



Shine

Easy read Magazine for staff and members



Neurological services
We help people after
illness or injury

In this issue...



WOW Awards

Our Family Nurse Partnership wins an award!



Life begins at 40!

Healthy relationships for older adults



Christmas Tips

Advice to help you over Christmas and New Year



Would you like to receive this newsletter by email?

Contact the membership team with your email address.

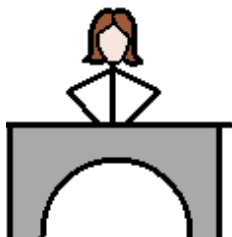


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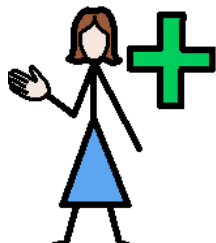
Welcome from Sue



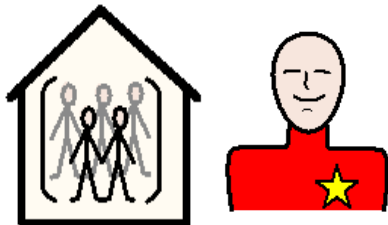
Welcome to the Shine newsletter.



I am the new Chief Executive. This means I am in charge of the Trust.



Before working for the NHS, I worked in the navy as a nurse.



I have met many staff over the last few months and am proud of the work that they do.



Thank you for your support and I wish you all a merry Christmas.

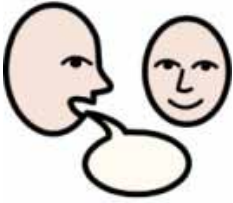


Kind regards,

A handwritten signature in black ink that reads "S. J. Harriman".

Sue Harriman - 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.

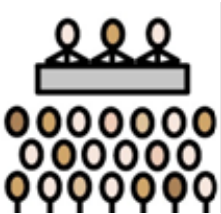


- Or email us at: membership@solent.nhs.uk.

Lots of things happened in the autumn



- We talked to local people, patients and members about our plans to move services from St James' Hospital in Portsmouth.



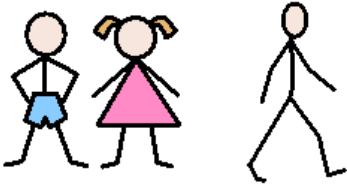
- We held our Annual General Meeting to tell people about what we have done over the last year and our plans for the next year.



- Our neurological rehabilitation team talked to people about what they do and how they help people.



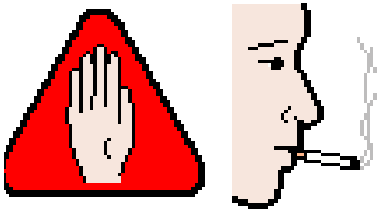
- We talked to staff about how to stop bullying.



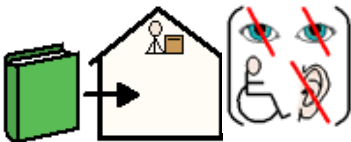
- We held a walk for young children and their families to help them become more active and have fun outside.



- Mandy Rayani started as our new Chief Nurse.



- We helped people to stop smoking in October during 'Stoptober'.



- Eric Seall, one of our service users, had an article published about what it is like to live with a disability.



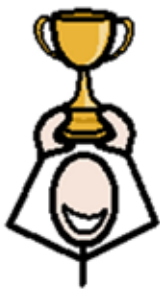
- We started helping people in Southampton deal with their drug and alcohol problems in December.



- Wendy Nicholson from the Government visited our Lordshill Community Nursing Team to find out more about what it is like to be a community nurse.

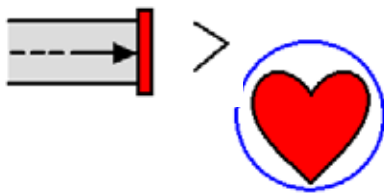


- Our staff raised money for charity:
 - Emilia Chase, our Marketing Communications Apprentice, abseiled down the Spinnaker Tower in Portsmouth for the **Stroke Association**.
 - Matt Hunt, Project Co-ordinator for our Bank Staff Service, ran the Great South Run for the **Friends of Snowdon Neuro-Rehabilitation Unit**.
 - The Community Mental Health Recovery Team held a coffee morning for **Macmillan Cancer Support Services**.



- Our Family Nurse Partnership team won Team of the Year award at the Best of Health awards.

What is palliative care?



Our Palliative Care Team helps people who may not live much longer.



- The team also helps the families and carers of people who are dying.



- Our staff help people throughout their illness, not just when they are dying.

The big interview with Sue Cutter, Macmillan Clinical Nurse Specialist



- **What do you do?** I work in the palliative care team. I help people towards the end of their lives and help them deal with pain and other problems.



- **Why did you become a Macmillan Nurse?** I wanted to learn how to better help people who are dying.



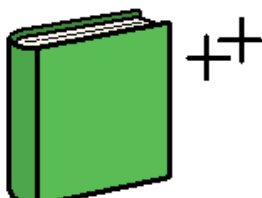
- **What do you like most about your job?** I know that I help people to live with their illness or to die comfortably.



- **What do you find hard about your job?** Sometimes planning treatment can take time and you don't always have a lot of time.



- **What would you do if you won the lottery?** I would move to France with my husband and dog!

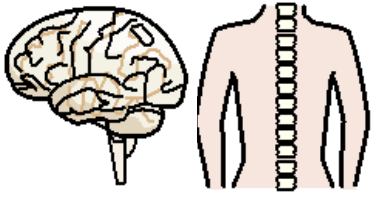


- **What do you do in your spare time?** I love reading my Kindle (an electronic book)!

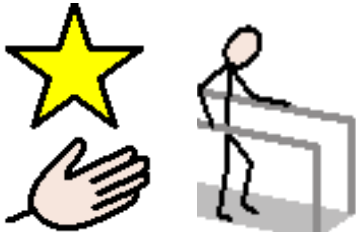


- **What one thing would you take to a desert island, and why?** My Kindle with a solar-powered charger.

Neurological Rehabilitation



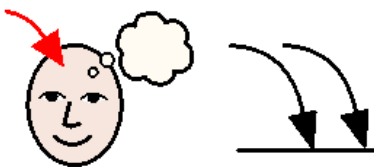
Our Neurological Rehabilitation Team helps people who have damaged their brain or spine.



- Rehabilitation means helping people to do things again that they used to be able to do before they were ill or had an accident.



- The team works at the Western Community Hospital in Southampton.



- They help people when they leave hospital to learn how to do things for themselves again, for example:

- how to cross the road
- how to cook food.



- The team helped Gareth Shepherd after he had a stroke.



- They helped him to walk and speak again.

Life begins at 40



40

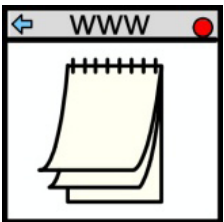
More people over 40 years old are starting new relationships and having sex with new partners.



- Our Sexual Health Service helps people to stay healthy whatever their age.

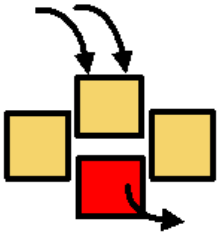


- They give information to people about how to be safe when they have sex. They can test people for infections.



- You can find out more information on our website www.letstalkaboutit.nhs.uk.

WOW Awards



- We will no longer have the 'Thanks a bunch' programme. WOW will take the place of 'Thanks a bunch'.

WOW!

- We are starting a new programme to reward our staff. This is called WOW!



- If one of our staff has helped you and you would like to thank them, you can enter them for a WOW award.



- You can find more information on our website www.solent.nhs.uk.

Thanks a bunch



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



- Here are some of our winners:
 - Dr Maria Edwards, Paediatrician
 - Amy Cresswell, Medicine Management Technician
 - Julie Southcott, Clinical Manager

Supporting other countries



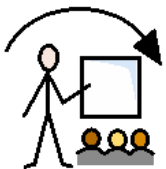
Eloise Whitaker, a specialist podiatrist, spent six months working in South Africa.



- A podiatrist deals with problems to do with feet.

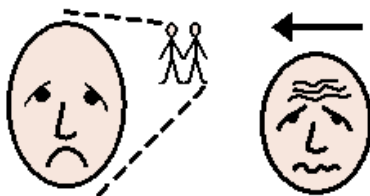


- In South Africa most lower limb amputations (where a foot or part of a leg is removed) is because of diabetes.

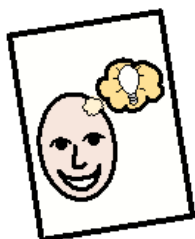


- Eloise provided help and training to the local doctors.

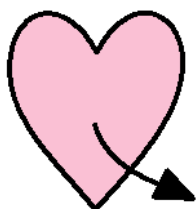
Stressed about Christmas?



Christmas and New Year may be the time to be merry, but for some people it can be lonely or stressful.



- Here are some tips to help you deal with Christmas.



- Think about what you want to do for Christmas.



- Know what you don't want to do.



- If you are single, you could do some volunteering or go away or spend time with a friend.



- Don't eat and drink too much every day over Christmas.



- Christmas can be an expensive time. To help manage your money:



- Know how much money you have to spend and stick to it.



- Use cash



- If you want to use a credit card, only use one credit card.



- Before you buy, check whether you can return an item. Keep the receipt in case you need to take it back.

Better Care Fund



From April 2015, healthcare and social care will be given some money to work together.



- This money is called the Better Care Fund.



- This money will be used to help people stay at home rather than having to go to hospital.

Your governors think about the coming year



Michael North is the Lead Governor for the Trust and he shares his thoughts about the last year and what the next year will bring.



- Our Trust has a lot to be proud of.



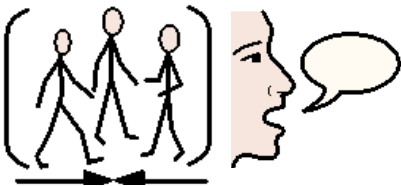
- We provide excellent, safe care for people.



- Next year, we will work more closely with other organisations, because we will be given some money to share with them.



- We will need to change the way we work.



- You can help us to do this by coming to events and telling us what you think about what we do.



- 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.

Member get member



If you have family or friends who would like to become a member of our Trust, they can join online at:



- www.solent.nhs.uk/membership.



- Or contact us on 023 8060 8889 for a membership form.