

intouch

Members Magazine April 2018

Meet our new chief executive

Neil Dardis takes up the reins at Frimley Health

Embracing innovation

A day in the life of Andrew Barton

Last call for Run Frimley

Best foot forward for Stroke Appeal

Military commitment

Trust signs Armed Forces Covenant

New ED 'topped out'

Symbolic ceremony marks high-point

'Strictly' star event

Anton Du Beke opens new unit

Welcome



We have just come out of one of the toughest winters the NHS and trust has had. While the overall number of patients coming to our emergency departments at Frimley and Wexham were similar to previous years, they were sicker with more complex conditions, which meant they needed more care and support.

As always, our staff performed heroically to do their very best for each and every patient, so that they could get them home to their loved ones. I can't praise our staff enough, as many of them willingly worked extra days and shifts to help out. And their efforts to battle in to work or stay overnight during the freezing snow storms last month went above and beyond the call of duty.

We also welcomed our new chief executive, Neil Dardis, on 19 March. I am really looking forward to working with Neil, building on the

platform that Sir Andrew Morris has created, so that we can take Frimley Health to its next level. You can read more about Neil on page 3 and our fond farewell to Sir Andrew on page 11.

Our key focus for the coming year is to keep improving all that we do from our three hospitals, satellite and community services and at the same time work with the Frimley Health and Care System to deliver new models of care, which allow patients to get the treatment and support they need closer to their home.

This is a major change programme but the good news is that we have a great plan and the right people to turn this into reality. I have no doubts that the implementation will be both challenging and demanding. It will really stretch us to our limits and along the way there will be many twists and turns.

I have always felt that 'together we are stronger', so if we work as a team we can and we will ensure that we are here to look after all your care needs.

I hope you agree with me that this is worth fighting for. So, let us go and do it.

Pradip Patel
Chairman

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NHS
Frimley Health
NHS Foundation Trust



On the cover

Meet our new chief executive, Neil Dardis, who joined us last month. You can read about his vision for Frimley Health on page 3.

Coming soon

Council of Governors and Health Event – Windsor and Maidenhead
Tuesday 29 May
Royal Berkshire Hotel
London Road
Sunninghill, Ascot
SL5 0PP

Foundation trust office

To become a member of the trust, please contact Sarah Waldron. You can also join online – click the 'Join us' button on the home page of our website.

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Meet Frimley Health's new boss

Neil Dardis talks about his excitement at joining the trust and his passion for staff engagement and community involvement.

Frimley Health's new chief executive Neil Dardis believes staff engagement is the key to steering the trust to an even brighter future.

He is really excited about working for one of the NHS's outstanding organisations and aims to continue its successful journey. He says he values ambition for the organisation, putting patients and their communities first and he is keen to listen and learn.

Neil said: "I learnt early on that if you can value and support people and teams to enable them to be their best and lead with a clear vision and direction, then fantastic patient care will follow. That's why I am so passionate about engaging staff and partners and our community."

With more than two decades in the NHS, rising rapidly to a variety of senior roles, he brings a wealth of experience. Neil was named last month among the Health Service Journal's Top 50 NHS Chief Executives.

Health services locally and nationally are at a critical point, and are having to adapt to the changing needs of an older population and clinical advances while finances are getting tighter. NHS and healthcare will need to look very different in future. Health services have to evolve rapidly to integrate NHS and local authority social care as part of this change.

"I am hugely respectful of all that has been achieved at Frimley Health over the years under the leadership of Sir Andrew Morris. It is rightfully recognised as an outstanding trust," he says.

"So I am looking ahead, and in order to be outstanding for the future we have got to be ambitious. I have never been interested in being in the middle of the pack and that is clearly true for Frimley as well where there is such a great track record of outstanding healthcare.

"Increasingly we are working more closely with health and social care partners. That creates new ways to integrate services to focus on the interests of the patient, rather than on individual organisations. The possibilities are exciting but that doesn't mean they will be easy to implement."



Neil says his early NHS days in medical records and as a complaints co-ordinator at Barnet Hospital, near his childhood home, quickly gave him a good grounding in what makes a hospital tick. He later went on to management roles at the Royal Free London NHS Trust, Hammersmith Hospitals NHS Trust and East and North Hertfordshire NHS Trust.

"I am hugely respectful of all that has been achieved at Frimley Health over the years"

His last role was CEO of Buckinghamshire Healthcare, one of the first integrated acute and community providers in the NHS, which runs Stoke Mandeville, Wycombe and a number of community hospitals. He was one of the leaders of system-wide change, with Buckinghamshire being named an integrated care system (ICS). It is similar to the transformation happening in the Frimley ICS, where Frimley Health plays a key role in aligning health and social care organisations in new ways to deliver better care.

Since joining Frimley Health last month Neil has been meeting as many colleagues as

possible, both within the trust and throughout the community. He wants to establish himself as a visible leader who is keen to hear their concerns, observations and ideas for the future.

During his first 100 days in post, with support from his executive colleagues, he plans to spend as much time as he can meeting staff and visiting sites and services, as well as taking time to meet with external partners including commissioners, local authorities and other stakeholders. He has also opened up extra channels of communications for staff and will be taking every opportunity to meet governors, foundation trust members and other public.

He will be feeding back his thoughts and findings to colleagues and stakeholders periodically and identifying any 'quick wins' as the organisation builds further plans for the future.

He said: "Healthcare is such a complex environment, especially at this time of greater integration. Our hospitals play a really big part in that and we need to make sure we are truly accountable for delivering the best that the NHS can offer to our patients, now and for years ahead."



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Strictly star opens big cha-cha-changes at Wexham Park Hospital

BC Strictly Come Dancing star Anton Du Beke returned to Slough's Wexham Park Hospital on 31 January to cut the ribbon on a £10m upgrade to maternity and women's services.

The pro dancer, whose wife Hannah gave birth to twins at the hospital last year, was the guest of honour at a ceremony marking the end of the expansion and refurbishment programme.

The couple met maternity staff and toured the new facilities before Anton was invited to officially open the department.



He said: "This is an incredible honour and an absolute privilege to be here. Our experience 10 months ago was when we had our twins delivered here and it was the most incredible experience because everybody was so remarkable.

"We had the opportunity to have our babies wherever we wanted but we heard of the reputation of Wexham Park's maternity unit and all the teams surrounding it and we wanted to come here. We couldn't be more delighted, more happy, more lucky, and would like to say a massive thank you very much indeed."

The new-look department now includes:

- A completely refurbished 10-room labour ward with en suite facilities, including dedicated disability and enhanced care rooms.



- A reconfigured and refurbished antenatal clinic and maternity assessment centre.
- A midwife-led Juniper Birth Centre, which includes six rooms with en suite facilities creating a home from home environment for low-risk mothers.
- An eight-bed transitional care unit for mums and babies who need a little extra support.

- A dedicated bereavement suite.
- A separate facility for gynaecology outpatients, including consultation and procedure rooms.

The Juniper Birth Centre also has three birthing pools and its rooms include drop-down beds or recliner chairs so that partners can stay overnight.

Frimley Health NHS Foundation Trust appointed construction firm Kier to the project and work began in October 2016.

Sir Andrew Morris said: "We want to make sure all of our 4,000 plus deliveries here every year are as joyous as they can be. We've now got a facility to match the skills, dedication and commitment that the staff give day in, day out. This is now as good as it gets in the NHS and something we are really proud of."

Spotlight on the Parapet



Some members of the team at the Parapet

A centre in Windsor is offering a specialist service to women on all aspects of breast care.

From breast screening to care and treatment of symptoms, the Parapet, based at King Edward VII Hospital and run by Frimley Health, provides a range of outpatient clinical services and expertise.

It is staffed by a multidisciplinary team (MDT) comprising consultant oncoplastic and breast surgeons, plastic surgeons, oncologists and radiologists, breast care clinical nurse specialists, radiographers, nurses and support staff, all of whom pull out all the stops to see patients in a timely way to achieve the best possible outcomes.

The Parapet is a centre for Public Health England's NHS breast screening programme inviting women aged between 50 and 70 years for a screening mammogram and further assessment if required.

In addition, the centre runs two mobile screening units covering Maidenhead, Ascot, Bracknell and Slough, inviting up to 60 patients per day to each mobile.

Margaret Moreland, consultant radiologist and director of breast screening explained: "Patients who attend for screening receive their result by letter

within two weeks. A minority of ladies are invited to come back for further tests if required."

Anyone diagnosed with cancer through routine screening is seamlessly referred into the Parapet's symptomatic service for appropriate treatment.

The Parapet team also sees about 100 new patients a week who have been referred by their GP, for example, because they have found a breast lump or have breast pain. They are seen within two weeks of referral.

The unit is recognised for providing a gold standard triple assessment for patients – a one-stop clinic at which women see a clinician and can have a mammogram, ultrasound and biopsy if necessary, all at the one appointment. The great benefit is that most patients can be reassured and discharged on the day without having to wait.

If a biopsy is taken, results are usually available just one week later. Patients who need further investigations or have a diagnosis of breast cancer are able to see one of a team of five breast care nurses who will remain with them throughout their care.

"We are the patient's advocate," Elaine Lloyd, breast care clinical nurse specialist,

explained. "The breast care nurses play a key role in co-ordinating our patients' care. I believe the Parapet is a unique breast unit offering symptomatic and screening services with a holistic approach.

"Patients are able to share their concerns with us in a supportive and caring environment. We have several private and quiet rooms for counselling and are also available to give advice over the telephone."

Surgery for patients who need it is either carried out at Heatherwood or Wexham Park hospitals. Consultant surgeons provide a range of surgical expertise, from wide local excision of a lump to more complex mastectomy, partial and full reconstruction.

Consultant oncoplastic breast surgeon Alex Tenovici said: "I really enjoy working here because it was obvious from the beginning that the unit had very good outcomes. I knew I was working with colleagues who had a reputation for providing a consistently high quality service.

"And the support from our admin staff is amazing. They ensure everything runs smoothly and make our job, even when under pressure, easier to provide the best possible service to our patients."

The Parapet serves a wide area and a diverse community, and feedback from patients is great. Service manager Roz Walmsley said: "People opt to come here because of our reputation and expertise and it therefore touches the lives of many people.

"Patients and their families often choose to fundraise for us to help us provide extra facilities to improve the unit above that provided by the NHS, and we are extremely grateful for their support."

MDT colleagues at Frimley Park Hospital are also looking forward to working from a dedicated new unit at the hospital, following funding from the trust and the hospital charity's Breast Care Appeal.

Governors and board working together

Trust governors met with the board of directors for their first workshop session since recent elections saw the membership of the council of governors reduced.

The change in governor numbers from 37 to 22 from November 2017 is aimed at making them more effective in their roles of holding the board to account and representing the interests of their constituents.

After the two former trusts came together to form Frimley Health, the size of the council of governors was much bigger than comparable foundation trusts (FTs). It was always the new trust's intention to move towards a smaller council in time. It is now in line with most other FTs in terms of size and representation of members.

The workshop focused on how governors and directors could better work together to provide the best possible healthcare for our communities. This included the level of information and communication governors needed to act as 'critical friends' to the board and hold it to account for performance, and how governors could reflect their constituents' views. Governors also discussed how they could use their range of skills and experiences to help the board. The results of the workshop are being drafted into an action plan.

A recent change to help governors connect with members has been the introduction of direct nhs.net email addresses for each governor. These will be published in each inTouch and can be found on page 15 of this edition.

Governors shape the trust in a number of ways. As representatives of you, the trust members, they sit on the council of governors to scrutinise performance and strategy.

They also have a key role in several committees covering patient experience and public engagement, for example, and host the 'Health Events' across our area.



Civilian and military staff already work closely together at Frimley Health

Frimley Health signs up to the Armed Forces Covenant

Frimley Health has reinforced its commitment to supporting British military personnel across its community by signing up to the Armed Forces Covenant.

The trust made the pledge to enshrine the covenant in its staff and patient policies, services and projects to ensure no current or former personnel are disadvantaged by serving their country.

In 1996, Frimley Park became the first NHS hospital in the country to host a military medical unit following the closure of the Cambridge Military Hospital in nearby Aldershot.



Lt Col Ryan shakes hands with Sir Andrew Morris with the signed covenant

Lt Col Mike Ryan, commanding officer for the unit, called Defence Medical Group South East (DMGSE), co-signed the covenant with Sir Andrew Morris and trust director of nursing Duncan Burton in December.

Aldershot Garrison, dubbed the Home of the British Army, the Royal Military Academy Sandhurst, the national Cadet Training Centre at Frimley Park and a number of military units in Berkshire all fall within Frimley Health's catchment. Sir Andrew said this meant that the trust had a long and proud association with the military, with many staff and patients from service families.

"It was a fantastic privilege to be here when the military unit came to Frimley Park and I am sure having that collaboration between us has benefitted our patients and staff enormously," he said.

Lt Col Ryan said the signing of the covenant would help to extend the special relationship between the trust and the military for many years to come.

Frimley Health became the 2,001st organisation in the country to sign up to the Armed Forces Covenant at the ceremony at Frimley Park Hospital. It will ensure the trust promotes its forces-friendly credentials and supports military personnel and families in their treatment. It will also ensure support for veterans and reservists employed by the trust.

Frimley Health was recently recognised as a Bronze Award status employer for veterans, cadet volunteers and reservists. This includes supporting families and spouses of personnel and encouraging employment of former servicemen and women. The trust is now committed to achieving Silver Award employer status.

Frimley Park Hospital opens specialist renal unit



Consultants and ward staff on the newly-opened renal unit

A specialist renal unit has opened at Frimley Park, making state-of-the-art inpatient kidney care available locally for the first time.

The eight-bed unit enables hospital patients to receive dialysis treatment on site rather than face a transfer to another centre.

Previously, inpatients with serious kidney problems were taken to a specialist renal care hub at St Helier Hospital in south-west London.

Patients in a stable renal condition faced ambulance journeys to dialysis centres in Farnborough or Basingstoke.

Dialysis involves filtering waste products and excess fluid from a patient's blood when their kidneys stop working properly.

The most common form of dialysis, haemodialysis, takes about four hours and is typically carried out three times a week.

Frimley Health launched the new renal unit in partnership with St Helier Hospital, which already ran outpatient renal clinics at Frimley.

The inpatient renal unit is part of a wider regional renal strategy to provide a better experience for Frimley Park patients and their families by limiting their need to travel.

Frimley Park dialysed its first patient on 12 January.

Matron Phillippa Rodwell was pivotal in setting up the new unit, from choosing the colour scheme to advising on ward layout and recruiting its 12-strong nursing team.

She said: "The new renal unit here at Frimley Park Hospital is great news for our patients who need haemodialysis treatment.

"Whether they come to hospital with an acute kidney injury, or are an inpatient who also has chronic renal issues, we can now meet their dialysis needs here.

"If, for example, a patient arrives with a broken hip but also has a chronic kidney condition, the hospital can dialyse them and meet their orthopaedic needs, all under one roof.

"Dialysing patients at Frimley instead of transferring them to a centre a considerable

distance away vastly improves the patient experience and makes it easier for their relatives to visit them."

"The new renal unit here at Frimley Park Hospital is great news for our patients"

David Evans, one of the four St Helier consultant nephrologists supporting the unit, said: "Frimley is a large acute hospital with services such as acute cardiology, a hyper acute stroke unit and vascular surgery, meaning its population has an increased risk of requiring renal services which the trust was keen to provide in a more patient-centred fashion.

"This local satellite renal unit enables seven-day specialist renal care without the need for transfer to St Helier."

Although the unit primarily provides inpatient haemodialysis, further renal services are expected to be developed over time, including renal biopsies.

A day in the life ... Andrew Barton

Advanced nurse practitioner and lead for vascular access and IV therapy

Most hospital clinicians are respected by their peers and some become influential in the wider healthcare community, but a few will go on to achieve international renown.

Advanced nurse practitioner Andrew Barton leads vascular access and intravenous (IV) therapy services at Frimley Health but his reputation for excellence and innovation stretches far beyond the trust, and even these shores.

His willingness to embrace change and new ideas has put Frimley at the forefront of technological advances in his field and led to invitations to address conferences in 29 cities around the world.

Last month he was in Venice to co-chair a vascular access conference and in June he will head to Copenhagen to speak at the World Congress on Vascular Access.

He is the current chairman of the National Infusion and Vascular Access Society (NIVAS), serves as a principal expert in IV therapy and vascular access technologies for the National Institute of Health and Clinical Excellence (NICE), and sits on the committee of MEDUSA, the NHS injectable medicines guide.

Many of his research papers and studies have been published in the British Journal of Nursing and the Journal of Vascular Access.

Indeed, Andrew has come a long way since completing his nursing qualification at the University of Surrey in 2005.

He has spent his entire career at Frimley Health, first as part of the cardiology and acute stroke teams before in 2010 joining the corporate nursing team for risk, complaints and patient safety as an IV nurse specialist and learning environment lead. Since then he has trained all new nurses joining the trust



to insert cannulas and administer IV therapy – the delivery of medication or fluids directly into a vein.

It was during this period that Andrew set up the nurse-led peripherally inserted central catheter (PICC) service, significantly reducing the length of time a patient needed to wait to have a PICC placed.

PICC lines are a form of intravenous access via the arm that can remain in place for prolonged periods in order to administer IV therapy.

Andrew said: "The service really took off. I still looked after IV therapy but my main focus from that point on was vascular access and I developed the service from there."

He also places tunnelled catheters, which have a cuff stimulating tissue growth to hold the line in place, arterial lines, implanted IV port catheters, which include a reservoir inserted under the skin into which medication can be injected, and renal catheters for dialysis.

Andrew said: "I have an aptitude for intricate vein work. I'm also a big fan of

technology and have a reputation internationally now of taking technology and seeing how it will benefit vascular access.

"For example, we were the first NHS trust to use Veinsite, a portable headset which uses infrared light to detect veins that are otherwise difficult to see.

"It was originally developed in the US for varicose vein surgery, but several years ago the developers asked whether I wanted to use it for vascular access procedures. A trial went really well and we now have three of those machines – two at Frimley and one at Wexham.

"We were the first trust in the UK to adopt the use of electrocardiogram (ECG) technology for PICC placement.

When we put in a PICC line, we don't have to do a chest x-ray because an ECG uses the electrical activity of the heart rate to show the PICC tip is in the right place. This process has now been recommended by NICE and is recognised as the gold standard. Frimley was the principal trust for the clinical trial data and evidence that was used by NICE.

"And we were the first to trial and use Veinplicity, an electro-stimulation device that make veins bigger, stiffer and easier to access. We own two of those machines now.

"I'm happy to adapt and change and I'm always looking to take on new technology, processes and products.

"It means Frimley is at the forefront of everything new within vascular access and IV therapy."

Today Andrew divides his time between fitting vascular access devices on the wards and running the intravenous and vascular access service (IVAS) unit that he set up at Frimley Park a year ago.

The IVAS unit has brought together all non-chemotherapy day case IV work, such as



Andrew using veinsite

blood transfusions and IV antibiotics, in one place and under one team. It sees around 20 patients each day.

"We have referrals from GPs and other hospitals in the area for patients to walk in and have blood taken or they'll have cannulas placed for CT scans. Where doctors or nurses may have struggled in the past to find the vein, we can hit it first time with our technology. That makes the patient experience so much better."

Andrew will begin a typical working day by greeting his team and checking for new referrals. He will create a schedule for the day and complete a handover on the IVAS unit with Fiona Nadin, the unit's senior sister, to

ensure she is happy with staffing levels and to familiarise himself with the patients.

He will then either remain working in the IVAS unit where he can be contacted by a radio pager, known as a bleep, or head out on to the wards to begin vascular access work. Patients can drop in to the IVAS unit any time for vascular access so every day can be very different.

On Wednesday mornings he places implanted port catheters in radiology theatre.

"PICC lines can take anything up to an hour to place at the bedside," said Andrew.

"About 70% of my time is clinical. I have a lot of management responsibilities as well

but fit that in around my clinical work. We fit about 100 PICCs a month now, which is quite a lot even if two of us are placing. For a long time it was just me in the service, now I have another vascular access nurse which is handy because we can get up to 30 referrals a day for vascular access or IV therapy advice.

"I place lines in paediatrics, intensive care, A&E resus and respond to emergency calls if doctors are having difficulties with IV access.

"We place devices that enable appropriate patients to have their IV therapy at home, and we place lines for patients at Farnham Hospital.

"The bleep never stops."

Skills such as Andrew's are in high demand, but he sees his future firmly at Frimley Health.

He said: "I get a lot of offers to move but I love Frimley and I love the staff. I have helped to train every single nurse at Frimley Park who started after 2011. I walk around the wards and people will stop me to talk or for advice. It's not just about vascular access, the people are really friendly."

What do you like most about your job?

My team. I work with an amazing group of people.

What do you like least about your job?

The constraints the NHS nationally is facing.



Slough's new emergency department reaches great heights



The mayor with ED staff

Hospital chiefs and contractors marked a major milestone in the building of a new £49m emergency department (ED) and assessment centre on Friday 5 January.

The 'topping out' ceremony for what will be Wexham Park Hospital's brand new facility marked the symbolic completion of the highest part of the building.

It meant that Frimley Health NHS Foundation Trust's construction project to provide the community with one of the best emergency departments in the NHS had reached the half-way stage.



Topping out is an opportunity for the hospital trust to thank builders and other contractors for their work.

To mark the occasion, Cliff Thomas, managing director of Kier Construction London, welcomed guests to the site.

Guest of honour Slough mayor Cllr Ishrat Shah ceremonially topped up concrete around the base of a structural column, the exact spot on the site where ground was broken some eight months ago.

Sir Andrew Morris explained how the new facility would bring enormous benefits to the local community. He said: "This building will be a massive rocket launch to providing state of the art facilities to back up our staff who go the extra mile day after day. It will be the best the NHS has to offer for the 115,000 people who come to the emergency department each year.

"The new ambulatory care unit will help us to turn people around on the day, offering assessment, diagnosis, testing and management planning on a daily basis, so appropriate patients don't need to be admitted overnight – that will help to ease pressure."

Nick Payne, chief of service for emergency medicine at Frimley Health, added: "I was at Frimley Park Hospital six years ago when we opened the new department there and it was enlightening. We have taken everything we learned there and brought it to this place – it's going to be something else. The whole emergency department will be fantastic with an outstanding resuscitation area and the new ED is going to be fully supported by a new ambulatory care unit one floor up – all working together."

Cllr Shah said: "Andrew and all his team have worked hard to bring this hospital to this level and that success is down to teamwork with every individual making a contribution. Thank you for inviting me and please keep up the hard work."

The emergency department will take up the whole of the ground floor with separate children's and minors units as well as 36 individual 'majors' rooms and eight resus cubicles.

The floors above will include a 34-bed combined assessment and ambulatory care centre, plus short-stay beds. Offices will be built on the fourth storey at one end.

A knight to remember



Sir Andrew received a standing ovation from guests at surprise party

Hundreds of colleagues past and present said farewell to Sir Andrew Morris before he stepped down as chief executive of the trust after 29 years in charge.

A number of events were held across Frimley Health to give as many people as possible the chance to celebrate his 43 year career in the NHS.

But the biggest was a gathering of more than 250 friends and colleagues, many of whom had travelled from across the country and beyond to a reception on a Saturday night in January.

Everyone had managed to keep it a complete surprise to Sir Andrew, whose wife Linda and family duped him into believing he was going to a concert. Instead the chief executive, who

retired from Frimley Health in February, found himself the star of the show when he was given a rousing cheer and standing ovation as he stepped into the room at The Elvetham Hotel, near Fleet.

Proceedings were temporarily held up as Andrew personally visited guests at each table before dinner was served, followed by speeches.

Among those paying tribute were former director of nursing Mary Dunne, who travelled from her home in Ireland, past and current medical directors, trust chairman Pradip Patel, and NHS commentator Roy Lilley who described Sir Andrew as "the most talented NHS manager there has ever been".



Farewell gifts from Wexham...

Colleagues had kept the event secret from Sir Andrew for months and guests bought tickets to cover the cost.

Sir Andrew stood down as the longest-serving NHS chief executive and certainly one of its most successful. Following a short break he formally continued his position as leader of the Frimley Integrated Care System from 1 April in a part-time capacity. Reporting to NHS England, he is helping pioneer the national drive for more integrated health and social care services.



...and from Frimley

Parkside at Frimley Health

The Parkside Suite has extended its services and now offers facilities for patients choosing private healthcare at both Frimley Park and Wexham Park hospitals.

Parkside Frimley and Parkside Wexham are dedicated private patients' units wholly owned by Frimley Health NHS Foundation Trust. The trust is careful to ensure that its private services are entirely financially independent of the NHS.

Profits generated by both Parkside suites are reinvested into frontline NHS care at the trust.

In recent months, the suite at Frimley has benefited from a further enhancement of its wards and the private facility at Wexham, formerly known as the Paragon Suite, has adopted the Parkside name and brand, a move that has been welcomed by patients and clinicians alike.

Parkside offers 37 en suite rooms and five consulting rooms at Frimley, and 15 en suite rooms with two consulting rooms at Wexham.

And with the development of a new hospital on the Heatherwood site, Parkside Heatherwood will, once completed, offer a further eight rooms for patients choosing private healthcare within Frimley Health.

Trust chairman Pradip Patel said: "I am very much an advocate of private facilities within NHS hospitals as they play an integral role for both consultants and patients.

"Patients are more informed than ever and expect to be given a balanced choice with regard to their personal healthcare treatment. With onsite private facilities we are able to accommodate this demand should they request it.

"We are fortunate to have many of the region's finest consultants working within Frimley Health. To be in the position to provide them with a facility where they can feel confident in carrying out their private work alongside their NHS commitments is a winning combination for everyone."

Having private facilities located within our NHS hospitals brings significant benefits to patients choosing private healthcare and to the clinicians who care for them.

Parkside's private patients are supported by Frimley Health's NHS facilities, including

all levels of critical care, first-class scanning facilities and the latest medical and surgical technologies.

And consultants wishing to undertake private work in addition to their NHS contracts, can do so at the same location as their NHS base. This in turn encourages recruitment and retention of some of the best clinicians in their field.

Consultant ophthalmic surgeon Mr Tom Poole added: "In my private practice it's reassuring to know that expert specialist colleagues from all walks of medicine are close by. And I gain great satisfaction in the knowledge that income generated from my private work contributes to the provision of high-quality NHS services at Frimley Health."



Look we've changed!

The Frimley Health Charity has an exciting new brand.

Over the past three years the trust has grown and now includes three main hospitals in addition to running services throughout the community.

So the need to represent those different hospitals and communities has grown and our new modern branding does just that. Each of the three main hospitals forms part of the colour coding of the new branding and helps to give an immediate recognition of which hospital we are fundraising for.

Our objective remains the same which is to 'improve patients' lives' and this phrase is now incorporated into the brand. We hope you will continue with your generous support so that we can bring significant benefits to patients being cared for at Frimley Park, Heatherwood and Wexham Park hospitals.



It's not too late to Run Frimley

There's still time for sign up and warm up for this year's Run Frimley event on Sunday 6 May.

This popular annual event features a 10k road race and a 2.5k fun run - both races start and finish at the hospital.

It will be raising money for the Stroke Appeal at Frimley Park Hospital to support the development of our stroke unit into one of the best in the country. So we urge participants to help us by raising as much sponsorship money as possible for the appeal.

If you open a Just Giving page and collect at least £50 before registration closes on 26 April, you will even get a free Run Frimley 2018 running vest to wear on the day.

Run Frimley has something for everyone, whether or not you are an experienced runner or want to encourage your children into fitness by entering the fun run. Andrew House, head of fundraising at the Frimley Health Charity, said: "This is a fantastic event for the whole family. Last year over 2,000 people from the local community took part in the events and had a great time. And this time we strongly encourage fancy dress of any description!"

All runners in both events will receive professional chip timing and a finisher's medal. And there are lots of prizes for top runners and the best fancy dress.

Register now at the charity's website: www.frimleyhealthcharity.org/

Walk Wexham

We are delighted to announce that Wexham Park Hospital has partnered with The Rotary Club of Slough for the Slough Together Walk on Saturday 5 May.

This popular event is a five-mile walk that starts in Upton Court Park, making its way to the town of Eton, across to Eton Wick before returning via Agars Plough in Eton to the starting point. Walkers can take in beautiful countryside while discovering the Thames and Jubilee Rivers.

BBQ food and drinks will be available throughout the day but you can bring your own picnic and make a day of it if you wish. A bouncy castle, face painters and other entertainment will be around all day to make this a real family day out, open to all ages. You can get a team together or enter individually, and fundraise for Wexham Park Hospital's Children's Critical Care Appeal. Last year, Slough Together Walk helped charities raise over £15,000 and this year we want to do even better!

The event starts between 9am and 1pm and finishes about 4pm.

More information including how to register is on the charity's website.

Run Wexham returns to boost appeal

We have given Run Wexham a complete revamp for 2018 and are very excited about what a great day it is going to be. So what is new for this year's event on Sunday 8 July?



Also, this year supporters can obtain a free charity place and running vest by being part of Team Wexham and committing to fundraise a minimum of £50 for Wexham Park's Children's Critical Care Appeal before event day.

Register via the charity website: www.frimleyhealthcharity.org/

Odds on for a great night at the races

We are hosting our first ever race night at Royal Windsor Racecourse on Monday 6 August, from 3.30pm to 9pm. The theme for the evening will be 'Rock at the Races' featuring Mercury - previous winners of the National Tribute Music Awards.

Monday night racing at Windsor racecourse has a long history of supporting local charities.

More information will follow in the July edition of inTouch and will soon be on our website, meanwhile please make a note of the date in your diaries.



1 New venue

We have moved the event to Black Park country park, an already established running route using the undulating paths and trails.

2 Additional distances

Along with the established 10k run we have added a new 5k option. Additionally, a family fun run suitable for parents and children of all ages will take place ahead of the 5k and 10k races.

3 Chip timing

This will provide a more accurate finishing time for every runner.

4 Event village

Surrounding and supporting the actual race itself will be an event village where all are welcome. A bouncy castle, face painting, retailers, food and refreshments will all be located near to the start/finish area to make this a really great day for everyone involved.

Get involved

If you'd like to support our appeals or make a donation, please get in touch with the fundraising team:

01276 604642

01276 604626

01753 633206

or email

fundraising@fhft.nhs.uk

For more information about the Frimley Health Charity visit our website at

www.frimleyhealthcharity.org/

A visit from the PM



P rime Minister Theresa May visited Frimley Health in January, praising staff for their hard work and hailing innovations at the trust.

Her arrival at Frimley Park coincided with a period of intense media focus on the NHS and the pressures hospitals across the country experienced this winter.

Mrs May first held private talks with senior managers before meeting about 20 members of staff. They represented colleagues from across our hospitals.

The Prime Minister later visited Frimley's ambulatory emergency care unit (AECU) – one of the innovative services she would later publically praise – and the emergency department.

The AECU helps to reduce the number of hospital admissions by assessing and treating appropriate medical arrivals during the day

with patients going home overnight. They can then return to the unit for further treatment on subsequent days.

During her visit, Mrs May also heard about our work with GPs and other partners across the wider health and care system to care for appropriate patients in the community and outside of a hospital setting.

The Prime Minister said: "Frimley has some interesting innovations that are, I think, a sign of how we can develop the NHS, such as the work they have done with GPs to ensure that fewer elderly patents actually need to come into hospital, and the ambulatory care unit.

"This has also given me an opportunity to say a huge thank you to the staff at Frimley and at Wexham Park, and that is a huge thank you also to staff in the NHS across the country."

We've got mail

T he trust is in the process of changing its email addresses with all email accounts moving from Outlook to NHSmail2.

NHSmail2 is being introduced in phases, with an initial pilot started in February. After a short

period of review by the project team, it will be rolled out across the trust. So you will soon see email addresses changing on our website and other communications.

The new email extension will be @NHS.net.

It's been a tough winter in our hospitals

L ike most NHS hospital trusts, Frimley Health experienced severe pressure on its A&E departments this winter, especially in January.

This is not just down to the number of patients but also the complexity of their medical conditions. Our staff worked exceptionally hard to meet the unprecedented demand and to provide excellent safe care. Despite the additional pressure created by emergency activity, Frimley Health did not, as a matter of routine, cancel planned procedures.



To manage pressures, we followed extensive winter plans. These included more senior doctors in A&E, the ability to open up extra areas to provide more beds temporarily when needed, and much closer working with GPs, social services and care homes to help control the number of people admitted to hospital and speed up the time it takes to discharge them when they are well enough.

We also made good use of our new ambulatory care units at Frimley Park and Wexham Park. These allow us to monitor and treat a number of patients during the day without the need to admit them to a bed. This takes some pressure off our wards and helps us to cope with peaks in demand.



From books to tiny babies

S tudents from Collingwood College in Camberley paid a visit to Frimley Park's neonatal unit in February bringing with them a donation of over £1,000, all raised through reading books.

Year 7 students had taken part in a readathon, attracting sponsorship per page or book read from family and friends. The five top readers, four of whom were born at Frimley Park, along with teachers Charlotte Jenner and Paul Andrews, visited the unit to

meet some of the hospital's tiniest patients and see for themselves what their fundraising efforts would buy.

They were shown around the unit by senior sister June Swanton and neonatal practice development senior sister Geraldine Banfield. Geraldine explained that the money would be used to buy an oxygen saturation monitor that checks babies are breathing properly, which she demonstrated on two of the students.

NHS to celebrate 70th birthday

T he NHS will reach its 70th birthday on 5 July this year. To mark this milestone, NHS organisations across the country will be planning an array of celebratory events, and Frimley Health is no exception.

Plans are under way for a variety of events across all three of Frimley Health's hospitals, including an afternoon tea party on the day itself.



inTouch with your governors

Twenty-two men and women make up the trust's council of governors. They represent you in their constituencies and hold the Frimley Health board to account. Here's how you can get in touch with them:

Public governors:

Bracknell Forest and Wokingham

Jan Burnett jan.burnett@nhs.net
John Lindsay john.lindsay1@nhs.net

Chiltern, South Buckinghamshire and Wycombe

Paul Henry paul.henry6@nhs.net

Guildford, Waverley and Woking

Michael Maher michael.maher@nhs.net

Hart and East Hampshire

Denis Gotel denis.gotel@nhs.net
Jill Walker jill.walker5@nhs.net

Rushmoor

Kevin Watts kevin.watts1@nhs.net
Michele White michele.white1@nhs.net

Rest of England

Paul Sahota paul.sahota@nhs.net

Slough

Graham Leaver graham.leaver@nhs.net
Robert Miles robert.miles1@nhs.net

Surrey Heath and Runnymede

Bob Bown bob.bown@nhs.net
Mary Probert mary.probert1@nhs.net

Windsor and Maidenhead

Robin Maiden robin.maiden@nhs.net
Rod Broad rod.broad@nhs.net

Staff governors:

Frimley Park Hospital

Shauna McMahon shauna.mcmahon@nhs.net

Heatherwood and community hospitals

Fran Campbell fran.campbell@nhs.net

Wexham Park Hospital

Bob Soin bob.soin@nhs.net

Stakeholder governors:

Bracknell Forest, Wokingham, Slough, Windsor and Maidenhead borough councils

Natasa Pantelic natasa.pantelic@nhs.net

Hampshire County Council

Roz Chadd roz.chadd@nhs.net

Surrey County Council

Vacant position

Ministry of Defence

Col Tracey Yates tracey.yates1@nhs.net

EMAIL US!

WHEN	29 May 5.30pm – 6.30pm	29 May 7.30pm – 9pm Refreshments from 7pm	12 June 7.30pm – 9pm Refreshments from 7pm	3 July 7.30pm – 9pm Refreshments from 7pm
WHAT	Council of Governors	Health Event Constituency – Windsor and Maidenhead	Health event Constituency – Slough	Health Event Constituency – Hart and East Hampshire
WHO	Consultant presentation will feature in the Health Event which follows the Council of Governors meeting	Dr Tracey Salter Consultant Nephrologist 'The new renal service at Frimley Health'	Dr Sarah Menzies Consultant Respiratory Physician 'Tuberculosis: the past, present and future'	Mr Alok Misra Consultant Plastic Surgeon 'Protecting your birthday suit - what you need to know and how to do it'
WHERE	Royal Berkshire Hotel London Road Sunninghill Ascot SL5 0PP	Royal Berkshire Hotel London Road Sunninghill Ascot SL5 0PP	Stoke Place Stoke Green Stoke Poges SL2 4HT	Warbrook House The Street Eversley Hook RG27 0PL

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

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**.

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

For support in accessing patient information, or for a translation of this document, an interpreter or a version in

large print

or



Braille

or



please contact the Patient Advice & Liaison Office on

☎ 01276 526706