



## Members' mail – October 2018

### Welcome from Peter Hollins, chair at UHS

In March we waved farewell to our chief executive Fiona Dalton who went off to an exciting new life running a hospital group in Vancouver, leaving behind a terrific legacy. David French, chief financial officer, agreed to take on the role of interim chief executive until UHS was able to make a permanent appointment. I would like to take this opportunity to thank David for the excellent job he did.

Paula Head joined us on 1 September from the Royal Surrey Hospital in Guildford where she was also chief executive. She has very wide experience of the NHS and I am certain that we have made an outstanding appointment.

We have also seen some new arrivals as several former governors reached the end of their terms over the summer. I'd like to thank Tina Baker, John Haydon and Richard Goldsmith for all they have done during their terms within the Trust.

I would also like to welcome our new governors:

- Edward Osmond representing Southampton City
- Jade Young elected into New Forest, Eastleigh and Test Valley
- Colin Bulpett and Ian Ward both representing Rest of England

Most have now had their induction and already attended their first Council of Governors meeting.

It's that challenging time of year again when the Trust is preparing for winter. Demand for our services has continued to rise even over the summer and we are still having difficulty recruiting nurses. Our vacancy level remains a good deal higher than we would wish.

Despite all of that, we have the most amazingly dedicated staff and I know that they will continue to give their all in ensuring our patients receive the best possible care.

## **Community engagement event: your invitation**

For the November members' evening we have decided to try something a little bit different and are delighted that Southampton City CCG has agreed to let us be a part of its annual community engagement event.

This event still takes place on 20 November and is free to attend, but instead of being at Southampton General Hospital will be at The Spark, Solent University, East Park Terrace, Southampton, SO14 0YN.

The event runs as follows:

4.30 to 5.30: Exhibition, registration and light refreshments

5.30 to 8.30 Introduction and talks/workshops

The theme of the event is working together with Southampton's communities to plan for health and care over the next five years, where they will be reflecting on recent innovations and how we achieve the changes we need in the next five years.

The talks section of the evening will feature some of our clinicians talking about our work including the enhanced dementia care unit at Southampton General Hospital. The evening is a great opportunity to find out more about healthcare provision across the city.

You must register to attend this event. To book your free space, email [SOCCG.communications@nhs.net](mailto:SOCCG.communications@nhs.net) or call 023 8029 6038.

For further information please see the event [Facebook page](#).

## **Simulated patient programme: your chance to get involved**

As part of our training of health care professionals, we require people to act as patients and their relatives when we are unable to use real patients.

Simulated patients, often members of the public or other staff, act out a medical situation, following guidelines in how to respond to the trainees. Simulated patients are used for communication and physical training, as well as examining students in these skills.

We are looking for volunteers from across the local community to sign up as simulated patients. This includes those from different ethnic groups, individuals with disabilities and those with existing medical conditions. Our simulated patients also represent individuals with a variety of sexual orientations and patients where English is not their first language.

In some cases, simulated patients who are looking after young children can also bring them along. If you would like to get involved, please [visit our website](#) for more information.

## Are you eligible for a free flu vaccination?

Did you know that Flu kills an average of 8,000 people every year? The free flu vaccination is offered to those who are at increased risk from the effects of flu. These include people aged 65 and over, pregnant women, those with underlying health conditions and children (aged 2-9). In order to help our staff stay well this winter and protect our patients, we are offering all UHS staff the flu vaccine free of charge.

You can get your flu vaccination from your GP or pharmacy to protect yourself this winter and it is best to get it done before the end of November. If you do feel unwell and think you have flu, stay home and rest until you feel better. Call NHS 111 if you have an underlying health condition or feel really unwell.

Aside from having your vaccine, the best way to prevent the spread of flu is to practice good hand hygiene. Catch coughs and sneezes in a tissue, throw the tissue away and wash your hands.

If you are unwell or have had diarrhoea or vomiting in the last 48 hours, please don't visit patients in hospital. This also applies if you have an infection or cold.

Visit the [NHS website](#) for more information.

## Contact your governors

Did you know that as a member you are encouraged to share your views, ideas and experiences of UHS with your local governors? We have four constituencies: Southampton City; New Forest, Eastleigh and Test Valley; Isle of Wight; and Rest of England and Wales – all of which have governors who represent you.

If you'd like to find out who your local governors are then please click this link.

If you would like to contact your local governor(s), you can do so by emailing [UHSgovernor@uhs.nhs.uk](mailto:UHSgovernor@uhs.nhs.uk)

## News from your Trust

We're a busy Trust with lots happening every day. To read about our latest news items and articles, please use the links below:

- Pioneering vulnerable adult support team wins national nursing award: [read more](#)
- Eye expert warns of dangers of 'spooky' cosmetic lenses: [read more](#)
- Hospital trust media specialist wins south of England health award: [read more](#)
- Hampshire college students participate in landmark meningitis vaccine study: [read more](#)
- Hospital's innovative 'surgery school' transforming fitness of patients: [read more](#)
- Hospital trust to share digital innovations with NHS leaders: [read more](#)

- Researchers set to pinpoint when lung health declines in younger smokers:  
[read more](#)

To see and read more of our news, please [visit our website](#), follow us on [Twitter](#) or find us on [Facebook](#).

### **Dates for your diary**

The next **Trust Board** will be held on **29 November 2018** from 9 to 11am in the Heartbeat Education Centre conference room, F level, North Wing, Southampton General Hospital. Members of the public are welcome to observe.

The next **Council of Governors meeting** will be held on **24 January 2019** from 4.30 to 6.30pm in the Heartbeat Education Centre conference room, F level, North Wing, Southampton General Hospital. Members are welcome to observe.

We hope you've enjoyed reading our newsletter but if you'd like to unsubscribe or would like to share any feedback with us, please email [UHSmember@uhs.nhs.uk](mailto:UHSmember@uhs.nhs.uk)