Inspirational nurse clocks half a century of caring!
Welcome to the Winter issue of Shine

In this issue we share with you the results of our Care Quality Commission (CQC) results following their inspection in June. On page 6 you can find out how they rated our services and our next steps on our learning journey.

We also celebrate the outstanding achievements of so many staff. Their amazing stories include Claire Jeffries who won a national Patients’ Choice Award for ‘Best Care by a physiotherapist’ (page 4). There’s an incredibly moving story on page 3 about Jo Harper, a community sister for palliative care who took a cat in to its owner in hospital so she could say goodbye before passing away.

Other staff were recognised at the regional Shine Awards 2016 for their inspirational work to improve our services through staff development and training. Well done to everyone!

Finally, 2016 has been a busy year. Thank you to all our staff for your hard work and commitment.

I would also like to thank you all for being part of our Trust and give you my best wishes for a prosperous and healthy New Year.

Sue Harriman
Chief Executive

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Simply the best!

National WOW Award

Congratulations to Jo Harper for being nominated for a national WOW Award for outstanding customer service.

The Community Sister for Palliative Care was one of 75 finalists to be shortlisted from nearly 20,000 nominations. She was selected in the Judges Choice Category and attended the Gala Awards Ceremony in November.

We use the WOW awards to recognise our staff every month for providing excellent patient care and customer service.

Mo Middleton, Service Manager, nominated Jo. You can read Mo’s nomination below:

“To support a dying patient’s wish to see her cat again, which was not possible due to her being in hospital, Jo went to the home and brought the cat into the hospital in a cat basket.

The patient was in a side room so Jo put up a sign to ensure all visitors knocked so that the cat wouldn’t escape. The patient was thrilled to open the basket and stroke her cat before she passed away peacefully with her family.

A huge thanks to Jo for going above and beyond.”

Congratulations to Jo for passing her Royal Yachting Association Day Skipper qualification and Maritime and Coastguard Agency Radio Operator Certification.

Jo, who volunteers in her spare time, is now the first female skipper of Alison Macgregor a catamaran used for boat trips for people with disabilities.

A huge well done to Jo for her achievements! See back page for our latest WOW award winners.

Falls Prevention Workshop

Worried about falling or concerned about some-else tripping and injuring themselves? If so, come to our Falls Prevention workshop on Wednesday 25 January in Portsmouth. Only by knowing what puts us at risk can we take preventative action.

Our Falls Prevention team in Portsmouth will be hosting this event. You will find out about:
- our Falls Prevention service
- the risks to look out for
- how to get yourself up after a fall and coping strategies if you cannot get up.

This is open to our members, service users and staff.

When:
Wednesday 25 January, 10.30am – 12pm.

Where:
Entertainments Hall, St James’ Hospital

Call 023 8060 8889 or email membership@solent.nhs.uk to book you place.
Physiotherapist wins Patients’ Choice Award

Congratulations to Claire Jeffries, from our Hydrotherapy and Rheumatology service, for winning a national Patients’ Choice Award for ‘Best Care by a physiotherapist’.

Patients with Ankylosing Spondylitis (AS), a form of arthritis which mainly affects the spine, nominated Claire for the National Ankylosing Spondylitis Society’s (NASS) award for ‘going out of her way to provide excellent care’.

One patient who voted for her said: “Claire is simply outstanding. Without her superb care, advice, help and support I would not be where I am today.”

Claire works as Lead Clinical Specialist Physiotherapist for hydrotherapy and rheumatology for our Trust and the Specialist AS Team at Queen Alexandra Hospital in Portsmouth. She said receiving this award is a great honour:

“What makes it so special is the fact that this award comes from patients who have gone to the effort of writing in to nominate me. The award has truly inspired me to continue trying to help deliver the best care I can to all of my patients.”

Sally Frost, Musculoskeletal Operational Lead, congratulated Claire: “Claire works tirelessly as an advocate for this client group and her dedication is truly worth rewarding.”

The AS Team at QA also won the award for ‘Best AS Clinic.’

Visit www.nass.co.uk for more information.

Matron shortlisted for national nursing award

Well done to Clare Scholfield for reaching the finals at this year’s Nursing Times Awards 2016.

Clare, who works as a Modern Matron for our Sexual Health Services, was shortlisted in the Nurse Leader of the Year category.

The Nursing Times Awards are considered to be highly prestigious awards amongst the nursing profession. Clare was nominated by Ellie Lindop, another member of staff, for her leadership successes.

“It was an amazing surprise. Although I didn’t win, I was so pleased to have been nominated and shortlisted. It was a great experience and thank you to everyone who supported me and my team that made it possible”, said Clare.

Mandy Rayani, Chief Nurse who attended the ceremony at Grosvenor House, London said: “Being shortlisted for the award is an achievement in itself. Clare is a great nurse leader who has been instrumental in putting our sexual health services on the map. She’s a winner in our eyes.”
Our successes!

We are top of research league tables

We are delighted to announce we have been named the top recruiting research Care Trust in England. In results published by the National Institute for Health Research (NIHR), we scored highly for the fourth year running. Their latest league tables show the number of people taking part in research with us between April 2015 and March 2016 was just over 1,800, which is an increase of 48% on the previous year. We also increased the number of our research studies from 42 to 47.

We believe clinical research involving staff and patients leads to better care.

Daniel Meron, our Chief Medical Officer, said: “We are really pleased to continue increasing our research portfolio, and to offer so many patients the opportunity to get involved in clinical research. “With flourishing programmes to support our staff in learning how to carry out research and use evidence to deliver the best care, we now have evidence to demonstrate that our research is directly improving the experience and health outcomes of our patients.”

Patients who get involved in research often benefit too by having opportunities to treatments that are otherwise unavailable to them.

To find out more about our research programme, please visit solent.nhs.uk/research

Best of Health Awards 2016

Our congratulations also go to following teams who were runners up in this year’s Best of Health Awards.

These awards are held every year in recognition of those healthcare professionals who have gone above and beyond in their field.

Patients and colleagues are asked to nominate their hero, so to be in the running for them is an honour.

Hospital Team of the Year 2016
Colin Beevor and his team at Rheumatology Department, QA Hospital

Allied Healthworker/Team of the Year 2016
Falls Prevention Exercise Team, Turner Centre, St James’ Hospital

Mental Health Worker/Team of the Year 2016
Vicky Woodhams, Adult Mental Health Nurse, St James’ Hospital.

Community Nurse/Team of the Year 2016
Portsmouth Rehabilitation Team, Turner Centre, St James’ Hospital

Sally Ann Belward, Falls Clinical Lead Physiotherapist (Southampton) and Falls Thematic Lead (Solent), congratulated our Falls Prevention team and Community Rehabilitation teams for their successes. She said: “This is great news. I am delighted to see both teams recognised for the great work they do to support and care for our patients.”

Our successes!

Daniel Meron at this year’s research conference
Our learning

Here Sue Harriman, our Chief Executive, discusses the outcome of our CQC inspection

Earlier this year we hosted inspectors from the Care Quality Commission (CQC) as they undertook a vigorous inspection of our services. We welcomed over 60 inspectors who visited nearly all of our sites, and spoke to staff, service users and carers, as well as partners in care and other key stakeholders.

Inspectors from the CQC have spent lots of time looking at all the information they collected. I am immensely proud of the way we prepared and responded to the inspection, and I’m very grateful to the team from the CQC for visiting our services and helping us on our learning journey.

Our CQC rating

Our overall rating is ‘Requires Improvement’.

I’m pleased to share that many of our services and CQC domains were rated ‘Good’, including our community services which were rated as ‘Good’ overall. One of our services, the Learning Disabilities service was rated as ‘Outstanding’. Our report identified 10 areas as Good and 6 areas as Requiring Improvement.

The CQC gave us very some positive feedback. Here are some sound bites of what they told us.

- We demonstrate compassionate care
- We are focussed on bringing care closer to peoples’ homes and promoting self-management
- We work well with other organisations to help keep people out of hospital
- We are innovative in our practice.

As indicated, I am thrilled to tell you that our learning disability services were rated as ‘Outstanding’.

The inspectors observed that ‘the service was focussed on the needs of the people using it and valued their participation in their care’. They said that the ‘leadership within the service drove a positive, valuing and learning culture that staff thrive in.’
Well done to our Integrated Learning Disability Service for being ranked as outstanding in our latest Care Quality Commission (CQC) report.

The service, provides specialist support for adults with learning disabilities. Based at the Kestrel Centre in St James’ Hospital, it is a combined service bringing together our healthcare staff and the council’s social care staff.

Areas highlighted in the CQC report included:

- a focus and responsiveness to the needs of service users
- development of innovative new approaches to care
- an on-going review of best practice
- and listening to the views of service users and their carers.

Ian Chalcroft, Learning Disability Healthcare Services Manager said: “This is a huge achievement. We all work hard to do things in a respectful, caring and committed way and I am delighted for everyone in the team.”

Cllr Luke Stubbs, Portsmouth City Council’s Cabinet Member for Adult Social Care and Public Health, said: “It is fantastic the report recognises so many different positive elements, from the focus on service users and their needs right through to the leadership provided by our staff. We are committed to providing the best care possible and constantly strive to improve on everything we are doing. I hope this is a platform from which we can deliver even more successes.”

Whilst this list is not exhaustive, it is recognised that many of the other areas identified for improvement within the CQC report have already been progressed within our teams.

Thank you to everyone who has so readily embraced the report findings. The Quality Assurance Framework, which will be issued in January, will outline how the progress being made is captured and reported. I wholeheartedly believe that we will rise to the challenge, working as one team, to continue to improve the quality of our services.
Our HEART values guide the way we work together to care for our patients and service users. Since they were introduced last April, we have been listening to teams and individuals about what the values mean for them and how we can work together to improve our decisions and actions.

We have had some brilliant input from people, and as a result of that work, put together a framework (below) that sits under our values and guides how we work together at Solent.

What resonated for people about HEART is that it sums up our reason for being: working together to provide great care at the heart of our communities.
We have kept our framework short and simple because you told us you didn’t want a long, complicated document.

As well as working with staff, we held a members session where we discussed how patients and service users want to be treated and what the values mean to them. Some examples of what we talked about included being valued as a person and not just a condition and understanding how different services and treatment fits together. Helen Ives, Programme Director for our Great Place to Work programme said the session reinforced how it is often the ‘how’ as well as the ‘what’ that makes a difference. “It was an incredibly worthwhile event to hear first-hand the experience of our members”

**Why do we need behaviours?**

Values can have different meanings to different people, which is why it is important to provide some definition and examples of the behaviour expected. That’s why we are going to work with all of our teams to help you create your own values-based team charter in a programme called ‘At the Heart’.

**What comes next?**

Our culture is the combination of all our actions, behaviours and decision so including everyone in our ‘At the Heart’ programme is important to us. We know you are all busy so in the New Year, we’ll be contacting teams and leaders to see how we can support you with team building and development. A pilot is already underway in Portsmouth Community Nursing and we’ll also be sharing more of what we learn with you.

Our intention is to work with you to discover more about your values and what makes your team great rather than ‘setting’ things for you.

We will also be working closely with our HR team and managers to ensure that our values are always part of our organisational practices – especially the way we lead, develop, recruit and manage performance. If you have suggestions or would like to get involved then please email Helen.Ives@solent.nhs.uk

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**Our Community Neurological Services are living our values**

In our previous issue we spoke to Sallyann Smith in our Community Neurological Service after the service developed their own team agreement to guiding how they work together as a team.

**Accountable**

- Being responsible for our actions
- Meeting targets in a timely manner
- Knowing who/where to report to
- Whistle blowing
- Transparency

- Lack of communication
- Not being honest about mistakes
- Not following procedures
- Not fulfilling job specification
- Turning a blind eye

When Shine caught up with her she was making a difference, saying the team had received a letter of praise from a patient’s relative (see below).

“**It has been a difficult time for us both since Martin’s most recent relapse. The kindness and first class service that Martin and I have received from the Community Neurology Team have made a tremendous difference to our quality of life.**”

Sallyann said:

“This is a shining example of ‘everyone counts’ in that the whole team, the patient and his family were included in developing an appropriate rehabilitation programme and everyone’s contributions are valued.”

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**January 2017**

Shine
Celebrating our achievements!

I always say that the best part of my job is supporting people, seeing the sense of achievement when people graduate or receive their certificates, and helping them to achieve things they never thought they could. During the last six months, many staff have celebrated learning and development achievements. I am delighted to share a few examples of where hard work and dedication to learning has resulted in amazing results for people in our teams.

_Ceri Connor, Associate Director for Workforce Development_

Let it SHINE

The 2016 annual Health Education Wessex SHINE awards ceremony was held in October, recognising excellence in the education and training of staff in the NHS. Many congratulations to Dr Clare Mander, Clinical Lead for Accessible Information, who was a Highly Commended Finalist in the “Hearing the Patient Voice in Education” category for producing an Accessible Information Awareness DVD. The nominations didn’t stop there - Lindsey Cherry, a podiatrist, was recognised in the “Inspiring Educator of the Year” category.

Apprentice success

Our apprentices continue to go from strength to strength across Solent and beyond. Below are our apprentices who are working towards their Business Administration Level 2.

**Business Administration Level 2:**

Congratulations to the following for achieving:

**Clinical Healthcare Level 2:**

Cherie Dyer

**Business Administration Level 3:**

We recently said a sad farewell to previous apprentice Alex Walkerdine, who started off as a Human Resources Administrator Apprentice in 2012. Since then he has successfully progressed to band 3 and band 4 roles in the HR and L&D teams, and in September he gained a Team Leader role in the Education and Workforce Systems team at University Hospitals Southampton – we are proud to have supported Alex and wish him every success in the future.

These are great examples of growing our own talent so watch out for these names in the future!
Leadership development making an impact!

Leaders across our organisation continue to grow and make an impact.

The most recent Releasing Potential cohort presented their service improvement projects to senior leaders. Melanie Tanner, Community Matron, presented her vision for introducing Schwartz Rounds across our Trust. These provide a structured forum for staff to come together to reflect on the emotional and social impact of working in healthcare. Melanie will lead on rolling this out to services in 2017.

**Ruth Denford**, PA and Senior Administrator in Children’s Services (East), has recently been working towards the Emerging Managers Institute of Leadership Level 3 Award. She says she is grateful to be given this opportunity:

“I know that one of our goals is to “create a great place to work” and I have to say that being able to do this course, which gives me a professional qualification, really makes me feel that my role is valued - it really helps me to have this qualification to back up the skills I need.”

**Elton Dzikiti**, Public Relations Manager, has recently participated in some personal coaching following on from completion of his Releasing Potential programme. Elton recently reflected:

“The opportunity to have coaching and participating in the leadership programme has been the best thing that has happened to me in my career. Thank you to Solent for giving me the opportunity.”

Well done to **Ezra Kanyimo**, Locality Governance and Quality Lead for Child and Family Services, for celebrating the completion of the NHS Leadership Academy Mary Seacole programme and graduating with the NHS Leadership Academy Award in Healthcare Leadership.
Congratulations to Sophie Borrett, Thomas Delpierre, Kimberley Homer and Linda Thomson for recently graduating in Masters in Clinical and Health Research!

Our congratulations also go to Dr Lottie Brooks and Dr Colin Barnes on being awarded their PhDs this year.

Lottie was one of our first Clinical Academic Doctoral Fellows, joining up clinical work as an occupational therapist with academic research into health literacy at the University of Southampton.

Colin is a senior speech and language therapist in our Adults services in Portsmouth, and is involved in research into communication and support of carers of patients with Dementia. He received his doctorate from the University of Portsmouth.

Well done to Barbara Okoronkwo, Eunice Ciru, Megan Findlay, Sally Pearce and Steven Lodge, our five newly qualified nurses, who have completed their initial community induction training, preparing them for their role in the Community Nursing team in Portsmouth. Here they are with Community Matron, Anna Badley, trying on their new uniforms. Steven tried on a Band 7 tunic for size - just checking it out for future roles, hey Steven?

Over 60 staff from our adult mental health wards recently took part in a programme of clinical skills development delivered over a period of three weeks. Maria Oyegbile, Educator in Practice, who helped with the programme said:

“The clinical team have had the chance to come and learn together. Matrons, Kim Thorne and Jo Perry, really worked hard to enable their staff to attend. Staff said that they felt valued and wanted more. Further evaluation will be carried out to demonstrate the impact; we hope to make it a regular event”.

Dr Colin Barnes
Supporting young fathers and their families

Our Family Nurse Partnership (FNP) has been working with young fathers to raise awareness of domestic abuse and support healthy relationships.

Working with The Hampton Trust and Saints Foundation, they met a group of young fathers at St Mary’s Football Stadium regularly to find out their views and experiences of relationships and domestic abuse.

Known as Raising Awareness of Domestic Abuse in Relationships for Young People (YRADAR), the 12 week programme covers a range of topics including:
- being a young man and a dad
- dealing with conflict as a parent
- sexual violence and sexual respect.

So far the work has had such positive feedback, and as a result we are planning to run a parallel group for partners of these dads to attend with their children. YRADAR was also presented to the Community Practitioners and Health Visitors Association (CPHVA) conference in November.

Our FNP service works with young families to build family relationships supporting them throughout pregnancy until the child is two.

To find out more about our FNP service email SNHS.FamilyNursePartnershipTeam@nhs.net or ring 023 8029 4212.

Breastfeeding team celebrates re-accreditation!

Congratulations to our Portsmouth Health Visiting team and Childrens Centres for achieving their Baby Friendly Initiative Re-accreditation.

This is a nationally recognised mark of quality of care for mothers and babies, which we were originally awarded in 2014.

Amanda Malthouse, Clinical Team Coordinator – Breastfeeding and Healthy Weight and Clinical Lead – Public Health, said she was delighted our health visiting service has maintained the standards to retain this award.

“This is a result of the hard work and dedication of our staff who continually strive to improve the care and support we provide for our mothers and babies.”

Breastfeeding has short and long-term health benefits for mums and their babies, including:
- reducing the risk of babies suffering from common infections
- reducing the risk of childhood obesity
- reducing the risk for mothers of breast and ovarian cancer
- promoting the loving relationship between mum and baby needed for babies’ brain development, helping them grow up into resilient adults.

For information email: SNHS.BFSupportandHealthyWeight@nhs.net or ring 07789 504979.
We are delighted to announce the appointment of our Freedom to Speak Up Guardians. Their job is to support staff to raise concerns at work.

As a result of the mid Staffordshire inquiry, which took place when concerns about patient care were raised, all trusts are required to appoint a guardian/s to act independently and impartially when a staff member wishes to speak out. We have appointed a lead guardian and six guardians to work across our Trust.

Mandy Sambrook, Operational Director for our County Wide Care group, has been appointed our Lead Guardian.

"It is a privilege to take on this lead role; I have worked in the NHS for 30 years, for acute and community trusts and been involved in many situations where the staff and patient voice were lost within the system.

I strongly believe that all staff should be heard if we are to ensure safe patient services. The role of guardian will allow this culture to continue to develop within Solent NHS Trust.

The guardian role is not the formal body for complaints and grievances. It is independent of HR and other corporate functions, it is a safe place where staff can be free to discuss their concerns and be heard without fear or challenge. I look forward to working together with other guardians to make a difference.

We have diverse skills and backgrounds so we can support all of our staff groups. We are committed to the role and will work within the framework of the national guardians to ensure confidentiality and governance processes are in place to support staff, listen and direct them appropriately where required.

Each guardian has been assigned a service line (division) to engage with and develop a strategy to ensure they are visible and accessible to all staff."
Meet Our Freedom to Speak Up Guardians

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**Guardian for Children and Families Care Group**
My name is Charmian Allen and I have worked for Solent NHS Trust for 12 years.
A few years ago I found myself in a position where I had to speak out. I was lucky because I was listened to, taken seriously and meaningful action was taken. This was a hard thing to do and an anxious time for me.

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**Guardian for Mental Health Service Line**
My name is Julia Watts and I have worked in the NHS in Southampton for over 25 years.
I am really pleased to be one of your Guardians, and want you to feel supported in speaking up and raising concerns about the care of patients.
My commitment to you is that all issues raised will be dealt with in absolute confidence – I am here to listen.

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**Guardian for Adults Southampton Service Line**
My name is Diane Henty.
I have worked in the NHS for over 20 years and think it is very important that all staff have access to confidential advice and support.
I look forward to being part of a team of guardians that can provide a safe space for staff to talk to and be listened to, to ensure patient safety.

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**Guardian for Adults Portsmouth Service Line**
My name is Jo Pinhorne.
I have worked in the NHS for eight years across a wide range of teams. I applied for the Freedom to Speak Guardian role because I am a keen advocate for staff and patients and look forward to the opportunity to make a difference.

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**Guardian for County Wide Care Group**
My name is Sue Wareham.
I have been in the NHS since 1990. My first job was in theatres, sterilising equipment before moving into Procurement in 1995.
I enjoy mentoring and coaching and feel that these skills will help me support others in speaking up to improve the care and safety of patients and staff.

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**Guardian for Primary Care Service Line**
My name is Sarah Oborne and I have worked for the NHS all my adult life.
I will be there for staff when there are things that worry them or make them uneasy. I will give a listening ear, offering support, help and advice about how to raise those concerns.
Shine caught up with Francesca Finney to find out what a typical day involves working as a health visitor in Portsmouth.

“Health visitors are often known as the nurses who weigh babies. Yes we weigh many and often, but the day definitely doesn’t end there! We stand side-by-side mums and dads, helping them to be the best possible parents with our support and sometimes nudging them in the direction of other services.

A normal day could include an ante natal visit, helping a first time mother with breastfeeding or talking healthy nappies, rashes and night time feeds at a new birth visit. Then there’s the fourth time mum who has done it all before but is tearing her hair out because her toddler won’t go to bed. We are a daily source of comfort and support for mothers with low mood and anxieties, an impartial ear to reassure they are not alone. We also work closely with our GP surgeries and encourage parents to look after their wellbeing as well as developing a healthy bond with their baby.

We are also proud experts in child health and development and support families from before birth until five years old. Many a parent has anxiously attended a development review, awaiting their health visitor to ‘test’ their child, only to discover that we work with them; assessing their child’s abilities and talking with them about their expectations. Granted, these are not always met by every child, but we can usually refer them to another service for support.

As health and social care evolves, we also work jointly with children’s services to support our most vulnerable children. As well as attending meetings to review child protection and child in need plans, a visit may mean discussing with parents the impact their lifestyle choices have on their child and finding ways they can make positive changes.

It is a true pleasure to be part of a child centred team, which aims to reduce health inequalities and improve outcomes for children.”

BBC Children in Need

A big thanks to everyone who baked cakes in aid of BBC Children in Need in November.

Staff across our sites organised cake sales and many who bought them made generous donations. Our corporate team at Highpoint Venue raised £186.
With sincerity and a glint of mischief in her eyes, Health Visitor Jane Davies says, ‘I love it…I could do it for nothing – but don’t tell them that!’

She is talking about her job as a qualified nurse and latterly health visitor – a role she has spent more than half a century ‘playing’.

Now 71, Jane was recently presented with a certificate from Solent NHS Trust to mark her milestone of caring and treating those in need. If you remark how incredible it is to achieve 50 years in a job, Jane will quickly correct you:

“It’s actually 53 years! When I was 18, I went to the Bristol Royal Infirmary for my training before going on the register. So I actually started practising (and was paid) as a nurse three years before I went on the register,” she says.

“My first pay, which was handed to me in cash as I didn’t have a bank account, was £13,” adds Jane nostalgically.

The mum of five, who lives in Waterlooville, studied midwifery in Aberdeen before moving to Plymouth where she had a stint in an orthopaedic ward. In the early 70s, she moved to Southampton then latterly Portsmouth where her husband, Chris, had been deployed after joining the police force.

Over the past five decades, Jane has seen a lot of changes within the NHS and how patients are looked after. She recalls the very first time she had to bed-bath a young male patient who had broken his arms in a motorcycle accident.

“We didn’t have male nurses or orderlies then. The nearest we had would have been male hospital porters. As a young trainee nurse, I was asked to bathe this patient and we were both embarrassed. I had to pretend this was something I was used to doing and so I just got on with it! These days, patients who can are allowed to bathe themselves or appropriate arrangements are made.”

She also feels patients in the early years of her career were ‘less aggressive’ while receiving care compared to nowadays. Jane supposes this is due to people knowing their rights a lot more and putting demands on care givers.

“You wouldn’t dare challenge consultants back then, they were gods! Ward sisters were ‘next to gods!’”

Nurses nowadays are supported a lot more through regular supervision and oversight as well as continual review of case loads and child protection matters, says Jane.

“Management is approachable too. I’m not saying there haven’t been bad times or things I haven’t agreed with, but I really have loved my time with Solent NHS Trust. They’re good employers and I’ve worked with the most lovely people.
Treetops, our Sexual Assault Referral Centre (SARC), has been providing vital help for victims of sexual assault for 10 years.

To mark the occasion, speakers from various organisations attended a networking event at Netley Police Training Headquarters in November. Staff, old and new, also reunited at a small gathering at our Treetops Centre in recognition of the service’s achievements.

SARC provides immediate care, which may include a forensic medical examination by a specialist doctor, pregnancy testing or emergency contraception, where appropriate. It also provides follow up services for those needing extra support, signposting them to other services and helping them through criminal proceedings and with criminal injuries compensation claims. Victims can refer themselves to the centre or go through the police.

Visit www.solent.nhs.uk/treetops for information.
For help call 0300 123 6616 or visit The Treetops Centre, Northern Road, Cosham, PO6 3EP.

New non-executive director appointments

About Professor Francis Davis

Francis has been active in founding, chairing and supporting community groups, voluntary organisations and social enterprises in health and social care. He helped launch the ‘Hampshire Festival of the Mind’ in Portsmouth and the first UK ‘Mental Wealth Festival’.

About Michael Watts

Michael has an extensive track record in organisational design and development that has driven business performance. He has held senior HR roles at the Chartered Institute of Professional Development; Cabinet Office; Lloyds TSB and Scottish Widows.
World COPD Day is held every year to raise awareness of chronic obstructive pulmonary disorder (COPD), a lung condition causing breathing difficulties.

To mark the occasion, staff from our COPD service joined clinicians from other organisations at Southampton General Hospital to talk to the public about treatment options and to give advice on keeping healthy.

Our COPD team works together with teams and researchers at the University Hospitals Southampton NHS Foundation Trust (UHS), Southern Health NHS Foundation Trust and National Institute for Health Research (NIHR) to provide Southampton’s respiratory service.

Visit the British Lung Foundation at www.blf.org.uk for more information about COPD.

Roadshows are here to help

Our ICT team held their first ICT roadshows across the patch in November and feedback received shows success to date.

They resolved ICT issues, listened to your suggestions and discussed future projects such as Skype for Business.

During December they shadowed our community services to ensure they are getting the best out of their new equipment.
Staff and patients are invited to nominate someone.

Visit www.solent.nhs.uk and click on the "WOW" button on the homepage.