

**DATE FOR  
YOUR DIARY**

Health event –  
Windsor and Maidenhead  
**Tuesday 19 January**

Macdonald Berystede Hotel,  
Bagshot Road, Sunninghill,  
Ascot SL5 9JH

Refreshments available from 7pm  
Foundation trust members  
and non-members  
are welcome

Frimley Health

# NHS Foundation Trust

MEMBERS MAGAZINE – DECEMBER 2015

## Message from the chairman

### Welcome to the latest edition of your foundation trust magazine.

We recently celebrated the first birthday of Frimley Health NHS Foundation Trust, formed when Frimley Park, Wexham Park, and Heatherwood hospitals joined forces.

Since Oct 2014 it felt as though we hardly had time to draw breath, so allowing ourselves a little time to reflect on the previous year was a worthwhile as well as rewarding exercise.

None of us underestimated the task in advance. We always said that bringing together two large foundation trusts in the first transaction of its kind in the NHS would be far from easy. But living through the past year has made us truly appreciate the scale of what has been achieved so far and what lies ahead.

I am really pleased that our ultimate objective of having three outstanding hospitals for patients in Berkshire, Buckinghamshire, Hampshire, and Surrey remains on track. We have successfully maintained the standards at Frimley Park that saw it declared the first 'outstanding' hospital by the Care Quality Commission (CQC), while continuing to improve performance at Wexham Park Hospital – not forgetting to maintain standards at Heatherwood as well.

A key milestone for us was welcoming CQC inspectors back to Wexham Park in October this year. The last time they were at the hospital, in February 2014, they rated its care as 'inadequate' and placed it into special measures. So this latest visit was an opportunity for us to show how far care at Wexham Park has come. We will not know the result of the inspection for a few weeks yet. But it was wonderfully encouraging to see so many of our staff engaging positively with the inspectors. More than 300 colleagues turned up for focus groups, where they were happy to talk about their roles and tell the inspectors what we are doing right and where we can improve.

We have a long and interesting road ahead with exciting developments in store, including plans for major investments to rebuild A&E and maternity at Wexham Park and to build a new hospital at Heatherwood in Ascot. You can read more about progress over the past year and what lies ahead on the Frimley Health journey on pages 7-10 in this edition.

We have just reached another key milestone with the completion of our latest elections for trust governors. Following elections in late 2014 for public governors from the new part of our catchment area, we have now completed elections across our pre-existing area to balance representation across our community.

I would like to take this opportunity to welcome all the new faces to our council of governors and to say farewell and thank you to those who are leaving after providing invaluable service. The strong working relationship between the board of directors and council of governors has been one of the cornerstones of our success as an organisation, and I would like to thank all governors for their part in this. Thanks too to all candidates and to everyone who voted. You can meet all the new governors on pages 4 and 5.

As this is the last magazine of 2015 I would like finally to wish you season's greetings and a happy new year ahead. Despite the big challenges facing the NHS nationally and locally Frimley Health will continue to face the future with confidence!

*Mike Aaronson*

Sir Mike Aaronson  
Chairman

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## A day in the life... Guy Davies, redevelopment programme director

**With three large development projects on the horizon at Wexham Park and Heatherwood hospitals, redevelopment programme director Guy Davies is always on the go. However, we managed to track him down and find out what it is that keeps him so busy and why he enjoys doing it.**

Guy has been a manager in the NHS for over 30 years with experience in operational management, strategy development, and for the past four years in programme management.

Before joining Frimley Health in December 2014, Guy managed a number of complex projects at London trusts such as the acquisition of the Queen Elizabeth Hospital by Lewisham and Greenwich NHS Trust, and planning the redevelopment of Chase Farm Hospital after it was acquired by the Royal Free London NHS Foundation Trust.

"Following the acquisition of Barnet and Chase Farm hospitals, the Royal Free committed to redeveloping Chase Farm. I led the production of the strategic outline business case to transform it from a hospital that was in need of modernisation into a hospital designed to deliver planned care in the 21st century.

"The plans for the redevelopment of Heatherwood follow a similar idea and my role is to manage the programme for the redevelopment, including the sale of a proportion of the land and provide a bridge that brings estates, capital projects and the rest of the organisation together to progress the work."

As well as the redevelopment of Heatherwood, Guy is managing two other complex projects:

- Building a new emergency department at Wexham Park to provide a better environment and experience for patients, and bring supporting services closer helping to ensure patients receive the most appropriate care.
- The redevelopment of maternity and women's services at Wexham which will include extending the current space and enhancing facilities, ensuring women are receiving care in a setting designed specifically for their needs.

With the complexity and competing and varying timescales for each project it's crucial that the programmes follow a set process and Guy makes certain this is exactly what happens.

"For each of the projects the same process is followed. Once the brief is agreed we produce a full business case which details the objectives, benefits and finance requirements, along with any associated risks.

"This ensures that the proposed changes fit with other parts of the organisation, they represent best public value, the proposed deal is commercially viable and the proposed spend affordable, and what is required from all parties is achievable."

Guy's responsibilities are many and require a varied skill set that covers a range of functions, including finance, understanding of operational pressures, delivery of clinical services, project management, and most importantly the ability to manage people, negotiate and problem solve.

"I thoroughly enjoy the variety. In any one day I can be discussing service design and delivery with clinicians, appointing architects or healthcare planners, chasing and co-ordinating suppliers, or liaising with the cost advisor to make sure we are still on budget.

"Governance is always an important factor for any project, and with three on the go at once there are an awful lot of people involved.

"So, my initial focus was on getting the necessary steering and working groups together to ensure all key internal stakeholders have an opportunity to engage and contribute as each of the projects move along. In plain English – this means setting up a whole lot of meetings!"

Another key element to Guy's role is juggling the demands of each project, with each presenting its own dilemmas and setbacks.

"Every day brings a fresh challenge but I know that no matter what the problem is, with the people I am working alongside, a solution is never far away."

And, when Guy isn't busy managing projects, he is happy relaxing with his family at their home in Witney, near Oxford.

"I find walking very therapeutic, and there is nothing quite as calming as a nice stroll, or an invigorating yomp, while taking in some beautiful scenery. Although, this has been limited while the Rugby World Cup has been on!"

### What do you like most about your job?

"I enjoy most things, but I think what gives me the most pleasure is being involved with three incredible developments that will make a real difference to patients and staff."

### And what do you like the least?

"That would have to be setting up all those meetings! Thankfully I now have an assistant to help with practical support and project management."

# Welcome to our new website

Our new Frimley Health website is now live. We hope you like it and find it easy to use.

Many of the sections are complete and initial feedback has been positive. However we know there are a number of places where we need to enhance the content and we are continuing to do so.

For example, we are working on a full calendar of health events. It will be accessible via the membership section which you can get to from the home page and sits within the 'About us' section.

A growing number of our website users – about 60% so far – access the site via smartphones or tablets so our aim is to provide clear, succinct and relevant information in a format that is easy to read on mobile devices as well as PCs.

If you have any comments, please let us know via membership manager Sarah Waldron – [sarah.waldron@fhft.nhs.uk](mailto:sarah.waldron@fhft.nhs.uk).





# Introducing our new governors

**We are delighted to welcome eight new faces to Frimley Health's council of governors following recent elections. They, along with four who were re-elected for a further term, join the body that holds the trust board to account.**

Governors who were re-elected are Michele White (Rushmoor), Dr Robert Bown and Mary Probert (Surrey Heath and Runnymede) and Michael Maher (Guildford, Waverley and Woking).

Governors represent you. If you have any issues you wish to raise with them, please get in touch via the membership office – details on the back page of your magazine.

Our new governors are introduced here reflecting information they supplied for their election statements.

## Bracknell Forest and Wokingham



### Dr Rachael Addicott

Originally from Australia, Rachel has called the UK home for the past 13 years. She has worked in health-related research for the whole of her career – in a hospital and at the Department of Health in Australia, teaching health management at Royal Holloway College in Egham and working for a policy institute.

With her experience, and knowledge of issues facing hospitals today and the health needs of the local population, she believes she has a lot to give to the trust.

Rachel is passionate about the NHS and committed to her local community. She feels strongly that it should be entitled to exceptional local hospital services.

## Hart and East Hampshire



### Denis George Gotel

A former governor at Frimley Park Hospital from 1995 to 2014, Denis's interest in health matters has not waned and he remains a patient-centred advocate for continued improved care and efficacy in the NHS.

Denis is a founder member of the patient participation group at Fleet's Branksomewood Surgery and has been a patient at Frimley Park Hospital.

Understanding the challenges of a changing local health economy with the acquisition of Wexham Park and Heatherwood and pending merger of the Royal Surrey and Ashford and St Peter's hospitals, Denis says he will strive to ensure that Frimley Health trust is continually aware of the needs of Hart and East Hampshire residents.



### Bill Shambrook

Born in the same year as the NHS, Bill has enjoyed the security and peace of mind it offers. He understands the trust's catchment both geographically and demographically having been in business locally for nearly 40 years.

Bill has worked in medical electronics, developing equipment in areas of diagnosis and treatment involving liaison with frontline staff and consultants. Having been a parish councillor, electronics consultant and CEO, he believes he has the experience and ability to represent the public in committee.

Recognising the need for change within an NHS that has to fund more procedures for an increasing and ageing population, he looks forward to representing you in that change.



### Jill Walker

Jill retired from Frimley Park Hospital in 2014 as a biomedical scientist having worked at the hospital for 32 years. While recognising that much has changed, she says the underlying passion staff have for Frimley is fantastic.

While working at Frimley, Jill sat on many committees including the unit staff council, a role she held for 15 years, eventually becoming joint staff side chair with senior management. Jill says that together, they helped to shape policy to make Frimley a better place to work.

Also a former school governor, Jill wants to use her knowledge, experience and passion gained for Frimley Park to enhance patients' experience and outcomes.

## Rushmoor



### Kevin Watts

Kevin has worked in healthcare all his adult life, initially in the Royal Army Medical Corps travelling the world providing emergency care at the point of need, both militarily and in response to humanitarian need. He was also

involved in longer term planning to aid stability and continuity of care.

Since leaving the forces he has worked with various companies and healthcare authorities supplying services to the NHS in ITU, neonatal care, theatres and laboratory medicine.

With his operational and commercial experience he believes he is ideally positioned to represent and serve his constituency members as governor, understanding the needs of both patients and healthcare provider.



### Ian Wilder

A former governor at Frimley Park from 2005 to 2014, including five years as lead governor, Ian believes his experience will be valuable to the new foundation trust. He has retained an active interest in Frimley Health, attending board meetings and health events.

Ian continues to work part time as HR manager for The Royal College of Radiologists.

Ian believes the trust continues to deliver excellent healthcare. And that while the quality of care is due to the skills, commitment and dedication of its staff and leadership, the trust faces the continuing challenges of financial pressures and increasing public expectations. In facing those challenges, Ian said the trust can look to governors to support the board as 'critical friends' and hold it to account to ensure it remains one of the best in England.

## Surrey Heath and Runnymede



### Peter Fraser-Dunnet

Peter has spent over 35 years and served as a senior executive in IBM and believes he is well qualified to help the trust face the radical changes necessary if it is to fully embrace technology. He refers to technology that will deliver major savings to better spend on patients

and their care that he would personally like everyone to receive.

Peter believes health provision has to be smarter and more efficient, focusing upon the patient and their needs.

Peter has experienced being a patient at Frimley and is aware of the level of service currently provided, but believes it can be better – even world class.

## Guildford, Waverley and Woking



### Dr Sylvia Thompson

Sylvia describes herself as an enthusiastic and committed supporter of the NHS. Having been a regular patient at Frimley Park she has been impressed with the quality and efficiency of services provided and the general principles and ethos of the hospital.

She welcomes the opportunity to promote and support the trust in sustaining its quality and efficiency agendas across all its hospital sites.

Sylvia has spent her career in health research ranging from drug development through to designing and monitoring clinical trials and in health economics and quality of life studies. She was a non-executive director of an acute NHS hospital for 10 years before moving to Surrey.



# Frimley Health

## the first year

## Annual members' meeting

More than 150 people turned out to the first ever annual members' meeting in September for Frimley Health NHS Foundation Trust.

The high turnout from across our catchment area was a reflection of the public's interest in the progress the trust has made since Frimley Park joined forces with Wexham Park and Heatherwood colleagues.

On the night, guests heard how performance at Wexham Park Hospital in particular was turning around and Frimley Park continued to give excellent results for patients.

Chief executive Sir Andrew Morris and chairman Sir Mike Aaronson shared the latest news about multi-million pound investments, including a new emergency department and maternity wing. They reported other ambitious plans for the future and described how far the trust has come in the past year.

People also enjoyed a series of showcase exhibitions highlighting some of the trust's innovative services, such as:

- The Veinsite head set – a special piece of equipment that uses infra-red light to show up superficial veins for when patients need to have medication administered via a tube (cannula) directly into their veins on multiple occasions

- Simulation manikins – used to train medical and nursing staff in a multitude of different medical and surgical scenarios, plus special effects make-up to create realistic and clinically accurate wounds
- The empathy suit – designed to emulate many age-related conditions and used during training to enable staff to experience the challenges some elderly people face every day

Later, breast surgeon Mr Ian Laidlaw led a presentation from the cancer services team about how the trust cares for patients with the disease.

The members' meeting came almost exactly a year since the trust was launched.

To mark the occasion, a series of birthday celebrations for staff was also held at the trust's three main hospital sites.

Scores of staff turned up to hear from Sir Andrew and other senior managers and to share a slice of birthday cake to celebrate the first anniversary of Frimley Health NHS Foundation Trust on 1 October.



When Frimley Health NHS Foundation Trust was founded on 1 October 2014 we created one of the biggest and most diverse hospital trusts in the south.

The acquisition of Heatherwood and Wexham Park Hospitals NHS FT by Frimley Park Hospital NHS FT was the first of its kind and required months of careful consideration by both parties before we were sure it was the best option for our whole community. We also had to gain support from healthcare partners nationally and locally, so it was hardly surprising that it took many months to seal such a complex transaction.

Finally on 1 October 2014 Frimley Health came into being. On the same date in 2015 we held small celebrations at each of our three main hospital sites and reflected on the previous year.

## One trust, one team



One of the biggest challenges has been to bring together two workforces into one team of colleagues with mutual aims. When Care Quality Commission inspectors awarded the first outstanding rating to Frimley Park Hospital in September 2014 they remarked upon the staff values – committed to excellence, working together and facing the future – as being a key component of the hospital's success.

Although staff morale varied considerably between hospitals, the values of staff – what they felt were the key qualities they should expect from themselves and colleagues – were in fact very similar.

The Frimley Park values were reviewed in light of the enlarged trust and re-launched to all staff. Supported by a visual identity featuring real Frimley Health staff, they were embraced at Wexham Park and Heatherwood with the same enthusiasm as they had been at Frimley Park.

Our values will be a key component of our future success. They underpin everything we do now and in the future and set out what is expected from every member of our team in the way they treat patients, visitors and colleagues.

We also launched the Frimley Health staff awards to celebrate some of the individuals and teams who had demonstrated an exceptional commitment to the trust values. Held at the Berystede Hotel near Ascot in April, the annual awards show staff how much their great work in appreciated.

A number of other joint initiatives have been instigated, such as Listening into Action (LiA), which had previously worked well at Wexham Park and Heatherwood. Hundreds of colleagues attended workshops to tell the LiA team what practical measures could be taken to improve services and processes. The team is now implementing many of these changes.

Bringing together support functions and clinical services has been a massive task and full integration will take several more years to complete. It was always known that much of this integration would be challenging but huge progress has been made in the past 12 months.





# Frimley Health: the first year

## *12 months of progress*

Our aim over the next few years is to deliver outstanding services at all three of our hospitals. That will mean maintaining excellent standards at Frimley Park and turning around performance at Wexham Park Hospital, which had been put into special measures by the Care Quality Commission after an inspection in February 2014.

The new trust's performance between April and June 2015 was the first quarter for a number of years that a trust running Wexham Park Hospital had achieved all of foundation trust regulator Monitor's key standards. These standards include the four-hour A&E waiting target (95% of patients in the emergency department treated, admitted or discharged within four hours), control of hospital infections and waiting times from referral by a GP to treatment.

### Key standards achieved (April – September 2015)

- 95% of patients waiting less than four hours in A&E
- More than 90% of patients attending first appointment within 18 weeks of a GP referral
- Clostridium difficile infection rate within target
- Cancer patients' first appointment within two weeks of referral
- Treatment for cancer patients within 62 days of referral

The CQC carried out a full scheduled inspection of Wexham Park Hospital as well as some unannounced visits in October. The results will not be known until later this month or January next year but we are optimistic that inspectors will note a significant improvement since their last inspection in February 2014. It was also very encouraging to see so many colleagues speaking proudly to inspectors about recent changes and recognising where improvements still need to be made.

GP referrals at Wexham Park and Heatherwood hospitals have grown by 8% in the past year. It seems patients and doctors are regaining trust in the care they provide. The number of complaints is falling at Wexham Park and Heatherwood and they are being dealt with quicker. Our scores in the friends and family test – where patients are asked if they would recommend the hospital to their loved ones – have also greatly improved at Wexham Park.

The integration of the trust has been planned as a five-year journey and most of the first year has been focussed on turning around performance and bringing services together. Finances are still a challenge, so if performance continues to progress well much of the attention during the coming year will centre on improving efficiency and realising economies of scale.

# Frimley Health: the first year

## *Building a new future*

The need for a multimillion pound investment programme at Wexham Park and Heatherwood has long been recognised. The Department of Health is giving financial support to carry out a backlog of work at Wexham Park – such as mending leaking roofs – following years of underinvestment in maintaining the buildings. There is also a huge development programme to bring the service environment up to high standards for now and into the future.

The redevelopment of Heatherwood Hospital is likely to see some of the large site sold off to help fund a new state of the art facility that will include a surgical and diagnostic centre.

### The programme of development will include:

#### At Wexham Park

- A £45m building to create new front door and include:
  - A new emergency department with separate rooms in majors on the ground floor
  - An ambulatory care assessment unit on the first floor and short stay beds (up to 72 hours) on the second floor.



*How the new A&E building at Wexham Park may look*

- A £10m redevelopment of maternity to include:
  - En suites in all delivery rooms and a bereavement suite
  - Improved outpatient consulting and waiting areas
  - Fully equipped gynaecology procedure rooms
  - Separate gynaecology and maternity waiting areas.

#### At Heatherwood (latest preferred option)

- A new hospital (cost approximately £63m) with:
  - Six operating theatres
  - 48 inpatient beds and 16 day case beds
  - Outpatients and diagnostic facilities



*A concept of a new Heatherwood Hospital*

#### At Frimley Park

- 21 extra winter beds at Farnham Hospital (from November)
- 26 extra beds at Frimley with displaced staff relocating to the medical records building
- A £10m capital programme to include new decked car park (opened November), relocating medical records to Lyon Way office, children's ward assessment area, Parkside room refurbishment, and new MRI scanner.

Some of the above developments will be subject to planning approval and agreement from our commissioners.





# Frimley Health: the first year

## *The road ahead*

We have a lot to celebrate from the first year of the Frimley Health journey. We have also learned a lot that has helped us understand the clinical and business challenges we face.

These include:

- Integrating care: we are working closely with healthcare commissioners across our diverse community to find ways of caring for patients from an aging population. This will involve more care within the community to avoid costly and risky hospital admissions.
- Working towards more seven-day consultant delivered services.
- Increasing the number of people who choose Wexham Park for their planned care.
- Repatriating services in Berkshire by developing acute and specialist services, such as acute vascular and 24-hour heart attack treatment.
- Developing a seven-day dialysis service at Frimley Park.
- Sustaining a financial recovery at a time when the NHS is facing many challenges.
- Improving cross site working and creating more partnership working across the trust.
- Recruiting and retaining high quality staff.

These are just a few of the tests we must overcome to keep up momentum with our progress. The first 12 months have flown by but reflecting on how far we have come in that time suggests that we are on the road to success.



## Our vision

To be recognised locally and nationally as the leader in quality healthcare – delivering safe, clinically effective services focussed entirely on the needs of our patients and their relatives and carers.

## Our values

Committed to excellence

Working together

Facing the future

## Our strategy

We will continue to deliver clinical excellence for our existing patients while seeking to expand our catchment and to reach a wider population. This will also provide greater scale and resilience for our services and will allow us to work with our commissioners and other providers to deliver quality.

# Prestigious award for Nicola

Nicola Neale, Macmillan cancer information and support centre manager at Wexham Park Hospital, has been presented with the prestigious Henry Garnett award by Macmillan Cancer Support in recognition of her work.

Nicola has been the driving force behind the success of the centre since it officially opened in October 2012. As well as helping patients, carers and others directly, Nicola has forged many links within the community and is an ambassador for Macmillan. Under her leadership the centre achieved the prestigious Macmillan Quality Environment Mark earlier this year.

Colleagues joined Nicola at an informal presentation at Wexham Park where Macmillan development manager, Helen Petley, presented her with her award explaining: "Macmillan present this award to recognise the exceptional contribution that inspirational professionals make beyond their core professional role. This could include work promoting and supporting Macmillan through the media, fundraising, policy development or educating across networks.

"In Nicola's case she has gone above and beyond her post, engaging with all groups in the community and increasing the number of people helped by Macmillan locally. The number of volunteers working in the information and support centre, as well as the number of donations received, has also increased thanks to her efforts."

This award honours Henry Garnett OBE who was chief executive of Macmillan Cancer Support (or the National Society for Cancer Relief as it was then) for more than 10 years until 1986. During his tenure Macmillan funded the first nurses to innovative palliative care posts.

When presented with the award Nicola said: "It is fantastic to receive an award in recognition of doing a job I love, and I hope that I will be able to continue to help and support patients, families and colleagues in maintaining high standards of information and support."

Frimley Health chief executive, Sir Andrew Morris also congratulated Nicola for her commitment and energy saying: "We are very lucky to have Nicola managing the Macmillan information and support centre at Wexham Park. It is a valued and well used resource for our patients living with cancer."

As well as her work at the hospital Nicola has co-authored a chapter in a nursing book 'The nurses approach and communication: foundations for compassionate care'. She also sits as an independent registrant panelist for nursing regulator, the Nursing and Midwifery Council, on its fitness to practice panels.

Since opening, the centre has provided information and support to over 3,000 service users. In the last 18 months it has supported 1,900 visitors and callers and provided outreach support to over 1,000 people.



(From left) Macmillan volunteer Carol McQuade, Sir Andrew Morris, Nicola Neale and Helen Petley



# Community raises £550,000 for Breast Care Appeal in two years

Over 100 people at risk of developing breast cancer or currently undergoing treatment visit Frimley Park every week for diagnosis and care. Thanks to you, they are a step closer to having their own dedicated breast care unit and 3D mammography machine to help diagnose cancer earlier.

The outpouring of support from the community for this ambitious project has been overwhelming.

The hospital and the charity would like to thank the huge number of breast cancer survivors, community groups, companies, families, runners, cyclists and hospital staff who have come together to fundraise £550,000 for the appeal since it was launched in October 2013. Our target is to raise £750,000 by October 2016 and the hospital is matching every £1 donated to provide a total of £1.5 million for the new unit and cutting edge equipment.



## Paint Fleet Pink week

Paint Fleet Pink took over Fleet for eight days in early October when the town came together in a dazzling show of support for our Breast Care Appeal.

From shops on the high street decorating their windows to more than 20 events hosted by local businesses, schools, churches and football clubs, it was a real community effort.

The second Fleet fashion show was the focal point of the week, with Emma from Experience Boutique and Jenny from Fuse Projects leading the charge in rallying local businesses to the cause. The glamorous evening saw 250 people attend a showcase of the season's very best collections and trends.

At the time your magazine went to print, the week had raised £25,000 for the appeal. Thank you to everyone involved and in particular dedicated volunteer fundraisers Kim Knight and Sally Herman who saw the idea through from beginning to end.



Sharon with her parents, Eddie and Jean Maguire from Langley, and members of the Wexham Park team who cared for him

## SKYDIVERS support their local hospitals

During the summer, 15 people took part in tandem skydives for their local hospital, raising over £10,000 in total.

Sharon Johnston raised £6,580 for the Eden cancer ward at Wexham Park Hospital as a thank you to the team that cared for her father over the last six years. Sharon said: "This is my way of saying thank you to all the staff who do a fantastic job each and every day. Without their care and support, my Dad and others like him would not have the same quality of life they have today."

And nine skydivers signed up to jump together at the charity's Big Jump 2015 event on Saturday 12 September in support of local breast cancer patients. Breast care nurse Ruth O'Connor, former patient Sabrina Steel and many more took to the skies and have raised over £5,000 to date.

If jumping out of an airplane at 10,000ft and freefalling at 200kph to support people in need sounds like a good idea, you can find out more at [www.frimleyhealthcharity.org/skydive](http://www.frimleyhealthcharity.org/skydive).



## Riding to diagnose cancer earlier

Over 530 people registered to take part in the second annual Ride 4 Frimley cycle sportive on Sunday 27 September.

More than 40 cyclists participated in memory of a loved one who was lost to breast cancer and one intrepid cyclist completed the 50 mile ride after having a lung removed in 2014. Over 65 teams took part: 'The Magnificent Seven', 'Comfortably Numb', 'Zoe Doesn't Cycle' and the 'Lindford Clubbers' to name but a few!

The 11, 26 and 50 mile routes all proved very popular with cyclists and as of October they have fundraised an incredible £20,000. Many had very personal reasons for taking part – here's what some have said:

- "I have had recent breast care at Frimley Park and I want to support the cause as a thank you."
- "I'm doing this with my son as their step mum has just recovered from breast cancer. My son asked to do this, I was so moved, very proud, and I want to be there every pedal of the way to support him."
- "I'm a Frimley Park gastro patient. The hospital has had a profound and positive impact on my well-being over the last two years. I want to give something back."
- "Frimley Park has been very good to my family, saving the life of my youngest daughter."



Ride 4 Frimley 2016 will be announced early next year and riders can register their interest now at [www.frimleyhealthcharity.org/ride](http://www.frimleyhealthcharity.org/ride) or via [theteam@fphcharity.org](mailto:theteam@fphcharity.org) or call 01276 604642.

Assistant fundraising manager Nick Le Resche said "The ride saw the local community turn out in record numbers to support local cancer patients. Our sincere thanks go to principal sponsors Wise and Co, accountants in Farnham, the Parkside private patients suite at Frimley Park, and Pirbright Village Primary School.

"Also to Geared Up Cycles from Ash Vale and event co-organisers Ride Euro. Without their help we wouldn't be able to hold the event. Not to mention the 30 volunteers who spent their Sunday morning ensuring everything went smoothly!"

## Get involved

Frimley Health Charity's fundraising team is always looking for volunteers to help them in their work. If you would like to find out more about how you can get involved, please get in touch – they would be delighted to hear from you.

01276 604642 | 01276 604626  
[theteam@fphcharity.org](mailto:theteam@fphcharity.org)



## Runs and fun walks are getting set for a BIG 2016

Run Frimley and Run Wexham will again be putting on some fantastic runs to support your local hospital next year.

The 10km events offer a challenge for the more serious runners, while the shorter 2km - 3km routes are enjoyed by younger participants and place the emphasis firmly on fun for all. Fancy dress, lots of colour, a bubble forest and more await runners and walkers on these shorter routes. You can read more about the events now at [www.frimleyhealthcharity.org/run](http://www.frimleyhealthcharity.org/run), with registration for Run Frimley going live in mid-December and Run Wexham going live by February.

## Thank you

Thank you to everyone who has fundraised for their local hospital and the Breast Care Appeal recently. Some big fundraising successes that we would like to highlight include:

- The Novartis staff social club – Interlife – raised £6,000 for the Breast Care Appeal in the past year.
- A group of ladies from Fleet organised a Glitter Ball in July with over 100 guests helping to raise more than £10,000 to be split between the Breast Care Appeal and another local charity.
- The Tour de Frimley team completed their 1,150km cycling challenge from the hospital to just south of Paris and back at the end of August. The 12 riders raised over £12,000 for the Breast Care Appeal. Chris Barrett from Frimley Park's stroke unit organised the event in his own time with strong support from 3 PWRR Army Reserve Battalion in Farnham.



# Spotlight on

## the stoma care service at Frimley Park



Often referred to as 'the dreaded bag', needing a stoma can be very daunting and worrying for patients, often more so than the surgery itself.

Hence the vital role of stoma care nurse specialists Debbie Cottrell and Rachel East.

Debbie explained: "Central to our work is empowering patients to live full, active and independent lives with a stoma.

"We are known as 'the bag ladies'. When a patient needs stoma formation surgery, we arrange to see them beforehand for about an hour to counsel them and go through all aspects of stoma care, including what to expect from the surgery and how to manage their stoma afterwards. We also agree with the patient where their stoma should be sited.

"We give them a pre-op pack so they can practise what wearing a stoma and stoma bag will be like and let them know about the choice of bags available to suit their needs.

"Patients can be overwhelmed with concerns, including about body image issues, and going through everything with them before their operation helps them to get their head round what life with a stoma really means – even down to choosing special underwear.

"With the possible exception of frontline work with the police or army, there is nothing you can't do with a stoma so we encourage all our patients to live their lives as usual. Especially those with a temporary stoma – it's important they don't put their lives on hold until it is reversed, which after all can be from three months to over a year later."

After surgery, Debbie and Rachel visit patients on the wards to provide further support and practical sessions on changing and emptying their stoma bags, making sure they are fully confident and independent with their stoma care needs before they leave hospital.

And they continue to support patients, their families and carers as needed three and six months later, encouraging them to get in touch if they experience any difficulties.

Rachel added: "We also see patients who have had their stoma reversed after their surgery as it can, for example, take quite a long time to return to normal bowel habit.

"We run outpatient stoma clinics at Frimley Park four times a week offering half-hourly appointments. We also make home visits to people who are housebound and can't get to the hospital.

"And we've just started a stoma support group called 'Replumbed'. We had our first meeting in September in Farnborough attended by 20 people. We had great feedback and the next one is in December.

"I also teach stoma care to all newly qualified nurses and care assistants and I'm setting up a network of link nurses on each ward so that Debbie and I can regularly update them on products and stoma care generally."

Debbie and Rachel are also researching a solution called Eosin which is used to treat sore skin around the stoma site. Debbie said: "Frimley Park is the only hospital that uses Eosin and we are seeing some good results. Stoma nurses from other hospitals want to use it so we are carrying out further research.

**"There's a lot to do in 'stoma land'. More and more people are coming forward as awareness of bowel cancer and the screening programme increases. There are a lot of people out there with stomas – more than many people realise."**

The team sees a wide range of patients from new born babies upwards and for a variety of reasons, such as cancer patients needing surgery, ulcerative colitis patients, people with an obstruction or a particular trauma, but more usually it will be bowel cancer patients who need a stoma to divert from the small or large bowel. Stoma is the Greek word for opening, in this case at the point the bowel comes to the surface through a patient's abdomen.

Debbie and Rachel's service covers a wide geographical area around Frimley Park Hospital. Their colleagues, Laura O'Mahoney and Mary Ndebele at Wexham Park Hospital run a similar service for patients living in that part of the trust's catchment.



## Honoured in the fight against Ebola

**Scientists from Frimley Park Hospital have been awarded medals from the Queen after serving in Sierra Leone in the battle against Ebola.**

Kellie Archer, Adrian Crawford and Louise Hill-King, who all work as biomedical scientists in the pathology service at Frimley Park, worked alongside military colleagues to help combat one of the most deadly and terrifying outbreaks in recent times.

The trio described a mix of emotions over their time in Sierra Leone earlier this year. While the scale of the human tragedy was heart-breaking, they also felt the warmth and gratitude of the Sierra Leonean people.

After a week of additional training, they spent five weeks in some of the worst affected areas testing samples from suspected Ebola patients. Their work was carried out at the highest level of biological protection.

Kellie said: "Samples were brought to us on the back of a motorbike and we were working in a plastic tent. It was a very humbling experience."

Adrian said: "You can't really compare what we heard on the news to what we saw on the ground – seeing patients who you don't know if they are going to make it or not."

Louise said they were working alongside people from all over the world.

She added: "It really was an international effort and everyone was working together for a common purpose. One of the things I will remember most is the two security guards who wrote a song for us to express their gratitude before we left."

The Queen approved a Government proposal to issue the medals earlier this year to 'pay tribute to the service of the incredibly brave people, both military and civilian, who tackled Ebola on behalf of the UK in West Africa'.

In total some 3,000 people will receive the award. It is the first time a medal has been issued to specifically recognise responders to a humanitarian crisis.

The medals were presented to the three Frimley Health employees at a meeting of the Frimley Health NHS Foundation trust's board.

Our three medal winners are pictured above with non-executive director Mark Escolme (left) and chief executive Sir Andrew Morris.



Members and non-members are welcome to attend as many of the following public meetings as they would like, not just the meetings in their constituency.

We have listened to your feedback when planning presentations and hope you will find them of great interest. If you have any suggestions about future meetings, please do not hesitate to contact **Sarah Waldron on 01276 526801 or email [sarah.waldron@fhft.nhs.uk](mailto:sarah.waldron@fhft.nhs.uk)**.

The trust would like to thank all venues for offering their facilities at substantially reduced rates for these meetings.

Date of meeting	Venue	Type of meeting	Presentation
Tuesday 8 December From 6pm	Board room Frimley Park Hospital GU16 7UJ	Council of Governors Extraordinary Meeting	No consultant presentation
Tuesday 19 January 7.30pm – 9pm Refreshments from 7pm	Macdonald Berystede Hotel Bagshot Road, Sunninghill Ascot SL5 9JH	Health Event Constituency – Windsor and Maidenhead	Dr Damian Wren Consultant Neurologist 'Multiple sclerosis – a curable disease?'
Tuesday 16 February 6.30pm – 10pm Includes constituency meeting from 7.30pm and refreshments	Village Hotel Pinehurst Road Farnborough GU14 7BF	Health Event Breast care evening special Includes an opportunity to browse a range of awareness raising stands on various aspects of breast care and talk to clinical experts Constituency – Rushmoor	Mrs Isabella Karat Consultant Breast Surgeon 'Breast awareness – strategies for prevention, myths and future trends in cancer management' Plus an informative talk from our specialist breast care nurses
Tuesday 22 March 7.30pm – 9pm Refreshments from 7pm	Legacy Hog's Back Hotel Seale Farnham GU10 1EX	Health Event Constituency – Guildford, Waverley and Woking	Mr Raman Dega Consultant Orthopaedic Surgeon Mr Callum Clark Consultant Orthopaedic Surgeon 'Modern approaches to problems with the foot and ankle'
Thursday 28 April 7.30pm – 9pm Refreshments from 7pm	Coppid Beech Hotel John Nike Way Bracknell RG12 8TF	Health Event Constituency – Bracknell Forest and Wokingham	Dr Udes Naidoo Consultant in Elderly Care 'Dementia – is "good" enough?'
Tuesday 17 May 6pm – 9pm Including refreshments	Board Room Frimley Park Hospital GU16 7UJ	Council of Governors	No consultant presentation

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