

MM

Members' Magazine

Isle of Wight **NHS**
NHS Trust



Issue 1 Spring 2014

Your healthcare: your choice

Keep fit, have fun



Cute!
2014's first baby



Cool!
New ways to work out

Plus kangaroos, carrots and much more

MAKE
A DIFFERENCE
JOIN TODAY!

MM

Members' Magazine

Contents

- 4 Newflash
- 5 Cuties in booties (cover)
- 6-7 H marks the spot
- 8-9 Medicine for Members
- 10 Well, well, well (cover)
- 11 New green gym (cover)
and get involved
- 12 Letter from Karen Baker

Get in touch

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Wherever possible, we use email to stay in touch with members – if you have other preferences, please let us know.

Photos by Richard King and Eileen Long Photography.



Welcome

Thank you for joining us. We are delighted that nearly 4,000 of you have signed up to support our bid to become a Foundation Trust for the Isle of Wight. All your input and encouragement means a lot to us.

Being a Foundation Trust is all about giving you what you want: high quality, integrated health services that you and your family can rely on, time after time. We will keep our services local, patient-focused, innovative and responsive. And you can influence what we do, and how we do it, by giving us your feedback and helping us to do an even better job. You really can make a difference.

This is also your magazine - so you tell us what you'd like to see in it. Please let us know if you have any suggestions for our next issue.

Finally, I am pleased to let you know that Sarah Morrison (pictured here) joined the team as Membership and Engagement Officer in January.

Hope you all have a happy, healthy 2014.

Best wishes,

Mark Price

Company Secretary/FT Programme Director.



We name this magazine... *no, you decide!*

This magazine is for you – so you tell us what you'd like it to be called. If we like your suggestion, then we'll send you a **fabulous fruit and veg box** from a local Island supplier.

Here are our ideas – please use any of these or give us your own thoughts:

A. I♥health

B. The 6000 Club

(a reference to how many members we hope to sign up)

C. Good life

ENTER NOW

Please email your suggestions to **membership@iow.nhs.uk** or get in touch via post (our address is on the left). The Editor's decision is final and we'll do a lucky dip to decide who wins if more than one person chooses the same name.

GET INVOLVED!

Tell us what you'd like to see in this magazine. More competitions? Interviews? Health tips? A crossword? We'd love to hear from you!

If you'd like to join our editorial panel, please email **membership@iow.nhs.uk**



“I signed up because... the NHS Festival team do a great job looking after anyone who needs medical or pharmacy services.”

John Giddings, organiser of the Isle of Wight Festival.

“I signed up because... I want to be a paramedic and I thought this would be a good opportunity to learn more about our health services.”

Katie Thomas, 16, a student from Newport.



X-ray vision

Medics at St Mary's Hospital are taking a proactive approach to patient safety in intensive care and on the wards. A member of staff noted that the nasogastric tubes, used to feed patients, weren't showing up clearly on X-rays (used for positioning). This triggered concerns that they could be placed incorrectly, with health and safety implications for the patient.

Alan Sheward, Executive Director of Nursing and Workforce, says: "We worked together to find a safer solution. Patients are now being fed with tubes that are radio-opaque and show up clearly on X-rays."

William King, Consultant Radiologist at St Mary's, showing how the new style tubes show up clearly on x-rays.



National dementia pilot for the Island

The Island has been awarded a grant of nearly £1m to create a 'dementia-friendly' environment within St Mary's and 12 local nursing and care homes. Plans are currently underway to create a dedicated garden at the hospital for patients with dementia.

We will also be installing new non-slip flooring, improving lighting and signage, and unifying colour schemes across the settings. This is a national pilot and we look forward to sharing developments with you.

It's estimated that around 2,600 people on the Island have dementia and as the population ages, the figures are expected to soar by 40% over the next seven years.

Seasonal and sensory plants, such as lavender, are good for dementia-friendly gardens.



Meet the cuties in booties – the first babies of 2014!

It was a case of New Year, New Baby for two Island families – who celebrated the births of the first babies of the year at St Mary's Hospital in Newport.

It's a boy!

The first to arrive was **Balthazar Battais**, who was born at 3.11am on New Year's Day, tipping the scales at 5lb 13oz. Mum Vendula, 32, who runs a patchwork shop in Newport with her husband, Olivier, chose Balthazar – the name of one of the Three Kings – "because we wanted to be original and thought why not?"

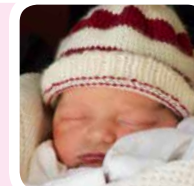
Vendula, who had an emergency caesarean section, said: "Teresa Gates, one of the midwives, looked after me throughout and I definitely felt in safe hands. I joked that we'd aim to have the first baby of the year – and then it happened! He's very calm and easy going – we'll see if that changes!"

Balthazar Battais, (above) and with mum Vendula, 32, dad Olivier, 41, and big sister Jasmine, 3 (right).



It's a girl!

First girl of the year was born to a Ventnor couple, weighing 6lb 13.5oz, at 3.35pm on New Year's Day. "It's incredible to have the first girl and everyone at St Mary's was fantastic!" says Jenny Michael, 38, who also has a son Alex, 14. Her partner, Garreth Butt, 46, a window cleaner, is a first time father. "I'm very proud – I was a blubbering mess!" he confided.



Former midwife and Chief Executive Karen Baker says: "Congratulations! Every year, we deliver around 1,300 babies at St Mary's – and they're all very special.

Baby (above) and with mum Jenny Michael, 38, dad Garreth Butt, 38, and big brother Alex, 14.

DID YOU KNOW?

St Mary's encourages 'Kangaroo care' where tiny babies snuggle on their mother's chest to encourage bonding and breastfeeding. Susan Grevatt, Staff Nurse on the Neonatal Intensive Care Unit, says: "Skin to skin contact helps babies to adjust to life outside the womb. They have better temperature control and are calmer and less likely to cry for extended periods."



H marks the spot

With a snip of the ribbon, HRH The Duke of Kent officially opened our £1.45m helipad in November 2013 – marking a transformation in the healthcare for critically ill patients on the Island.

Previously, patients with life-threatening illnesses and injuries had to be transferred by ambulance to Seaclose, Newport, and then by helicopter to Southampton, Portsmouth or other specialist centres. Cutting out the ambulance journey saves at least 45 minutes at a time when every second counts.

The helipad was first used by a Coastguard helicopter to transfer a patient on 17 May 2013.

Capital Projects Manager, Rob Graham, from Isle of Wight NHS Trust says: "This ultimately will save lives."

The Duke also opened our new Integrated Care Hub, which acts as a central communications point for the Island's emergency calls and enquires for mental health, district nursing, GP out of hours,

adult social care, patient transport and the Hospital and Trust switchboard.

Trust Chief Executive Karen Baker comments: "The aim is to make it quicker and easier for patients to get the care that they need and reduce unnecessary hospital admissions. Patients are already benefiting from this."



IT'S A FACT!

The urgent care hub answers 100,000 calls every year (that's around one call every five minutes, day and night).

Four different helicopters use the new helipad, including the Coastguard and a special chopper for children.

The helipad was partly financed by a £250,000 donation from the County Air Ambulance Trust.

Some inappropriate calls to 999 include:

- A lady calling up because there was a rat in her living room.
- Someone who wanted to speak to her GP but had run out of credit on her mobile phone.



"I've signed up because... I can get my points over for people with learning disabilities, like myself. I want to make a difference for myself and my friends."

Leanne Gander,
23, from Ryde.

'It's your NHS – so over to you!'

We were delighted to welcome over 100 members to our recent Medicine for Members event at St Mary's Hospital in Newport. Our guests were urged to get more involved in shaping the Island's health services and had the chance to quiz the NHS Trust's executive team.

In line with Government policy, the Isle of Wight NHS Trust is committed to moving to Foundation Trust status over the next two years. This will give members more of an influence in determining the health policy on the Island and keeping services local, innovative, high quality and responsive to the community's needs

There are currently 3,850 members – and the Trust is well on target to meet their goal of signing up 4,000 public members by April 2014. Anyone living or working on the Island, aged 11 or over, can sign up. Carers of patients receiving treatment at the Trust are also eligible.

Danny Fisher, Chairman of the Isle of Wight NHS Trust told the assembled crowd: **"This is your NHS so get involved – we're handing the NHS over to you! The more we can get the community involved, the better."**

More events are planned for 2014 and we will be sending out invites by email. Hope to see you soon!



At your service (from left to right):

Alan Sheward, Executive Director of Nursing: **"Tell us when something could be better and we'll make it right."**

Karen Baker, Chief Executive: **"This is about keeping your NHS local and delivering quality care for everyone, every time."**

Danny Fisher, Chairman: **"It's your health service, not ours."**

Chris Smith, Head of Ambulance Services: **"We're offering high quality, local services."**



Mark Pugh, Executive Medical Director (below): **"It's exciting that we can benefit from members helping us to refine our services."**



Mark Price, Company Secretary/FT Programme Director (right): **"We will be answerable to patients, carers and local people."**



"I signed up because... people knock the NHS – but they're there if you need them."

Mike Thomas from East Cowes, a pensioner and one of the Hospital's 500 volunteers.

Well, well, well!

Everyone around you is coughing and spluttering – so how can you stay fit and well? Read on...

Top
tips!



1 Get moving – moderate exercise is good for your immunity, boosts your mood, and can protect you from life threatening diseases as well as coughs and colds. Adults aged 19-64 should aim for two and half hours of exercise every week. This can include cycling, skateboarding, kite surfing, pushing a lawn mower or walking fast. If you start to get out of breath, that's a good sign!

2 Go for the greens – eat more broccoli, cabbage, kale and chard. They're high in Vitamin C and bursting with nutrients to help you stay healthy. All fruit and veg will give your immune system a boost – so don't settle for 5 A Day, try 6, 7, 8...

3 Get some kip – people who don't get enough sleep are more likely to get sick after being exposed to viruses like the common cold. Long term sleep deprivation is also linked to conditions including obesity, diabetes and cardiovascular conditions. If counting sheep doesn't work, then talk to your GP. Night night!

Band sing green gym's praises

Three young singers, from local band **Resonate**, tested out the new green gym at St Mary's Hospital in Newport – and enjoyed a work out in the winter sunshine.

The gym, tucked away in a woodland corner off the North carpark, has been attracting a lot of interest from patients, staff and visitors since it opened in summer 2013. Resonate, who performed at Bestival with Fat Boy Slim, sung the gym's praises as they worked out al fresco.

Lizzie Back, 17, from Whitwell, says: "It's really fun. I love the fact that it is outdoors as you can enjoy the fresh air and doesn't cost anything to use. Also there is a wide variety of equipment to use with easy to follow instructions."

So go on... try it for yourself. It's fun and free – and you might find yourself limbering up next to the Island's hottest stars!



The members of Resonate from left to right: Harriet Back, Eloise Pilbeam and Lizzie Back.

GET INVOLVED!

We hope that you'll consider standing for our Council of Governors – elections will be held in Autumn 2014. In the interim we have a limited number of vacancies on the Trust's Patient Council which meets every six weeks. If you're interested in being a Governor and want some useful experience before then, please contact Jo Cram in the Communications, Engagement and Membership team on **01983 822099** ext **6184** or email jo.cram@iow.nhs.uk by Thursday 20 February 2014.





Dear member,

Thank you for becoming a member of the proposed Foundation Trust for the Isle of Wight. We hope you'll get involved and we'll take on board your views. You'll be treated as an important member of the team... and if there are any issues, then I want to hear about them.

If you have any comments about health services on the Island, including our ambulance, mental health, community and hospital services, then please do get in touch.

"We want the local community to work with us and so we are aiming to sign up 6,000 public members by Summer 2017. We're over half way there. If you could pass this page onto just one other person, over the age of 11, then we could meet our target. Anyone who lives or works on the Island or cares for someone who is being treated at the Trust can join us as a member. From early 2014, all our staff will automatically become members. It's that important to us.

Thank you for your support and stay in touch.

Kind regards,

Karen Baker
Chief Executive



Sign up now!

Please visit **www.iow.nhs.uk/membership** to sign up online - and you'll be making a difference to healthcare on the Island.

MAKE
A DIFFERENCE
JOIN TODAY!