

Members' *newsletter*

'Back home for Christmas!'

Dear Member,

I hope this newsletter finds you feeling festive and prepared for Christmas day tomorrow. Here on the wards of Yeovil Hospital it will almost be business as usual, with hundreds of patients spending the day with us as inpatients. Our fantastic staff do all they can to make this a special time – which includes brightening up bays with some truly creative and colourful decorations!

Our priority though, is to enable as many patients as possible to get home for Christmas so they can spend the day with family and friends. Staff from every part of the hospital have been working exceptional hard with colleagues from other NHS organisations and social care to ensure decision are made and plans are put in place so that everyone who is well enough to go home, can do so.

We've supported this activity with PR work and social media, asking members of the public to play their part in helping us get friends and family home (the images below are examples of our social media campaign).



This work also helps ensure there are ample beds available in the hospital to accommodate new patients who arrive with urgent needs over and following the Christmas period.

As always, I hope you find this edition of the newsletter interesting. I wish you all a very happy Christmas and a healthy new year.

Best wishes

Jonathan

Jonathan Higman
Chief Executive

MEET YOUR GOVERNOR...

Alison Whitman, Rest of Somerset and England Constituency and Lead Governor

I am Alison Whitman and have been a governor at YDH for four years, representing 'the rest of Somerset and England'. This constituency is intended to support those members who live a little further from the hospital or who have moved to a different part of the country but like to stay in touch with developments here. Eighteen months ago, I was elected as the lead governor, which has increased my contact with the hospital and its wonderful staff.

As a Council of Governors, we meet four times a year with the Chair, Chief Executive and other senior members of staff, as relevant to the subjects on the agenda. We also attend a number of Board Assurance meetings and Board meetings, as well as having two of our own working groups. These cover Membership and Communications, and Strategy and Performance - both of these are supported and attended by hospital staff. This wide range of meetings means that we have a good understanding of the strengths of the hospital, its performance, its future plans and areas which will be developed further.

Having spent my career in education, latterly in South Somerset, I am grateful for the opportunity to give something back in this way and to play a small part in the exciting, if challenging, developments at this hospital and across the county which has been my home for so long.



Research team open its doors to share successes

The Research team at Yeovil are at the heart of the hospital paving the way for the future, with new techniques and drugs being trialled to be used on current and future patients.

Previously Yeovil Hospital has been involved in keyhole surgery research trials which nationally have changed the way many patients are now operated on; moving away from open surgery to be able to conduct keyhole surgery, which has made a huge difference on patients' recovery times. The department have also been recognised globally for excellent outcomes in their stroke research studies, being named top recruiters of small acute hospitals nationally into stroke studies for the fourth year running in 2018.

The research unit was first opened in 1995 with just two research nurses. The department has now expanded to 17 members including 13 research nurses.

Joanna Allison, Manager of the Research and Development department said: "We are so lucky to have such an active research department within Yeovil Hospital. We wanted to hold an event for our patients and staff to share some of the great work we do daily. It was a fabulous afternoon. The speakers were excellent and there was a real buzz in the room. We had some lovely feedback about the event and 100 percent of people would recommend the event to family or friends



Yeovil Hospital supports Hypo awareness week

Yeovil Hospital joined forces with healthcare professionals across the country to raise awareness of a short-term complication of diabetes in a national drive to improve staff knowledge and patient care. A total of 343 sites, including hospitals, took part in Hypo Awareness Week. The Diabetes Department staged a seven-day campaign to raise awareness about, and reduce episodes of, hypoglycaemia as part of Hypo Awareness Week. The week consisted of a series of training events and activities to raise awareness of the condition which takes place when the blood glucose levels of people with diabetes drops too low.



Diabetes Specialist Nurse Emily Harrod said: "I am proud Yeovil Hospital is part of Hypo Awareness Week. It is so important raise staff awareness of hypoglycaemia and understand ways to keep our patients safe. As part of a Quality Improvement (QI) programme we have recently introduced simple measures like more staff education and bedtime snacks, and seen an impressive reduction in the number of inpatient hypoglycaemic episodes. We hope to continue these measures trust wide."

Chief Executive put through his paces by Yeovil Hospital Cycle team

Hospital bosses completed their first Cycle4Sepsis challenge at the weekend (Saturday 15 September), joining a team of medical and nursing staff to cycle more than 100 miles across Somerset. This is the fourth year that the Hospital have taken part in the cycling challenge with previous routes including London and Cardiff.

The group of nine from Yeovil Hospital, including Chief Executive Jonathan Higman and Non-Executive Director Graham Hughes, cycled a total of 106 miles (170.7km) from Yeovil Hospital to Musgrove Park Hospital in Taunton, Weston General Hospital, then back to Yeovil via Wells

In total, the trip took the team 11 hours including breaks with the pedals turning for eight hours and 13 minutes.





Chief executive Jonathan Higman said “It was great to be involved with such a cross section of staff from throughout the hospital, raising awareness of such a key issue that impacts on so many of our patients.”

“It was a real personal challenge as I’d only previously cycled 40 miles in one go before, so it was a step into the unknown. The team was great and really supported those of us with less experience”

“The cycle4sepsis is all about raising awareness and sharing the resources provided by the charity the UK Sepsis Trust. We aim to get people talking about sepsis, the more people are aware, the more likely they are to recognise it and seek help quickly.”

Life-saving family moves into Yeovil Hospital, courtesy of League of Friends



A new family has taken up residence in Yeovil Hospital’s training academy and is helping to train doctors, nurses and others in lifesaving techniques.

The family of life-like patient simulators arrived in hospital earlier this year, thanks to a £7,000 grant from the Yeovil Hospital League of Friends. They have since become an invaluable part of the toolkit routinely used by the hospital to train new staff, hone the skills of existing clinicians, and even train parents of children with life-threatening health conditions.

The hi-tech and anatomically correct simulators can be attached to common hospital monitoring equipment, to provide life-like readings which respond to the trainee’s actions. They can even be attached to a defibrillator to receive a ‘life-saving’ shock.

Friend of Yeovil Hospital

The Friends of Yeovil Hospital volunteers (all 89 of them) in The Shop, the Trolley Service, the Emergency Department Coffee Shop and the Committees wish you a very Happy Christmas and a healthy and prosperous New Year.

One of our volunteers Simon Gray grew a sponsored beard to be shaved off on 21 December for Yeovil Hospital Charity. Should you wish to contribute to his fund please contact Sarah Cherry on 01935 383020 or pick up a donations envelope in The Friends Hospital Shop.

Since September, The Friends of Yeovil Hospital have made the following donations:

In October, £45,374 - to fund hand held Accuvein specialist vein finding devices; some quick positioning tubing support arms – both sets of equipment will greatly improve the quality and comfort for our patients. A series of twelve colourful and informative pieces depicting cells and viruses has been commissioned for the library.

In December, £10,016 - for Artwork comprising 26 images to enhance waiting and clinical areas in FAU and Ambulatory Care; an essential replacement 'chest flap' for Chester Chest, the full sized head and chest model used to teach parents, children and young people how to access Port-a-cath and Hickman lines themselves; a SOZO machine to identify early lymphedema in breast cancer patients; and also funds for a Christmas present for each of our patients in hospital on Christmas Day.

Our fund-raising events for 2019 are to include a supper evening at Bombay Dining in February; theatre evening in the Swan Theatre in September and our annual Quiz in October/November – so we look forward to welcoming you!

The Friends provide many extra services and equipment not normally available on the NHS which enhance the experience of the patients, their relatives and the staff who care for them – particularly providing user friendly equipment and comfort enhancing items.

We receive our funding from generous legacies and donations from our local community although we rely heavily on our own Friends' Shop.

The Friends' Shop continues to be our main source of funding and we proudly donate all the profits to the hospital via The Friends Main Committee. The Shop continues to run the daily Ward Trolley Service delivering newspapers in the early weekday mornings and the general Trolley Service in the afternoons. The Friends Coffee Shop in the Emergency Department is continuing to thrive and provides yet another valuable service.

The Friends Shop, Trolley Service and Coffee Shop are all run mainly by volunteers, but to keep all of these enterprises operating successfully we need more volunteers. It is an extremely rewarding job and we welcome new members to our team to help us. Please contact Margaret Spurr, Chairman of the The Shop, for more information on 01460 241181 or call into The Friends' Shop on Level 3.

The Friends' Committee meet every other month to decide on the purchasing of equipment and distribution of funds to the hospital. Please contact Anne Bennett, Chairman of The Friends, for more information about the Friends' Committee on 01935 823271.

Thank you for your support, we really appreciate it. Should you wish to donate to The Friends there are donation envelopes in The Shop and on the Trolley, or you could go on line - The Friends of Yeovil Hospital, and download The Friends Form

For more information: The Friends' Shop contact Margaret Spurr 01460 241181 or call into The Shop on Level 3 or Friends' Committee contact Anne Bennett 01935 823271

Stroke patients receive top-rated care at Yeovil Hospital

National survey has rated Yeovil Hospital best for stroke care in the South West.

The Stroke team at Yeovil Hospital has become the only stroke service in the South West to be awarded an A rating from the Stroke Sentinel National Audit Programme (SSNAP).

The programme looks at information from every patient admitted with a stroke in England and Wales and gives direct comparisons between organisations, regardless of size or location.

Yeovil has always been recognised for providing a good stroke service, with the Clinical Lead Dr Khalid Rashed, Consultant in Stroke Services, being awarded an MBE last summer (2017). This A rating is further recognition of the work the team does, with only 25 per cent of stroke services in England and Wales receiving the top score in the same period (April-June 2018).

The rating results have just been released (Nov 2018) and they are based on looking at a stroke patient's full journey into and through the hospital as well as the support they receive once they have returned home. The provision of these services involve many different teams and provide an excellent example of how the different departments work together, both inside the hospital and outside the organisation, to ensure the patient remains at the heart of all that we do.

Consultant Nurse for Stroke Caroline Smith has worked at Yeovil Hospital for 14 years and is extremely proud of the team's achievement and what it means for our patients. Caroline said: "This rating is recognition at a national level that staff in all departments across the hospital are going the extra mile for each individual patient.

"Yeovil is a small acute hospital but our clinical outcomes are comparable to those in large specialist city hospitals. This means our local community can feel reassured that they will be very well looked after if they were to have a stroke and would have the best possible recovery.

Yeovil Hospital Charity

Thanks to donations and legacies from the public in the last 12 months, Yeovil Hospital Charity has been able to: refurbish the oncology unit; pay for a new frailty unit for older patients, fund laser surgery equipment to make eye surgery quicker and safer; buy new patient monitors; pay for volunteer recruitment and training; purchase life-saving equipment for sick babies; fund art around the hospital; arrange live music on the wards; buy cardiac rehab equipment; pay for equipment to make hearing tests quicker and easier (and much, much more!).

How you can help

Yeovil Hospital Champions

Become a *Hospital Champion* by donating to Yeovil Hospital every month. Income from regular-givers means we can buy what is needed, whenever it is needed. This means that more local people will benefit from a better equipped hospital with better facilities and services. Call James on 01935 383020 or email james.kirton@ydh.nhs.uk.

Leaving us a gift in your Will

Leaving a legacy gift is easier than you think and you don't need to choose between the hospital and your loved-ones. It's a unique opportunity to make a lasting difference. Just like the hospital's doctors and nurses, you will be helping people at a time when they need it the most. Call James on 01935 383020 or email james.kirton@ydh.nhs.uk.



Challenge Yourself

Take part in one of our events and get sponsored to get out of your comfort zone!

Abseil from the roof of Yeovil Hospital, which at 100 feet, is the highest point in Yeovil – Sunday 19th May

Prudential RideLondon, dubbed the 'London Marathon for cyclists' – Sunday 29th July

Yeovil Half Marathon - be part of an amazing team of runners supporting Yeovil Hospital – Sunday 31st March

Sky Dive from 15,000ft and enjoy the exhilarating feeling of a tandem skydive – choose a date of your choice at https://www.skydiveukltd.com/charity-profile/308/Yeovil_Hospital_Charity

For more information about any of these events, please go to www.yeovilhospital.co.uk/yeovil-hospital-charity or call 01935 383020.

Do Your Own Thing

If you have your own fundraising idea, let us know and we'll give you as much help and support as we can. Email sarah.cherry@ydh.nhs.uk or call her on 01935 383020.

The Mayor's Charity Ball

Tickets for this prestigious event at Westlands Leisure Complex are £45 and all proceeds are going to the Children's Ward and Yeovil Freewheelers. To purchase your tickets, please contact Mayor@yeovil.gov.uk or call 01935 382424 - Friday 15th February

Do you have family or friends who would like to become a member of Yeovil District Hospital?

If so ask them to visit the link below:

[Yeovil Hospital Membership](#)

Or they can scan the QR code on their electronic device



Governors' Surgeries

An opportunity to come and meet and engage with your local Governors of the hospital.

Governors Surgeries will take place in Outpatients on Level 3 on the following dates:

Thursday 31 January	10:00-12:00	14:00-16:00
Thursday 28 February	10:00-12:00	14:00-16:00
Thursday 28 March	10:00-12:00	14:00-16:00
Thursday 25 April	10:00-12:00	14:00-16:00
Thursday 30 May	10:00-12:00	14:00-16:00
Thursday 27 June	10:00-12:00	14:00-16:00
Thursday 25 July	10:00-12:00	14:00-16:00
Thursday 26 September	10:00-12:00	14:00-16:00
Thursday 24 October	10:00-12:00	14:00-16:00
Thursday 28 November	10:00-12:00	14:00-16:00

For more information please email: membership@ydh.nhs.uk

Membership Discounts



Have you accessed the Health Service Discounts? By being a member of the Trust you have access to exclusive deals and money saving offers on travel, mobile phones, clothing and many more. Please visit Health Service Discounts on the link below for more information: [Health Service Discounts](#)