

Major changes to our leadership team, including a new Interim Chief Executive



Picture courtesy of Shropshire Star

The Shrewsbury and Telford Hospital NHS Trust (SaTH) has announced six major changes to its Board of Directors – including that of Paula Clark as our Interim Chief Executive.

Paula, who has been working in the NHS in the West Midlands since 2005, came out of retirement to join SaTH on 1 July having most recently held the role of Chief Executive at University Hospitals of North Midlands (UHNM).

She said: “I understand the challenges facing our Trust and other healthcare providers across Shropshire, Telford & Wrekin and Mid Wales. These are similar to those facing the NHS nationally, but for rural trusts such as ours they are even more acute.

“I’m committed to working with the staff to ensure that we develop a plan for a better winter performance. In addition, I will be working with my new executive team colleagues to tackle many of the long-standing issues that we face.

“I will spend as much time as I can out with colleagues to hear first-hand what they’ve got to say and what they think needs to be done to make things better.

Other major changes in recent weeks:

- Dr Arne Rose – Medical Director
- Barbara Beal – Interim Director of Nursing, Midwifery and Quality
- Bev Tabernacle – Interim Deputy Chief Executive
- James Drury – Interim Finance Director

- Dr Edwin Borman - Director of Clinical Effectiveness

Arne said: “I have been really impressed with the people at for their energy, enthusiasm and their commitment.

“I recognise that there are lots of problems – we are not in special measures for no reason – and there are clinical worries that we need to address, but my feeling is that people are up for that challenge.”

Barbara said: “I have already met with lots of talented and committed people who, like me, are committed to improving the quality, safety, delivery and assurance of standards of clinical care.”

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Executive team strengthened with new appointments

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Bev, who joins us on secondment from her role as Director of Nursing and Deputy Chief Executive at The Robert Jones and Agnes Hunt Orthopaedic Hospital NHS Foundation Trust (RJA), brings with her a wealth of experience.

She said: "I have been here just over a month and am keen to raise awareness of all the good things that are happening in the Trust as well as looking to address the challenges that it is facing too.

"I have been involved in a lot of improvement work during my NHS career, and I also bring with me the experience of helping to take RJA from a 'requires improvement' CQC rating to 'good' over the last three years."

James said: "We all know the financial pressures facing the NHS as a whole and we at SaTH are no different. What I have seen is a real determination from our teams to make sure we are as efficient as we can be, without impacting on the care we provide to our patients and their families."

Other senior appointments in recent weeks include: Maggie Bailey and Rose



Top row, from left: Paula Clark (Interim Chief Executive), Bev Tabernacle (Interim Deputy Chief Executive), Dr Arne Rose (Medical Director).

Bottom row, from left: Barbara Beal (Interim Director of Nursing, Quality and Midwifery), James Drury (Interim Finance Director) and Dr Edwin Borman (Director of Clinical Effectiveness).

Goodwin as Associate Directors of Nursing, Rhia Boyode (Deputy Workforce Director), Obi Hasan (Financial Improvement Director), Janet Budd

(Sustainable Services Programme Director) and Sheila Adam, Improvement Director from NHSE/I.

Improving the way we deliver surgery

Plans to make surgery as safe as it can be have been unveiled at SaTH.

They include reducing interruptions in theatre, developing theatre team leaders and ensuring that key theatre procedures are given more priority.

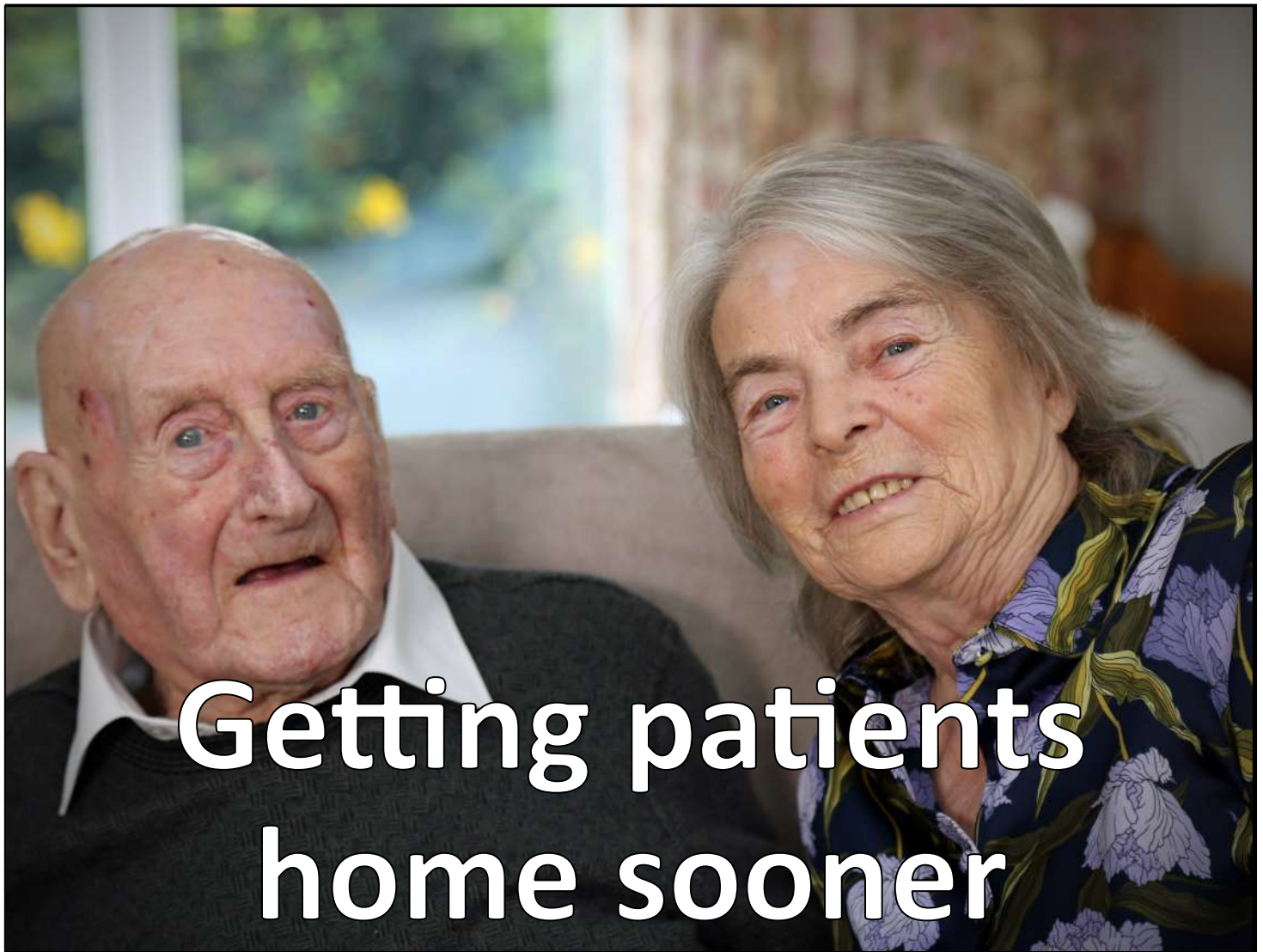
It follows an in-depth look by the Trust into the way the theatres operate.

The Trust wants to learn from recent Never Events – incidents that are preventable and which should not occur – and what could have caused them, to reduce the risk of them happening in future.

A theatres taskforce has spent the past few months considering all elements of life in the theatres including surgeons and other staff being interrupted during procedures, how surgical counts are dealt with and a host of 'human factors' which inevitably play a role with large teams working together delivering complex treatments.



The feedback and learning has been shared with theatre staff across SaTH and includes supporting and developing senior nurses and operating department practitioners in their roles as team leaders.



Getting patients home sooner

A new model of care has been launched at SaTH to improve outcomes and reduce the length of stay in hospital for patients undergoing hip and knee replacements.

It follows a successful year-long pilot of an Enhanced Recovery programme at the Princess Royal Hospital (PRH) in Telford for those having elective surgery for joint replacements.

This new approach aims to improve the patient's experience and recovery and halve the amount of time they spend in hospital by making them active in their own recovery, and helping to ensure that they are better prepared to manage when back at home.

The MSK (musculoskeletal) team at SaTH **(pictured)** is behind the launch of the project.

It involves a multidisciplinary team - including orthopaedic consultants, specialist nurses and therapists - working together to ensure a patient is discharged from hospital following their joint replacement as quickly and as safely as possible.

The aim is to reduce a patient's length of



stay in hospital from an average of 6.3 days to three days.

Under the programme, the new model of care has:

- A new orthopaedic ring-fenced bedded ward (Ward 8) at PRH dedicated to Enhanced Recovery for hip and knee replacement patients
- A new Joint School which will educate patients and prepare them for their surgery and rehabilitation at home. They, and their 'buddy' (a relative, carer or friend, will also be able to meet the team involved in their treatment

- New protocol written for anaesthetic pathways to aid recovery
- New booklet developed to guide patients through their pathway

Nigel Lee, Chief Operating Officer at SaTH, said: "This will be of great benefit to all of our patients who need hip and knee replacement surgery. Not only will it improve clinical outcomes, it will streamline and improve their experience at what can be a stressful time and enable them to get home, where they want to be, much quicker.

"This is a real success story for SaTH."

Introducing 'Taste for Pleasure'

Around 80% of hospital patients will have swallowing difficulties in the last 72 hours of life, so SaTH has introduced an alternative to 'nil by mouth' which improves both patient experience, and allows loved ones to be involved in their care.

'Taste for Pleasure' means that when receiving end of life mouth care, hospital staff can use the patient's favourite flavours to provide moisture. These flavours can be anything from blackcurrant squash and tea to prosecco and whiskey.

The Trust's End of Life Care, and Speech and Language Therapy teams are working to change the culture of 'nil by mouth' and are rolling out Taste For Pleasure RSH and PRH after Jules Lock, End of Life Care Lead Volunteer, came up with the idea while spending a week sitting with a patient.

Jules (pictured) said: "When it comes to end of life care there aren't really any rules, and those that there are are made to be broken.



"By introducing 'Taste for Pleasure' to a patient's routine, as well as aiding their hospital care we can open up a conversation about their life, what their favourite food and drink is, and can remind them and their loved ones of joyful past experiences.

"One memorable patient received their mouth care with prosecco while their family members joined them with a glass of fizz. What a wonderful way to remember your loved one!

"Where possible, ward staff can share patient mouth care with the family. Helping a loved one at the end of their life is so important and can allow family and friends to feel useful during a time in which they have little control."



Award for staff who went the extra mile to help a patient

Two members of staff at SaTH have been commended for the kindness they showed to a patient in his hour of need.

Sean Evans and Sam Kirk, who work in the Trust's IT department, received a call to help the patient who they initially thought was struggling to watch a video on his laptop computer.

It was only when they visited the patient that they learned he was trying to watch the funeral of his wife via the laptop as he was unable to attend – and which was due to start.

Sean said: "A call came in from one of the wards regarding a patient who was trying to view a video on his own personal device, but it wasn't working. We went to the ward to see the patient who said he was trying to view live footage from his wife's funeral. We knew straight away that we had to get this right for him.

"He had been trying to install something onto his laptop that would allow him to watch but it wouldn't work so we took it back to the IT office to see if we could fix it. It still wouldn't work, so we managed to locate and set up a Trust laptop for him –

however when we went back to the ward, we found that it wasn't working either.

"I was starting to worry about what we could do. When it got to two minutes before the funeral was due to start, I managed to set up my phone and I left it with him for the hour so he could watch it.

"It was a very humbling experience to be able to help him, and he was very emotional and grateful for our help. We did not want to let him down and it was a real team effort."

Giles Madin, Joint Acting Head of IT at SaTH, said: "Sean and Sam really put the Trust's values into practice to be able to help the patient, and both of them thoroughly deserve to be recognised for their efforts and determination."

Sean and Sam were each presented with a VIP (Values in Practice) Award by Trust Chair Ben Reid, who commended them for going the extra mile to help the patient.



VIP AWARDS
VALUES IN PRACTICE

Ward area transformed into town square



Ward staff and dementia specialists at the Royal Shrewsbury Hospital joined forces to transform an uninspiring day room into a town square complete with a café, newsagent and views of St Chad's Church.

The 'Shrewsbury Scene' has been created in a space on Ward 21. The makeover has been completed with scenic wallpaper, murals and multi-functional areas, bringing colour, stimulation and entertainment for patients staying in the hospital.

In one corner of the room, a 'newsagents' has been created with up-to-date magazines as well as old newspapers and publications for patients to read.

A tea shop, named Sereni Tea, has tables, seating and drinks machines,



providing an area for patients to relax with their families, friends or carers and to eat and have drinks. Comfortable armchairs and a television will allow people to relax away from their beds.

Karen Breese, Dementia Clinical Specialist, said: "We're always working to improve care for people in our hospitals living with dementia, and we are proud to have created a space that get patients up and moving around and



that will help with their mental wellbeing and physical recovery."

Jude Evans, Ward 21 Clerk, added: "As well as improving the environment for our patients, the transformation of our discharge area into Shrewsbury Scene is about engaging carers and supporting people to have a better experience.

"Work will continue over the summer as the garden is given a makeover."

Team shortlisted for national award

A team at SaTH was shortlisted for a national award after making financial savings of nearly £2million.

The Procurement team made the final nine in the Health Service Journal's Financial or Procurement Initiative of the Year.

They were nominated for their 'Lean Methodology Journey' – which saw them making savings of £1.8million in the 2017/18 financial year.

The savings were achieved by using 'lean methodology' from the Trust's Transforming Care Production System – created as part of the partnership with the Virginia Mason Institute in Seattle, the USA's Hospital of the Decade.

The team introduced new and improved methods of working, which has helped them to remove unnecessary jobs and reduce the value of stock held in store rooms, all of which has significantly cut down on wastage and transport costs.

The products that the Trust orders for its hospitals are also now in a catalogue meaning far fewer mistakes, and enabling clinicians to spend more time with patients instead of ordering stock for their wards and departments.

Paula Davies, Head of Procurement, said: "To be recognised in this way for the work we have done is absolutely fantastic.



"As a result of this improvement journey we have saved a significant amount of money which can be put into improving patient care instead. That was an incredible achievement in itself; but to be shortlisted for a national award is the icing on the cake."

Julia Clarke, Director of Corporate Governance at SaTH, said: "Paula and her

team have made a considerable difference to our organisation and I am very proud of all their hard work.

"They have been able to use new, lean methods to completely transform the way their team operates – and as a result they have delivered huge savings, which will be of enormous benefit to our patients and staff."

Health Secretary visits PRH

Health Secretary Matt Hancock said he had seen a real determination to improve Shropshire's two acute hospitals.

Mr Hancock toured parts of PRH in March and took the chance to speak to hospital leaders about plans to reconfigure PRH and RSH under the NHS Future Fit plans.

Mr Hancock said he recognised that SaTH was facing challenges but said he could "absolutely see" the determination of everybody working in the Trust to turn things around.

He said: "We are putting over £300 million into this hospital trust and I want to make sure that this money is well spent. These decisions are best made locally by clinicians working with patients and listening to everybody.

"I can absolutely see the determination of the team locally and everybody working in the hospitals to make sure that the hospitals are turned around and are there for the people of Telford and Shropshire over the long-term."





SaTH has become one of the first in the country to have new registered Nursing Associates.

Julie Deans, Karley Hall, Elaine Powell, Amy Speake and Karla Vaughan all recently qualified as Nursing Associates.

SaTH has been involved in national pilot project to develop the role of the Nursing Associate, which began in January 2017 in partnership with the University of Wolverhampton.

The Nursing Associate is a new standalone

generic nursing role in England which bridges the gap between healthcare support workers and registered nurses to deliver hands-on, person-centred care.

They are members of the nursing “family” who gain a Nursing Associate Foundation Degree awarded by the Nursing and Midwifery Council (NMC).

The role has been introduced to help build the capacity of the nursing workforce and the delivery of high-quality care, while supporting nurses and wider

multidisciplinary teams to focus on more complex clinical duties.

During a two-year programme, SaTH’s Nursing Associates gained experience in a number of different clinical areas and settings which provided them with a wide range of skills, knowledge, and experience to support them in their roles as qualified registrants.

The Trust has subsequently recruited an additional 43 of its own HCAs to undertake the Nursing Associate programme.

Trust joins 100K Club

Our Trust has saved more than £100,000 by recycling surplus hospital equipment and furniture.

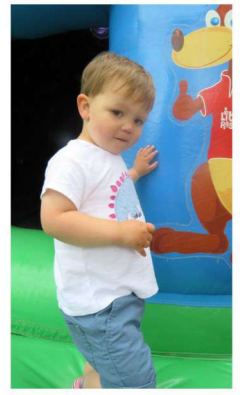
SaTH has been using Warp-It to re-use surplus items – from paper clips and filing trays to cabinets, desks and chairs – instead of sending them to landfill.

The Trust recently won a prestigious international environmental award for their work with Warp-It and has now been presented with a certificate for joining the organisation’s £100K Club.

The £100,000 landmark was achieved when 23 patient chairs were found in a basement storage area and relocated to the different departments within PRH and RSH.

More recently, the Trust’s catering team bagged a haul of kitchen equipment valued at £5,000, including fridge freezers, steamers and cookers from another NHS Trust.





Charity Fun Day





a 'huge success'

Our Charity Fun Day was a great success—thank you to everyone who supported the event.

The fun day, which was preceded by a 5km fun run, raised money for SaTH Charity's Living Well With Dementia Fund and the end of life care Swan Fund.

Staff and patients at RSH and PRH who couldn't make it to the fun day were not forgotten either.

The Rapid Relief Team, who ran the barbecue at the fun day, donated food for staff working in A&E, while refreshment stand The Watering Hole took drinks to staff and patients on the wards.



Staff members Lottie Barker and Lizzie Harper even used their break to

take drinks to their patients on the Surgical Assessment Ward.

At PRH, tea and coffee was laid on for staff who were working and therefore could not attend the event.

Julia Clarke, Director of Corporate Governance at SaTH, said: "Our fun day was yet again a fabulous occasion with hundreds of people enjoying all of the attractions on offer.

"I would like to say a big thank you to all the businesses and individuals who donated their time or goods to the fun day to help us make as much money for our charity as possible, and to the 150 runners who took part in the fun run on what was, despite the cloud, another very warm day.

"We do not have a final total yet, but the

money raised will do a tremendous amount to help patients and families in our hospitals."

Karen Breese, Dementia Nurse Specialist at the Trust said: "The money raised from this event can help us do even more work to help patients with dementia, as well as their loved ones and their carers. We have come a long way in this area in a very short time, but there is always more we can do."

Jules Lewis, End of Life Care Facilitator at SaTH, added: "I want to thank everyone who came to the fun day, took part in the fun run, helped organised the event or who donated to it. This has been a real team and community effort and it just shows what high regard the public hold our hospitals in. All the money raised will go to improve patient experience."

Our commitment to sustainable leadership

As sustainability leaders, we aim to pioneer new solutions while developing our services responsibly.

In 2018 we won an International Green Apple Environmental Award for Environmental Best Practice for our work using Warp-it, a national online re-distribution network which aims to reduce waste.

Instead of going to landfill or spending unnecessarily on new items, hospital staff have been using Warp-it to seek and provide a new home for surplus items - from paper clips and filing trays to cabinets, desks and chairs, saving the Trust £80,000.

Key achievements

Energy

- 5.3% reduction in emissions since 2008 (despite increased footprint)
- 7% reduction in energy—reducing



CO2 emissions by 1,112 tonnes

- Produce low-carbon electric at our sites using Combined Heat and Power plant
- LED replacement scheme 75% complete

Travel and transport

- 1.5% reduction in demand for staff parking, reducing CO2 emissions by around 300 tonnes per annum
- Liftshare – 300+ members
- Online parking permit system launched together with one-mile exclusion zone for parking permits
- Active travel - cycle salary sacrifice scheme runs year round. Bespoke travel planning service for staff
- Working with local authorities to improve access and transport infrastructure



- Staff discounts for public transport, better access
- Development of video conferencing infrastructure

Reuse

- Warp-it (re-using unwanted equipment) system now has over 600 SaTH users
- Reducing CO2 emissions at rate of 1 tonne per month
- Total savings of £80,000
- Successful partnerships established with public sector partners such as Ministry of Justice



Carbon reduction

We participate in the national CRC Energy Efficiency Scheme (formerly known as the “Carbon Reduction Commitment”). This is a levy for each tonne of CO2 emitted by the organisation.

Nurse swims the length of River Severn

Melissa Compton battled illness, low tides and horrendous weather conditions but has now finished her challenge of swimming the River Severn.

Melissa took on the 220-mile swim to raise money for Versus Arthritis, a charity which funded stem cell treatment for her damaged knee. She has raised more than £2,500.

The intensive care nurse at RSH began the swim in Wales in early June and finished in the Bristol Channel on Monday.

Nearing the end she was forced to postpone finishing the charity swim after low tides prevented her from

completing the length of the river before she had to go back to work.

She was also hospitalised with a sickness bug after “swallowing raw sewage” and had to suspend the challenge for a while when flood waters caused exhaustion and hypothermia.

After completing the swim at Severn Beach she posted a selfie on her Facebook page with the caption: “Only gone and done it”.

She said: “We’ve had flooding, I’ve been poorly, and then I ended up on a really low tide.

“It’s taken its toll, but it’s okay,” she said, adding that it was “a relief” to finish.





Friends of PRH donate equipment to Falls Prevention team

The Friends of PRH in Telford have donated equipment to the hospital's Falls Prevention Team.

New chairs, parallel bars and a collection of weights were presented to the team, based in the Paul Brown Building at PRH, to help improve the quality of the exercise classes they hold for patients who have fallen, are at risk of a fall or are frightened of falling.

Sister Trish McLoughlin said: "The new equipment will make such a difference to patients. We are extremely thankful to the Friends of PRH."

"The new chairs make it much easier for people to get in and out of, while the parallel bars will offer support for those who need it during exercise classes. We also have new arms and leg weight to help people build up strength."

The team runs eight exercise groups a week and last year helped more than 700 people.



Youngsters scrub up well for Young People's Academy

A group of young people have attended an academy at SaTH that provides an in-depth look at the work carried out by doctors, nurses and other healthcare professionals.

The Young People's Academy includes behind-the-scenes tours and youngsters chose to visit Pathology and Medical Records at PRH and Theatres and Pathology at RSH.

Members of staff also delivered sessions to the aspiring healthcare professionals throughout the day on topics such as the NHS, career opportunities and basic life support skills.

Charis Aspin, who attended a tour of a surgical theatre at RSH, said: "It was interesting and thought-provoking, and has cemented my desire to go to medical school."

Kate Ballinger, Community Engagement Facilitator at SaTH, said: "We're the only Trust

in the country to offer Academies, and the Young People's Academy gives young people a unique opportunity to get a better understanding of the NHS and their local hospitals.

"We hope that this will not only encourage young people to consider careers in the NHS, but will help to attract them to work at our Trust. It also provides valuable experience and evidence for job and university applications."

The next Young People's Academy will take place on Monday 22 July, from 9am until 5pm, at PRH, and Wednesday 24 July, from 9am until 5pm, at RSH.

To register for a place on the Young People's Academy or the People's Academy, please complete an online form at www.sath.nhs.uk/working-with-us/academy

Award-winning Academy

SaTH has been crowned the winner of the 2019 Engagement Award from engagement specialists MES.

The award recognised our People's Academy and Young People's Academy, which were set up last year to help people gain an insight into the NHS and how it works locally.

The People's Academy involves attending four sessions over four weeks, and includes presentations, behind the scenes visits, demonstrations and activities.



■ Hannah Roy (left) and Kate Ballinger (right), of SaTH's Engagement Team, with Eddie 'The Eagle' Edwards at the awards ceremony.

Ten-star treatment

If we could give you 10 stars we would. We need to say a massive thank you to everyone in the Women and Children's Centre.

In Triage and the Delivery Suite, there isn't a word that is enough to describe the care, from the start of my labour to the end and beyond. I don't know where I would be today if it wasn't for the professional, kind and calm manner of these ladies. Not only with me but their support to my husband too.

I can't say enough to thank them all. The facilities were amazing and everything we could have wanted or needed



was right there. I was moved to the Wrekin MLU, after delivery and the compassion and care shown by the staff that I had dealings with was brilliant.

Alexandra Beesley

Kind and efficient

My husband was admitted onto the Surgical Assessment Unit. His problem was diagnosed and treated and he came out the next morning. He said everyone, no matter who they were or what job they were

doing, was kind and efficient, that they worked as a team to get him well. Thank you to ALL of you.

Cathy Greg Howard

Surgeons 'saved life'

I was transferred to The Royal Shrewsbury after being very unwell. Within one hour of arriving I was in a CT scanner with bloods taken. Straight away I was put on three different antibiotics and the next day operated on. I believe the surgeons saved my life. Not only were the surgeons and doctors fantastic, but so were all the nurses and health care professionals.

Kerry Jay-Evans



Editor's top picks from social media

My husband went in as a day patient and can't praise the staff enough. Big thanks to all involved in his operation and aftercare—Ruth Turner, via Facebook

Thank you for looking after my not so little boy again today. Yet another minor incident. You were VERY busy but we were seen swiftly.. with great care—Name withheld, via Twitter

From start to discharge nine days later everyone was fantastic. Thank you to all involved in my daughter's care—Name withheld, via Facebook

Very pleased, as a civvy, to have my broken ankle treated so professionally and compassionately by NHS staff from @sathNHS—Jono Kimber, via Twitter

Can't thank A&E staff enough for looking after my seven-year-old daughter last night with a bad bout of croup. The speed at which we were seen and the kindness shown was second to none. Excellent staff on the Children's Assessment Unit and Ward also. All so kind and hard working. Thank you all so much—Name withheld, via Facebook



Specialists at SaTH have carried out their 1,000th procedure to release tongue-tie in babies, to help improve breastfeeding.

Midwife-led Tongue-tie release the Trust for three years and the 1,000th procedure was carried in May.

Tongue-tie is where the strip of skin connecting the baby's tongue to the floor of their mouth is shorter than usual. In some babies, this does not cause any problems, but in others, it can restrict the tongue's movement, making it harder to breastfeed.

Tongue-tie can also sometimes cause

problems for a breastfeeding mother. Problems can include sore or cracked nipples, low milk supply or mastitis (inflammation of the breast).

The recipient of the 1,000th tongue-tie release was 13-day-old William Turrell from Welshpool, Powys, with his parents Alina and Alexander.

Emma said: "It is incredible to think that, in three years, we have carried out 1,000 procedures. We offer women in Shropshire, Telford & Wrekin and mid Wales a very timely, professional service."

William is the 1,000th recipient of tongue-tie procedure



Improved working and living conditions for our doctors

The first four houses being renovated in a bid to attract doctors to PRH have been completed.

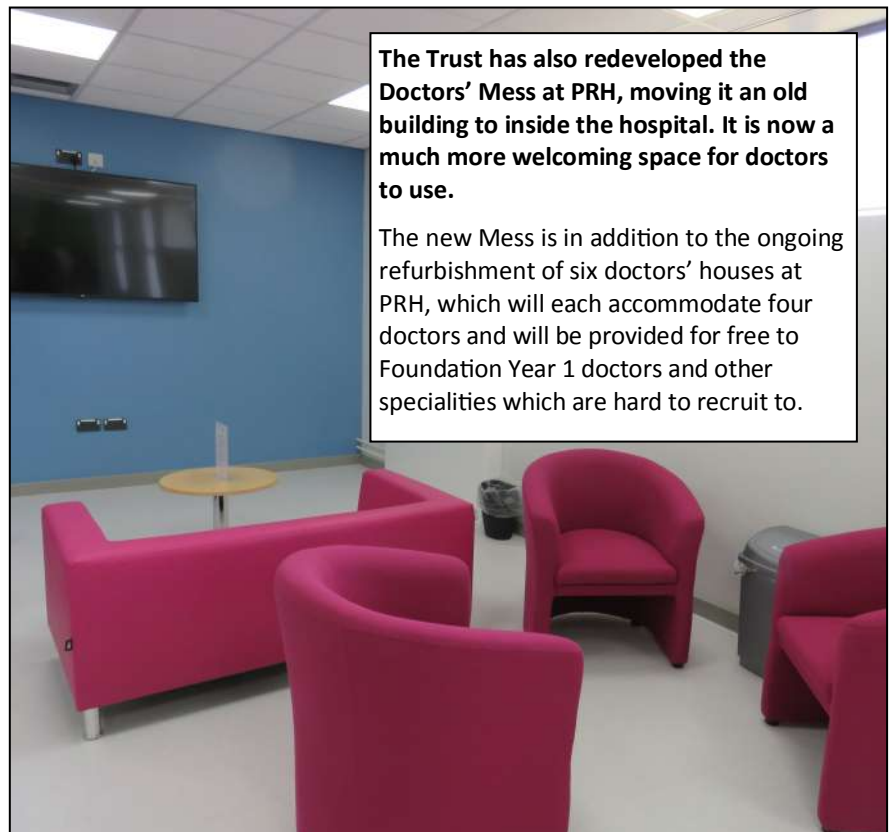
The project, spearheaded by Telford & Wrekin Council, has seen individuals, businesses, town and parish councils and community groups donate time and money to the cause.

The houses are offered to Junior Doctors free of charge – a first for any Hospital Trust in the UK.

Ben Reid, Chair of SaTH said: "This represents an incredible showing of support for this hospital and its community.

"I want to thank everyone who has been involved. This hospital belongs to the people of Telford & Wrekin; it's what they talk about and what they rely upon and everyone in this community has done an outstanding job to ensure we attract the brightest people to come and work here."

Dr Jenni Rowlands, Director of Post Graduate Education at SaTH, said: "The refurbished doctors' houses are absolutely fantastic. We look forward to attracting the brightest junior doctors to the Trust."



The Trust has also redeveloped the Doctors' Mess at PRH, moving it an old building to inside the hospital. It is now a much more welcoming space for doctors to use.

The new Mess is in addition to the ongoing refurbishment of six doctors' houses at PRH, which will each accommodate four doctors and will be provided for free to Foundation Year 1 doctors and other specialities which are hard to recruit to.



New patient monitors thanks to League of Friends donation

RSH has taken delivery of new patient monitors – thanks to the fantastic fundraising efforts of the League of Friends of RSH.

More than £6,000 has been donated to the RSH by members of the Berrington and Whitchurch League of Friends to buy three new monitors.

Nigel Watkinson, Medical Engineering Services Manager at SaTH, said: "The monitors allow frontline nursing staff to carry out swift, reliable and accurate measurement of patient vital signs.

"Nursing staff have welcomed these additional devices and describe them as helping with early identification and management of patient condition."



Nurses League still going strong

More than 100 nurses past and present got together for their annual reunion in Shropshire in June.

They are members of The Royal Shrewsbury Hospital Nurses League, many of whom have friendships stretching over 60 years.

For more information about The Royal Shrewsbury Hospital Nurses League and becoming a member, contact Brian Bennett, Chairman, on **(01743) 860452**.

Maternity Movement Bracelets launched

A new Maternity Movement Bracelet has been launched to help pregnant women track the movements of their unborn baby.

Funded and supported by The Local Maternity System (LMS) in Shropshire and Telford & Wrekin, the Maternity Movement Bracelet will be given to expectant mums at 24 weeks of pregnancy under the care of SaTH.

The Maternity Movement Bracelet has 14 beads with a Tiger Eye bead, known for releasing fear and anxiety, to mark the start of the day. Expectant mums then simply move a small hoop around each bead on the bracelet when an episode of movement is experienced. By doing this they should find it easier to notice their baby's pattern of movement and understand when to expect to feel movement.

The Maternity Movement Bracelet was developed by Louise Macleod (**pictured**) who also works for the LMS. Louise said: "I came up with the idea of the bracelet when I was pregnant but couldn't find anything to help me monitor my baby's movements.

"I created a beaded bracelet using craft supplies and wore it from 25 weeks onwards. I found it particularly reassuring on busy days when I couldn't concentrate on my baby's movements as I normally would, and it helped me notice patterns of

movement I don't think I would have otherwise have found.

"Once my son arrived and I was breastfeeding, I used the bracelet to remind me which side I needed to feed on next by swapping it from wrist to wrist, and it was great at the beginning to help me monitor how many times he had fed each day."

Anthea Gregory-Page, Deputy Head of Midwifery at SaTH, said: "By using the



bracelet we hope that any changes to a baby's movements will be noticed at the earliest opportunity and encourage expectant mothers to contact their midwife if they have any concerns. The bracelet comes with instructions on how to use it and information on who to contact should any changes or reduced movement be experienced."

Fiona Ellis, Programme Manager for Shropshire and

Telford & Wrekin LMS said: "The aim of the Maternity Movement Bracelet is to encourage women to monitor their baby's movements and know what to do if they are worried. Feeling your baby move is a sign they are well, so it is really important if you notice your baby isn't moving as much as usual or there has been a change in the movement patterns that you call 01952 565948/01952 565712 immediately."

To find out more about the Maternity Movement Bracelet, please contact louise.macleod5@nhs.net or speak to your midwife.

SaTH goes red to raise awareness of Sepsis

On Friday 19 July SaTH joined with the UK Sepsis Trust to mark the organisation's Wear Red for Sepsis Day.

Across the Trust, scores of staff donned an item of red clothing to help raise awareness of Sepsis.

There are around 250,000 cases of sepsis a year in the UK according to the UK Sepsis Trust. At least 46,000 people die every year as a result of the condition.

Sepsis is a serious complication of an infection. Without quick treatment, Sepsis can lead to multiple organ failure and death.

Anyone can develop sepsis after an injury or minor infection, although some people are more at risk of Sepsis.

This includes:

- Babies and elderly people
- People who are frail or have a weakened immune system
- People who have recently had surgery or a serious illness

SaTH has recently appointed its first Sepsis Nurse Practitioner to strengthen and implement the advancements that have already been made in Sepsis care.

Angela Windsor, who has taken on the role following her work at the Trust as a Resuscitation Officer, will facilitate a push forward in the way we detect and treat Sepsis and will ensure that this work is sustainable. She will also focus on the screening and treatment of Sepsis patients as well as providing education and training to staff.

As part of the day, prizes were given out for the best-dressed teams, individuals and best-decorated displays with prizes including a family day pass to Attingham Park, a meal for two at Nandos, a coffee machine with coffee pods, a family day pass to Powis Castle and a year's supply of Tigg's Smokin' Tomato and Chilli Sauce.



Fundraising target smashed

The Lingen Davies Cancer Fund has raised £1.25 million to celebrate its 40th Anniversary.

The target has been reached thanks to the exceptional support of local people, organisations and businesses.

Funds raised for the appeal will be used to support projects promoting cancer prevention and early diagnosis, excellent treatment delivered locally, and living well with and beyond cancer.

These include diagnostic equipment, wellbeing programmes, and the first ever Lingen Davies Oncology Nurse Specialists, who support patients throughout their treatment.

For more information about Lingen Davies Cancer Fund please visit www.lingendavies.co.uk



Cancer patients to benefit from complementary therapies

Cancer patients using SaTH's Hamar Centre will continue to benefit from complementary therapies after the Lingen Davies Fund and the Severn Hospice came together to jointly fund the service for another year.

The Hamar Centre provides counselling and support services to those with a cancer diagnosis, and its introduction of complementary therapies for patients has been very well used, with overwhelmingly positive feedback from patients. Complementary therapies offered to patients include: Reflexology, Aromatherapy, Massage and relaxation techniques.

Sue Williams, Severn Hospice's complementary therapist, said: "This is a wonderful contribution from the Lingen Davies Fund that will mean so much to people living with cancer."

Holly raises funds for SaTH Charity

Holly Bebb took a leap into the unknown by jumping out of an aeroplane at 10,000 feet to raise funds for SaTH Charity's dementia appeal.



By taking on a tandem skydive Holly, who works at RSH as a SaTH2Home Discharge Tracker, raised over £500 to assist with the creation of dementia-friendly spaces.

Holly (pictured) hopes the money will also buy equipment and resources that will help to reduce confusion, anxiety and distress for patients who have dementia.

For more information about SaTH Charity and to find out ways you can donate or raise funds, please visit www.sath.nhs.uk/charity



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