

Spring 2022

together

for staff and supporters



Reflecting on
the pandemic



Looking out
for each other



Thinking big
and bouncing back

Welcome

Welcome to this latest edition of Together, our magazine for our foundation trust members, staff, patients, the public, volunteers and supporters.

It's been an extremely busy period for TeamUHD - and indeed for the health and social care sector across the whole of the country. Nevertheless, it's important to take time to stand back from the current operational pressures and reflect on all that has been achieved over the past few months.

As you will know, the country's Covid-19 vaccination programme has moved from strength to strength since it began back in December 2020. At UHD, more than 92 per cent of staff are now fully vaccinated. As if any further reminders were needed, the rationale for being vaccinated was really brought home to me and colleagues at the start of this year when we passed a sad milestone within our hospitals - the 1,000th patient death linked to Covid-19.

The pace with which the vaccination programme has moved, with UHD among the forefront of local efforts in providing vaccinations to thousands of health and social care staff within UHD and across Dorset, has directly supported the lifting of legal restrictions related to Covid-19, announced in February. It is a source of great pride for many of us at UHD, and in the wider NHS, that we have not only been there to pick up the pieces during the pandemic, but play our part in helping to return the country to its feet again.

It is almost surreal to think that at around this time two years ago, many of us were hearing the word 'coronavirus' for the very first time. But in that short time, which has left indelible marks on so many lives for so many reasons, I have watched in awe as individuals and teams rose up, at every level of the trust, in every ward, service, department and speciality, to demonstrate true courage and inspirational leadership when it mattered most. None has sought the limelight or recognition for their efforts, but I am sure in the years ahead these contributions will continue to be remembered and appreciated.

We will all take something with us from this time, as we hopefully continue to move towards a new normality. Things won't be quite the same again, but among the many positives coming out of the pandemic, I hope that the renewed commitment to be kind to one another, and the greater willingness to reach out to offer and receive support that we have seen in so many areas throughout this time stays with us all for many years to come.

This is a poignant edition of Together to introduce, as it will be my last as chief executive of University Hospitals Dorset. I retire in March after 38 years in the NHS, much of this in Dorset. Having overseen the long-heralded merger of Poole and the Royal Bournemouth and Christchurch hospitals in 2020, and the coming together of teams and services in the pursuit of providing the very best healthcare we can for the populations we serve, our once-in-a-generation programme of estates works is well underway, providing us with the facilities in which to offer this state-of-the-art care.

Change is something that provokes a range of reactions, especially with a subject so close to people's hearts as healthcare, and of course, it is not always wholly welcomed. Yet when it is driven by a desire to do the right things for patients and colleagues, and is led by those clinicians responsible for delivering high quality, equitable and sustainable care into the future, I believe we must be steadfast in pursuing our goals.

I couldn't be more proud of University Hospitals Dorset and all those connected with this amazing organisation. The pandemic has shown to me and the watching world just what a group of exceptional individuals and teams the people of Dorset has serving them, and our patients could not be in better hands.

Under the stewardship of Siobhan Harrington, who has been chief executive of Whittington Health NHS Trust in London since 2017 and who will take over from me as chief executive in June, I am confident that our hospitals will continue to go from strength to strength, continuing to put the needs of our patients at the centre of all we do. As a local resident myself, I shall be looking on with great interest to the on-going developments within the Trust, as these are my local hospitals too!

I'd like to conclude with a heartfelt thank you - to those who have supported our hospitals throughout these difficult times, such as our foundation trust members and other partners across the Dorset system, who have given us so much strength when we have needed it the most; to our patients and the public for providing us with the reason to come into work each day and do better than the day before, and of course, to our incredible staff and volunteers - my colleagues - who truly are the backbone of this organisation.

It has been the greatest honour to have served you all over the past few years, and I wish each and every one of you good health and every success for the future.

Thank you.

Debbie Fleming OBE
Chief executive
University Hospitals Dorset



‘This is the future’

In December last year our Outpatient Assessment Clinic opened on the top floor of Beales department store in the Dolphin Centre, Poole. This purpose-built clinical area was created in less than a year by UHD and partners across Dorset to help tackle our patient waiting lists. Using lessons from the Nightingale Hospitals established at the height of the pandemic, and Covid-19 mass vaccination centres, the floor has been completely transformed from retail space into a clinical area, including an ophthalmology lane, a breast screening unit and 16 clinical rooms which can be adapted for different clinics. This will ensure local people will be seen more quickly, in a convenient way for them.

Since opening, more than 3,500 outpatients have been through the clinic. Public feedback has been very positive, with 100 per cent of visitors saying they would recommend the service to family and friends and 98.5

per cent rating their experience from their visit as very good or good. Written comments have included: “I attended for an appointment at the new eye unit in Beales, I wish to say that the unit service was excellent” and “I think the unit is a brilliant idea - no sitting for ages in a waiting room with lots of other patients”.

The Outpatient Assessment Clinic has been at the centre of a lot of attention, from high profile visits and the media. In February, Sajid Javid, the Secretary of State for Health and Social Care, toured and shared his opinion with the Bournemouth Echo, saying: “I am incredibly impressed because this is the future. There are a lot of people the NHS needs to see and we need to find new ways of doing things. This centre is right here in the heart of the community, in a shopping centre, above a department store. From what I have heard from patients and staff it’s working incredibly well. Dorset is leading the way and



Meeting with Mr Mahesh Ramchandani...



...and the Live Well team

we want to see much more of this across the country as we recover from Covid.”

Other visitors have included Amanda Pritchard, the CEO of NHS England, who told BBC South Today: “This is a remarkable facility. I can see from walking around here the energy of the staff who have been able not just to bring their services here and run them in a way which is offering more access, more conveniently for their patients but also to innovate. It is providing something which is truly world-class care.”

Part of the success for any visit to the Outpatient Assessment Clinic is down to our team of volunteers and we are very grateful to all of them for all their support. Further details of how to get involved as a volunteer and with links to news about the clinic can be found at www.uhd.nhs/think-big



Sajid Javid with Debbie Fleming



Looking after each other

At University Hospitals Dorset, it's our job to take care of our patients. It's also our job to ensure that we take care of each other too. From support with mental and physical health, to initiatives and facilities at UHD that make staff feel valued - we are on a drive to help all our staff to improve their wellbeing.

In 2022, we are focusing on our wellbeing initiatives, which are driven directly from feedback to our culture champions. Our culture champions are a group of staff who in 2021, volunteered to find out what would make their colleagues feel valued and recognised through research, interviews, surveys. Health and wellbeing resources, hot food for night shift staff, improvements to lockers, increasing and improving staff rest areas and

implementing a new online 'thank you' system were some of the areas identified for improvement.

Actioning these improvements across our hospital is the task of our Improving Staff Experience group, which is made up of members of our hospital transformation team, our culture champions, relevant department leads and supported by three of our UHD executives, Peter Gill, Richard Renaut and Deb Matthews.

So far two trials of hot food for our night shift staff have already taken place with



external vendors, and we have had refurbishments to some of our locker and changing facilities (pictured). A microwave and hot food vending machine has been installed at St Mary's Maternity Hospital, and all UHD staff received a £10 Love to Shop voucher this Christmas to say thank you for all their hard work.

We are also currently recruiting health and wellbeing ambassadors, members of our staff who will volunteer their time to promote the resources available to our teams. These resources include emotional wellbeing support, counselling services, and access to free apps and services such as Headspace and Sleepstation. Options are being explored for additional and improved rest areas, and our senior leaders have been visiting our wards and departments to say thank you for their hard work.

We are **caring** **one team** **listening to understand** **open and honest** **always improving** **inclusive**



Hot food at night spotlight

In January and February our wellbeing team began working with local food companies to trial bringing hot food to our night shift teams. The external vendors set up on site from 11pm-3am to provide a range of subsidised healthy hot meals.

Rob's Filling Station and Tattie McSpudface (pictured) alternated between our Poole and Royal Bournemouth Hospital sites over the course of a week and received a very warm welcome from our staff.

Peter Gill is our chief informatics and IT officer, and executive sponsor of the hot food initiative. He said: "For this trial we have chosen vendors who can provide a variety of hot, healthy subsidised hot meals to our overnight staff for a similar price to what our day staff pay in our restaurants and cafes. It is brilliant to see staff engaging with this trial, and we have had some incredibly positive feedback from our night-shift teams on the difference a hot meal has made to their evenings. We're aiming to understand the demand for hot food, the times staff are eating and whether we can implement remote ordering and appropriate pricing. We realise how important it is for our staff to have access to affordable and nutritious food and we are determined to get this right for our hardworking teams."



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Supporting our patients to support our ward teams

For some inpatients, going without cigarettes in hospital is a necessary inconvenience. But for others, it can lead to anxiety and agitation, which can lead to disruptive behaviour on wards.

A new team is aiming to support these patients - and busy ward staff - by providing personalised expert support to inpatients admission wards who smoke.

The tobacco dependency team consists of a specialist acute nurse, advisor and mental health nurse, supported by a team of three healthcare assistants. Their role is to identify patients who might benefit from professional support beyond that which ward staff may be able to offer. This includes everything from prescribing nicotine replacement therapy (NRT) for free while in hospital, to offering behavioural support, information and guidance on ways to quit and lead healthier lives after leaving our care. The service is also available to staff.

Patients are identified on admission through the electronic nursing assessment (eNA) tool, and a member of the team is allocated to visit them at their bedside.

Alex Szymanska is a tobacco dependency nurse specialist dedicated to UHD patients, and joined the team after two years nursing on the acute medical unit (AMU) at Royal Bournemouth.

“It’s really helpful to have experienced inpatient care

here before I joined the team as I understand the frustrations and challenges that caring for someone with a tobacco dependency can cause.

“I also understand it from the other side, that smoking is addictive and that being without cigarettes can prompt a range of reactions from patients, some of which are hard to manage.

“Our job is to support our colleagues on the acute wards by providing expert support and advice to help patients struggling without their usual nicotine products to feel more settled while in hospital.”

Around 14 per cent of the population in England smokes, reducing life expectancy and increasing the risk of chronic health issues. But practical support like NRT can double the chances of quitting successfully.

“If we can help to remove some of the disruptions wards experience by providing tailored support to smokers, then everyone benefits,” said Alex.

The tobacco dependency team is part of a Dorset Integrated Care System initiative to tackle smoking as part of the NHSE Long Term Plan, with specialist nurses like Alex also available to inpatients at Dorset County and Dorset Healthcare hospitals.

Alex Szymanska



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Paul, seated, with Stuart Ingram, from groundworks contractor Woodmace.



latest in medical technology including digital pathology and ultimately artificial intelligence in support of rapid cancer diagnosis. Research will also play a key role in the new laboratory and the intention is to expand this area as links with Bournemouth University mature.

Stephen Harding is the head of service for One Dorset Pathology - a collaborative partnership between Dorset County Hospital and University Hospitals Dorset.



He said: "This is a very exciting and significant project for the patients of Dorset.

"Pathology services are an essential part of the efficient and safe running of hospital and GP services, analysing the thousands of tests that are done for patients every day.

"The new facility will have the very latest in specialist technology and deliver better value, high quality diagnostic and care for patients across the region."

The development has been supported in part by a £2.7 million Local Growth Fund investment by Dorset Local Enterprise Partnership (LEP) for the histopathology diagnostic hub as part of its initiatives to support Covid-19 recovery and accelerate healthcare resilience in the county.

The hub will open later this year, with the build fully complete in the summer of 2023.

Paul 'digs' new pathology labs

For over a decade, Paul Massey, our head of pathology, has been striving for a new way of delivering pathology services to improve the flexibility and sustainability needed to meet the ever-changing needs of clinical care in Dorset.

To this end, Paul and colleagues across the county, have been working to enable this vision of modernising the way pathology is delivered in Dorset.

"The goal here is to bring significant efficiencies through new ways of working," explains Paul.

"Critically, we need to gain the ability to keep pace with technological advances already on our doorstep in order to provide optimal support for Dorset patients.

"This is an ambitious and complex project and without doubt there is a lot more to do but we have made huge strides over the last 12 months."

Plans took a major step forward in January with the completion of preparations for the new pathology laboratory at the Royal Bournemouth Hospital site, including a histopathology diagnostic hub, bringing this cutting-edge facility a step closer to the people of Dorset.

The innovative new £12.7m facility will provide the full range of pathology services as well as offices, staff facilities, new access road, car parking, cycle stores and landscaping.

The building, on the Wessex Fields site adjacent to the hospital, will serve as a high throughput 'hub' for both routine and specialist testing using the

together for our members

Welcome from David Triplow, lead governor

Welcome to this latest edition of Together. Covid has meant that our governors have not been able to interact with the public as we would wish, but in early February we spent a day meeting the public at the Sovereign Centre in Boscombe. We really appreciate your views, and I would like to thank Keith Mitchell for organising this event. More events will follow as hopefully normality resumes.

I am approaching the end of my first year as lead governor at UHD, having been lead governor at the Royal Bournemouth for three years prior to merger. It is now time for a change, so I have decided not to stand again. Elections are now taking place and so this will be my last time writing to you as lead. I hope to stay as a governor.

So much has happened in the last few years: the merger of the two trusts, gaining the finance for the extensive building works which are now clearly visible and will be such a benefit for patients in Dorset, and of course the workload caused by the pandemic. Over my 10 years as a governor, I am astonished by the dedication of the staff at all levels, and everybody puts patient care as the priority. Staff are very tired but are trying their best to reduce long waiting lists caused by the pandemic. It is interesting to note that the new outpatient assessment clinic at Beales in the Dolphin Shopping Centre in Poole was recently visited by the head of the NHS and the secretary of state for health, who says he would like to see 100 of these introduced across the country.

It has been a pleasure to see the excellent leadership of David Moss and Debbie Fleming, and I wish them both well in their upcoming retirements. I have been lucky to have Sharon Collett as my deputy and a superb team of governors to work alongside. The board of directors is exceptionally talented and show first class leadership through challenging times, while looking forward, there will be real advantages to the links with Bournemouth University. We need to produce more doctors, and I know from my teaching days that there are more gifted students wanting to become doctors than there are places at medical schools.



Trust chairman to retire

David Moss will be stepping down as chairman of the board of UHD at the end of March. In a long career with the NHS, David oversaw the merger of our two predecessor trusts, as well as helping steer the hospitals through the Covid-19 pandemic.



David said: "I am very proud of the way our trust and our staff joined forces to help improve health outcomes for the people of our region, with the backdrop of the Covid pandemic. I am very grateful to all our staff for all their hard work and dedication and I wish them all the best for the future as I step down."

Debbie Fleming added: "We wish David all the best for his future and thank him for his long service both to the NHS and our hospitals."

The recruitment process for David's replacement is underway. If the new chair is not in post by 1 April, Philip Green, vice chairman for UHD, will take on the role of acting chairman of the Trust Board and Council of Governors.

Health talk for members: understanding fibromyalgia

We'll be holding a free virtual Understanding Health talk on fibromyalgia on 27 April 2022 at 5.30pm.

Darren Cains, senior physiotherapist and rheumatology practitioner, and Caroline Wood, occupational therapist, will discuss what fibromyalgia is and highlight some of the symptoms, as well as some of the self-help treatments. They will also take questions from those watching the live event on the day.

The free event is open to everyone.

To join the event, please visit the 'events' page on our website, found under the 'news' tab on the homepage www.uhd.nhs.uk There is no need to book, simply click on the link at 5.30pm on the day. A recording of the talk will also be available on our website afterwards.



Email ftmembers@uhd.nhs.uk to contact your governors, or for any inquiries about your foundation trust membership

Here to help

Michele Whitehurst has been a public governor for Poole and the rest of Dorset since 2017. Here she explains why she chose to become a governor, and how the pandemic galvanized her to want to do even more to support her local NHS and the public.

“My working background started as a medical secretary in 1991 in Manchester before moving to the Royal Bournemouth Hospital in 1993 to support all that is involved in caring for the elderly. I also spent a few years working as a rehabilitation assistant at a local care centre at weekends. With sadness,

and responsibilities, I ended my NHS career as a medical admin and staff coordinator in 2015, to assist in my family business.

“The NHS never left my heart though, and when a friend told me that you could become a public governor for Royal Bournemouth and Christchurch hospitals, I jumped at the opportunity, and in 2017 I was elected. It was fantastic to be back with the NHS, helping to support services, undertaking audits, meeting and listening to staff and patients, being an ambassador for the Trust, and keeping the Trust Board abreast of public views. With the merger of UHD, I stood for Public Governor again, and felt so proud to be elected in 2020, but then with a bang COVID-19 struck.

“In the beginning of the pandemic, and on one particular Clap for Carers evening to applaud the NHS, I turned to my husband and said, ‘When the call comes, I need to help the NHS.’”

“Fortunately, in addition to my public governor role, I had enlisted with UHD volunteer services as a Staying Active volunteer and this would lead me to become a face around Bournemouth Hospital site every Friday and Weekend. From June 2020, I’ve stood gelling hands and handing out masks at the main entrance

doors, giving directions to visitors, and helping to support with whatever question or scenario presents. I’ve cleaned touch points, lifts, seating, stocked up the PPE along the corridors. I’ve participated in UHD’s research trial for Novavax - what an honour to help in this research. When the NHS called for support with the vaccination hubs, I joined St. John Ambulance as a volunteer carer helping at the BIC. I’ve also helped in our Trust Staff Vaccination roll-out programme. Of late, I have been helping in the outpatient assessment clinic in Beales at the Dolphin Centre and in our emergency department.

“I don’t think my husband realised that two years on I would have become so involved, but the reason why I do, is that I feel immensely honoured to give my time and learned skills back to the NHS to support in whatever way I can to help staff, patients and visitors. Society is now starting to open up, which means that as a public governor I can once again go out to public events and spread all the good news that has been done and is underway to always put patients first.

“Thank you all for being so incredibly fantastic, inspiring, caring and kind. Speaking as a public governor, the fantastic work within the hospitals by everyone never goes unnoticed and a thank you isn’t enough to show the immense gratitude for the service and care shown to our patients. Speaking as a volunteer, and when you see me (or my colleagues) in a blue shirt, it will always read, “Here to help”! Don’t be afraid to ask - we’re here for you.”



Email ftmembers@uhd.nhs.uk to contact your governors, or for any inquiries about your foundation trust membership

Robotic tilt table appeal

We have launched an appeal to raise £190,000 which will enable us to purchase two robotic tilt tables so that patients with severe neurological damage can recover sooner. Physiotherapists at UHD often care for very unwell patients with a range of conditions for whom prolonged bed rest can lead to loss of function and weakness in their lower limbs, as well as damage to the cardiovascular system.

The table offers physiotherapists a safe solution for early rehabilitation, improves recovery and can reduce the amount of time that patients with neurological damage spend in intensive care.

One of the key factors in their recovery is to start rehabilitation in a vertical position as soon as possible once they are admitted to hospital. Movement into this position often proves difficult as raising a patient into a vertical position can lower their blood pressure. The specialist device helps patients to safely start early therapeutic lower limb exercises following neurological damage.

The machine facilitates robotic leg movements, which are synchronised with electrical stimulation to a patient's leg muscles to maintain blood pressure whilst slowly raising patients to a vertical position. Leg movements in this position provide stimulation to the patient's nervous system, while at the same time increasing the heart rate and allowing more blood to be pumped around their body.


"I feel very honoured and proud to have a job that allows me to care for these patients. Suffering severe

neurological damage can be a life-changing experience, but the robotic tilt tables will make a huge difference to these patients recovery. The devices will be an asset to University Hospitals Dorset and the first of their kind in the region," said Claire Creasey, senior physiotherapist.

If you are interested in making a donation or raising funds to support our appeal please visit uhdcharity.org/tilt-table or contact the UHD charity office on 0800 019 4060/8449.



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

or via  Twitter,  Facebook and  Instagram @UHDcharity



We did it! - Lavender Garden fundraising success

We are so pleased to report that following the launch of the Lavender Garden appeal in 2021 we have reached the £35,000 fundraising target! Thanks to the phenomenal response from the Dorset community and staff at University Hospitals Dorset, work will soon commence to bring the garden to life, providing a private space for all staff to remember, reflect, rest and recharge.

The quick success of this appeal is down to the amazing contributions from our supporters, including a wonderful anonymous donation of £25,000. This level of support for staff health and wellbeing within such a short space of time demonstrates how incredibly grateful our community is for the outstanding work carried out by staff at University Hospitals Dorset.

The project was initially proposed by the Royal Bournemouth Hospital theatres team who visualised a beautiful green space in which to remember Anna and Tom, two colleagues who they sadly lost to cancer in 2020.

Donna Bailey, surgical first assistant, said:

“The day Anna died was one of the saddest days for me, I left her in the hospice the day before with a bunch of lavender from my garden. The idea of creating a space in memory of our dear friends came from this. The more we talked about the garden the more I realised that it wasn't just for Anna, Tom and

their families but for everyone who has loved and lost or is just in need of a space for wellbeing and headspace. The Lavender Garden will offer a place of calm and tranquility. The day I was told the charity had helped us raise the money is a day I will always remember. We are overwhelmed. Words cannot describe how grateful we are. To know that so many people will benefit from this space will be exactly what Anna and Tom would have wanted”.

Rob Flux, integrated desktop services manager, added: “Hearing that we have met our target for the Lavender Garden and this amazing project is now one step closer to coming to fruition has lightened my heart considerably. Day to day at the hospital, it is so easy to get caught up in the moment and this will be a unique, calming

and cathartic place where staff can take some much needed time for rest, time for quiet reflection and time to remember those that have been so sadly lost to us through the pandemic and beyond. Thank you to everyone that has donated to make this a reality.”

The Lavender Garden will feature a pagoda, seating and a summerhouse surrounded by beautiful raised flower beds and evergreen plants. Whether it's a peaceful place to decompress during difficult shifts, recharge with colleagues after a long day inside or reflect upon both the difficulties of the past two years and the days filled with lovely memories, the garden will be an incredibly special and unique place within the grounds of the Royal Bournemouth Hospital.

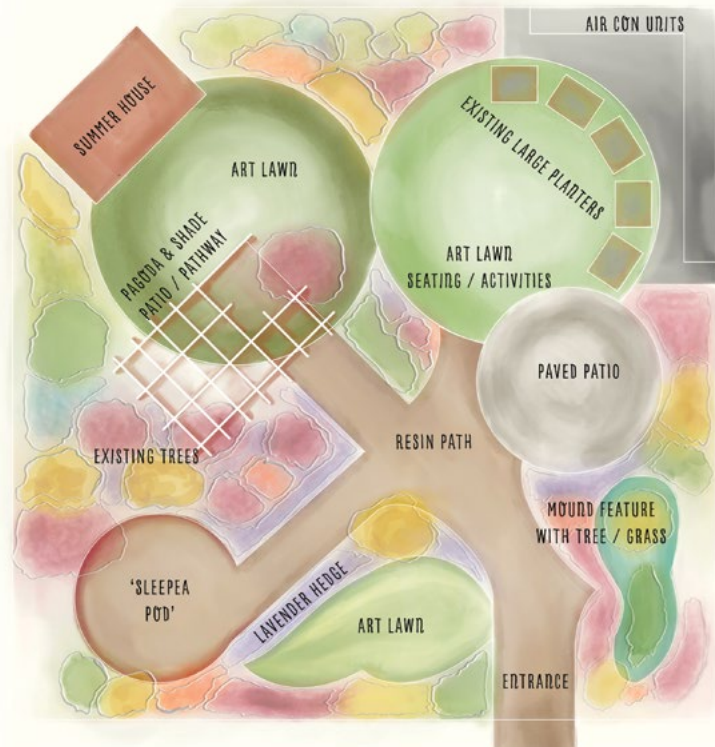
If you are interested in finding out more about how you can support the charity please visit uhdcharity.org



Donna Bailey



Rob Flux



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

or via Twitter, Facebook and Instagram @UHDcharity



Challenges Round-up



From airborne adventures to tremendous treks, we've got so much to offer you in 2022! Our challenges are the perfect way to fundraise for your hospitals whilst doing something truly unforgettable. Our fundraising team will provide you with all the information you need to get your fundraising started and we'll be on hand with support and advice to help you reach your target. To sign up visit uhdcharity.org and head to the events page or scan the QR code.



Ride London Essex 100

The world's greatest festival of cycling returns on Sunday 29 May 2022 with an exciting new Essex 100 route that will see participants cross the finish line at Tower Bridge welcomed once again by spectators. Setting off from Victoria Embankment in central London and into Essex via Epping Forest, riders will be able to take in the historic landmarks along the way. We have secured 10 places in the iconic event available on a first come first serve basis so if you're up for the challenge, don't delay, join #teamUHD today!

Wing Walk

There's nothing quite like the feeling of flight and Wing Walking is an innovative way to fundraise for us whilst enjoying spectacular views and making lifelong memories! We are offering you the chance to feel the wind in your hair as you fly across the sky at over 2,000 feet above sea level at speeds of 130mph on the wings of a Boeing Stearman Biplane. Our charity day is on Friday 1 July 2022 but if you can't make that date, get in touch with us for alternative availability.



Tandem Skydive

Taking part in the Charity Tandem Skydive is the experience of a lifetime and one you will never forget! You'll take a leap of faith as you exit the aircraft to soar through the skies and take in the beautiful countryside like never before. You can sign up to take part on our charity day on Sunday 24 July 2022 or choose your own date. You can check availability here: www.goskydive.com/www-uhdcharity-org



Camino Way Trek

Don't miss out on this incredible opportunity to trek 125km through rural northern Spain and Portugal whilst raising funds for our hospitals. Taking place 10-17 September 2022, the charity trek follows the Pilgrim's Way and finishes in Santiago de Compostela. Cost includes 7 nights accommodation and some food. For more info visit uhdcharity.org/index.php/events

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

or via Twitter, Facebook and Instagram @UHDcharity



Volatile Agents to take over the O2 for one night only! (until the next time)

Back by popular demand Volatile Agents, the best NHS medical rock punk funk rap soul band in East Dorset, will be performing at the O2 academy in Bournemouth on Friday 29 April 2022. Tickets are available for £12.50 from www.ticketmaster.co.uk or from our charity offices at the Royal Bournemouth and Poole hospitals for £10. To stay up to date with the details of the event follow @UHDcharity on Facebook, Instagram and Twitter.



Buggies busy transporting patients from A to B

With all the current building works, getting from one end of the Royal Bournemouth Hospital to another can be quite a trek for patients. The solution? Two charity-funded electric buggies driven by volunteers to transport patients around the site helping them get to appointments and visit their loved ones.

We were thrilled to receive sponsorship for one of our buggies from local construction company Westmade Ltd. We recently met with director and quantity surveyor, Allen Gilbert-Stroud, and the awesome Westmade team who came down to see their buggy in action, safely transporting patients around the hospital site. We are so pleased to be partnered with Westmade Ltd in the funding of these buggies!

If you find yourself at RBH using the buggy service, please take a picture and tag us! We'd love to see them in action!

If you are interested in funding our second buggy, please contact 0300 019 8449 or email UHDcharity@uhd.nhs.uk for more information.



Coming soon:

Twilight walk

You will soon be able to sign up for our next event: Twilight walk for women's health! Keep an eye out across our socials where we'll soon be announcing a date and location for 2022!

UHD Charity Lottery

Keep an eye out for a very big announcement coming soon!

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

or via Twitter, Facebook and Instagram @UHDcharity

How you can help under-pressure health services

Health and social care services in Dorset are continuing to experience high demand, coupled with seasonal pressures and the impact of Covid-19.

The NHS and local authorities work closely together to keep services running to support us all - keeping our loved ones, families, neighbours, and local communities safe and well.

We're also championing new ways of supporting our patients, like the creation of a 'care hotel' for patients who are no longer clinically required to be in hospital, but need support in the short term, as a temporary measure.

You can help support us too, in the following ways:

- **Support loved ones to leave hospital** so that they can be more comfortable and recover more quickly at home. The support of relatives and friends can be important in enabling patients who are medically ready to leave hospital
- **Use NHS services wisely** to get the right treatment, in the right place, at the right time. Our hospital emergency departments are under extreme pressure. If you're unwell and are unsure about where to go, visit [nhs.uk](https://www.nhs.uk) or call 111
- **Contact your local pharmacist or GP practice** for ongoing or minor health issues

- **Only ever call 999 in a medical emergency** - this is when someone is seriously ill or injured and their life is at risk

- **Get your jabs** - protect yourself and support your local services by getting your first, second, and booster Covid-19 vaccine doses.

For a full list of Covid-19 vaccine sites, visit dorsetccg.nhs.uk

Over the winter it has not been unusual to see more than 200 'medically ready to leave' patients - who require no further acute hospital care - in UHD hospitals at any one time.

Dr Tristan Richardson (pictured) is our medical director for medicine. He said: "We need to ensure that when patients are medically ready to leave hospital, they can leave as soon as possible to avoid having a knock-on effect across our hospitals."

“The person who is unable to go home means someone can't get out of one of our admission areas, and someone else can't get out of the emergency department into admissions, which means an ambulance cannot offload and therefore can't be attending an emergency in the community.”

“We're keen to work with families to help support their loved ones when they leave our hospitals. We thank everyone involved with the ongoing care of our patients as we know what a difference it makes for their recovery and health to be able to safely leave our hospitals when ready.”



Keeping you safe from Covid-19

The Government announced in February the end of all legal restrictions regarding Covid-19. It also acknowledged that Covid-19 has not gone away, and that hospitals need to continue to put in place some infection control measures.

This is because of the unique role hospitals like Poole, Royal Bournemouth and Christchurch perform in caring for seriously unwell and vulnerable patients.

Therefore, and in common with the majority of NHS hospitals across the country, face masks are still required within our hospitals.



Regrettably, we also continue limit the number of people visiting our hospitals to see patients for the same reasons.

Taking these precautions helps to reduce the spread of Covid-19 among the public, staff and visitors, and reduces the risk of the virus being passed on to our patients.

A huge thank you to all who are helping us to keep our patients safe by continuing to wear masks and use alcohol hand gel in our hospitals, and are following our visiting guidance.

If you are asked to wear a mask when visiting, or use hand gel, please be polite and respectful.

We will only put in place measures as long as necessary, and we review and adapt our guidance regularly to reflect the current risk. Please check our website, uhd.nhs.uk, for the very latest guidance if you are planning to come to one of our hospitals.

If you would like to find out more about Covid-19 vaccinations, visit Dorset CCG's website for further information - www.dorsetccg.nhs.uk

Fran takes to the skies

Fran Payne is a remarkable colleague, who at 83 is an active member of the health records and bowel cancer screening teams at Royal Bournemouth Hospital, where she has worked for the past 30 years. After Fran told colleagues about her lifelong dream of learning to fly, they clubbed together to buy her a lesson, and in January, Fran took to the skies over Bournemouth.



together is your publication

We hope you have enjoyed reading this 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