



# Shine

**Easy read** Magazine for staff and members



## Our staff make changes for NHS Change Day

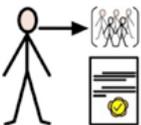
### In this issue...



**Health visiting**  
How we help families



**Accessible Information**  
How we communicate with people



**Membership**  
We now have 7,000 public members!



**NHS Change Day**  
Read about what our staff said they would do



**Do you want to receive this newsletter by email?** Contact the membership team with your email address.



Follow us on Facebook and Twitter to keep up to date with all the latest news

# Welcome from Ros



Welcome to the Shine newsletter.



Inside this newsletter you can read about what we have been doing.



The Care Quality Commission (CQC) visited us in March to check that we provide safe services. They spoke with many of our staff and patients.



Welcome to our new members. We now have over 10,500 members.

Kind regards

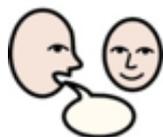


Ros Tolcher.

Kind regards

**Dr Ros Tolcher** - *Chief Executive*

## Have you got a story to share?



**Do you have a story to share? Perhaps you have won an award or raised money for charity...**

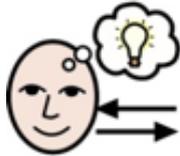


- Contact the membership team. You can phone us on 023 8060 8889



- or email us at [membership@solent.nhs.uk](mailto:membership@solent.nhs.uk).

# Lots of things happened in the winter



- Our staff IMPACT group met to help our **staff share ideas**.



- In January our Talking Change service **helped people to deal with stress**.



- It was **Diabetes Day in November**.



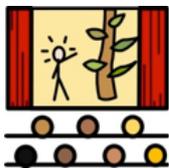
- We talked to patients about how they can **help us with research**.



- We celebrated the fantastic work of our **health visiting teams**.



- We talked about how important it is to get **tested for HIV**.



- We held a **panto for seriously ill children** in Southampton.



- Our Adult Mental Health Team thought about their **health and wellbeing** during January.



- We held our **staff awards event** in March to celebrate the amazing work our staff do.

# HIV testing



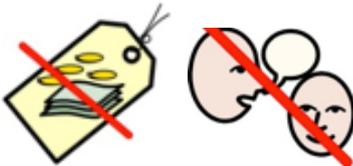
About 100,000 people in the UK have HIV. One in four of them do not know that they have the infection.



- In November, our Sexual Health team talked about why it is important to get tested for HIV.



- The most common way that people get HIV is by having sex without a condom.



- HIV testing is free and we do not share the results with anyone else.



- For more information, please visit [www.letstalkaboutit.nhs.uk/hivlives](http://www.letstalkaboutit.nhs.uk/hivlives).

# Talking with your governors

Your governors want to hear what you think about the Trust and what we do.



- The governors will help us to think about **you** when we make decisions.



- You can see who the governors are on our website at [www.solent.nhs.uk/membership](http://www.solent.nhs.uk/membership).



- You can email your questions or feedback to the governors at [membership@solent.nhs.uk](mailto:membership@solent.nhs.uk).



- Or you can phone us on **023 8060 8889**.

# The big interview with Hope Jackman, Public governor



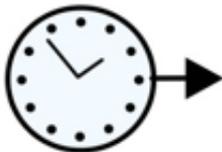
- **Why did you want to be a governor?** I have been a patient in the NHS and wanted to use this experience to help the NHS work better.



- **What do you want to do as a governor?** I am the youngest governor and want to share the views of young people with the Trust.



- **Why should young people become a member of the Trust?** Young people will need to use the NHS in the future and can help to make the services better for them. They can also be part of their local community as a member.



- **What do you want to do in the future?** I want to work in mental health services.



- **Where do you like to go on holiday?** America, as some of my family live there.



- **What one thing would you take to a desert island, and why?** My rabbit, Ralph. He could help me find fruit and vegetables to eat!

# All about health visiting



A health visitor is a nurse or midwife who works with children until they go to school.



- We have health visiting teams in Southampton and Portsmouth.



- They work to improve the health of children.



- Health visitors can see children at their GP surgery, local clinic or sometimes at home.



- Sue Wierzbicki is one of our health visitors in Southampton.



- She enjoys her job and the different work that she does.

# Accessible Information



**Accessible Information (AI) is about making information easier to understand for people with learning disabilities.**



- AI can include easy read words, sign language, braille and other ways of communicating.



- If people can understand information, they can make choices about their lives, including their health.



- We are working to make our information easier for people to understand.



- We will be setting up a group to help us to do this.



- If you would like to be part of this group, please email us at **membership@solent.nhs.uk**.

## Do you know what these symbols mean?

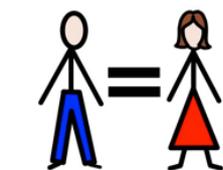
The answers are at the bottom of the page.



1.



2.



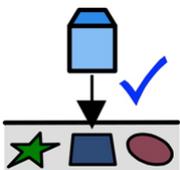
3.



4.



5.

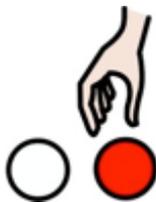


Answers: 1. Health information 2. Mental health 3. Equality  
4. Welcome 5. Accessible

# Thanks a bunch



Thanks a bunch is our way of saying thank you to staff who have done extra in their jobs to help colleagues or service users.



- It is a hard decision for Dr Ros Tolcher, our Chief Executive, to make about the final winner.



- Here are some of our winners:



**Lauren Woodley, Administrator**

**Phyllis Prior, Cleaner**

**Wendy Mitchell, Healthcare Assistant**

**Dr Fiona Sizmur, Consultant**

# Kestrel Centre volunteer



The Learning Disability Service at the Kestrel Centre has a new volunteer.



- Raymond Bateson works in the office.



- He helps with the paperwork and welcoming patients.



- Welcome to the team, Raymond!

# Membership update



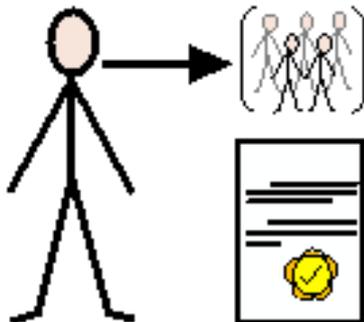
**We now have 7,000 public members!**



- Thank you for becoming a member of the Trust.
- If you have any questions or would like to talk to the membership team, please email us at **membership@solent.nhs.uk**.



- Or you can phone us on **023 8060 8889**.



## Member get member

**If you have family or friends who would like to become a member, they can join online at**

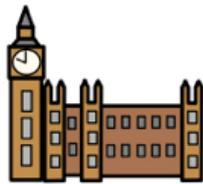


**[www.solent.nhs.uk/membership](http://www.solent.nhs.uk/membership)**



or they can contact the Membership Team on **023 8060 8889** for a membership form.

# Solent successes



**Kim Carter, one of our health visitors, spoke at a meeting at the House of Commons.**



- Kim talked about the risk of blood clots in new mothers.



- She has a lot of experience and knows a lot about this topic.



**Our 'Keep calm and get tested' campaign for our Sexual Health service has won an award.**



- The campaign encouraged people to get tested for Chlamydia, an infection which you can get by having sex without a condom.



- The Chartered Institute for Public Relations said it was a very good campaign.



**Our Health Visiting team in Southampton has been given some money to help them run a special project.**



- The project works with mums from the Black and Minority Ethnic Community.



- The money was given to them by the Queen's Nursing Institute.



**In January we received the Investors in People Health and Wellbeing award.**



- This shows that we support our staff to keep them healthy.

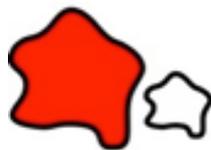
## **NHS Change Day**



**In March our staff said what they would change to make things better in the Trust.**



- This was part of the national NHS Change Day.



- Many staff took part, including Dr Ros Tolcher, our Chief Executive.



**Follow us on Facebook and Twitter to keep up to date with all the latest news**