

the foundation times

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from our governors to our members

Council of Governors election results

The recent election for the Council of Governors of Basildon and Thurrock University Hospitals NHS Foundation Trust saw the successful re-election of five governors and the welcoming of 11 new governors.

In the Public Basildon Constituency - sitting governors Ron Capes, Brian Levett and Marlene Moura were re-elected, uncontested. We also welcomed new governors Simon Hooker and Andrew Schrader.

In Public Thurrock, Reg Sweeting was re-elected and newcomer Alan Whittington was elected (uncontested).

In the Public Rest of England Constituency, a further two new members were elected, uncontested - Andy Halls and Kerry Mansfield (both for just one year).

On the Staff Governor Basildon side - Lisette Harris was re-elected and four new governors were welcomed: Penny Bryant (one year) plus Gary Cordery, Danny Day and Fraser Cutting.

Finally, in the Public Brentwood Constituency - newly elected governors were – Eric Watts and Paul Barrell.

Special thanks goes to Margaret Jones (Thurrock Public) and Helen Mattock (Staff Basildon) and Don Sydney (Appointed Governor for Brentwood, Billericay and Wickford Council for Voluntary Services), who all retire after completing the maximum nine years' service.

We also say a fond farewell to Denise Fielding, Public Governor for Basildon, who has been incredibly active taking on many roles - including Chair of the Foundation Times Editorial Group, the AMM Working Group and the Membership &

Margaret Jones retires

After nine years Margaret Jones is stepping down as Thurrock Public Governor, writes **Peter Glover**, fellow **Thurrock Public Governor**.

She said: "At the beginning of my period as governor, Foundation Trusts were a new concept and we had to find our way.

"An issue dear to my heart is treating the hard of hearing. Treatment is now at a much higher level, which is of great benefit to the patients.

"I think as the governing body progresses there should be more interaction with the councils and local government. I've been a patient at Basildon Hospital and this has helped me provide good advice on how the Trust can move forward."



Engagement Group. She was also instrumental in building excellent links with South Essex College (formerly Thurrock and Basildon College).

Finally, we say goodbye and thank you to Keith Loakman and Roger Crellin, both Staff Governors at Basildon.

All new governors will be inducted in the coming weeks and we will feature their photos in the next issue of Foundation Times.

A new culture of patient safety is developing at Basildon Hospital, according to national inspectors.

The Care Quality Commission (CQC) said in its latest report following a three-day inspection that the Trust is making improvements in patient care.

Inspectors saw 'marked improvements' in medical and nursing leadership practices in the hospital's children's unit and the department was being safely managed.

The CQC lifted its warning notice against the hospital about patient care and welfare, but the enforcement notice for the Trust's assessment and monitoring of services remains.

Chief Executive, Clare Panniker, said: "We take great heart in the positive comments in the report. We're disappointed we still have an enforcement notice, but this relates to governance and not direct patient care and we are addressing these issues."

Helen steps down

One of the original Staff Governors, Helen Mattock retires after completing her third and final three-year term, writes **Russ Allen, Public Governor, Thurrock.**



When asked about the high points of the past nine years Helen replied: "I have enjoyed building relationships with all other governors from each of the constituencies and understanding their visions on how the Trust can improve and move forward year on year.

"I have also enjoyed meeting people on engagement events, such as the Outpatients listening sessions, where patients get to air their views to governors."

She added that her experiences have also helped her with her 'day' role at the hospital as Capital Accountant and Fundraiser, particularly on new projects.

Helen enjoys being an advocate for the Trust and she will continue help raise funds for the Polly Parrot Appeal, which has raised thousands of pounds over the years for hospital causes.

Would you like to take part in our Patient Panel?

We want people who use our services to tell us how we can make a visit to our hospitals a better experience.

The Patient Panel offers opportunities for Foundation Members to give their opinions on a range of issues - from patient information leaflets to larger projects, such as refurbishment and rebuilding of patient areas and hospital catering.

The Panel would like to hear from more people. Meetings happen every few months on Thursday afternoons. While the work is voluntary, your bus fares or car parking charges at the hospital will be met.

We are seeking 10 new members.

Expressions of interest will be chosen on a first come, first served basis. Please register your interest with Ali Jones, Membership Officer. Call 01268 598975, email foundation@btuh.nhs.uk or write to Ali Jones, Level G, Basildon University Hospital, Nethermayne, Basildon, Essex, SS16 5NL.

Membership Office - Contact Details

Membership Office, Level G, Basildon University Hospital, Nethermayne, Basildon, Essex, SS16 5NL
Tel: 01268 598975, Email: foundation@btuh.nhs.uk

Here **2** Hear writes Alan McFadden, Basildon Public Governor

Praise for the clinical expertise of staff were among the many positive comments from Outpatients Department users noted during a recent listening event called 'Here 2 Hear'.

With talking to patients a priority for the Council of Governors, Basildon Public Governors Denise Fielding and Alan McFadden spent a full morning in the department asking visitors for

their views. They found the comments "overwhelmingly" positive.

Denise and Alan said patients found staff there: "Warm and helpful and all too willing to go the extra mile to ensure patients had the best possible experience."

Both were delighted that they were able to meet so many people and hear their opinions.

One Thurrock resident added: "We love our hospital, want to keep it and will fight for the stroke unit."

Patients also had suggestions for improvements - especially to carparking, signage and communication. These are all areas Matron Karen Lee had been identified for future development.

Both governors thanked staff and patients for their help in what they hope will be the first of many 'Here 2 Hear' events.



Outpatients visitor James Mather (left), from Basildon, gives his views to Denise and Alan during the recent listening event.

MEMS' magic menders

Did you know that a small band of technical specialists work tirelessly to keep around 16,500 pieces of vital patient equipment and more than 700 electronically controlled beds in full working order?

They are members of the Medical Equipment Management Services – MEMS – and every year they complete well over 10,000 jobs – servicing everything from clocks to hemofiltration machines.

A new, larger MEMS workshop has been created to provide more workbenches. This also means that our high-technology beds can be repaired on-site.

MEMS Manager Gary Cordery told FT: "The team does a very important job."



Helping to keep vital hospital equipment in full working order – members of the MEMS team: (left to right) John Connolly, Darren Brett, Gary Cordery, Gary Pickford, Steve Lawrence and Sharon Blackholly.

"The amount of kit used on a patient is phenomenal. A critical care patient can be hooked up to as many as 15 machines and all this lifesaving kit must work properly."

Dates for the diary

Council of Governors

Monday 13 May 2013, 6pm, CTC Education Suite, Level D, CTC; Monday 8 July 2013, 5.00pm-7.00pm, Education Centre, Basildon University Hospital.

Board of Directors

Wednesday 24 April 2013, Wednesday 29 May 2013, Wednesday 26 June 2013 in the Education Centre, Basildon University Hospital, starting at 1.30pm.



*Dr Simon Thomson implants the spinal cord stimulator to relieve Paul Braddick's pain.

New high-tech spinal implant brings relief

The most advanced technology in the world was used for the first time at the Trust, to help patients living with chronic pain.

A revolutionary new spinal cord stimulator (SCS) was surgically implanted into two patients by the Pain Management Team at Orsett Hospital.

This new device can relieve pain by electrically stimulating areas of the spine.

The first patient to receive the new implant was Paul Braddick, 47, who has suffered from severe back and leg pain for 15 years and has been unable to work since 2010.

“As soon as they turned it on, nearly all my pain had gone. I was lost for words,” said Paul.

* Dr Thomson is the guest speaker at the Annual Members Meeting on 18th September - see more in the Summer Edition.

Pain management team join campaign for improved patient care



Pain management experts from the Trust are supporting a new national campaign to improve the understanding and management of chronic pain.

The Painful Truth campaign aims to promote better access to support services.

Nurse Specialist Carol Banks, who runs the Trust's pain management service, contributed to a recent campaign report, along with Dr Simon Thomson, Consultant in Pain Management.

One of the options offered by the service is the opportunity to attend a Pain Management course which show how to cope with the disabling effects and emotional distress of pain.

Pictured above: (left to right): Carol Banks, Nurse Specialist/Manager Pain Management Service; Kim Macleod, Specialist Pain Psychologist and Sarah Bills, Senior Physiotherapy Assistant.

International Disabled Day

Governors took part in an event to celebrate the International Day of Disabled People at The Basildon Centre, writes **Marlene Moura, Public Governor, Basildon.**

Organised by Basildon Disability Group, Governors Roy Rutter, Brian Levett and Marlene Moura were invited by the group's Chair, Mark Dale.

Also taking part from the Trust were Shoenagh Mackay (Learning Disability Nurse Adviser), and Membership Officer Ali Jones, who recruited 11



MP Stephen Metcalfe, with Shoenagh MacKay, the Trust's Disability Nurse Advisor.

new members and one prospective governor.

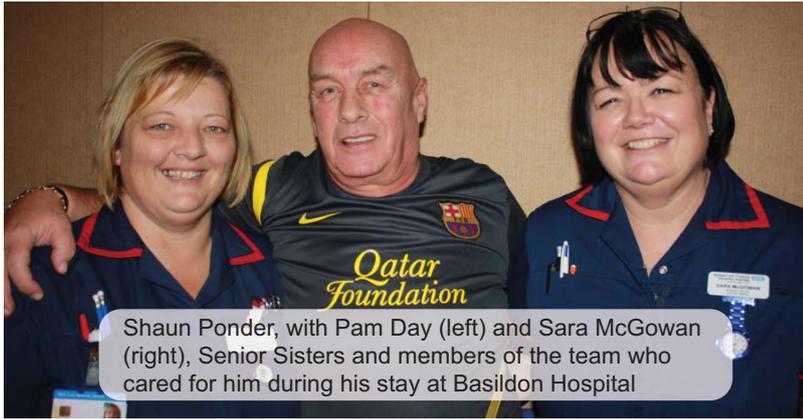
Guests included Steven Metcalfe, MP for South Basildon and East Thurrock, and Basildon Mayor Mo Larkin.



Is The Foundation Times green enough for you?

We send almost 10,000 issues of The Foundation Times to our members, quarterly. If you would agree to receive yours electronically, we can save money and help the environment. Email your name, address (including your postcode) and your date of birth to foundation@btuh.nhs.uk and say "send me the FT electronically please!"

Shaping stroke services



Shaun Ponder, with Pam Day (left) and Sara McGowan (right), Senior Sisters and members of the team who cared for him during his stay at Basildon Hospital

A new patient group based at Basildon Hospital has been launched to help shape stroke services across south Essex.

The Stroke User Group has 20 volunteers and meets monthly. Lead Stroke Consultant, Dr Ravi Rangasamy, urged others to join.

Plans for the group were created after 60 patients, relatives and carers attended the inaugural event.

Guest speaker Shaun Ponder gave a moving insight into his care at the hospital after a stroke in 2010.

"I lost the use of two thirds of my

brain and remember thinking this can't be happening," he said.

Shaun had intensive therapy on Lister Ward and worked with physiotherapists, speech therapists, dieticians and occupational therapists. He can now garden, walk his dog, and enjoy time with his family.

"I'm so grateful to the staff at Basildon Hospital, without them I wouldn't have recovered," added Shaun.

For more information about the Stroke User Group, please call Simon Landergan, operational manager for Stroke, on 01268 524900 ext 1745.

Art work coming to Orsett Hospital

Art is helping to transform the look and feel of public areas across our hospitals, writes **Neville A. Brown, Brentwood Public Governor.**

Much of this is thanks to the work of the Art Group – comprising governors and members of staff.

Together they have made some modest investment in prints and encouraged rolling galleries of community art. The group has also arranged displays of work

Reviewing the latest artworks at Orsett Hospital – Thurrock Public Governor Russ Allen and Orsett Staff Governor Sally Shean.

by members of the hospitals' Photographic Society.

Among the latest donations of art is a series of original sketches by acclaimed Australian artist Don Rankin. Two of these sketches will be included in new displays at Orsett Hospital.



News in brief

Tackling alcohol abuse

Newly appointed Alcohol Liaison Worker Cliff Murrell has a Trust-wide brief to help inpatients with alcohol problems.

Cliff is funded by NHS South Essex and has been busy with colleagues in A&E and the wards to support patients with excessive drinking problems.

His work involves providing information and advice on possible health effects as well as promoting the support services available through the hospital and wider community.

Let your day go with a swing!

Like to get some fresh air, exercise and raise money for Basildon Hospital? Then book your tee for the 5th Annual Polly Parrot Charity Golf Day on Monday, 13 May.

The event takes place at South Essex Golf Centre, Brentwood Road, Herongate, Essex CM13 3LW. Entry fee is £40 and includes 18 holes of golf, bacon roll with tea/coffee and lunch.

For more details, call the Charity Office on 01268 524900 ext 3201 or 3202.

Marathon men

Three local men aim to raise thousands of pounds for the hospital in this year's London Marathon.

Lee Clary and Fraser Murray have pledged more than £1,500 each for the Polly Parrot Appeal and the Cardio Thoracic Centre, respectively. Gary Ayres is running to raise money for the Neonatal Intensive Care Unit.

You can support all three by visiting www.justgiving.com:

- /Lee-Clary
- /Marathon2013FraserMurray
- /Gary-Ayres1

We wish them all well.

Midwife awarded for work to protect women from thrombosis

Basildon Hospital has been recognised for its good practice in preventing blood clots – thanks to the work of a midwife protecting pregnant women and new mothers.

Donna Southam received a national award for ‘exemplary leadership’ in VTE (venous thromboembolism) prevention at an event in the House of Commons, hosted by the charity Lifeblood.

VTE affects about one in 100,000 women of childbearing age, and the risk is ten times higher among pregnant women.

New measures introduced at the hospital include:

- training 160 community and hospital midwives in recognising and preventing VTE
- risk assessments of all expectant mothers at first appointment, every admission and after delivery
- educating and informing women about the risks and importance of drinking enough fluids and keeping mobile
- for women who require blood thinning medication, the supply of injections for seven days instead of three, and education for those who choose to inject themselves at home

- improved patient information to explain risks and ways to prevent VTE.

Jennie Ponting, Head of Midwifery said: “We are very proud of Donna’s work. It is always inspirational when a member of staff gets national recognition for their efforts to give excellent care to our patients.”

Below: Donna Southam (left) at the House of Commons with Shelly Webster, Chair of the Board of Trustees for the charity Lifeblood



Moving forward after breast cancer



Our picture shows: (front row): some of the patients who attended the breast cancer workshops and (back row) breast care nurses Vanessa Kendle (left) and Lesley Ashley (middle) with radiographer trainee Kiran Vigneswaran

A series of workshops has helped breast cancer patients with additional support and advice on living with the disease.

The weekly sessions – called Moving Forward - involved eight patients and were organised by breast cancer nurses and designed by the charity Breast Cancer Care.

In addition to information about life after breast cancer, the sessions focused on treatments, diet and lifestyle.

Breast Care Nurse Vanessa Kendle, said: “The patients who took part said they gained so much from the sessions and we hope to be able to offer more sessions in the future.”