

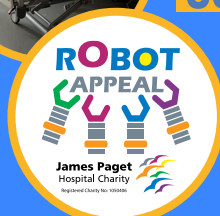
Making Waves

August 2023



NHS 75 IS RUNAWAY SUCCESS!

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NHS

James Paget
University Hospitals
NHS Foundation Trust

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JOANNE.SEGASBY@JPAGET.NHS.UK

Jo's Overview

JOANNE SEGASBY
CHIEF EXECUTIVE

FIRM FOUNDATIONS FOR THE FUTURE

I am so excited to see that our plans to develop our estate to provide modern healthcare facilities for our patients continue at pace.

Days after our first patients started receiving care in our Concept Ward, the first fence posts were being put in to mark the beginning of our next project - a new Diagnostic Centre which will house the latest scanners and X-Ray equipment; and then we received news of funding for a third building - an orthopaedic elective hub..

These new buildings represent the most visible sign of our ambition as a Trust to continuously improve our services for both our patients and staff - and represent significant steps along the path to creating a brand new health campus here in Gorleston, including a brand new hospital by 2030.

Their construction shows our commitment to 'Building a Healthier Future Together' which is the title of our new Corporate Strategy, published earlier this year.

The strategy sets out what we aim to achieve over the next five years - and it's so much more than just bricks and mortar.

In it, we set out our priorities for the next five years. These are:

- Caring for Our Patients
- Supporting Our People
- Collaborating with our Partners
- Enhancing our Performance

Under each priority is a set of ambitions, which outline how we will move forward, working together with our patients, staff, partners and communities.

The key word is **'together'** as it is only through collaboration and co-production that we can improve the delivery of clinically-led, patient-centred services.

Inevitably, this means change but staff at the Paget have a proud track record of embracing the latest innovations, technologies and new ways of working that bring benefits to our patients.

If you would like to find out more, you can read the full document on our website at www.jpaget.nhs.uk

THE JPUH HAS A NEW CHAIR

Mark Friend has been appointed to the position of Chair of the Board of Directors, and succeeds Anna Davidson, who stood down in April after six years in post.

Mark has been a Non-Executive Director at community and mental health provider North East London NHS Foundation Trust since 2015, where he was appointed as Senior Independent Director in 2018 and has chaired the Finance and Investment Committee since 2020.

His background is in media, strategy and digital, working for the BBC since 1997, most recently as Controller of Digital Services, BBC Radio & Education from 2007 to 2019. He is also currently Non-Executive Director and Chair of the Audit Committee at the Provide Community Interest Company, a Trustee

of the Artis Foundation since 2018, and a Trustee of the National Centre for Circus Arts since 2022.

Mark will take up the role of Chair for the James Paget from 1 October 2023, with Stephen Javes continuing to fulfil the role of Interim Chair up to that date.

Mark said: "I am delighted to be joining the Trust as Chair and look forward to working with all of the staff, our partners, and those who use our services to deliver the best outcomes for people in Norfolk and Waveney."



New Hospital Funding Confirmed

Plans to build a new hospital at Gorleston have taken a significant step forward after the government confirmed funding of over £20 billion to fund its New Hospital Programme.

The James Paget received confirmation earlier this summer that it will receive full funding to be completely rebuilt by 2030 - one of 40 new hospitals across the country.

The Paget re-build will be prioritised, as it is one of the seven hospitals affected by the deterioration of reinforced autoclaved aerated concrete (RAAC) materials.

Jo Segasby, Chief Executive of the James Paget, said: "This is great news. We are delighted to be a significant step closer to our vision of a modern hospital that will meet the needs of our patients and communities in the future."

In another development, James Paget staff have

had a direct input into the design for the hospitals of the future after the NHS England national workforce team and their design partners visited the hospital.

The team visited the James Paget as part of a 'listening expedition' involving selected hospitals across the country, to help with design work for 'Hospital 2.0' which will provide the blueprint for the New Hospitals Programme. The visit came after the successful delivery of a national project which also involved James Paget staff. The project produced a 'digital manual' to provide guidance on the role of digital in delivering and operating New Hospital Programme schemes nationwide that are fit for purpose, both today and in the future.

NEW FACILITIES FOR OUR PATIENTS

The first buildings that mark the start of our journey to a new hospital are already taking shape on our site.

Our Concept Ward is already operational (see pages 7-10) but will be joined in the next year by a Diagnostic Centre and hub for performing elective orthopaedic operations.

Together, these three buildings are part of our estates masterplan to create a new health campus, including a brand new hospital which will be built by 2030.

Construction work on the new Diagnostic Centre is underway (see artist's impression below). The centre will provide patients with better access to modern imaging and scanning equipment, and earlier diagnoses of conditions.



It will have a new MRI and CT scanner, additional Ultrasound imaging equipment and an X-ray room for the diagnosis and monitoring of a wide range of conditions, including cancer, heart disease, stroke, respiratory diseases, trauma, musculoskeletal diseases, and neurological conditions.

The development is part of a project that will see new diagnostic facilities at each of the three hospitals in Norfolk and Waveney, funded through an £85.9 million capital investment from the Department of Health and Social Care. Each centre will recruit additional staff, including radiographers, radiologists and support staff, to deliver scans and support patients.

Construction partner R G Carter began building work in early July (see photograph below), and the Diagnostic Centre is scheduled to be operational by summer 2024.



Adjacent to the Diagnostic Centre will be a new surgical theatres building, which will help reduce patient waiting lists.

The new Orthopaedic Elective Hub will operate seven days a week and will provide 1400 extra theatre sessions per year - enough capacity for not only the hospital's annual planned orthopaedic operations but also additional cases from across the Norfolk and Waveney healthcare system.

Its development will in turn free-up theatre sessions in the hospital's main hospital theatres complex, resulting in thousands of additional procedures for other surgical specialties including urology, gynaecology, general surgery and ear, nose and throat.

The Department of Health and Social Care (DHSC) has agreed funding of £17 million for the hub, which will have two operating theatres, a post-surgery recovery area and four patient bays.

Building work will begin in Autumn 2023, with the hub opening in July 2024.

Patients undergoing surgery will then receive care in the new Concept ward, immediately adjacent to the hub.

BOOST FOR MATERNITY TEAM

More staff are being recruited to the James Paget's maternity team as part of plans to improve our service for pregnant women and their families.

Funding of more than £1 million has been made available to boost numbers of key posts including midwives and obstetric consultants.

The recruitment drive is in response to one of a series of actions which the Trust must take to improve its maternity service, following an inspection by the Care Quality Commission (CQC).

Inspectors from the independent health watchdog released their inspection report earlier this summer, and downgraded the Trust's maternity service from Good to Inadequate.

In response, the Trust has drawn up a comprehensive Maternity Improvement Plan to meet the CQC's requirements - and has wasted no time in taking action in key areas including:

- launching a recruitment drive, to increase staffing.
- upgrading IT equipment, with 20 new laptops and more computers on wheeled trolleys so that staff have instant access to patient data when discussing cases with colleagues.
- refreshing and improving our regular staff training, to boost compliance.
- strengthening our governance arrangements, including processes for providing regular feedback on incidents to staff, to help with learning.

- working closely with service users and others who make up our local independent Maternity Voices Partnership, along with baby loss charity Sands, to help our midwives support and empower women, birthing people, and their families to make informed choices about their options when delivering their baby.

Chief Nurse Paul Morris said:

"Our maternity team is committed to providing compassionate care to pregnant people and their babies, for their first antenatal appointments to support after giving birth



"Since receiving the CQC's report, we have made significant progress in strengthening our service in a short period of time, with further plans which will be actioned in the weeks and months ahead.

"This underlines the determination of our team to provide the best possible service for local people."


Looking ahead, there are plans to enhance rest areas for staff as well as make improvements to the environment of some of our maternity facilities including the triage area and bereavement suite.

Changes in Provision


The Trust has made changes to the way we provide midwifery services at our hospital and in our community, in response to the CQC's inspection report.

Changes to Maternity Care


Please scan the QR code to find further information on the changes



Eden Team	Continuity Of Carer	Named Midwife Care
<p>Specialised support for pregnant women and people with</p> <ul style="list-style-type: none">• Complex safeguarding concerns• Perinatal Mental Health	<p>Support for families with</p> <ul style="list-style-type: none">- concerns around safeguarding- additional support for mental health- Those families who are at higher risk during pregnancy, such as those from a black, asian or ethnic minority, those who do not speak english and those living in our areas of intense deprivation.	<ul style="list-style-type: none">• Antenatal and Postnatal Care provided by one named midwife• Labour and Birth care provided by midwives within the hospital




PALS@jpaget.nhs.uk



01493453240

The PALS and Complaints Team are available from 9:00 - 17:00, Monday to Friday (excluding public holidays.)



We've made these changes to increase staffing within the hospital to ensure all care for all families is safe.

Pregnant women and people will be cared for by named midwives both during pregnancy, and after their baby has been born. Labour and birth care will be provided by midwives in the hospital.

The Continuity of Carer service will now provide support for pregnant women and people who may need additional support for their mental health or with safeguarding, and for families who are at higher risk during pregnancy, such as those from ethnic minority communities, those who do not speak English, and those living in areas of deprivation locally.

Our Eden team will continue to provide the same specialised support for pregnant women and people with complex safeguarding concerns or perinatal mental health needs.

SURVEY BOOST FOR PAGET

A national survey of patients using A&E departments has found that the James Paget is performing better than expected when compared with other Trusts across the country.

The biannual Urgent and Emergency Care Survey is part of a national programme overseen by the Care Quality Commission (CQC), the independent regulator of health and social care services in England.

It invites patients who have used A&E facilities to give their feedback through a series of questions covering key topics including care and treatment, engagement with doctors and nurses, respect and dignity and environment and facilities.

Based on their responses, each NHS trust is given a score out of 10 for each question as well as a rating of 'much better', 'better', 'somewhat better', 'about the same', 'somewhat worse', 'worse' or 'much worse' when compared with other trusts.

The results of the latest survey were released this week and showed:

- the James Paget was rated 'better than expected' when compared with other trusts in six categories - waiting times; care and treatment; tests; hospital environment and facilities; leaving A&E and experience overall. **The Trust was one of only two nationwide to achieve this overall rating.**
- we received a 'somewhat better' rating for how doctors and nurses engaged with patients, explained what was happening and took time to listen.
- for the categories of arrival and respect and dignity, our rating was 'about the same' in comparison to other trusts.

Chief Executive Jo Segasby said:

"This is an important survey which gives us a wide range of feedback from patients using our service as well as an indication of how we are performing in comparison with other Trusts.

"Patients taking part in the survey attended the hospital in September last year - a time when we were at the start of a prolonged period of demand in our Emergency Department.

"As such, it is really encouraging to see that our service is highly-rated in so many areas - a testament to the dedication and professionalism of all staff who help patients accessing services through our A&E department."

The full survey results for our Trust can be read [here](#)

Our photograph shows members of our Emergency Department team outside the front of the hospital, displaying some of the positive comments made about the James Paget by survey participants.



Name: Jim Flatt

Job title: Consultant in Emergency Medicine

Brief description of role:

Delivering acute care to ill and injured patients, giving advice to junior doctors and other colleagues, and providing overall leadership within our Emergency Department. As Trauma Lead, my objective is to improve the care we provide to our most seriously injured patients within the JPUH. I also look after critically unwell patients outside of our hospital with the East Anglian Air Ambulance.

Years at James Paget University Hospital: 6

What three items would you take to a desert island – and why:

A fishing line, a BBQ, and a comfy bed. Might as well enjoy the first few days at least.

JUST A MINUTE

It's all about you!

Favourite meal: Flame-grilled, juicy, spicy chicken...

Favourite restaurant: Nando's!

Which three people would you like to go out to dinner with – and why: My three young children – when half of the food ends up on the floor, at least it won't have been me who cooked it, or has to clean up afterwards for that matter.

Guilty Pleasure: Love Island. (My wife's choice, obviously).

What's on your playlist (audio and/or visual):

EM:RAP, an Emergency Medicine podcast, and several Tottenham Hotspur-related podcasts.

Favourite day out: Previously, I would have said a long walk along the Norfolk Coastline and a stop off at Byfords in Holt for a coffee on the way home. These days it's a trip to Yarmouth, incorporating key stops at the Sea Life centre, amusements, and ideally the Pleasure Beach! (And donuts of course).

Holiday destination: Center Parcs Elveden.

What makes you Proud of the Paget:

Working with a close-knit team of dedicated colleagues to provide the best possible care for our patients visiting the Emergency Department.

SMOKE-FREE SITE

Our Trust is now entirely smoke free.

Tobacco has long been identified as the main cause of premature death and preventable ill-health in the UK - and it is more than 15 years since smoking was banned in all enclosed public spaces.

In Norfolk, the district with the highest prevalence of adult smokers is Great Yarmouth, where 23% smoke - the England average is 14%.

At the James Paget, smoking has only been permitted on-site in the outdoor smoking shelters situated at the front and back of the hospital, near the car parks.

But, back in May, we become totally smoke-free, meaning there is no smoking anywhere on the site or grounds of the hospital and other Trust locations such as the Newberry Clinic in Gorleston and Carlton Court in Lowestoft.

The smoke-free site includes the car parks, meaning that smoking is not permitted in the cars when parked on Trust premises.

Vaping and the use of e-cigarettes, both of which are seen by the NHS as a means of helping people quit smoking tobacco, will be permitted but only within the existing shelters outside the front and back of the hospital.

Trust Chief Executive Jo Segasby said: "Smoking tobacco continues to damage people's health while putting huge pressure on the NHS.

"As a leading healthcare provider in the area, it is our responsibility to do all we can to support people to stop smoking - and that includes making our site entirely smoke-free. This is line with the NHS' Smokefree Pledge and the government target to make England smoke-free by 2030.

"However we recognise that quitting tobacco can be really tough for some smokers - and that is why we will continue to sign-post both our patients and staff, who need support to local organisations who can help them quit."


For more information on stopping smoking, please visit:

www.smokefreenorfolk.nhs.uk/


James Paget
University Hospitals
NHS Foundation Trust

**We're a
smokefree site**

If you'd like help to quit smoking tobacco, scan
the QR codes below for help where you live:







MAJOR PROJECT MOVES FORWARD

An ambitious digital programme which will enhance patient care across Norfolk and Waveney has taken a significant step forward with the selection of a supplier for the new system.

The new Electronic Patient Record (EPR) is a digital tool which will essentially replace paper-based patient records over time - and is being introduced at all three hospitals in Norfolk and Waveney, including the James Paget.

At the moment, many hospital departments are reliant on paper-based patient notes which can take time for staff to find and complete.

The EPR programme will switch the hospitals from using paper to digital notes which are held in one system for many of our clinical and operational services.

It will improve care by enabling clinicians and operational staff to access information quicker, and help them make more effective and personalised decisions, as it provides staff with instant, real-time information.

The EPR is due to go live in 2025 - and the progress of the programme has just passed a signification milestone with the selection of a supplier.

MEDITECH is a world leader in integrated digital systems and has been selected after a rigorous procurement process, which included an evaluation involving more than 250 staff from across the three hospitals.



OPEN FOR BUSINESS

**BUILDING A
HEALTHIER
FUTURE
TOGETHER**



An innovative ward which has gone from drawing board to completion in little over a year is now home to its first patients.



The Concept Ward gives a glimpse of how patients will receive care in the hospitals of the future.

It was officially opened by the Chief Nursing Officer for England Dame Ruth May earlier this summer (pictured left).

Find out more inside...

**# Proud
of the
Paget**

CONCEPT WARD

THE FUTURE IS NOW

The first patients are now receiving care on the James Paget's innovative Concept Ward - and experiencing how a hospital of the future might look.

The ward has been developed following extensive engagement with clinical and non-clinical teams at the Trust - and provides an opportunity for staff and patients to experience a modern healthcare environment ahead of a new hospital being built here in Gorleston.

Inside the ward, there are 20 single en-suite bedrooms in the ward, along with two four-bedded bays. There's a patient day room and garden area, as well as staff rest room and kitchen and changing facilities.

The spacious en-suite rooms give patients greater privacy, feature a large window for natural light and will come with a fold-up bed so that a patient can have a loved-one stay overnight.

An advanced nurse call system means that patients can speak directly with staff at the touch of a button on a bedside console.

In the main corridor, the central nurses' station has been replaced with a series of 'touch points' which means that ward staff can look into several rooms from one place, which also acts as a work station.

James Paget Chief Nurse Paul Morris, who oversaw the project to create the Concept Ward, said: "When we were given the funding to create the ward, we saw that we had a golden opportunity to create something really innovative, involving our staff.

**BUILDING A
HEALTHIER
FUTURE
TOGETHER**

"Feedback from patients and staff using the ward will be key - and, as the facility is used in the coming months by different wards from across the hospital, we will build a rich picture from their experiences, to help inform ward design in our new hospital."

The £15 million ward, funded by the Department of Health and Social Care, was officially by the Chief Nursing Officer for England Dame Ruth May on 25 May, with patients and staff moving in a couple of weeks' later.

In addition to providing the latest patient care facilities, it also provides a 'decant' location where a whole ward of patients can be moved while an on-going programme of estates maintenance continues across the site (see separate story).

The Concept Ward has been developed in conjunction with healthcare design and construction experts Health Spaces, using time-saving modern methods of construction, with modules constructed at a factory while ground works were progressing on-site.

With a lifespan of 50 years, it is a key part of our Estates Masterplan for the future, and is situated on land to the north of our site which will also be used for a new Diagnostic Centre, housing the latest X-Ray, CT and MRI scanners, as well as a surgical hub for planned, elective procedures.

These buildings will sit alongside a brand new hospital building, which is due to be operational by spring 2030.

FINAL PHASE

The final piece in the jigsaw of the Concept Ward project will come to fruition over the summer: the creation of an outdoor garden area.

Once complete, the garden will have colourful flower beds, a path for a relaxing stroll, seating for contemplation or a conversation with a loved one, and a sheltered area so patients can still take the air even if it is raining.

The garden will be dementia friendly, and will have sensory elements and support rails for those who have difficulty with mobility.

For staff there will be a separate garden area directly behind their rest room so they can step outside during their breaks.



Piped oxygen will be available in the sheltered area, which will be configured so that it can be used by patients who cannot leave their bed.



FROM VISION...TO REALITY

The Concept Ward has gone from drawing board to completion in little over a year.

Designs for the ward were produced in March last year and, following business case and planning approvals, ground works began in October.

Just two months later, in December, the first modular units were delivered to our site. Internal fit out started in January this year, before a commissioning phase and handover in April and May.

Corridor, staff touch point and en-suite room from artist's impression... to completion.



CONCEPT WARD



The Concept Ward will allow us to 'decant' entire wards in turn so that we can continue with our programme of precautionary RAAC panel work, to ensure our hospital remains safe until new hospital is built by 2030.

WARD'S 'DUAL PURPOSE'

Our new Concept Ward has a dual purpose: it not only allows us to use and test a modern state-of-the-art healthcare facility ahead of a new hospital being built - but also continue a programme of essential maintenance work.

The James Paget, which opened its doors more than 40 years ago, has reinforced autoclaved aerated concrete (RAAC) panels across its main building, which are the subject of a programme of survey and precautionary engineering work.

First across from the main building are our team from Ward 6 (pictured above), who moved in during the second week of June.

The Trust will also use this as an opportunity to upgrade some of the facilities within these ward areas (see right), including installation of doors on bays to improve infection control and provide a quieter environment for our patients.



'This is the Future...'

Healthcare Assistant Audrey MacGregor is part of the team which is currently providing care to patients on the Concept Ward.

Audrey joined the James Paget ten years ago, and has spent the vast majority of her time on Ward 6, which is currently undergoing refurbishment as part of the 'decant' programme across the hospital.

Her first glimpse of her new temporary home came the day before the Concept Ward received its first patients - and was quite an eye-opener.

"When I first saw the ward, I was amazed," said Audrey, who lives in Caister. "It's so spacious, clean and bright - like something from the future."

"The single rooms are lovely and really comfortable for patients, who now have their own bathroom - and there is lots of space, which is important when you need to get equipment into a room."

"Feedback from the majority of patients is really positive - they like the ward and the privacy of a single room. However, there are some that say they miss the interaction with other patients that they

would have on a six-bedded bay.

"What really strikes you is how quiet it is on the ward, compared to our base in the main hospital. It is so much calmer."

"We've had a few teething problems but that could happen anywhere when there is a major change."

"Overall, I feel proud to be part of the first team to provide care to patients in the Concept Ward. This is the future and I am pleased to be part of it."

Before joining the Paget team, Audrey had moved from a career in retail to become a team leader at a care home - a move inspired by the care she witnessed her father receive when he became ill.

"To look after patients, you have to have 'care' within you; you need to look after each patient in the same way you would want your family to be treated," she said.



TRAINING PARTNERSHIP

Our Facilities team is working with the Environment Agency (EA) as it prepares to conduct its audit work at NHS sites across the country.

The James Paget is recognised nationally for its robust waste processes – so the EA asked us to train its new officers on the complexities of healthcare waste.

We collaborated with the West Suffolk Hospital and East Suffolk & North Essex NHS Foundation Trust, to provide this training, which was delivered to 11 EA officers earlier this year (participants pictured below).

It is anticipated that this partnership will train new EA recruits in the future.



PAGET'S GOLD AWARD

Our hospital has been awarded a prestigious Gold Award in the 2023 Ministry of Defence Employer Recognition Scheme.

The Defence Employer Recognition Scheme (ERS) encompasses bronze, silver and gold awards for employer organisations that pledge, demonstrate or advocate support to defence and the armed forces community, and align their values with the Armed Forces Covenant.

The Covenant is a promise that those who serve or have served in the armed forces, and their families, are treated fairly.

Since 2017 the Trust has held Silver Award status and this was renewed in 2022, however we have now achieved Gold standard - one of just 11 employers in East Anglia - after a focus on improving services offered to armed forces personnel and veterans, including the appointment of an Armed Forces Advocate (AFA), who has developed a range of initiatives to provide support.

Chris Blyth was appointed as AFA in May 2022 and since then has arranged coffee morning information sessions, established links with veteran organisations and helped veterans with everything from financial support to housing.



Team Scoops Top Award

Our Paediatric Research team are celebrating after winning the National Institute for Health and Care Research (NIHR) Clinical Research Network (CRN) East of England Celebration Award 2023 for 'Breaking Boundaries'.

The Celebration awards aim to shine a light on the incredible work that has been happening over the past year to deliver research around the East of England region.

Nominations were invited in a number of categories with our team selected as finalists in the 'Breaking Boundaries' award. This showcases those that have shown initiative in collaborative working across teams and organisations to improve efficiency and patient experience.

The James Paget Paediatric Research team were judged as winners by the panel after a nomination which highlighted how the team played a key role in two ground-breaking research studies.

The nomination read; "Paediatric research at the James Paget University Hospital has gone from strength to strength and this is all down to a committed and dedicated team. They have broken lots of boundaries over the last few years, including playing a key role in a European trial aimed at countering life-threatening peanut allergies in children, and from the results of this, being one of the first sites in the UK to offer a newly approved drug.

CELEBRATING

NHS

75

James Paget staff celebrated the 75th anniversary of the NHS on 5 July with a tea party - complete with scones, strawberries and cream.

The venue for the celebration was the hospital's Burrage Centre, with staff popping in for summertime-style refreshments during their breaks - or having them delivered to their work areas.

Our celebrations also caught the eye at night - as we lit up the front of the hospital blue, joining sites across the country including the London Eye and the Shard.

The NHS was founded on 5 July 1948 and was the first universal health system to be available to all, free at the point of delivery.

Exactly 75 years on, representatives from NHS organisations, including hospitals, from across the land gathered at Westminster Abbey for an anniversary service.

Five representatives from the James Paget - all chosen by their colleagues - attended the service. They were Healthcare Assistant Julie Hall; Pharmacy Technician Kelly Pryke; Clinical Educator Rachel Smith, Catering Operations Manager Ali Guenaoui and Head of Audiology Jenette Powell.

Jenette found herself in the spotlight, conducting interviews with local media including ITV Anglia and BBC Radio Norfolk, to reflect on her service within the NHS and give her thoughts on its special role in our national life.

Our week of celebrations was rounded off in energetic style, with James Paget staff donning scrubs to take part in special NHS 75 parkrun events at Lowestoft, Gorleston and Great Yarmouth.

Thanks to all those who contributed photographs for these pages, including Tim Hirst and Richard Knibb for Gorleston Cliffs Parkrun, and Esmeralda Borrego for Great Yarmouth North Beach Parkrun.

NHS 75 Birthday

All staff are invited to afternoon tea to celebrate the NHS' 75th Birthday

Date: Wednesday, 5 July
Time: 2pm-5pm
Location: Burrage Centre

Free tea, coffee, and scones with cream, jam and fruit will be available.

Dietary alternatives are also available.

Supported by





CELEBRATING OUR PEOPLE

Patients, visitors and staff have sent in a record-breaking number of entries for this year's Paget's People awards.

The annual event celebrates the people in our Trust who go the extra mile - and this year, it has generated more than 600 nominations.

The judging process to select the finalists in each of the categories - including Ward of the Year, Individual of the Year and Team of the Year - has now been completed.

All finalists will be invited to attend the awards ceremony, which takes place at the Ocean Room in Gorleston on 6 October, when the winners will be announced.



**Paget's
People**

Trust Awards 2023

Supported by **James Paget
Hospital Charity**

Registered Charity No: 1050406



Our Trust showed our support for the annual Pride Month by flying the Pride flag from the pole at the front of the hospital. The month was also marked with a display in the hospital's restaurant, with information and cupcakes for staff.



Just a Thought

"TIME FOR
ALL, ALL
THE TIME"

Chapel Services

Whilst dead-heading roses the other day, (hoping that there might yet be a few more buds to come) I was reminded of poet Robert Herrick's famous words: 'Gather ye rosebuds while ye may, old time is still a-flying; and this same flower that smiles today tomorrow will be dying.'

Others express similar ideas, notably the poet Horace whose 'carpe diem' was quoted by Robin Williams' character, John Keating, in the 1989 film 'Dead Poet's Society'. Often translated 'seize the day' the phrase may also be translated as 'pluck', or 'pick' the day, more like Herrick's gardening metaphor.

Rather than urging a self-reliant grasping of the



moment (which may resonate with our consumerist culture) this evokes a gentler, more mindful approach; treasuring the beauty and opportunity afforded by each new day; receiving every day as a gift, and looking for the good it offers, especially when the future may be unknown or uncertain.

It is an encouragement to enjoy the present moment, knowing that it is just that, a moment. Jesus Christ's counsel 'don't worry about tomorrow' (See Matthew 6:34, New Testament) similarly reminds us that while our attention is focused on what might happen in the future, we can so easily miss the wonder of today.

Rev. Danny Pritchard Chaplain, JPUH

Your Chaplains are available to support patients, visitors and staff on ext. 2408 or via switchboard

SAFE GARDEN TRANSFORMS COURTYARD

A new 'safe garden' has been opened at the James Paget.

The new garden has been created in one of the hospital's courtyard areas and has been designed to be a safe open space for armed service veteran patients, as well as those living with dementia, autism and learning disabilities, and their families.

It features a remembrance area as well as a host of things to support reminiscence and sensory needs.

The garden officially opened by Great Yarmouth Mayor Penny Carpenter on 19 June at the start of Armed Forces Week.

It was initiated by James Paget Armed Forces Advocate Chris Blyth and our Safeguarding team, including Dementia Care Lead Ali Thayne, who have been working on the project to create the new garden.

Chris raised more than £1,200 through sponsorship when he ran the London Marathon in April, to help fund many of the garden features, and the project has also been supported by a number of businesses and individuals including Morgan Sindall, who supplied workers to help construct different areas and funded items for the garden, and ATD (Attention to Detail) Gardening and Landscaping Services, whose owner Melvin Hilsden created wall designs featuring a soldier.

The remembrance bench is black metal with an intricate design on the back. The top reads 'Lest we forget' and has two poppies on, the middle has a cut-out design featuring six standing soldiers, three on each side of a cross, and one on horseback. This also



has a plan and a poppy on it. At the bottom there are the words 'At the going down of the sun and in the morning we will remember them'. Behind the bench 'Lest we forget' is painted on wall with two poppies, a cross and a soldier design. A tree and bushes are visible around the bench.

The garden is now in use and it is hoped patients and staff will be able to enjoy time in the space, which features benches, a bus stop and post box, bird boxes, a fairy garden, planters and other items of interest, alongside bee-friendly flowers and plants.

It also has a bird bath and bird feeder, kindly donated by Sharon Johnson and her family for the support given to her mum by our dementia team when she was a patient at the hospital.



Gillian's South African Mission

James Paget Paediatric Diabetes Specialist Nurse Sister Gillian Macgregor-Linnett has returned from a visit to South Africa, having taken part in educational workshops to help health care staff, children with diabetes and their parents.

Gillian was one of 12 health professionals who headed to South Africa, along with a group of young people from the East of England Children and Young People's Diabetes Network, to provide support to colleagues in the country and to give young patients the chance to experience



a different culture.

Partnering with Tygerberg Hospital, the second largest hospital in South Africa, the regional team provided an insight into diabetes care in the UK and took part in workshops for parents/carers of children with Type 1 diabetes.

The trip has established links with health professionals at Tygerberg Hospital and it is hoped there will be a South Africa to UK exchange trip before another planned visit in 2026.

Our photo opposite shows Gillian with her South African counterpart Sister April at Tygerberg Hospital.

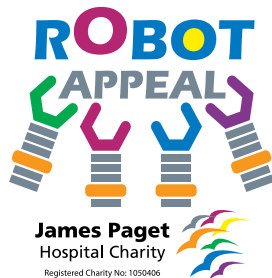
HELP OUR ROBOT APPEAL

We've launched a fundraising appeal to raise £1.6 million for a new surgical robot at the James Paget.

The robot will allow for complex surgeries to be performed by our surgeons through small incisions and with more precision.

This will benefit a number of specialties such as colorectal surgery, gynaecology, general surgery, upper gastrointestinal surgery, urology and our ear, nose and throat teams.

The robot will also benefit our patients, allowing specialist surgery to be carried out closer to home, decreasing the length of stay in hospital, reducing post-operative complications and lowering readmission rates.



Fab Team Effort

A team of staff from the James Paget completed the Blickling half marathon to raise hundreds of pounds for our hospital charity's Robot Appeal in the process.

Our team took part in the 13.1 mile half marathon, which started at Blickling Hall, back in March.

Each runner raised a minimum of £100 for the appeal.



Pedal-Powered Fund Raisers

Hundreds of pounds have been raised for the Robot Appeal after four of our team completed a 200km cycle ride.



Three of our surgeons – Carl Philpott, Vamsi Velchuru and Christopher Liao – were joined by James Paget Divisional Operations Director

Jonathan Harrowven on the 'Double Dutch, Infinity Beckons' cycling event which started in Huntingdon and toured the countryside between March, Kings Lynn and Spalding before returning to the start – a total of over 204km or 126 miles.

All four completed the cycle ride, held on 8 April, well within the 13-and-a-half hours allowed – taking eight hours and 34 minutes to cover the ride distance.



SCAN ME
TO DONATE

Surgeon's Marathon Success

A James Paget surgeon has raised more than £2,000 for our hospital charity's Robot Appeal after completing the London Marathon in under four-and-a-half hours.

Mr Roshan Lal, Consultant General and Colorectal Surgeon and Trust Cancer Lead at the James Paget, ran the marathon on Sunday 23 April. In a field of more than 49,000 starters, Mr Lal completed his marathon run in four hours 27 minutes and 48 seconds – placing him a creditable 564th in his age category.

Mr Lal said he wanted to thank everyone who had supported his run.

"The marathon was truly an incredible experience, with amazing crowds and an unbelievable atmosphere - no wonder London is billed as one of the best marathons in the world."



To donate to our Robot Appeal, please visit:
www.jpaget-charity.org.uk/appeal/surgical-robot-appeal