



# Shine

**Easy read** Magazine for staff and members



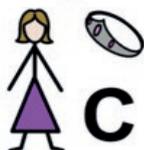
## Party fun for our young patients

### In this issue...



#### What's been happening?

The latest news from the Trust



#### Royal visit

The Duchess of Cornwall visits us



#### Helping young patients

Spring party for children



#### Stopping people from falling

We teach patients how to stop falling over



#### 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



Welcome to the Shine newsletter.



We recently celebrated the amazing work done by our staff, in our VIP award ceremony.



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



Dr Ros Tolcher, our Chief Executive, left the Trust in June and we are looking forward to our new Chief Executive starting in September.

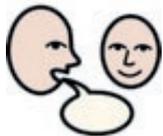


Kind regards

Kind regards

**Tony Snell** - *Interim 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**.

# Lots of things happened in the spring



- In March we offered quick HIV testing across Hampshire. This gave people the result in just 60 seconds.



- Our Bank Staffing Service visited a jobs fair to talk to people about working for us.



- Our Special and Occasional Dental Service was one year old in April! The team work with people who need extra help when they visit the dentist.



- We launched our new Children's Therapy Service across Hampshire. This includes Speech and Language Therapy, Physiotherapy and Occupational Therapy.



- We said 'thank you' to our patients who have taken part in research during the last year.



- The first group of students at our Recovery College were given their certificates. The college helps people with mental health problems in Portsmouth to get back into education or work.



- We now pay all our staff the Living Wage. This is higher than the minimum wage. You can find out more about the Living Wage at [www.livingwage.org.uk](http://www.livingwage.org.uk).

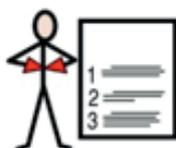
# About our Musculoskeletal Services



**Our Musculoskeletal Service helps people with pain in their muscles and bones, for example back pain.**



- Our team includes physiotherapists, occupational therapists, psychologists and other healthcare people.



- Each patient is seen by the team and a treatment plan is agreed with them.



- We provide services in Portsmouth and Southampton. We have recently taken over the service in Fareham and Gosport as well.

## Our members



**Members help us to make our services better for local people.**



- We have been to many places to talk to people about the Trust and becoming a member.



- Thank you to all our new members for joining us.



- If you want to talk to us, you can email the membership team at **membership@solent.nhs.uk**.



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

# The big interview with Barbara Sharp, Musculoskeletal Service Manager



- **What do you do?** I am a physiotherapist. I have worked in the NHS for a long time.



- **What does your job involve?** I manage the Musculoskeletal Service to make sure we provide good care without spending more money than we have. We help people with pain in their muscles and bones.



- **What is the best thing about your job?** My staff, who are dedicated to their patients.



- **What do you do in your spare time?** I love swimming, walking and visiting National Trust places. I also am involved with my local church and the twinning association, which helps towns across the world work together.



- **What would you do if you won the lottery?** I would move to Cornwall and buy a holiday home in Italy. I would also set up a centre to look at what causes pain.



- **What single thing would you take to a desert island, and why?** My husband – for company and common sense!



- **What was the first song you bought?** Sugar, Sugar by the Archies.



- **What else would you like to tell us?** I work as part of a team and everyone plays an important part.

# Black and ethnic staff



We are working with Portsmouth Hospitals Trust to support our black and ethnic staff.



- We have a group for black and ethnic staff which works to create a good place to work for everyone.



- The group promotes respect for all staff.



- For more information, please email [mabel.fan@solent.nhs.uk](mailto:mabel.fan@solent.nhs.uk).

# NHS Change Day



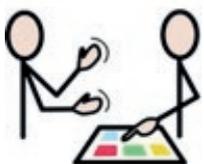
In March, our staff said what they would do to make our Trust better. We did this as part of the national NHS Change Day.



- Dr Ros Tolcher, our Chief Executive, promised to spend a day each month with a member of staff, to understand better what matters to staff and service users.

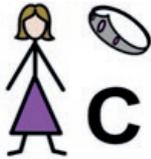


- She spent one day with Dr Clare Mander, the Adult Speech and Language Therapy Lead for Portsmouth.



- Ros visited several patients with Clare and saw how we are using technology to help people communicate, eg ipads and movement sensors.

# Royal visit



**The Duchess of Cornwall visited our Sexual Assault Referral Centre in Portsmouth, which is called Treetops.**



- Treetops helps men and women who have been the victim of rape or a serious sexual attack.



- The Duchess met our staff at the centre and talked to them about the work that they do.

# Easter party for children



**In April, we had a party for children with complex health problems.**



- The party was held by our Children's Community Nursing team with the help of Starlight Children's Foundation.



- Starlight is a charity which runs fun events for sick children.



- The children had lots of fun with special visitors such as Timmy the Clown, Peppa Pig and the Easter Bunny.

# Community news



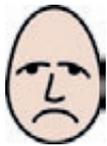
- Hayley Stockford ran the London Marathon in April and raised over £2000 for charity.



- Our catering staff at the Western Community Hospital in Southampton made sweets on Mother's day for patients and visitors.



- Jayne Williams and Jane Palmer will be climbing Ben Nevis in September for charity.



- One of our colleagues, Maggie Pointing, sadly passed away.



- Hampshire Fire and Rescue Service are helping older people to stop fires happening in their homes. You can phone them **023 8062 6809**. Or email them at **[community.firesafety@hantsfire.gov.uk](mailto:community.firesafety@hantsfire.gov.uk)**.



- The Portsmouth Action Breastfeeding Group celebrated its success and made plans for the coming year.

# Falls classes



**We run classes to help people improve their balance, so they do not fall over.**



- The classes show people exercises to help them to be stronger and have better balance.



- People also learn how to get up from the floor if they do fall over.



- These classes have now stopped 1000 falls from happening.



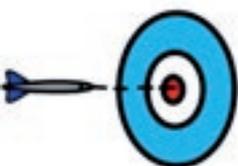
- These classes take place in Portsmouth.

# Our plan

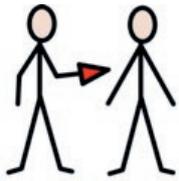


**Our Plan says what we will do over the next two years.**

- There are 4 things which we will do:
  - Make sure patients always come first.
  - Value and develop our staff.
  - Make sure we have enough money to run our services.
  - Work with other organisations to provide the best care for people and be the best at what we do.
- Staff, members, governors and partners helped us to write the plan.



# Your governors



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



- They are here to listen to you and tell the Trust what you think about our plans.



- You can read about the governors on our website [www.solent.nhs.uk/membership](http://www.solent.nhs.uk/membership).

# 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:

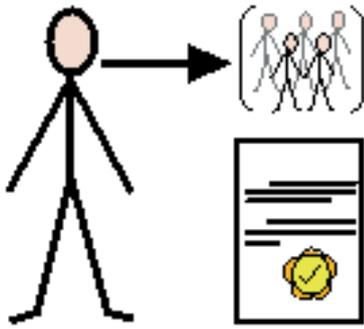


**Carol Martin, Receptionist**

**Fiona Kinnaird, Nurse**

**Connie Porter, Receptionist**

**Ashleigh McCaffrey, Receptionist**



# 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.



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