caught on camera?

New Forest
Kidney dialysis unit opens in Cinderford

Also in this issue:
Norovirus campaign
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Caught on camera?
New dialysis unit opens

Patients with kidney conditions in the Forest of Dean are now benefiting from a new facility which brings treatment closer to their homes.

Our Trust has invested £1.6m in a brand new kidney care centre on the Forest Vale Industrial Estate in Cinderford. National Clinical Director for Kidney Care Dr Donal O’Donoghue officially opened the new satellite dialysis unit earlier this month.

Chief Executive Dr Frank Harsent: “Having to undergo kidney dialysis has a massive impact on a patient’s life, with most people needing lengthy sessions three times a week. It’s therefore crucial that we offer it in the most welcoming of environments, where absolutely everything is tailored towards their specific needs.”

Supported by partner organisations NHS Gloucestershire and the Forest of Dean District Council, the Trust’s new unit boasts state of the art dialysis machines and twelve dialysis stations. It will help patients to dialyse closer to home. The location of the unit was based on an analysis of travel times for over two hundred existing dialysis patients.

Dr Jim Moriarty, Lead for Satellite Dialysis at the Trust, said: “It will support up to 48 patients on dialysis, which will enable us to meet the anticipated future growth in demand.”

Don’t forget dementia!

Help us to improve the standard of care for patients with dementia.

It’s estimated that 70% of acute hospital bed days in this country are occupied by people over 65 and approximately half of these have dementia or confusion. Early identification of dementia allows better planning and delivery of care to meet patients’ needs. Therefore Acute Care and ward doctors are asked to complete the confusion pro forma.

A flyer entitled ‘Think Dementia’ has been emailed to doctors, explaining how this must be completed and entered on Infoflex in order for us to demonstrate that we are meeting this national dementia requirement.

This action will improve the overall experience of our patients and carers and YOU can help.

It’s all about you...

This month, we are introducing a new form – Tell us about you – which any patient or carer can fill in when coming in via outpatients or the emergency department.

The easy-read document is designed to be quick to fill in and provides our team with a snapshot of the normal lifestyle of the person concerned. Together with the This is Me document that we use on the wards, we are hoping that this will really help us to improve the quality of care our older patients receive.

Less than half of people with dementia have been formally diagnosed by a doctor, but following many initiatives developed in here the south west, improved recognition and care for dementia has been made a national priority.

In order to deliver better care, we need to know more about the people we are treating, and the new form should help us to do that.

Dr Ian Donald said: “Patients with dementia need a skilled and knowledgeable team caring for them who all share a common commitment to better answering their needs. We are absolutely committed to our Trust continuing to be at the forefront of excellent dementia care.”
Ringing the changes

NHS telephone numbers in Gloucestershire will soon be changing to make calls cheaper for our patients.

Our Trust, NHS Gloucestershire and Gloucestershire Care Services currently use numbers prefixed with 0845. From the end of November, these numbers will change and 0845 numbers will become 0300. Extension numbers for individuals and departments (the last four digits) will remain unchanged.

Old 0845 numbers will be redirected for a period to ensure a smooth transition.

Further information will follow, but staff are asked to bear in mind that numbers will be changing soon, as this will have implications for stationery, leaflets, printed materials and corporate information as well as voice messages and e-mail signatures.

Leaflets, stickers and posters will be distributed across the hospitals in November.

If you have any urgent questions about this change, please email stuart.perry@glos.nhs.uk

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<td>0845 659</td>
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Getting tough on Norovirus

This month we have relaunched our Norovirus campaign to raise awareness across the county of the importance of hand hygiene and responsible hospital visiting.

The campaign encourages patients, staff and visitors to make the right decisions about coming into hospital and preventing the spread of the virus.

We are asking all wards and relevant departments to check if their Norovirus Toolkit is up to date. If it is missing from your ward, please contact Infection Control.

Leaflets, cards and posters are being distributed to wards and waiting areas, but if you would like to receive additional materials, please email comms@glos.nhs.uk

Awards shortlist success

The ED integrated communications campaign has been shortlisted for a prestigious Public Sector Communications Award.

The ‘Save the emergency department for real emergencies’ campaign included posters, press activity, signage and digital media including the live waiting times page.

“This innovative campaign is an example of our Trust taking the lead”

Having already gained praise on Twitter and other social media sites, this innovative campaign is an example of our Trust taking the lead in proactively engaging with patients using a variety of communications techniques.
Rosterpro relaunch

The electronic rostering system for staff – Rosterpro – has now been relaunched following recruitment to the project team.

Rosterpro is an improved method of producing nursing rosters which will help the Trust to manage its nursing workforce as efficiently as possible.

“It will help us use our nurses efficiently and effectively.”

The system will enable the Trust to ensure we have the right number of staff in the right places, improving safety, improving efficiency and improving fairness and staff satisfaction.

Over the last month the implementation stage has begun and Ward Sisters and staff have been asked to check off duty records to make sure that digital versions are accurate and everyone is paid correctly.

The benefits of the system include the ability to keep track of the hours staff work and ensure skills are best utilised across the Trust, reducing spending on bank and agency cover.

It will also mean greater fairness of shift allocation and standardisation of shift times at the same time as accommodating family friendly working patterns.

Interim Nursing Director Paul Garrett can see the potential benefits of the system. He said: “Rosterpro Central provides a fair and equitable way of rostering. It will help the Trust use our nursing staff efficiently and effectively.”

For more information go to the Living Within Our Means pages of the staff intranet.

Medical staffing review

As part of the work to improve efficiency across the Trust, a new project group is focusing on how we can maximise productivity.

As with previous reviews in other areas of the Trust, all Consultants and SAS doctors with a Trust contract will be included in this review.

“The project is due to develop increased consistency”

The project is due to develop increased consistency in productivity and in particular to remove barriers to productivity for senior medical staff across departments. This will ensure we are in a position to deliver commissioned activity and is essential to support the work on improving efficiency and quality across the system, reducing the need for agency staffing.

The work is being undertaken through the Medical Staffing Review Group chaired by the Director of Clinical Strategy Dr Sally Pearson. Starting this month, the project will take eight months to complete. Regular updates will be provided for all involved in these reviews.

If you would like to ask any questions about this review please email: medical.review@glos.nhs.uk

EDs under scrutiny

Members of the Gloucestershire Health, Community and Care Overview and Scrutiny Committee (HCCOSC) visited the Emergency Departments at CGH and GRH this month.

After hearing regularly about the progress being made in our Emergency Departments and in reducing length of stay, some of the county councillors who sit on the committee wanted to see behind the scenes in ED for themselves.

Maggie Arnold, Nursing Director, who leads the Emergency Care Programme, said: “I was very pleased to show the HCCOSC members around, explain how the department works and for them to have the chance to talk to members of staff.”

The Gloucester visit gave the visitors a particularly realistic taste of the pace at which both departments work. It also illustrated why our Emergency Departments should be used only in emergencies and not as an alternative to the GP, pharmacy or minor injuries units.

The role of HCCOSC members is to question and understand local NHS issues on behalf of local people.
Learning to fly

Many staff have successfully gained new qualifications while working for the Trust this year.

We will be recognising their effort, achievement and dedication at the Staff Awards on 7th November.

Long Service awards, for those members of staff who have worked for the NHS for 25 years or more will also be given out at the ceremony.

A full list of everyone who has achieved qualifications this year will be available on the staff awards intranet pages in the next few weeks.

We could be heroes

Mr Mark James, Consultant Obstetrician and Gynaecologist, has been recognised in the national NHS Heroes Awards.

NHS Heroes is a national scheme to formally recognise all those who make a difference to their patients, communities and colleagues. It exists for all NHS Staff and aims to recognise not only those who save lives, but anyone who does the smallest, most considerate things that go beyond expectations and make a real difference to people’s lives.

Mark’s nomination said: "Mr James is a very kind, understanding consultant who treated me as an individual and also with dignity and respect. He went out of his way to try to ensure that everything possible was done to try to ensure that my needs were met within the facilities available."

Trust Chair, Professor Clair Chilvers said: "I am really delighted that Mark has been recognised for the kind and respectful manner he treated this patient and have congratulated him for this award.

"It shows that the way we treat people is for many as important as any other aspect of care and Mark is a great example of getting this right."

Marleen’s international award

A PHD student co-funded by the Trust has won a prestigious award for demonstrating that a technique that could take away the need for a needle biopsy in breast cancer diagnosis.

Marleen Kerssens has shown that SORS (spatially offset Raman spectroscopy), a method using a laser to see inside objects without making an incision, is viable for detecting whether abnormalities found through mammograms are malignant or benign. Currently a needle biopsy is the only way to confirm this.

Marleen received the Coblentz Society Student Award, an international prize to recognise young scientists in the area of vibrational spectroscopy, at a conference in Kansas City, USA on 30 September 2012.

Marleen previously presented her work to the prestigious Parliamentary and Scientific Committee in Westminster earlier this year.

"It shows that the way we treat people is for many as important as any other aspect of care"
Abnormal blood results?

The misreporting of abnormal blood results can cause serious harm to patients.

This month sees the launch of a new process to be used on all wards and departments within the Trust when the Pathology Laboratories telephone through to say that a patient’s blood results are abnormal and need urgent review.

This process involves documenting on a sticker who took the telephone call, which clinician was informed and when and by whom the result was acted on.

The sticker is bright red in colour and we hope that this will make it easily identifiable in the patient’s health record.

More information about this process can be found on the Safety pages of the staff intranet, and we are currently working on a Clinical Trust Procedure to formalise this process in conjunction with the managers from Chemical Pathology and Haematology.

The stickers have been developed by the Medical Division Innovations Coordinator and are to be used Trust wide with the exception of DCC. They are available from the stationary cupboard (for the Medical Division) or from Prontaprint, order number Y1122/06-12, and ideally they should be kept close to telephones so they are to hand if and when they are needed.

Safety cafe

The Safety Team is holding two Safety Cafés next month to launch the new drug chart.

There are lots of changes and it is important for nurses and prescribers to familiarise themselves with it before they need to use it.

The Team will also be raising awareness of missed doses and the importance of patients receiving their medication on time.

The sessions are restricted to 24 places at each site and these will be held on:

13th November at Redwood Education Centre between 2.15 – 3.15pm
16th November at Sandford Education Centre between 2.15 – 3.15pm

In recognition of the issues facing frontline staff, the sessions have been shortened.

It is important that at least one nurse per ward attend to ensure each ward will receive information before the new drug chart is in full circulation.

Get HAPPI

HAPPI (or Hospital Antibiotic Prudent Prescribing Indicators) is a process designed to avoid unnecessary and prolonged courses of antibiotics.

Excessive and unwarranted courses are a driver for resistance, lead to unnecessary costs and increase the risk of super-infections.

What are HAPPI Audits and what data do they collect?

1. Allergy – has the reaction to an antimicrobial allergy been documented on the drug chart?
2. Review date/stop date - is this documented on the drug chart?
3. Indication - is this documented on the drug chart?
4. Are the antibiotics appropriate?
5. Is the route appropriate?

Why do we collect this data?

Æ To prove that our prescribers comply with the trust antibiotic guidelines
Æ To avoid unnecessary and prolonged courses of antibiotics
Æ To promote the switch of IV to oral antibiotics when appropriate. IV antibiotics are associated with a higher risk of CDI, they are generally more expensive as well as the general risks associated with having IV access
Æ As a part of the Antimicrobial Stewardship programme within the Trust, it is mandatory that an ongoing programme of audit is undertaken within the area of antimicrobial prescribing

On which departments are these audits being performed?

The audits are being performed on the majority of wards across the Trust. ED and paediatrics are not included at present.

Who collects the data?

Data is collected monthly by ward pharmacists and the data is then entered onto the Saving Lives SharePoint (restricted access).

How do I find out the results for previous months for my ward?

We have been e-mailing Trust-wide results on a monthly basis to all medical staff and senior members of the nursing team since July 2012.

For more information contact Antimicrobial Pharmacists Delyth Ahearne and Jackie Aberdeen.
Flu update

Have you had your flu vaccination yet?

From 15th October all staff including frontline, A&C staff, support and non-qualified staff as well as pregnant employees are eligible. Find out how you can protect yourself, your family and your patients by getting the vaccine.

To see dates and times of vaccination clinics and drop in sessions click on the link from the front page of the staff intranet or go to www.workingwell2gether.nhs.uk

Caught smoking?

At a recent audit of smoking on site, 27 members of staff were seen to be smoking on site.

Some smokers have also been seen smoking on CCTV. Everyone is reminded that both our sites - and that includes the grounds - are completely smoke-free. It is completely unacceptable for anyone to smoke on site, whether they are in uniform or not, staff or visitor.

“Following the appointment of a new security firm, security guards will now be challenging any smokers on site, directly”

Following the appointment of a new security firm, the security guards will now be challenging any smokers on site directly.

Staff are also reminded that smoking either on or off our sites in uniform is not acceptable - and smokers should change out of uniform if they wish to smoke off site.

Support is available for smokers who want to quit – contact Gloucestershire Stop Smoking Service or why not visit the smoking cessation pod in the atrium at GRH?

Be COPD aware

COPD (Chronic Obstructive Pulmonary Disease) kills more people in the UK each year than bowel, breast or prostate cancer.

It is estimated that up to 5,000 people in Gloucestershire are unaware that they have this condition.

Timely treatment of the illness can prevent long term problems for many people which is why a new campaign ‘COPD: Know it. Check it. Treat it’ is being launched this month.

“Timely treatment can prevent long term problems for many”

Gloucestershire residents are being encouraged to ‘Know it’ by recognising the main symptoms of shortness of breath and persistent cough; to ‘Check it’ by seeing their doctor or nurse if they experience any of these symptoms; and to ‘Treat it’ by managing the disease effectively and making lifestyle changes.

Trust Thoracic Consultant Dr Andrew White, said:

“Many people who have the disease in the mild or early stage dismiss the symptoms as an inevitable sign of becoming ‘out of shape’, getting older or think it is ‘just a smoker’s cough’. In fact, many will only discover they have COPD when they need to go into hospital because their symptoms suddenly become much worse. That is why it is so important for people to recognise the symptoms and visit their GP or practice nurse to get checked out and start treatment.”

Screening events are taking place across Gloucestershire during October and November.

To find out more go to www.COPDaware.co.uk

The importance of hand hygiene

As we enter the norovirus and flu season, staff are asked to remember that effective hand hygiene is one of the single most important interventions to control and prevent the spread of healthcare associated infection.

We all have a responsibility to reduce the spread of infection and recent audit results demonstrate improved compliance throughout the Trust.

Patients and their visitors can also help to reduce the spread of infection by

→ Ensuring hands are clean and using the available hand gel
→ Using tissues to when sneezing, disposing immediately and washing hands.
→ Not visiting or advising relatives not to visit if unwell
Walking is better for you

There are plenty of opportunities in this county to get into the great outdoors and get some exercise.

Many walking clubs offer regular short walks which are only 30-35 minutes long. Some local clubs include:
- Cotswold Walkers
- Forest of Dean Walk for Health
- Gloucester City Best Foot Forward Walking Club
- Tewkesbury Walking Club
- Strolling in Stroud
- Cheltenham: Walk Well

You can also download walking maps at: http://www.walkinginglos.co.uk/walks.php or go to www.walkforlife or look at our 'Keeping Active' pages under the 'Health and Wellbeing' section of our intranet.

Thanks to mum

A mother’s generous donation has given our Trust a one of a kind portable ventilator.

Mrs Marjorie Sharp was a patient of Dr Geoff Meacham Jones over a period of 17 years and built up a great rapport with not only him but the whole respiratory team during her numerous outpatient and inpatient visits over the years.

Before Mrs Sharp died in March 2011 she made sure her daughters Julie and Avril and son David knew that she wanted £5,000 to go to Dr Meacham Jones for the benefit of patients.

And it is thanks to that bequest, plus an extra £1000 given in lieu of flowers at Mrs Sharp’s funeral that a Trilogy Portable Ventilator is now bringing huge benefits to patients at Gloucestershire Royal Hospital.

This month Mrs Sharp’s family (who live in Churchdown and Hertford) visited GRH to meet Dr Meacham Jones, Dr Andrew White and respiratory ward Sisters Kate Wilson and Linda Jones to look at the machine.

Nurses - get nominating!

There’s not much time left to nominate colleagues or your team for The Nurse Awards.

Organised by Nursing Standard, the UK’s best selling nursing journal, The Nurse Awards are an amazing opportunity for nurses to showcase the innovations they have made to patient care.

“’The Nurse Awards are an amazing opportunity to showcase innovations’

Nurses can enter themselves, their team or can nominate a colleague or another team.

Members of the public can nominate a nurse who has made a real difference to their healthcare or that of a loved one for the Claire Rayner Patient’s Choice Award. The closing date for entries is Friday 31 October.

Telephone lifelines

Community Network is a social enterprise offering affordable conference calls for charities and voluntary organisations. It could help some of our patients to connect with others in a similar situation.

The network run free telephone befriending groups for socially isolated older and disabled people.

Group members connect via a telephone conference system once a week for an hour. Volunteer facilitators organise when the calls happen and help ensure that the group session is effective, constructive and cohesive. This involves promoting and guiding discussion, enabling all members to participate and mediating should problems/issues arise between group members.

If you have patients that you think might benefit from their help, please go to www.community-network.org/
Board talk

Every month our Chair Professor Clair Chilvers provides a summary of the highlights from the latest public Board Meeting.

At our meeting on Friday 28th September, the Board as usual discussed ED performance and reinforced the commitment to the stretch target of 98% to enable consistent achievement of more than 95%. It was remarked that despite very high attendances, staff are working extremely hard to meet the 4 hour target.

“...the commitment to acting on the findings of the survey remains equally resolute. This was demonstrated by the presentations from engagement groups during the meeting. This month, Medicine, Diagnostics & Specialities and Women’s & Children’s representatives presented their ideas, which were excellent and very well received.

We were pleased to hear about the progress made against the dementia action plan and towards the national CQUIN. The focus on the completion of the Confusion Proforma rather than to all staff, the commitment to acting on the findings of the survey remains equally resolute. This was demonstrated by the presentations from engagement groups during the meeting. This month, Medicine, Diagnostics & Specialities and Women’s & Children’s representatives presented their ideas, which were excellent and very well received.

The importance of encouraging a high response to the Staff Survey was also an item for discussion. Despite the fact that this year’s survey is going only to a sample rather than to all staff, the commitment to acting on the findings of the survey remains equally resolute. This was demonstrated by the presentations from engagement groups during the meeting. This month, Medicine, Diagnostics & Specialities and Women’s & Children’s representatives presented their ideas, which were excellent and very well received.

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The Board approved a revised outline business plan for an integrated Clinical Information System. The programme is called Smartcare and the business case will now form the basis of a bid for central funding. If we are successful, such a system will have a transformational impact on the services we offer.

The Board also thanked Jon Scott for all his hard work and the lasting contribution he has made to the Trust during his term as Interim Director of Service Delivery, as this was his last Board Meeting.

To ask any member of the Board a question, email chief.executive@glos.nhs.uk

Patient experience - observations of care

In partnership with the Patients Association, our Patient Experience Team have developed a non participant ‘Observational Audit Tool’.

The observation is sitting and watching what happens on a ward, waiting area or an admission unit. This is a method of systematically observing and recording interactions between the patient and the team of people responsible for their care. The observers use their senses to see what happens and record what they think and feel about what they saw and heard.

“The tool is useful and gives a voice to those that do not have a voice.”

Stop, look and listen

The care of a patient should always be personal and centred around their needs. The observational audit tool provides an opportunity to take dedicated time out to ‘stop, look and listen’ to what happens to a patient.

This was tested by a team of Foundation Trust members with support and guidance from the Patient Experience Manager Tracey Thomas, in partnership with the Patients Association.

The feedback to all staff on the wards highlights positive interactions to be celebrated, shared and retained and also negative interactions that need to be improved.

Next steps:

→ This toolkit will be launched as an observational tool.

→ Identify more areas that will benefit from the observations

→ Train more volunteers to enable a wider programme of observations

→ Enable staff to use this as a motivational and learning tool to improve the experience of patients
Marathon efforts

Lead coordinator for medical secretaries Natasha Scott ran the Bristol half-marathon at the end of September.

Running with colleague Emma Coyle from clinical coding, she finished the race in 2hrs 19 minutes. Natasha raised over £400 for Sue Ryder Care, a charity that she describes is close to her heart.

Natasha said “Physically it’s the toughest thing I’ve ever done, but it was such an amazing experience and well worth all the months of training (even though most of my training was in torrential rain!).

“I couldn’t have got through Sunday without all of the support and motivational words from everyone so thank you so much to all of you.”

Community hero?

Gloucester City Council are once again promoting and publicising the Citizen of Gloucester & Young Person of the Year Awards 2013.

The two awards are designed to give civic recognition to the many ‘unsung heroes’ who have made an outstanding contribution in our communities. Both awards are open to any resident in Gloucester or whose good cause or deed is within Gloucester. The closing date for nominations is Friday 16th November.

Kindness & Respect winners

The Kindness and Respect standards, underpinned by our Trust Values, have become a crucial part of the way we interact with our patients and our colleagues.

We must all continue to embrace the standards in order to improve the experience of patients, carers, visitors and our colleagues.

Every month, nominations continue to come in from across the Trust. The following colleagues have recently been awarded certificates:

- Barbara Haynes, Cinderford Health Centre
- David Taylor, Physiotherapy
- Daniel Butler, IT Support
- Bethany Kinch, HCA Alstone Ward
- Jessica Jones, Medical Secretary, Gastroenterology
- Rosie Blake, Maternity department
- Neil Moxey, Rehabilitation Assistant, Physio
- David Holland, Staff Nurse, Ward 3A
- Mark Hawkins, Porter
- Martyn Say, Porter
- Claire Mabbett, Senior HCA, Woodmancote
- Margaret Martin, Volunteer
- Carol Welsh, Reception, Sandford Education Centre
- Christine Till, Paediatric Audiologist
- Sandhya Abraham, Staff Nurse Ward 4B

An extract from Neil Moxey’s nomination:

"Neil displayed an endless supply of patience and understanding. His polite, calm and respectful approach was a wonderful example of kindness and respect. He then explained to the patient what we wanted to achieve in the therapy session. When treating another patient, they needed assistance with personal care. Neil demonstrated dignity and respect for the patient in this situation and dealt with this situation with gentleness and empathy."

“Physically it’s the toughest thing I’ve ever done, but it was such an amazing experience”

The Cheltenham General Hospital League of Friends is running an autumn fayre on Saturday 27th October from 9.30am – 12.30pm.

Held at the Sacred Hearts Church Hall in Charlton Kings, stalls include Tombola, Christmas gifts, jewellery, name the bear and Christmas cake raffle...

All money raised goes towards buying of specialist equipment for the hospital.

League of friends

“We must embrace the standards in order to improve the experience of patients, carers and colleagues”

More for more information visit the ‘Kindness & Respect’ pages of the staff intranet.
The importance of equality

As part of the drive to improve the working environment for all staff across our hospitals, you can now email equality@glos.nhs.uk to have your say on equality and diversity issues.

Dave Smith, Director of HR and OD says: “Equality and Diversity has nothing to do with political correctness. It is about making sure that every one of us has a voice and the opportunity to contribute and to make the most of our careers in the NHS. It’s about removing the labels and seeing the person, whether a visitor, patient or colleague.”

“Involving staff from diverse backgrounds brings us new perspectives and opportunities. It also improves our service by creating an inclusive environment for all our patients.

We would like to hear from you as we want to make sure that everyone who works for this organisation feels equally heard and equally valued. How can we overcome potential barriers to this aim?

Email us at equality@glos.nhs.uk and let us know what you think.

Our Trust needs to ensure that these words are a reality within our organisation, and not just words used by senior management. We want to know what your experiences have been, and hope that you will use the new email address to raise issues or concerns, comment on your experiences or just ask questions.

And here’s to you, Mrs Laverye

On Friday 28th September 2012, Mrs Pat Laverye left the Trust after an astonishing 35 years of service.

In order to mark the occasion, a farewell gathering took place at 2 College Lawn, Cheltenham. Many of the staff that Mrs Laverye worked with over the years had the opportunity to call in and say their goodbyes.

“You will be missed and I hope that you have something wonderful planned!”

A colleague said: “Pat, you helped me so much over the years. Your thoughts were always well thought out and to the point! I truly appreciate everything you did for me during our time as colleagues. You will be missed and I hope that you have something wonderful planned!”

Another said: “I hope you retire with a smile, knowing that you had a positive impact on everything you were involved with. I wish you all the best as you move on to the next chapter of your life.”

Anthony Barclay

Medical Photographer Anthony Barclay retired from the Trust in early autumn after a 23 year stint.

Anthony has asked us to pass on his thanks and good wishes: “I would like to thank everyone for all the gifts, cards and kind wishes I received on my retirement.

“It was lovely to see so many colleagues from over the years on that day”

“All the e-mails and phone calls were very much appreciated and I would also like to thank all those who visited my open day in medical photography to say farewell.

“It was lovely to see so many colleagues from over the years on that day.”
**Made in Cheltenham**

Dawn Morrall, Assistant Director of Midwifery & Nursing said: “The picnic was open to parents-to-be as well as our ‘Made in Cheltenham’ babies, with many of our community midwives extending invitations to their expectant mothers.

“Parents-to-be were invited to come along, meet our midwives and ask them anything! They were also able to request a tour of the fantastic facilities in the home-from-home birth unit on the day.”

Although rain on the day meant that the picnic had to move inside, it was judged to be a great success by everyone who attended and had extensive coverage in the local press.

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**Yoga and Relaxation Classes**

Hatha yoga combines physical movement and breathing for increased health, body strength and control.

Classes held at Beacon House GRH on Fridays from 5.30pm in the Group Room. £30 for six sessions.

Contact Debz on 01452 537856

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**Visit the Brown Jug Bath Road, Leckhampton Cheltenham**

Join up to our NHS benefit staff card 20% off food and beverages, Monday to Friday 12 to 6pm To book a table and call 01242 521736.

www.brownjug-cheltenham.com

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