

Shine for members



Easy read
*Thumbs up say
young people*

In this issue...



Membership

Find out the latest news from the Membership Team



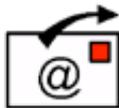
Latest news

Read what is new in our services



Special report:

Learn about how we have been working with the Youth Parliament



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Contact the Membership Team with your email address.



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Message from Dr Ros Tolcher, Chief Executive



Welcome. This will be a very important year for Solent NHS Trust because we hope to become a Foundation Trust (FT).



My main concern is to provide services which are safe, that work and they are at the right time.



Quality and our service users are very important to us. At the moment, we are waiting to hear when the next 'assessment of our performance' will start.



Members are important to the Trust. Our Council of Governors will be important. We hope to hold elections for governors in the Summer. See page 4 for more information.



We also have some exciting news about our services inside this newsletter. This includes a new dental contract and money for a new training course.

Thank you for supporting us. I hope to see you at some of our events this year.

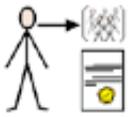
Kind regards

Dr Ros Tolcher - *Chief Executive*

Ros Tolcher.



Membership matters



- The Membership Team was very busy in the Autumn/Winter.
- We spoke to lots of people about the Trust and how they could become a member.
- Welcome to you if you are a new member.
- We hope you enjoy reading Shine.



- Old issues of Shine are on our website for you to read at

www.solent.nhs.uk/membership

Email

- We now have over 5,600 public members.
- Over 50% of you get 'Shine' and other information from us by email. Email is the quickest way to contact members and saves us money.
- This is because we do not need to pay for printing, envelopes and postage.
- If you have an email address that we could use to contact you, please let us know by emailing **membership@solent.nhs.uk** and help us to keep our costs as low as possible.



Your Solent NHS Trust needs you!

Thank you for being a member of Solent NHS Trust. Members support us in our work. We need volunteers to help us to sign up new members.



- We need people who are outgoing and who like talking to other people.
- You do not need to have experience. We will give you training and you will be helped by a member of our staff.



- We visit lots of places to sign up new members. These include fairs, shopping centres and other events.
- They can be in Portsmouth, Southampton or the rest of Hampshire.
- They can be during the day, evenings or at weekends. We usually work for 4 to 5 hours.



- Sometimes, we also need help with events that we run, such as greeting people as they arrive.
- We are looking for people who are friendly and welcoming.
- If you think you could help us, please contact either Elaine or Kirstie in the Membership Team.



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



Or email **membership@solent.nhs.uk**

Governor update

In December we held an event for people who would like to become a governor. Governors will be voted by our members to represent their views.

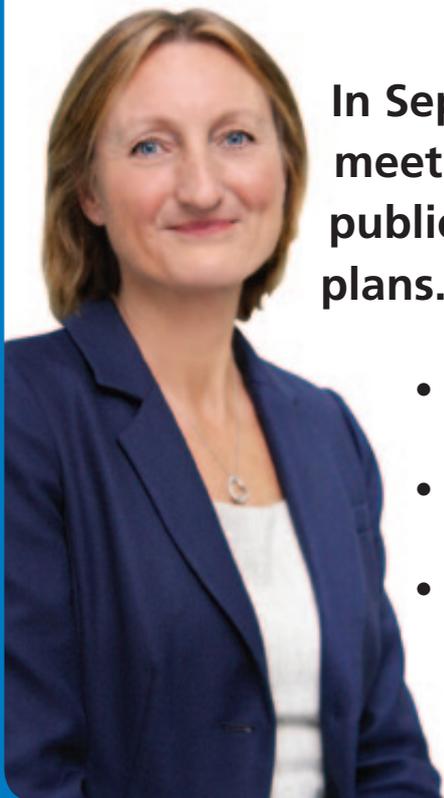
- At the event we spoke about how the Trust is doing, the work we hope to do and the latest information on when we might become a Foundation Trust.
- We also heard about our Homeless Healthcare service and a project that we are testing in Portsmouth to help frail, older patients so they can stay at home rather than go into hospital.
- Tom Morton used to be a governor for Southern Health NHS Foundation Trust. He talked about what it is like to be a governor.
- At the end of the event, people were able to ask questions.
- If you think you would like to become a governor, please contact Rachel Cheal, our Company Secretary, on



• **023 8060 8814** or

• email: **Rachel.cheal@solent.nhs.uk**

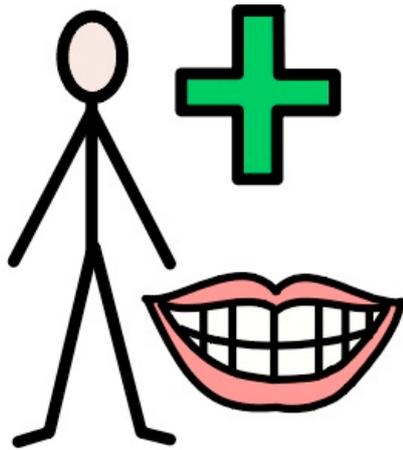
Annual General Meeting



In September, we had our first Annual General meeting (AGM). All NHS trusts must hold a public AGM to show how we are meeting our plans.

- Dr Ros Tolcher, our Chief Executive, told the meeting about how well we had done in the last 12 months.
- There was a presentation on the older person's care in Southampton and our Adult Mental Health.
- We will have an AGM later this year and will tell you the date in the summer.

Dental delight!



From 1 April we are now providing special dental care.

- This service will provide dental care across Portsmouth, Southampton and Hampshire to patients with special needs.
- These people may have a disability, mental or social problem, which means that they find it difficult to go to a standard dentist.
- Our service will provide dental care to these people.

Award for Solent NHS Trust nurse



Solent NHS Trust nurse, Mia Wren, has been given the great title of Queen's Nurse. This is because of her good work in patient care, learning and leadership.

- Mia runs the Family Nurse Partnership in Portsmouth. The Family Nurse Partnership helps first-time teenage mothers during and after their pregnancy.
- Each mother has a family nurse who helps her until the child is two years old.
- Mia received her badge and certificate at the Queen's Nursing Institute (QNI) Award Ceremony on 12 November 2012 in London.



Mia said "I feel very honoured. This is not the end. I will use this to go forward in improving the care for the people who need it most."

QNI Director Crystal Oldman said, "Congratulations to Mia for her success. Community nurses operate in a very challenging world and our role is to support them as much as we can."

Anne Flemming, Service Manager, said "Mia can be very proud of her achievements. Her commitment to patient care is of the highest quality, and thoroughly deserves the recognition of the Queen's Nurse title."

Right place, right time

We have opened a Community Assessment Lounge (CAxL) in the Emergency Department at Queen Alexandra Hospital (QAH). Here we assess patients over the age of 18 in the Emergency Department who do not need to be admitted to the hospital, but still need some support.

- The Community Assessment Lounge (CAxL) was opened in December 2012 and is based at the QAH in Cosham.
- The service is open seven days a week, 10am -10pm.
- There is a team of staff to make sure the patient is fully checked over before going home.
- The team will give the patient the help they need to be able to go home, so that they do not need to stay in the hospital.
- We also hope to reduce the time that people wait in the Emergency Department.
- Patients must be registered with a GP in Portsmouth City, Fareham, Gosport or South East Hampshire.
- This is a new unit, so if you would like to see and learn more, please come and visit us in the Emergency Department at QAH.



- For more information, please contact Cate Leighton on the contact details below:



catherine.leighton@solent.nhs.uk

CAxL Tel: 023 9228 6000 extension 3765 or 023 9228 6411

Improving community care



We recently asked Wessex Deanery (who manage postgraduate training for medical staff) for some money to develop training for GPs and Specialist Registrars.

- A Specialist Registrar is a doctor who gets extra training in a certain area of medicine.
- The new training helps GPs and Specialist Registrars understand the needs of older people in the community. It tells them how to assess older people to find out what their problems are and how to help them in the long term.
- People with long term conditions, who have more than one condition or who are frail need to have their care coordinated in one plan. We are also trying to keep people out of hospital.
- We were given enough money to train GPs and Specialist Registrars over the next five years.
- This will start in August 2013.





Solent NHS Trust is here to support you

Sometimes we can eat or drink too much. We may want to get fit and look after ourselves better. Solent NHS Trust can help you to do this.

- In Southampton, we have Community Health Trainers. These people will give you help you reach your goals.
- They help you to work out what actions you can take to have a healthier lifestyle, for example, eating healthier, doing more exercise or drinking less alcohol.
- The help is free and confidential (kept private).
- We can also help you to stop smoking. In Southampton, our service is called Southampton Quitters and in Portsmouth it is called Pompey Quit.
- These teams will help you to deal with cravings (the feeling you want to smoke) and stay motivated to stop smoking.

Glenn Turner, Head of Health Promotion at Solent NHS Trust, said "Solent NHS Trust has help available across Southampton, Portsmouth and areas of Hampshire. We're here to help you achieve your goals."

For more information about the services Solent NHS Trust offer, please contact:



- **Health Promotion Service on 023 8071 3335**



- **Health Trainers on 023 8051 5222**



- **Southampton Quitters on 023 8051 5221**



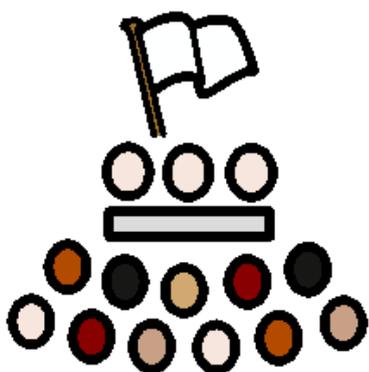
or by visiting www.southamptonquitters.nhs.uk



- **Pompey Quit on 023 9236 9234 or**



by texting POMPEY to 88020.



Young people's project

Did you know that anyone over 14 years of age can become a member of the Trust?

- We provide many services for children and families, so it is important that we know the views of the young people in our community.
- To help us talk to younger people, we have been working closely with the Youth Parliament in Portsmouth.
- The Youth Parliament has helped us to plan a new membership leaflet for young people. We think the new leaflet is really exciting.
- We hope to work with the Youth Parliament on other projects and will tell you about this in future editions of Shine.

Here is some information about the Youth Parliament from Hayden Taylor, the Vice Chair:

- "Portsmouth Youth Parliament is the most active local youth group on the south coast.
- We promote youth leadership and involvement.
- Our members are elected by young people in schools, groups or areas of Portsmouth.
We work to improve the lives of young people through positive action.
- We also go to meetings of other groups, for example the police or city council. This means that they know what we think.
- "The Youth Parliament also helps other organisations to make their information attractive to young people.
- Our members have been working with Solent NHS Trust to help make their literature inviting and membership as exciting as possible.
- We hope that the Trust will now attract more young members and our partnership with them will go from strength to strength."



For more information about the Portsmouth Youth Parliament, please contact Katherine Jenkinson on:
Katherine.Jenkinson@portsmouthcc.gov.uk

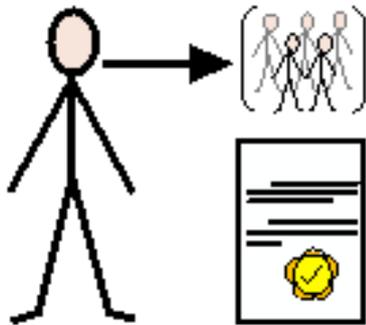


Save a life give blood
0300 123 23 23

Blood donation

The NHS Blood and Transplant service (NHSBT) is asking people across Portsmouth to help others by giving blood.

- The NHSBT is trying to find 100,000 new donors (someone who gives blood) in 100 days.
- The NHSBT would really like young people to sign up as a donor.
- To find out dates of blood donor sessions in your area, please visit <http://www.blood.co.uk/giving-blood/where-can-i-go/>
- Ring 0300 123 2323 for further information and to book an appointment.



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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