heroes:

- three new safe spaces on our Poole site: The Bubble, The Nest and The Hideout

- food and hydration items for staff safe spaces and staff on wards
- yoga and relaxation classes
- whiteboards for patient communications
- Christmas decorations
- wellbeing practitioner and psychologist for staff
- Christmas refreshments
- Staff thank you refreshment vouchers
- free access to Hospedia TV for patients over Christmas
- the staff garden area on the St Mary's maternity hospital site

## Luca Summers

Six year old Luca raised £7,000 for our NHS Heroes appeal!

He ran 101 miles in 27 runs to support our incredible frontline staff and even had some special guests at the finish line - great job Luca!



## Sharon Valler

Sharon and her husband Phil have raised over £5,000 for NHS Heroes by selling plants and vegetables from her front garden. What started as a small lockdown project has turned into a successful 'give and take' community which is very much still in business!

Find out more and get involved - go to facebook. [com/groups/bournemouthgiveandtake](https://www.facebook.com/groups/bournemouthgiveandtake)



## How you can support us

- Fundraise for the charity - from quiz nights to jumble sales, there are so many ways to raise funds to support your local hospitals.
- Sign up for a sponsored challenge - brave the highest heights, face your fears or take on a once in a lifetime opportunity
- Attend a charity event with your family and friends
- Make a donation online or in our charity offices at Royal Bournemouth and Poole Hospitals.
- Become a volunteer - help out in your spare time to support our events and hospital shops!
- Provide corporate support
- your business can work in partnership with us
- Help us spread the word on social media - follow @UHDCharity on Facebook, Instagram and Twitter and engage with our posts to raise awareness for what we do!

Contact us: [uhd.charity@uhd.nhs.uk](mailto:uhd.charity@uhd.nhs.uk), call 0300 019 4060/8449

or via Twitter, Facebook and Instagram @UHDcharity



# Recent appeals

## Walkerbot

The Walkerbot is a modern piece of robotic machinery that will help those living with stroke relearn to walk, allowing faster rehabilitation for patients. Thanks to the support of many, we are close to reaching our £365,000 fundraising goal and welcoming further donations to secure this vital piece of technology.



- An **energy sleep pod** in Poole Hospital to allow staff from our anaesthetics department to take a much needed power nap when working long shifts or on call. Thank you LV= for your generous donation!

## Tri topping this!



Nurse Consultant Sara Quickfall-Leonard walked 350km in an inflatable triceratops costume and raised over £3,000 to support her amazing stroke unit, donating funds to support the Walkerbot appeal. Blisters, scorching temperatures and an aching body did not stop her - well done Sara!

**Thanks to our kind supporters we've also been able to fund the following:**

- **Refurbishment** of the flat available for families of patients in ITU or undergoing treatment for cancer.
- An upgrade to our **Wattbike** used for physiotherapy rehabilitation services at Christchurch Hospital - thank you to the ladies of Ferndown Golf Club!



- The opening of our **Butterfly Garden**, a private outdoor space for end of life patients and their loved ones to spend time outside in a peaceful and secluded environment. This garden is located at the Royal Bournemouth Hospital and was one of the many areas generously funded by Gerry and Pauline Smith, on behalf and in memory of their friend Alan Miller. An additional £500 donation was kindly contributed from Southbourne Masonic Lodge.

## Upcoming events

### Walk for Wards returns for 2021 - Saturday 4 September

Join us at Somerley House for the first University Hospitals Dorset NHS Charity event to take place in person since joining together as one charity - we hope to see you there.

Whether it's a short scenic family stroll or a long walk in the great outdoors with friends, you can make a difference to your hospitals whilst exploring the grounds of the 7,000 acre Somerley House Estate. Choose a route of either 3km, 5km or 10km and raise funds to enhance the care of patients and staff at Poole, Royal Bournemouth and Christchurch hospitals. Adults can sign up for £10 and children under 16 go free.

Mark the date in your diary and visit [UHDCharity.org](http://UHDCharity.org) for more information.

## Upcoming challenges

We have places available for a variety of thrilling events - take part solo or sign up with friends or colleagues - whatever you fancy, we have the challenge for you!

### Charity tandem sky dive 25 July

Jump for us and have the experience of a lifetime that you will never forget!

### Virtual London Marathon 3 October

Be a part of the biggest marathon ever staged anywhere in the world!

### Dorset Plane Pull 30 August

Get together with your friends and colleagues and pull a Boeing 737 - what a way to spend the summer bank holiday!

**For further details and to sign up, follow us on social media or contact us at [events.charity@uhd.nhs.uk](mailto:events.charity@uhd.nhs.uk)**

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## Our Dorset Heroes

The UHD theatres team and Poole volunteer Andy Byers were triumphant in this year's Dorset Hero Awards for their work during the pandemic.

The awards set out to recognise heroes from across Dorset for their achievements and actions in the last 12 months, and are organised by the Bournemouth Echo group of newspapers.

The UHD theatres team, which includes staff at both the Royal Bournemouth and Poole Hospital sites, took home the healthcare team award in recognition of how they adapted to support other areas of our hospitals during the pandemic, while volunteer Andy Byers was given the 999 Award in recognition for his role at Poole Hospital during the pandemic.

Andy averaged 15,000 steps per shift in 2020 as he cleaned high-touch points at the hospital and guided patients and looked after the north entrance.

Congratulations to Andy and our theatres teams, and all those UHD individuals and teams nominated for an award.



## Staff are front and centre (court)

Two long-serving members of UHD staff were invited to represent the nursing profession as colleagues from across the NHS and the scientific community were honoured at this year's Wimbledon tennis finals.

BJ Waltho, associate director for operations, and Geoffrey Walker, matron for specialist services and ambulatory care, took up their places in the Royal Box to enjoy an unforgettable day at the All England Lawn Tennis Club on the first day of the tournament, as guests of the Royal College of Nursing.

The Centre Court crowd gave the Royal Box attendees a standing ovation before play began, cementing a once in a lifetime experience for Geoffrey and BJ, who were allowed to bring one guest each. Geoffrey brought his PA, Tracey Preddy, while BJ took along her sister Phillipa, a rehabilitation assistant based in north Devon.

"Being given the opportunity by the RCN to represent nurses was a real honour and I will remember this for a very long time," said BJ.

"We were treated like royalty and overwhelmed by the appreciation shown to us by centre court for our efforts during the pandemic."

Geoffrey added: "It was a chance of a lifetime and such an honour, especially on the first day when health care workers were celebrated for their work in the pandemic.

"The standing ovation was so touching and I felt so proud for everyone who has worked tirelessly throughout this most difficult period. It was also a time to reflect on so many who had given their lives for others."



## together is your publication

We hope you have enjoyed reading this first edition of Together, produced by University Hospitals Dorset's communications team. If you have any feedback, a story or a suggestion for us to cover in future editions, email [communications@uhd.nhs.uk](mailto:communications@uhd.nhs.uk)