

WorcestershireWay

For patients, staff, visitors and volunteers

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Former investment banker starts dream job as a midwife



Claire holding baby Erin who was born seven weeks prematurely in the Neonatal Intensive Care Unit.

A former investment banker has started a new career in the Neonatal Intensive Care Unit at Worcestershire Royal Hospital after finally fulfilling her childhood ambition to train as a midwife at the age of 61.

Claire Slater, from Redditch, recently started her dream job in the Neonatal Intensive Care Unit (NICU) after completing her midwife training at the University of Worcester last summer.

"I had always wanted to be a midwife. Ever since I was 10 years old I'd always dreamed of doing it as a career – but life had got in the way", said Claire.

It was not the first time Claire had worked in Worcestershire's hospitals; Claire began her working life as an auxiliary nurse in a surgical ward and A&E at the Alexandra Hospital in Redditch, before becoming a radiography technician at the same hospital.

"I left these roles to have my children, which then led me down a different path", explained Claire.

As her children grew older, Claire worked as a primary school teacher for several years before being headhunted to work in the banking sector. A successful career in investment banking in the City of London followed, including a spell as a regional director of a large multi-national company.

"I was approached to join an investment banking company, and after taking my exams I ended up joining Barclays Wealth in Canary Wharf. I then had some time at Lloyds before moving to Standard Life as a Regional Director through the 90s and into the early 00s", said Claire.

After a period of illness, Claire reevaluated her life and career options and decided it was time to do what she had always dreamed of doing.

"I wanted to train for a while but we couldn't afford to give up my earning to go through training. It was a busy time for us with our children all needing to be supported through university and getting married. It was after our fourth child's wedding that my husband said to me, 'right, what is it you'd most love to do', and that's when I said, 'well I've always wanted to be a midwife'", Claire explained.

Claire was accepted onto a midwifery course at the University of Worcester,

which involved training placements at Worcestershire Royal Hospital, and it was on one of these placements where she decided exactly where she wanted to end up.

"On my training course I did a placement on NICU and I absolutely fell in love with it. I love babies and their mums as well. But I think that mum and baby relationship and bond is massively important. I feel that I get to experience the most of that special bond and see more of the baby growing on the Neonatal Unit", added Claire.

Since starting in NICU there hasn't been a day of work that I haven't loved.

Completing her midwife training course in August, Claire applied for a position in the Neonatal Unit which accepted her to join the team. Despite the stage of her working life, Claire is determined that this is only the beginning of a new chapter for her.

"Some people have been surprised to see me join, especially being newly-trained at my age. People have said to me 'why are you doing this? Why don't you just retire?', but I'd like to work for as long as I'm able to. I really love it here, I'm not just in this for the short-term, I actually want to do some more training", said Claire.

Claire added that since starting in NICU there "hasn't been a day of work that I haven't loved".

She advised others in a similar situation who still wish to get into the career that "no matter your age, just do it! If you've got the energy and the enthusiasm to do it, why wouldn't you? Sometimes it's just about waiting for the right moment, and it's meant more to me by having to wait longer, but it's been worth the wait".

Welcome

More beds easing pressures



Matthew Hopkins, Chief Executive of Worcestershire Acute Hospitals NHS Trust

Welcome to the latest edition of Worcestershire Way.

I joined the Trust as Chief Executive just a few weeks ago, in the middle of January. I would like to start by saying a big thank you for the warm welcome I have received, particularly from the staff I have met so far.

Across our Trust we are fortunate to have many hard working and dedicated staff delivering excellent patient care, often in very challenging circumstances.

My priorities will come as no surprise to anyone who has followed the fortunes of our hospitals over recent years.

First and foremost we need to remain absolutely focused on the safety and quality of care we provide for our patients, building on the progress that has already been made.

Pressure on our urgent care services continues to be a concern. The opening of the new link bridge and the first refurbished ward in the Aconbury block at Worcestershire Royal was a really positive development.

The additional capacity we now have will help us to reduce waiting times in our Emergency Department, speed up ambulance handovers and ease the pressure on our staff.

The opening of additional beds at the Alexandra Hospital has also further increased our capacity – and that is very welcome at a time when our staff and our partner organisations are managing all the extra challenges that winter brings for the NHS.

Other issues we need to really get to grips with include making sure we can attract, and keep, the right staff and put in place a plan for our clinical services that helps us to best meet the healthcare needs of local people now and in the future.

And we have to demonstrate that we can live within our means and deliver good value.

There is much to do but I believe that there are many reasons to be hopeful about a better future for our hospitals.



A total of 84 new beds have been opened in recent weeks including two new wards - one at the Alexandra Hospital (left) and one at Worcestershire Royal Hospital (right).

Two new wards have been opened across the county, helping to reduce some of the pressures in our Emergency Departments by improving patient flow.

Avon 5, a new 28-bed ward in Aconbury East at Worcestershire Royal Hospital, opened in January, and is providing care for acute medical patients. It is joined to the main hospital building by a £3 million link bridge which was opened at the same time. The bridge allows patients to be transferred between the buildings more quickly and easily.

A 19-bed ward at the Alexandra Hospital opened in February, and is providing care for patients who are medically fit for

discharge and are awaiting further care in the community or at home.

Both developments form part of wider winter plans which have seen a total of 84 additional beds opened since the new year.

Paul Brennan, Chief Operating Officer at the Trust, said: "I would like to say a huge thank you to all staff who have been involved in the development of both the bridge and the wards in the past weeks and months. These important developments form part of a comprehensive Winter Plan which will see more beds in place to help improve patient flow through our hospitals and, in turn, patient experience."

"Demand on our hospitals continues to be exceptionally high and staff across our hospitals are working very hard to provide the safest care they can for patients in the face of continuing pressure on beds.

"We would like to reassure patients that we are continuing to work closely with our partners across the health and care system to manage these pressures."

Local people can play their part in reducing demand by following advice on choosing their health services wisely.

For more information visit www.worcestershire.nhs.uk/winter/

Don't wait for it to get worse, ask your pharmacy team first.

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We're healthcare experts who can give you clinical advice about all sorts of illnesses, right there and then.

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nhs.uk/pharmacyadvice

HELP US HELP YOU

BEFORE IT GETS WORSE

Named midwife for women

A new model of care which aims to ensure that more mums-to-be see their named midwife, or a midwife from a small team, right through their pregnancy journey has been launched at Worcestershire Royal Hospital.

Trust midwives currently offer the majority of routine antenatal care with named midwives, however women in labour rarely know the midwife providing care during labour and birth.

The new Continuity of Carer model means that women will have continuity of the person looking after them during their maternity journey, before, during and after the birth. This continuity of carer and relationship between care giver and receiver has been proven to lead to better

outcomes and safety for woman and babies, as well as offering a more positive and personal experience.

The initial pilot, which has been running in the Meadow Birth Centre since January, has offered the opportunity for a proportion of the county's women to benefit from Continuity of Carer. At the end of February two further continuity of carer caseloading teams were also launched. The Midwives will book the women and care for them throughout their journey through our maternity unit and homebirths and continue care into the postnatal period. There are plans to further roll out this model across the county over the next two years.

Caitlin Wilson, Consultant Midwife and lead for the Continuity of Carer work, said:

"Continuity of Carer forms a key part of Better Births - the report of the National Maternity Review - which set out a vision for maternity services in England which are safe and personalised; that put the needs of the women, her baby and family at the heart of care; with staff who are supported to deliver high quality care which is continuously improving."

"We've listened and learned to what our local mums have been telling us and I'm really proud of the teams rolling this out in the Trust. The launch of the new model has been the result of a lot of hard work from maternity staff and we're really looking forward to hearing the feedback from the first mums who are cared for as part of this new model."



Mums praise maternity care in latest survey

Women having babies at Worcestershire Royal Hospital have rated aspects of their maternity care among the best in the country, according to a new survey.

Women were asked a range of questions about the care they received before, during and after birth in the Maternity Inpatient survey carried out by the Care Quality Commission in February 2018.

Worcestershire Acute Hospitals NHS Trust rated well against other maternity

services in all aspects of care, and showed improvement from the 2017 survey results in 13 of the 19 questions asked.

Maternity staff in the Delivery Suite and Meadow Birth Centre at Worcestershire Royal Hospital helped to deliver 5200 births over the last year.

The full results can be found at www.cqc.org.uk/publications/surveys/maternity-services-survey-2018

Mini Tesla cars donated for children to drive to surgery

Children on Riverbank Ward at Worcestershire Royal Hospital now have a fun and relaxing way to travel to their surgery after a donation of two mini Tesla electric cars to the ward.

Youngsters going to surgery from the Children's Ward at Worcester and from the Children's Clinic at Kidderminster Hospital, can now DRIVE to their operating theatre, thanks to the kind donation by the UK Tesla Owners Group.

The owners' group - backed by Tesla founder, Elon Musk - have fundraised to give these miniature Tesla Model S electric cars to the ward, which were donated by group member and Palliative Care Consultant at the Trust, Dr Mandeep Uppal.

Each car is worth £600, has forward and reverse gears, working headlights and is fully rechargeable. The cars meet all health and safety regulations and will primarily be used to transport children to their operating theatre.



The Riverbank Team with the two mini Tesla cars.

Five minutes with... Tracey Cooper, Deputy Director of Infection Prevention and Control



Tracey Cooper joined the Trust in January 2019 as Deputy Director of Infection Prevention & Control. She is a past President of the Infection Prevention Society and Editor of the Journal of Infection Prevention and in her spare time she enjoys walking, and running with her dogs.

Who would you invite to a dinner party, dead or alive?

Ignaz Semmelweis. The Viennese obstetrician introduced handwashing in the 1800s and the mortality rate improved dramatically. I would love to talk to him about the continuing challenge of improving hand hygiene in our modern health system.

What was the last book that you read?

The Island by Victoria Hislop. It really made me reflect about the current risks of antimicrobial resistance, how much we all take antibiotics for granted, and how we all have a role to play in safeguarding them for future use.

What advice would you give your younger self?

Make time for you, your family and your hobbies.

Favourite holiday location?

Anywhere there is open space and hills for me to walk in, or run with my dogs.

Broadsheet or Tabloid?

Neither – online news for me, and the News at 10.

Netflix or i-Player?

Netflix, though I very rarely sit and watch a film.

Best thing about your job?

Being able to make a difference for people. Infection has such a detrimental impact on peoples' lives, and I know that achieving good infection prevention practice makes staff feel really proud and benefits the people we care for.

Favourite film?

Probably 'Private Benjamin'.

Launch of infection prevention standards



Chief Nursing Officer Vicky Morris (centre) and Chief Medical Officer Dr Suneil Kapadia (fourth from left) launch the Trust's Key Standards to Prevent Infection.

New standards to prevent infection were launched across Worcestershire's three hospitals in February.

Worcestershire Acute Hospitals NHS Trust's 'Key Standards to Prevent Infection' focus on getting the basics of good practice right to prevent infection, consistently, for every one of our patients, every day.

The Standards are based on published evidence of what works to protect people from infection, the requirements in national standards and national toolkits.

Tracey Cooper, Deputy Director of Infection Prevention and Control, said: "Avoidable infections cause increased pain, distress and can lengthen a stay in hospital. They can even cause death. Our patients deserve the best care we can provide, and we are committed to reducing the number of infections.

To ensure all staff are aware of their responsibilities, the Trust's Infection Prevention and Control Team have been out and about sharing copies of the Key Standards posters with all clinical areas.

Tracey added: "In line with our 4ward behaviours, we are asking every single member of staff to 'do what we say we will do' and commit to implementing these standards to protect our patients from infection, with no delays, every day.

"Staff will be displaying the posters and discussing the standards in their daily safety huddles.

"As well as serving as a reminder of what we are committed to, the posters will also give confidence to our patients and visitors – who expect safe practices and highly visible hand hygiene."

OUR KEY STANDARDS TO PREVENT INFECTION

CLINICAL PRACTICE	
1	Hand hygiene: minimum: <ul style="list-style-type: none">• 95% compliance with standards• 100% of required audits completed• 100% staff bare below the elbows in clinical areas
2	Peripheral cannula care bundle: 100% completed and compliant: insertion and ongoing care.
3	Urinary catheter care bundle: 100% completed and compliant: insertion and ongoing care.
4	Isolation care: 100% compliant with isolation standards for any patient requiring isolation.
5	Sharps safety: Use and handling of sharps 100% compliant with sharps safety practices.
6	Infection Prevention & Control Safety Huddles undertaken during 100% of shifts: all staff are fully briefed on required precautions.
7	Mandatory Level 2 Infection Prevention & Control Training: Minimum 90% of all staff employed by the specialty teams/ ward/department have completed this within the past year.
CLEANLINESS AND ENVIRONMENT	
8	Domestic cleanliness: National cleaning standard score: very high: 98% minimum; high: 95% minimum.
9	Nursing cleanliness: National cleaning standard score: very high: 98% minimum; high: 95% minimum.
10	Estates: National cleaning standard score: very high: 98% minimum; high: 95% minimum.
11	Commode and raised toilet seat cleanliness: 100% achieved.
12	Bed and bed-space cleaning standards: Achieve 100% compliance on all beds and bed-spaces.
13	Bed-space cleaning: 100% of patients will be provided with a leaflet signed by the nurse who has cleaned the bed space. Patients encouraged to challenge if the standard is not met.

LGBT+ History Month celebrated at hospitals

Celebrations were held at Worcestershire's hospitals in February to celebrate LGBT+ (Lesbian, Gay, Bisexual and Trans) History Month.

Staff held information stands and shared experiences with interested colleagues and visitors about how we're helping ensure we have a safe and inclusive working environment that encourages respect and equality for all.

Our LGBT+ Champions also took part in a Rainbow Fancy Dress Day to raise money for local support charities; Out2gether, Worcester Mermaids and Worcestershire Pride.



Our LGBT+ Champions hosted information stands to celebrate LGBT+ History Month in February.

Ward staff help to throw impromptu wedding ceremony



Staff at Worcestershire Royal Hospital helped arrange an impromptu wedding ceremony for a patient on Evergreen Ward in January.

Guests gathered at the hospital to see cancer patient Steve Pearce marry his partner Janet Seymour surrounded by their family. More than 20 friends and family members were there to see the devoted couple tie the knot and become husband and wife.

Steve Peace said: "We are delighted to see everyone here. I would like to thank everyone for coming - you've been amazing."

"We'd also like to thank the local businesses who have made generous donations in order for the ceremony to go ahead."

Congratulations to Steve and Janet.

Meet our Hidden Hospital Heroes

We are shining the light on our Hidden Hospital Heroes - our valuable and vital (but sometimes unseen) members of staff.

We held a dedicated week on our social media channels in February - look for #HiddenHospitalHeroes to find out more. If you'd like to nominate someone, let us know by email: wah-tr.Communications@nhs.net



PETER CLARKE
Meet Peter, he works in our Haematology Clinical Trials team. He's involved in organising all research into Haematology in Worcestershire.

Peter has worked in the research team for nearly 5 years and sets up clinical trials to improve patient care for conditions like leukaemia and lymphoma.



JANE MULPETER
Meet Jane, a Senior Biomedical Scientist who has worked in our Pathology Labs for 15 years. Her job includes processing crucial patient samples, testing for viruses and infections such as Flu and Norovirus.

Jane said: "I like my job because it's varied, challenging and patient-centred".



LYDIA COLLINS
Meet Lydia, a Clinical Scientist in our Neurophysiology Department.

She performs diagnostic tests and investigations of the brain and nerves, to test patients for conditions like epilepsy and carpal tunnel syndrome.



PIPPA SMITH
Meet Pippa, an Admin Support Officer for our operating theatres at Kidderminster Hospital. She maintains our theatre schedules and carries out secretarial duties for the theatre team.

Pippa has worked with us for nearly 10 years, with the last 4 and a half spent supporting our theatre team.



DEBBIE LAKE
Meet Debbie, a Catering Supervisor at the Alexandra Hospital in Redditch.

Her job involves making sure all patients at the hospital are catered for. Debbie regularly updates our menus to keep meals interesting and enjoyable for longer-term patients.

State-of-the-art technology transforms cardiac procedures at Worcestershire's hospitals

Patients suffering heart rhythm conditions in Worcestershire are benefiting from new state of the art technology which can rapidly map their heart's structure, allowing cardiologist to pinpoint problems quicker and more accurately.

Patients with heart rhythm disturbance benefit from catheter ablation procedures, which involve inserting thin wire catheters into the groin and up to the heart.

Electrodes on the catheters help to identify the cause of the heart rhythm problem. Once identified, the doctor can place one of the catheters at the location of the problem and remove the undesirable tissue. This type of procedure is widely performed using X-ray.

The Carto® 3 imaging system newly in use at Worcestershire Acute Hospitals NHS Trust utilises electromagnetic fields to create three-dimensional images of patients' cardiac structures.

With the use of this new system cardiologists can rapidly create a map of the heart to ensure accurate, real-time visualisation of the heart and wire catheters inside.

It allows a much more detailed view, allowing cardiologists to pinpoint the exact location and orientation of catheters in the heart. As a result, there is an increased success rate following the procedure and lower radiation dose for both patient and operator, improving patients comfort too.

Consultant Cardiologist and Electrophysiologist, Dr Bashar Aldhoon, said: "The Carto® 3 system is very similar to a cars navigation system that guides the driver with visual and audio cues to ensure safe parking. Its accurate mapping system means that we can pinpoint a patients cardiac arrhythmias quickly and accurately, which results in a higher success rate, undoubtedly essential for improving outcomes for our patients."

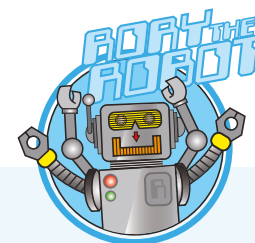


Consultant Cardiologist and Electrophysiologist, Dr Bashar Aldhoon, team and patient Isobelle Batkin

Patient Isobelle Batkin was the first patient to undergo a procedure using the Carto® 3 system - allowing cardiologists to identify her heart rhythm abnormality and successfully cured her that a previous procedure using X-ray solely had been unable to pick up.

Following the procedure Isobelle said: "All staff were really kind and ensured that I was relaxed leading up to the procedure. I have since recovered really well and I'm really relieved that I don't have to worry about this now and can start the New Year fixed."

We are patient champions!



Help raise money for Rory this summer

Sunday 9 June
RIDE FOR RORY

Three cycle routes available – 10 miles, 30 miles or 50 miles – starting in Redditch, all routes are around the Worcestershire area – full details coming soon.

Friday 28 June
SUMMER CLASSICAL CONCERT AT HARTLEBURY CASTLE

Doors open 6.30 pm – bring a blanket/chair and picnic – entertainment starts at 7.30 pm with the Bel Canto Singers, headline act West End star David Lawrence, with Sam Pagett from “Lady and the Sax” – Tickets £10, available from Eventbrite.co.uk in early March.

More Information

@RoryRobot

@RoryTheRobot

Email: nicky.langford@nhs.net

www.rorytherobot.co.uk



Our new Patient Experience Champions kick start #togetherwearepatientexperience.

Over 40 housekeepers, sisters and ward managers from across Worcestershire have kick-started a brand new movement!

#togetherwearepatientexperience launched on 31 January at the Alexandra Hospital. The event was part of a project to inspire ideas about everyone's connection to the patient experience and to demonstrate to our patients and visitors that we are committed to this.

The day was about exploring ideas and solutions and marks the start of something that will very much become 'the way we do things round here'.



Anna Sterckx, Head of Patient, Carer and Public Engagement, said: "It was fantastic to see so much energy in the room. Patient Experience is about person-centred care and the event gave us space

and time to really explore what this means and what part we can all play. We spent a morning in group workshops and the end everyone pledged an action, something they will do in seven days and something they will do in the next three months.

"We are asking people to share their progress on twitter using the hashtag #togetherwearepatientexperience and we will come back together in a few months to share and celebrate.

"It's early days but we have been so overwhelmed with interest that we will be recruiting more Patient Experience Champions in the spring!"

Patient Experience Champions will be supporting us to give out Friends and Family cards (please help us by asking for them and filling them in at every visit) and will be working on projects across our hospitals.

Family complete hat-trick of babies in Meadow Birth Centre

A Kidderminster couple are celebrating a hat-trick of babies born in the Meadow Birth Centre at Worcestershire Royal Hospital – all within just 42 months.

Tyler and Josh Harris welcomed the birth of their third child, Maisy, on 1 February this year, following Arya in July 2015 and Esme in July 2016, all born in the midwife-run birth centre.

Since first opening to expectant mums in April 2015, the centre – which won 'National Birth Centre of the Year' in a prestigious awards ceremony in 2017 – has seen almost 3,000 babies born to families from across Worcestershire and beyond.

After Maisy's birth in the Violet Room earlier this month, Tyler and Josh have now spent time in every birthing room in the centre, "we've been in every room now so we feel like we know the place pretty well!" said mum, Tyler.

"I think we've also had about seven of the midwives and students here with us now, so we've definitely got to know the team", she added.

The Meadow Birth Centre is run by experienced midwives who offer a

comfortable environment where birth is treated as a 'normal' process rather than a medical one. It includes three purpose-built birthing pools, with a majority of mothers there having a water birth.

Explaining why they felt so at home in the unit, Tyler said: "I didn't actually know the centre was here, but when I came in for my first time they showed me around. It looked so nice and I always wanted a water birth".

"It doesn't feel like a hospital when you're in here, it's really peaceful, and Josh got to stay on the double bed in the room with me so that was great too. We'd recommend it to anyone", added Tyler.

The centre's highly-trained midwives offer support and encouragement for women to have normal labours, including offering different ways to cope such as trying different birthing positions, relaxation or aromatherapy – with mums even able to adjust the lighting and music played in the room.

Despite having given birth to three babies within three and half years, the couple are keen to have another in the centre, "The staff are really friendly! We would like to have another one".



The Harris family with staff from the Meadow Birth Centre at Worcestershire Royal.

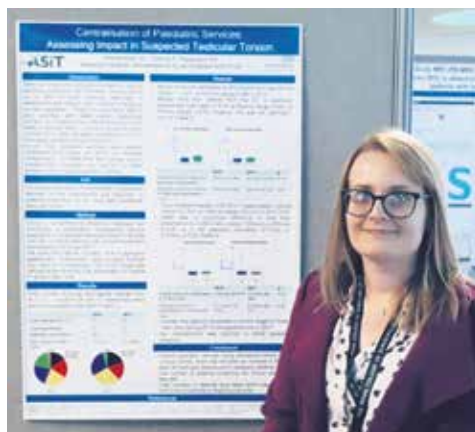
Trio of awards for Worcestershire's top urology team

Trainees from the county's Urology Department have had a very busy period flying the flag for Worcestershire Acute Hospitals over the last few weeks - collecting a number of prestigious awards along the way.

Specialist Registrar Mr Ameet Gupta was awarded the Peter Ryan presentation prize at the Annual West Midlands Regional Urology Meeting held in Birmingham. His work with the Trust's Urology team outlining the impact of modern techniques in prostate biopsy for men with suspected cancer was judged the winner out of 15 papers by a panel of Consultant Urological Surgeons.

In addition, Dr Rachel Cichosz, picked up the Health Education England West Midlands Foundation Year One Trainee Open Award. Her paper 'Centralisation of Paediatric Services: A Comparative Service Evaluation on Suspected Testicular Torsion Outcomes' was selected as best submission in 2018 by unanimous decision.

Dr Lucie Spooner, Urology Core Surgical Trainee presented at the British Association of Urological Surgeons Annual Oncology Meeting in York. She was invited to deliver a podium presentation outlining how our local team have looked to improve the clinical management of patients with blood in their urine.

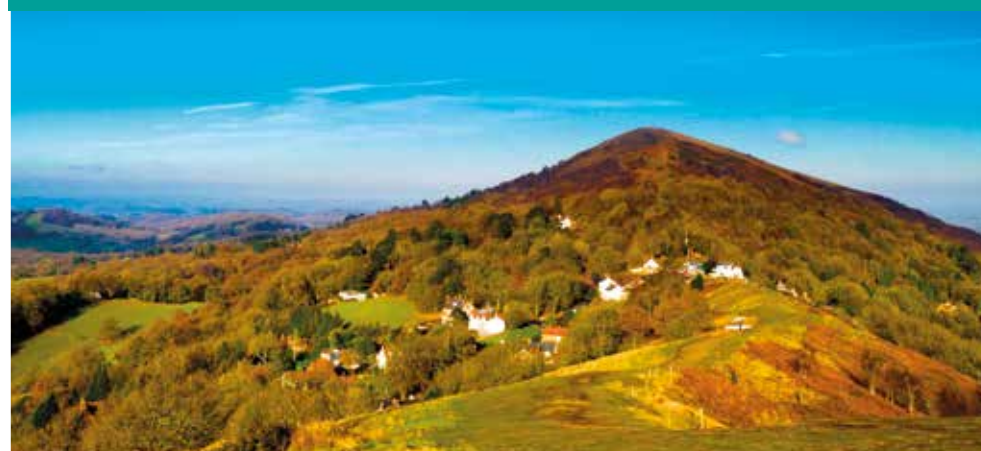


Dr Rachel Cichosz with her winning submission.

Mr Paul Rajjayabun, Divisional Medical Director for Surgery said: "These are fantastic achievements and all thoroughly deserved. I know that the individuals involved have worked hard to complete their projects. Their dedication and commitment has now been acknowledged at regional and national level. Trainees who come to join us know that we have an excellent educational track record in Worcestershire and these are further examples of how we can work together to ultimately improve our services for patients".



A GREAT PLACE TO WORK, A GREAT PLACE TO LIVE



Come and join us

We're looking for the next leading lights to join our friendly, talented team. Join us and we'll put you centre stage, with excellent opportunities to progress, improve, and consolidate your skills.

Join our team and benefit from:

- Comprehensive education and training programmes
- Career development planning
- Health and wellbeing support
- Staff engagement and culture programme
- Employee benefits and discounts

Follow our Facebook page and keep up to date with any upcoming recruitment events. Don't miss out!

All the current opportunities are advertised on www.jobs.nhs.uk
Search for Worcestershire Acute Hospitals NHS Trust.

www.worcsacute.nhs.uk

f @WorcsAcuteNHS @worcsacutenhs

Intensive care patients welcome new support group

Intensive Care Consultants, Outreach Nurses, Physiotherapists and Occupational Therapists from Worcestershire's hospitals are offering support and advice to patients who have suffered a critical illness and spent time in an Intensive Care Unit, at a new support group.

Each meeting provides education and support to patients as well as an opportunity to share their experiences following their stay on ICU at the Alexandra or Worcestershire Royal Hospital. Family members are also invited to come along to increase their understanding and get advice from the team of intensive care experts.

Critical Care Outreach Charge Nurse, Chris Harris said: "In 2017 the ICU team set up a follow up service for patients, which continues to flourish, evolve and grow."

"The success of this service identified the need for another service and led to us arranging the patient support group for those who need ongoing support post discharge."

Many patients who have spent time in an Intensive care unit can leave with ongoing psychological issues as intensive care can be a daunting experience. Receiving support and advice from experts and fellow patients can help reassure patients post discharge.

Former patient Neil Shepherd, 37 who spent four days on ICU after respiratory failure and two cardiac arrests said: "I've found it hard to come to terms with what happened to me. I found it a real battle to deal with the psychological fall out from what I experienced."

"No one really understands what it's like to be a patient in ICU unless they've experienced it first-hand. It's inspiring to be around so many other brave former ICU patients, as well as the amazing ICU staff."

"The team are nothing short of inspirational. They are incredible professionals, and so compassionate too and it speaks volumes for how much they genuinely care about patient well-being."

Double donation for Diabetes Centre



Fred Holland (centre) and staff from the Diabetes Centre receive a cheque from the Royal Antediluvian Order of Buffaloes

The Fred Holland Diabetes Centre at Kidderminster Hospital received two generous donations in January, totalling over £4300!

The kind fundraisers were a Wyre Forest Charity Darts league, as well as a huge donation from the Royal Antediluvian Order of Buffaloes.

The Charity Darts league included seven Wyre Forest pubs, which all competed against each other raising a fantastic £1,086.

Members of the Royal Antediluvian Order of Buffaloes – known as the 'Worcestershire Buffs' – presented a cheque with the donation to the centre, in recognition of the hard work carried out by the staff and supporters who run the centre.

Many of the Buffs' members suffer from diabetes, and the group provide ongoing support and fundraising for the Centre. The impressive amount was raised through a variety of events including; a sponsored walk, harvest supper night and events night which featured popular children's games like musical chairs, but for adults.

Diabetes Specialist Nurse, Jadwiga Borns, said: "We are so grateful for both incredibly generous donations. They will go towards enhancing the patient and Health Care Professional experience within the Diabetes Centre, through improved education and the use of up-to-date technology which otherwise we would not be able to purchase. Thank you all so much for your generosity."

Patients benefit thanks to the generosity of our Friends...

Respiratory patients in Worcestershire are set to benefit following a kind donation from The Friends of Worcestershire Royal Hospital.

The nasal high flow oxygen machine worth £2,475 is helping patients on Laurel 2 Respiratory ward.

The machine is improving patient experience as it is less claustrophobic than an oxygen face mask.

In addition it also allows patients to eat and drink independently and socialise with others more easily.

A BRAND new service providing day-case treatment for patients with kidney stones and associated cancers has been launched at Kidderminster Hospital thanks to funding from the Kidderminster Hospital League of Friends.

The state-of-the-art equipment enables quicker diagnoses and treatment. It also improves cancer detection and the ability to tackle more complex stones.



Consultant Urologist Vincent Koo with the new £23,000 laser and camera.

Patients undergoing eye procedures at the Alexandra Hospital in Redditch are going to benefit from faster, more efficient treatment thanks to a new piece of imaging equipment generously funded by the League of Friends.

The £26,000 Pentacam® allows clinics to be more streamlined as resulting in patients getting diagnosis much quicker, reducing inappropriate treatments and unnecessary hospital stays.



Contact your local League of Friends

Alexandra Hospital League of Friends - ☎ 01527 512009
Kidderminster Hospital League of Friends - ☎ 01562 67653
The Friends of Worcestershire Royal Hospital - ☎ 01905 458053

Join in the conversation online

Here's a sample of updates from January/February

Why not join the 23,000 people that follow us on social media and keep up to date with the latest news, announcements and stories from Worcestershire's hospitals.

Do you follow us yet? If not, then get involved and join the conversation!

[Facebook](#) @WorcsAcuteNHS
[Twitter](#) @WorcsAcuteNHS
[Instagram](#) @WorcsAcuteNHS
[YouTube](#) /WorcestershireAcute
[LinkedIn](#) /WorcestershireAcute



Marsha Jones @marshaj1772
Really enjoying seeing our hidden heroes: constant line of sight to patients even when not delivering hands on care.
#HiddenHospitalHeroes #4ward

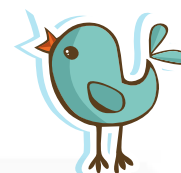
Lisa Berry @LisaBerry1978
What a great initiative. There are loads of us who work behind the scenes and patients have no idea we exist! Well done for highlighting our role

Jackie Edwards @JackieE96161429
@WorcsAcuteNHS #4wardWAHT well done all nursing staff and leaders of Silver Ward to be shortlisted for #nursingtimes student award placement of the year, we are so proud of you @VickyMorrisCND @M_J_Hopkins @Journal3 @lymbinton

Amanda Glassey Williams
Lovely to see this often people forget the behind the scenes crews who without them things couldn't run properly so to Debbie her crew and all of you other crews WELL DONE and thank you xx
1 w Like Reply Message



Lorraine Golding
This team saved my husband's life they do such amazing work as all our amazing NHS do will be forever grateful
10 h Like Reply Message



Lilly Mills
Lovely. I had my little boy in the birth centre 18 months ago and Lorraine was my midwife! Such an amazing experience in an excellent facility. Xx
6 d Like Reply Message



Carol Bottomley
The team on intensive care saved my life, fantastic team x
12 h Like Reply Message