



Shine

Easy read Magazine for staff and members



National Nurses' Day
– we celebrate our
community nurses

In this issue...



What's been happening?

The latest news from the Trust



Care Quality Commission

Praise for our staff



St James' Hospital

Some services are moving



Would you like 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



Welcome to the Shine newsletter.



I started working in the Trust in September as the new Chief Executive.



Lots of things have happened in the Trust. You can read about these things in this magazine.



You can read about the hard work of our staff.



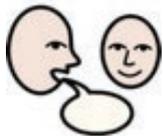
Thank you for being a member of our Trust.



Kind regards

Sue Harriman – *Chief Executive Officer*

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**.

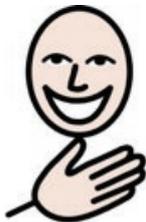
Lots of things happened in the summer



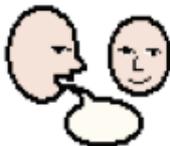
- We celebrated the work of our Health Visiting teams in Portsmouth and Southampton.



- We talked to staff, patients and members about mental health and wellbeing and how to deal with anxiety.



- In June it was Carers Week and we had some events for carers and their families.



- We talked to the people who use our Musculoskeletal services and asked them how we could make them better.



- Our staff IMPACT group celebrated its first year. The group talk about important issues in the Trust.



- Oakdene celebrated 10 years of helping people in Portsmouth with mental health problems.

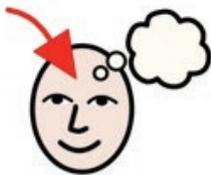


- Our Child and Adolescent Mental Health team in Southampton launched an app (software for a smart phone) to help young people manage their stress and anxiety.
- The app is called BASE and you can download it at **www.solentcamhs.nhs.uk** or from your app or play store.

The big interview with Sadie Brackstone, Contracts Administrator



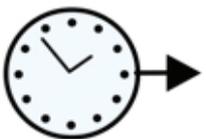
- **Why did you want to work for Solent NHS Trust?** I wanted to get some work experience before going to university.



- **What you do?** As an apprentice (someone learning how to do a job) I help my colleagues in the Contracts team with the administration.



- **Do you think being an apprentice at Solent NHS Trust is a good thing?** Yes, it is very interesting and you learn a lot.



- **What do you want to do in the future?** I want to finish my NVQ in Business Administration.



- **What would you do if you won the lottery?** I would buy a car, as I am fed up of waiting for buses all the time!



- **What one thing would you take to a desert island, and why?** A boat, so I could leave when I wanted!



- **What was the first song you bought?** Probably a song by the Spice Girls.

Listening to our staff



Every year, all staff in the NHS are asked to say what it is like to work here.



- What our staff tell us goes into a plan to make changes for the better.



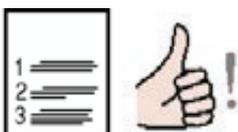
- **Last year staff told us:**

- More staff are having an appraisal (conversation with their manager) to talk about how well they are doing in their job.
- More people are having training about equality and treating people fairly.
- More staff are given clear objectives, so they know what they have to do at work.
- More staff are having a say in decisions about the work that they do.



- **Staff also said:**

- We need to train more managers about how to do an appraisal.
- We need to report accidents or things that could have caused an accident better.
- We need to have better training about health and safety.



- We have a plan to make positive changes for staff.



- In September, staff will be asked again to tell us what they think.

National Nurses' Day



12 May was National Nurses' Day to celebrate the hard work of nurses and how they help people.



- We asked community nurses to tell us about their day.



- The community nurses told us about what was good and bad.



- We have written everything they said in a booklet. You can read this on our website www.solent.nhs.uk under the 'Our documents' section.

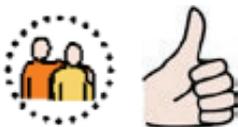
Care Quality Commission visit us



The Care Quality Commission (CQC) visited us in March to look at how safe our services are for people to use.



- The CQC visits all trusts and gives them a report on how good their services are.

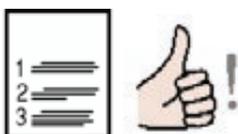


- The CQC said that our services are safe and that our staff treat people well.



- There were three things that the CQC said we needed to do better:

- Shorter waiting times for our Sexual Health services.
- Make some changes to the layout of The Kite Unit, which helps people with brain injuries.
- Make sure we have enough staff in our community Adult Mental Health teams.



- We have plans in place to make these changes.

Your governors talk about quality



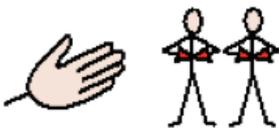
Michael North is the lead governor for the Trust and shares his thoughts about the quality of our services.



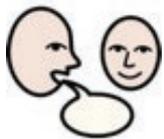
- The NHS has the challenge of continuing to give quality care but with less money.



- Our staff give high quality care to people and this was seen by the Care Quality Commission (CQC) when they visited us.



- As members of the Trust, we can help Solent NHS Trust to do this.



- As a member, you can tell us what you think about our services and our plans for the future.



- You can also ask other people to join us as a member and help us.



- If you would like to tell us what you think, please phone us on 023 8060 8889.



- Or you can email us at **membership@solent.nhs.uk**.

Service moves



We are moving some of our services to other places in Portsmouth.

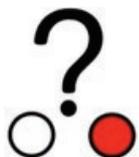


- **What do you want to do?** We want to move some services from St James' Hospital to other places in Portsmouth.

We will also move some services from Battenburg Avenue Clinic.



- **Where will you move services to?** We want to move services from St James' Hospital to Battenburg Avenue Clinic and St Mary's Community Health Campus.



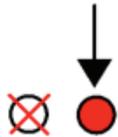
- **Which services will move and where will they move to?**
 - **The Child Development Centre** will move from St James' Hospital to Battenburg Avenue Clinic.
 - **Child and Adolescent Mental Health Services (CAMHS)** will move from Battenburg Avenue Clinic to Falcon House.
 - **Adult Continence** will move from Battenburg Avenue Clinic to St Mary's Community Health Campus.
 - **Podiatry** will move from Battenburg Avenue Clinic to St Mary's Community Health Campus.
 - **The Persistent Pain and Chronic Fatigue Teams** will move from The Beeches to St Mary's Community Health Campus.
 - **The Community Development Workers Team** will move from The Beeches to St Mary's Community Health Campus.
 - The **Safeguarding Children Team** will move from The Beeches to St Mary's Community Health Campus.
 - Also, the **Children's Speech and Language Therapy Team** will move out of Battenburg Avenue Clinic for up to 4 months while we make the building better. They will then move back to Battenburg.

Service moves continued



- **When will you move these services?** These services will move between now and March 2015.

This is the first part of the project.



- **What other changes will there be?** After March 2015, we will move services from the main building at St James' Hospital to St Mary's Community Health Campus.

We will also build a new building on the St James' Hospital land for our mental health services and the teams which support these services.

This is the second part of the project.

We will share our plans with you for the second part of the project later.



- **Why do you want to do this?** There are some empty rooms in St Mary's Community Health Campus.

These cost us money, even if we do not use them.

Therefore we want to use these rooms.

This will save us money.

We can use the money we save to help us give a better service to people.

We also want to put services which work together in the same building.

This will help them to work together better.



- **What will happen to St James' Hospital?** Solent NHS Trust will keep an area of the St James' Hospital land for our mental health services.

The rest of the land is now owned by NHS Property Services.

NHS Property Services will sell the land and it may be used to build houses.

Service moves continued



- How can I find out more about your plans?
- You can **talk to the staff** in the service you visit.



- You can **email** us at **communications@solent.nhs.uk**.



- You can phone us on **023 8060 8889**.



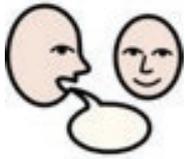
- **You can write to:**

Marketing Communications
Adelaide Health Centre
William Macleod Way
Southampton
Hampshire
SO16 4XE



- To find out more about the plans for St James' Hospital land, please visit **NHS Property Services' website:**
www.property.nhs.uk/what-we-do-portsmouth
or email **stjames.feedback@property.nhs.uk**.

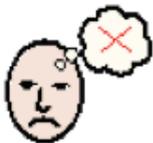
Feedback about our doctors



Doctors need to ask their patients how well they have been treated. They must get this feedback, so that they can continue to be a doctor



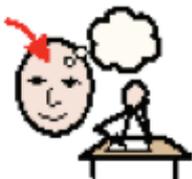
- There is a form that patients can fill in to give their feedback (what they think about the doctor).



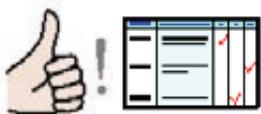
- If the patient needs help with understanding information, they may not understand the form.



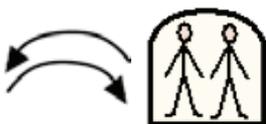
- Our Speech and Language Therapy team have been looking at how patients who need extra help can tell us what they think about their doctor.



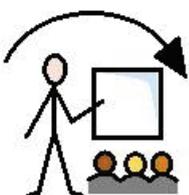
- The team have trained some staff to help people give their feedback.



- They have also made a new form which is easier to use.



- We are now looking at how we can make these changes across the Trust.



- We are also talking to the General Medical Council (GMC) about making these changes in other trusts. The GMC make sure that all doctors are trained well.

Our successes



- **Sadie Brackstone, an apprentice in our contracts team, won an award for the best apprentice at Totton College.**
- Kellie White, an apprentice in our buying team, was a runner-up.



- **Our Alcohol Day Detoxification service helps people in Southampton who need help to stop drinking alcohol or to drink less alcohol.**
- The team won an award from the Royal College of Nursing.

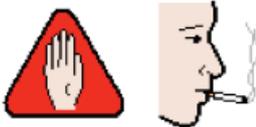


- **Karin Downer reached the finals of the Nursing Standard's Award from the Royal College of Nursing.**
- She has been working to stop children missing school because they may be sick, but still well enough to go to school.

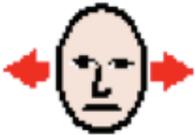
Young people say no to smoking



Young people in Southampton have taken part in a project to stop them smoking.



- The young people learnt why smoking is bad and how to say no to smoking.



- They also learnt how to help other young people to say no to smoking.



- The young people were given certificates from the Mayor.

Solent to help people in Southampton with drug and alcohol problems



We have been asked to run drug and alcohol services in Southampton with three other organisations.



- We will be working with the Society of James, No Limits and CRI to help people deal with their drug and alcohol problems.



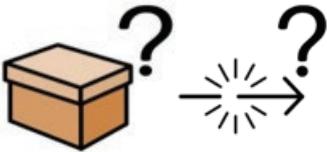
- We will start this work in the autumn.

Research changes lives

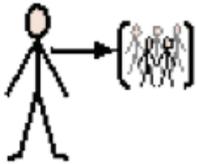


Research helps us to improve patient care. We ask many of our patients to take part in the research which we do.

- You can help us in two ways:



1. You can help us to decide what should be researched and how we should do this.



2. You can also take part in a research project.



- If you would like to find out more about the research work we do, please phone Francesca Lambert on **023 8060 8842**.



- Or you can email her at **Francesca.lambert@solent.nhs.uk**.



- You can also find out more at our website **www.solent.nhs.uk/research**.

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.



- Here are some of our winners:

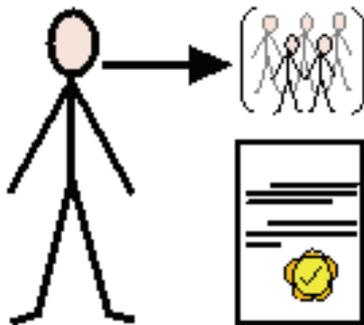


Matt Hall, Secretary

Dawn Sears, Community Matron

Mary White, Rehabilitation Assistant

Lynn Ngomuo, Sister



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



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



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