

# Making Waves

## Paget leads the way in Global Research

- see pages 4 and 5



**Teaching life-saving skills** - page 3

**Top awards for our senior nurses** - page 6

**Our focus on recycling** - pages 8 and 9

Where You come first



# Anna's Update



“ You may have noticed that our hospital has been given a makeover!

Gone is the rather weathered and muddy brown paint, replaced with a far brighter and lighter colour scheme.

It's all part of the planned maintenance of our hospital, to ensure it remains fit-for-purpose – and you can find out a few more details about the re-painting project in the story below.

Whilst the painting of the front façade might be the most visible development at the hospital over the last few weeks, there have been numerous other activities and projects going on across the organisation.

This edition of Making Waves captures just some of the fantastic work carried out by staff, whether it's an initiative to help patient care, an award for outstanding service or an event to raise funds for charity.

I would like to draw your attention to one group of stories in particular. On pages 4 and 5, there is a spread about some of the work carried out by our Ophthalmology department, which is really 'making waves' with its training and research. You will see that not only are we ranked among the best eye services in the country but we are also taking a lead in global research to prevent blindness – both remarkable achievements.

Elsewhere, there is a feature on the centre pages about our work to recycle as much of our waste as possible – and a new drive to make our hospital even more environmentally-friendly - something which I know many of you are keen on.

And there's news of our senior nurses receiving some prestigious national awards - one of which is only given to a handful of nurses across the country.

I hope you enjoy this edition of Making Waves. ”

**Anna Hills**  
Chief Executive

## Paint job gives Paget new look

It may not be the Forth Bridge – but painting the outside of our hospital is still a major task.

Painters are giving the James Paget University Hospital a new look – with a light birch colour replacing the brown that has covered its façades for some eight years.

The new paint job is part of a continuous programme of painting and maintenance carried out by the hospital's estates team – and is scheduled to continue into winter.

By the time the job is complete, the painters will have used 127 five-litre tins of paint.



This and past editions of Making Waves can be found on the James Paget University Hospitals' website in 'PDF' or paper copies are available from the Communications Team. The next edition is due in Autumn 2019.

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# Badge shows staff 'pledge'



A new initiative to support people from the LGBT+ community when they visit the James Paget has been launched this summer.

The Rainbow Badge scheme is a way for our staff to demonstrate that they are aware of the issues that LGBT+ people can face when accessing healthcare.

The badge is a symbol which shows that its wearer is someone with whom an LGBT+ person can feel comfortable talking about issues relating to sexuality or gender identity. It shows that the wearer is there to listen without judgement and can signpost to further support if needed.

Director of Transformation and Workforce Andrew Palmer (pictured with Helen Cruess, Workforce Business Partner), who has overseen the introduction of the scheme, said "Those wearing a badge must realise it is a responsibility and, by signing up, an individual is pledging to promote an environment that is open and inclusive and actively help break down barriers which LGBT+ people may face when accessing NHS services."

The initiative fits with the Trust's equality, diversity and inclusion strategy – and the James Paget is following in the footsteps of a number of Trusts which have successfully implemented the initiative.



## CPR training

Consultants, nurses and practitioners at the James Paget have teamed up to teach people the basics of Cardio Pulmonary Resuscitation (CPR).

Earlier in the summer, a drop in event to teach 'bystander CPR' was held in the hospital's foyer - and was open to patients, relatives, visitors and staff interested in learning potentially life-saving skills, which could prove vital in the event of a medical emergency.

More than 100 people learned the technique during the day, using equipment including mannikins and a defibrillator, under the guidance and supervision of expert tutors.

The event was organised by Consultant in Acute Medicine Dr Emily Russell. "Simply having bystander CPR can quadruple a person's chances of surviving an out-of-hospital cardiac arrest but currently only 40% of those receive it. Bystander CPR really does save lives," she said.

The hospital team was supported by local charity Heart 2 Heart Norfolk, which aims to save lives by providing defibrillators in accessible locations and providing training to use them.



Heart 2 Heart was set up by Jayne Biggs, from Gorleston, after her seven-year-old daughter suffered a sudden cardiac arrest. The little girl was saved by the fact that her parents knew CPR and that paramedics got to her with a defibrillator within seven minutes.

As Making Waves went to press, the hospital and Heart 2 Heart were due to put on another CPR instruction event for the public on 23rd August in the hospital foyer.

## Barbecue raises a smile!

There may not have been clear blue skies – in fact, there was a drop of rain – but there was still a sunny atmosphere at the hospital's annual staff barbecue.

There were smiles all round as our fabulous in-house catering team cooked up burgers, sausages and vegetable skewers at the beach-themed event, which took place on 10 July. The staff barbecue has become a popular fixture on the Paget calendar – and is held by the Trust each year as a way of saying thank you to our brilliant staff for continuing to provide such high quality patient care.





# Ophthalmology success

## Global research trial starts at JPUH

A global research trial involving a new treatment to tackle a condition which causes blindness has started – with the first patient recruited at the James Paget University Hospital (JPUH) in Gorleston.

The study aims to treat a condition called early stage dry age-related macular degeneration.

Macular degeneration is the most common cause of blindness in people aged over 60 in the western world and, for the dry form of the disease, there is currently no effective proven treatment.

The new treatment involves stimulating cells in the retina with light in a process called 'photobiomodulation.'

The cells respond to light of certain wavelengths and are 'reset' by the treatment so they use energy more effectively. The hope is this will stop the cells dying prematurely.

Preliminary studies have shown encouraging results – and the JPUH is now involved in wider global research, being run by US company LumiThera.

It is being led locally by JPUH Clinical Director of Research and Development and Consultant Ophthalmologist Professor Ben Burton, who is also a visiting professor at the University of East Anglia.

"I am delighted that we are able to offer some of our patients this very exciting new treatment," said Professor Burton.

"To be the first centre in the world to be up-and-running with this trial speaks volumes about the hard work and organisation of my retinal trials team and the support of the hospital's management board for research."



Our photograph shows the first patient to receive the treatment in this global trial – Peter Haynes from Lowestoft. Peter is photographed sat at LumiThera's Valeda light delivery system equipment with Prof Burton (left) and members of his team at JPUH.



## Study boost for Paget

A five-year global study looking at the effectiveness of a treatment to prevent blindness has just concluded – with the results indicating that the JPUH is providing one of the best services in the country.

The LUMINOUS study involved more than 30,000 patients worldwide – 11,000 in the UK – to evaluate the effectiveness of a treatment to combat the effects of wet Aged-related Macular (AMD) Degeneration, which is the primary cause of blindness in the western world.

The treatment involves the injection of a drug into the eye – and is performed locally by JPUH Clinical Director of Research and Development and Consultant Ophthalmologist Professor Ben Burton and his retinal team.

Analysis of the data collected from the 48 UK sites involved in the study showed that patients receiving the treatment at five hospitals, including JPUH, had shown most improvement in their vision over the first year of treatment.

Further research was then conducted as part of the study at JPUH and the other four hospitals to identify clinical best practice, which is now being shared nationwide.

Professor Burton said: “The results of this study are a great testament to the hard work of all our staff and very reassuring for our patients that they are being treated in one of the best-performing AMD services in the country.

“They show that here at the JPUH, we have the right processes, structures and staff in place to ensure that our patients have the best chance of this treatment proving effective in preventing blindness and improving vision.”

The treatment is carried out by Professor Burton and his team at both JPUH and the Beccles Eye Clinic.

## Trainee surgeons learn specialist skills

Our hospital recently hosted a regional ‘Managing Complications in Cataract Surgery’ course, with trainee surgeons learning specialist skills and techniques from our expert team.

Led by James Paget Consultant Ophthalmologist Tom Butler, the annual regional ophthalmic surgery simulation course focussed on the management of complications in cataract surgery and gave trainees a rare opportunity to learn and practice surgical skills in a safe and educational environment.

Mr Butler said: “The course deals with complications that we don’t see very often in real life, to ensure trainees leave the course better prepared and more confident in managing difficult cases.

“The course uses a combination of simulation resources including virtual reality combined with real-world state-of-the-art cataract surgery machines.”





# Senior nurses receive top awards

Three of our top nurses have received prestigious Chief Nursing Officer Awards.

Head of Education and Practice Development Sharon Crowle and Lead Nurse for Research Claire Whitehouse were both honoured with silver award recognition badges – while Director of Nursing Julia Hunt received a gold award badge – currently just one of a handful given out nationwide to recognise outstanding achievements in the field of nursing.

The new NHS England Chief Nursing Officer Awards were announced at the Chief Nurse Summit earlier in the year and aim to recognise individuals who have excelled.

A silver badge award celebrates performance which goes above and beyond the expectations of the role.

In Sharon's case this is recognition for her work to educate the next generation of nurses and health care professionals through innovative ideas such as the James Paget Health Academy, which brings young people from local schools and colleges into our education and training centre for a taste of the different careers available, and our Nursing Scholarship, which aims to provide some financial support for those training to become a nurse.

For Claire, the award comes as a result of her outstanding work to raise awareness of the importance of research, helping to establish a global community through the #WhyWeDoResearch campaign, and to increase participation in research studies as well as providing support to patients and colleagues in the field.

Julia's gold award recognises her dedication and commitment to the James Paget over a number of years. Julia has worked her way up to Director of Nursing at the hospital – and her gold badge recognises her exceptional and significant contribution during a distinguished career in nursing, delivering nursing excellence in clinical practice, education, research, engagement and leadership above and beyond the role.



Pictured are Claire Whitehouse, Lead Nurse for Research, Julia Hunt, Director of Nursing and Sharon Crowle, Head of Education and Practice Development.

The awards were a complete surprise to the three nurses – and they received their badges from Deputy Chief Nursing Officer Professor Mark Radford during the annual Education Conference held at the hospital.

Professor Radford was at the conference to deliver a presentation on the changing requirements of the workforce to an audience of health and education professionals from across East Anglia – and praised Claire, Sharon and Julia, saying the awards were well-deserved.

Other speakers at this year's conference included Professor Dame Donna Kinnair, Chief Executive of the Royal College of Nursing, and Dame Christine Beasley, former Chief Nursing Officer – and the Paget's own Dr Jim Crawford and Professor Jerome Pereira.

## Awards for dedication and service



Long-serving staff have had years of dedication recognised at the Trust's annual long service awards ceremony.

The staff received certificates to mark 25 or 40 years' service at the James Paget, its predecessor organisations or the wider NHS.

Certificates were presented by Trust Chair Anna Davidson (pictured left) and Director of Transformation and Workforce Andrew Palmer (pictured right) at the ceremony held on 2 May.

Recipients this year were:

25 years - Shereen Leeds-Smith; Julie Smith; Nichola Cockrill; Susan Hills; Linda Hawtin; Dr Raouf Kaldas; David Browne; and Nicola Greggs.

40 years - Valerie Collinson; Beverley Barnes; and Susan Barnes.



# Team effort creates special cloth

A colourful cloth which contains dozens of embroidered patches crafted by patients, visitors and staff is now on display in the hospital's chapel.

The 'Cloth of Kindness' has been formally handed over to our chaplaincy team after it was created by sewing together patches made in crafting sessions held in the chapel in the spring.

The cloth contains individual interpretations of what kindness means, including quotations and personal messages, among them 'A little kindness brings much happiness'; 'You will never have a completely bad day if you show kindness at least once'; and 'Winter always turns into spring'.

Patients, visitors and staff members all embroidered patches for the quilt-like cloth during the project, which

aimed to bring people together in a relaxing and social initiative to create something that can provide comfort in times of need.

Project manager Gill Perks and artist Sally-Anne Lomas, who supported the workshop sessions, formally handed over the finished cloth on 5 July. It will be kept in the chapel as a comfort to patients and relatives.

The cloth was formally blessed by our Deputy Lead Chaplain Danny Pritchard following a short video presentation where participants in this and previous Cloth of Kindness projects explained a little more about their contribution.



## Quick Witter We want to know about you!

**Name:** Dr Alan Palmer

**Job title:** Lead Chaplain

**Brief description of role:** Spiritual and pastoral care of patients, patients' families and spiritual and pastoral care of staff. Plus organisational development training and presenting workshops on mental health, resilience and wellbeing.

**Years at James Paget University Hospital:** One year and five months.

**What three items would you take to a desert island – and why:** As many real books as I could possibly get on to the island – I can't read books on screen. Slightly prehistoric in that I like to handle the books, and be able to put notes in them – as long as they are mine, of course. One of the books would have to be the Bible, had to say that didn't I? I would take a radio so that I could indulge myself in all the 70s and 80s music I love. Have to be able to hear the brilliant voice of Freddie Mercury and the genius guitar solos of Brian May. Lastly, I would have to have a supply of high quality red wine – just to sip occasionally you understand.

**Which three people would you like to go out to dinner with – and why:** I bet you think I'm going to say Jesus don't you! Well maybe – but it would have to be my wife Val, after she got over the shock of me having time to

go out for dinner I think she would really enjoy it! Also, if I were able to go back in time I would love to have dinner with Martin Luther King Junior – I would ask him about how he kept going in the face of so much opposition, how he developed his amazing public speaking ability and how he felt when he gave his iconic speech: *I have a Dream*. Lastly, but not least, Barack Obama. I would like to hear his fascinating journey to becoming the first Black American president. For me, Barack Obama stands out as a beacon of values and virtue in the murky pond of politics.

**Top holiday destination:** Tenerife or Vancouver.

**What's on your Ipad:** I don't have one – still discovering CDs.

**Favourite day out:** Going to watch Ipswich Town and then going for a meal and a drink afterwards, usually to drown our sorrows.

**What makes you Proud of the Paget:** The way that the Paget has accepted me and my slightly avant garde approach to Chaplaincy. The Paget has shown a lot of trust and support since I landed here nearly a year and a half ago.

**Want to nominate someone for Quick Witter?**

Contact the Communications team on ext. 2269 or 3656 or email [communications@jpaget.nhs.uk](mailto:communications@jpaget.nhs.uk)





# Hospital's focus on RECYCLING WASTE

Hundreds of tonnes of waste are now being recycled by the James Paget University Hospital each year – as the organisation embarks on a new drive to make it even more environmentally-friendly.

Our waste management team has been behind efforts which have seen our recycling rates improve – in some cases to 100%.

Now, the hospital is producing a plan to take its recycling to the next level as well as explore other ways of helping protect the environment.

Head of Facilities Management Nichola Hunter is chairing the new Waste and Recycling Sustainability Group, which has already developed a range of eco-friendly actions for the future.

"Waste and recycling should be high on the agenda of any socially responsible organisation – and the James Paget is no exception," said Nichola.

"Our waste management team have made it their business to recycle more and more of the waste we produce here – and we are now recycling more than 88% of our unwanted electrical equipment and 100% of our cardboard and confidential items."

The largest quantity of waste produced by the hospital is 'domestic' – more than 400 tonnes of it within the last 12 months.

Just a few years ago, none of this waste was recycled and it was disposed of at landfill sites.

Today, more than 69% of our domestic waste - nearly 300 tonnes – is diverted from landfill and converted into a material used to generate energy (see side panel).

Our estates team is also playing its part, reducing the Trust's carbon footprint by generating more electricity on-site through green technologies such as our solar panel park at the back of the hospital.

This, in turn, is helping us cut CO2 emissions from the use of gas/oil/electricity, year-on-year.

Looking ahead, the Waste and Recycling Sustainability Group has plans including:

- Reducing plastic waste through procurement and recycling
- Looking to phase out petrol-powered pool cars with electric vehicles
- Exploring the installation of a recycling centre on the hospital site.

"It's important that we drive this work forward – and look for every opportunity to make our organisation as environmentally-friendly as possible," added Nichola.



Staff interested in getting involved with the work of the Waste and Recycling Sustainability Group should email Nichola at [nichola.hunter@jpaget.nhs.uk](mailto:nichola.hunter@jpaget.nhs.uk)

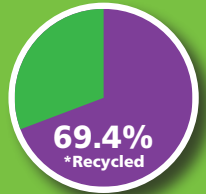




## RECYCLING FACTS AND FIGURES

### Domestic Waste

In the last 12 months the Trust has produced 414 tonnes of domestic waste. **287 (69%) tonnes was diverted from landfill.**

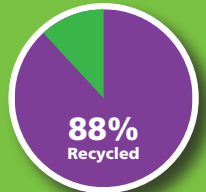


Domestic waste which is diverted from landfill is used to produce 'refuse-derived fuel' (RDF). RDF is then used to generate heat and electricity, reducing reliance on fossil fuels for energy and preventing waste from being buried in the ground.

*\*Different sectors class RDF as a renewable energy source or combined heat and power (CHP) or recycled.*

### Electrical Items

In the last 12 months the Trust has produced 7.7 tonnes of electrical waste, of which **6.8 tonnes (88%) was recycled.**



All electrical equipment is transferred to a processing facility. The items are assessed – and if fit for reuse, they are refurbished to a standard where they can be resold. If the item is not fit for reuse, it is dismantled and the components recycled.

### Cardboard

In the last 12 months the Trust has produced **50.8 tonnes of cardboard, which has all been recycled.**



The cardboard is compacted, baled and then transferred to a paper mill, where it is mixed with hot water, squeezed, dried and wound onto reels. The reels are then shipped to packaging plants where they are used to make cardboard boxes.

### Medical Equipment

Any medical equipment that is no longer used by the Trust is sent to British medical auctions for onward sale/reuse. Since this has been introduced into the Trust, this has generated an **income of £86,601.66**

### Confidential Waste

In the last 12 months the Trust has produced **83.5 tonnes of confidential waste, which has all been recycled.**



All of the confidential waste produced by the Trust is recycled. It is collected from site and transferred to a secure depot. The waste is securely destroyed and a certificate records and details the process. Once the waste has been destroyed it is then pressed into large bales. These bales are then sent to paper mills throughout the UK, where it will be used to make a wide variety of recycled products.

### Metal

In the last 12 months the Trust has produced **11.42 tonnes of metal, which has been recycled.** Ferrous metal is sent for recycling and the non-ferrous metal is sorted into aluminium and copper before being sent for recycling.



# Paget helps effort to tackle peanut allergy

Clinical research experts at the James Paget University Hospital have played a key role in a European trial aimed at countering life-threatening peanut allergies in children.

Consultant paediatrician John Chapman and his clinical research nurse colleagues Lynsey Felton and Donna Griffiths oversaw the local trial of a drug which aims to build tolerance of peanut in young patients.

Peanut allergy is one of the most common food allergies and affects more than 6 million people in Europe and America. People with the allergy can suffer severe and potentially life-threatening reactions if they ingest even a small amount of peanut.

Two local patients, both in their teens and being treated for peanut allergies at the James Paget, were put forward for the trial, known as ARTEMIS, which has just been completed.

ARTEMIS involved a total of 175 children from seven European countries. It saw the young patients receive steadily increased doses of the drug over a period of up to 40 weeks, under strictly controlled conditions, while others received a placebo.

Results show that nearly 58.3% of patients who received the drug could tolerate 1000mg of peanut protein by the end of the trial (about 3½ peanuts), compared with just 2.3% in the placebo group; and 73.5% could tolerate 300mg (about 1 peanut), compared to 16.3% in the placebo group.

Locally, the results were also encouraging, with one of the two children able to eat a small amount of peanuts without any allergic reaction by the end of the trial.

"This was a very important trial as there are currently no treatments available to tackle peanut allergy," said Dr Chapman.

"Many foods contain peanut protein so to have an



allergy to it really restricts what you can and can't eat, which can be really difficult and distressing for young people.

"I would like to thank our two young patients and their parents for taking part in this trial, which has helped add to our understanding of peanut allergies and moved us closer to an approved treatment for this condition."

The drug involved in the trial – coded as AR101 – has been developed by California-based biopharmaceutical company Aimmune Therapeutics.

The company has submitted a licence application to manufacture the product in the USA, following successful trials held there – and, very recently, has done the same in Europe with the submission of a Marketing Authorisation Application to the European Medicines Agency.

Looking ahead, the paediatric research team at the Paget has just recruited the first young patient in Europe for a peanut de-sensitisation trial involving children aged under four years.

**Pictured are the team involved in the trial.**

**From L-R: Joanne Timms, Research Accountant; Donna Griffiths, Paediatric Clinical Research Nurse; Dr John Chapman, Consultant Paediatrician; Lynsey Felton, Paediatric Clinical Research Nurse; Rhia Morley, Research and Development Administration; and Sarah Daniels, Research Management Co-ordinator.**

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## Toilets 'even more accessible'

**The hospital's new and improved visitor toilet facilities have been further enhanced – just weeks after opening.**

The toilets opened earlier this summer and have been built into a courtyard area opposite the M&S store.

They replaced outdated facilities and are designed to be accessible to all; in addition to the standard disabled toilets, and those for men and women, there is also a new Changing Places toilet, plus baby changing facilities and a gender neutral toilet.

After opening, further adaptations were made to make the disabled toilets more suitable for patients and staff with stomas.

Stoma patients have unseen disabilities and, although entitled to use disabled toilets, can sometimes face verbal abuse when trying to access them. They, along with others who may not immediately appear to be disabled, have a hidden disability and, as part of ensuring our facilities are suitable for all, adjustments were made to accommodate all needs.

Vicki Blackwell, who has had a stoma for seven years and now helps run a support group for fellow patients, said the developments were very welcome.

"This is one of the things highlighted by our group. Only very small adjustments – in this case the addition of a hook – can make a real difference to patients and make it much easier to use public bathrooms such as those in the hospital."

Clinical Nurse Specialist Sister Helen Cox said: "It's not only our patients. We know that we have staff members with stomas and this is about making things easier for everyone. The new block already has a Changing Places toilet so making this simple adjustment for our stoma patients is another step to ensure we provide the best facilities for everyone."



## Take a (new) seat

**Patients attending our General Surgery Outpatients department should now have a more comfortable visit after new seating was installed and couches were revamped.**

General Surgery Outpatients Sister Louise Wilkin said the updates had been made in the clinic and in the Broadland Suite following patient feedback.

"We had several comments from patients about how low the chairs in the waiting area were and they were beginning to look very worn, so it was time to replace them. Some of the couches were ripped and torn but, rather than buy these new at a cost of over £500 each, as the mechanics were still fine, we've had these re-covered – saving more than £2,500 on the cost of replacement.

"Around 40 of our old chairs are also being recycled for appropriate use in other areas of the hospital."

## Nurses' Day special draw



**Following our Nurses' Day celebrations in May six nurses and midwives have won prizes in the special draw held to mark the event.**

The prizes came courtesy of our local Masonic Lodges in Great Yarmouth and Lowestoft. Great Yarmouth Masons very kindly donated two £50 Marks and Spencer gift vouchers and the Lowestoft St Margaret's Lodge donated four £25 cheques.

Every registered nurse and midwife working in the Trust was placed in the draw to win the prizes. The lucky individuals were; Staff Nurse Barbara Viana, Ward 17 - £50 gift voucher; Staff Nurse Natalie Brooks, EADU - £25 cheque; Staff Nurse Sandra Vradenburg, NNU - £25 cheque; Sister Jo Giles, Specialist Nurse - £25 cheque; Midwife Victoria Barnard - £50 gift voucher; Midwife Claire Garnham - £25 cheque.

## A new generation of nurses?

**Staff nurses in our Intensive Care Unit have had a baby boom – with eight new arrivals in just one year.**

First to put in an appearance was Elis, who arrived in February last year – with the baby bonanza only coming to an end when Alice was born in March.

The proud mums are returning to the hospital one-by-one following maternity leave – not only bringing back their patient care skills and expertise but also tales of family life and all it brings.

Our photo shows all eight mums and their babies. Back row, left to right: Vicky Leaper with Jessica (December 2018); Vicky Rix with Freddie (November 2018); Natasha Albrow with Aurora (December 2018); Kimberley Ford with Alice (March 2019); and Ana Sousa with Diana (July 2018). Front row, left to right: Cara Boakes with Demi (October 2018); Megan Williams with Elis (February 2018); and Emily Piper with Delilah (December 2018).





# Programme's support 'really helps'



**Supportive, fun, friendly, informative and helpful – all words used to describe our Rejuvenate Breast Care Programme, which aims to support women after breast cancer treatment.**

At the end of June, the latest group to take part in the programme attended the last session of the five-month survivorship course. Those completing treatment for breast cancer are invited to join the wellbeing programme at the Louise Hamilton Centre on the James Paget site, which offers a range of activities and relaxation techniques designed to support women as they move forward.

Run by our Breast Care specialist nursing team, the programme includes one meeting a month for five months with each including a talk, a coffee break where there is time for refreshments and the opportunity for a chat with others in the group, and a relaxation session.

Jill Swan, one of the James Paget Breast Care Nurse Specialists who organises Rejuvenate, said: "The programme can be a new start and an opportunity to make new friends who may have been through similar experiences. It's all about confidence building and we offer the opportunity to try everything from nail care to holistic therapies. We are supported in this by a variety of local businesses who specialise in lifestyle and relaxation treatments and classes and we're grateful to all of those who help with the programme including East Coast College, who support beauty and nail care and confidence and motivation sessions, Beales/ Palmers department store and Nathan Gray of Samballa Yoga."

Nathan said: "The programme is a very positive experience from my point of view, with so many of the women taking part not just surviving but thriving post breast cancer and cancer treatment. There is so much going for the programme – it's great to see everyone smiling and happy, it's inspiring, and these amazing nurses provide support through the monthly sessions."

Rachel Bunn, from East Coast College provides the final session in the five month programme – on confidence and motivation. A cancer survivor herself, she said: "There are lots of benefits for the group emotionally and socially as we encourage them to share their experiences and fears. It's all about getting individuals to see they're not alone and allows them to express anything they may not feel comfortable sharing with family members. We do this in the last session to allow group members to get to know

each other a little first so there's a sense of community and hopefully they will be more comfortable sharing with other women who have become friends during the programme."

Hilary from Uggheshall, one of those who completed the course in June, said: "It's just helpful and useful to be able to talk to other people who understand. We all have breast cancer in common and talking about it with others who have had similar experiences to you can really help."

Her comments were echoed by Vivienne from Lowestoft who said: "When you're on your own at home thinking about things you're not quite happy. Coming here and talking about our experiences with other women really helps with that. You can chat about things and see that you're not alone."

Women completing breast cancer treatment at the James Paget are invited to attend the sessions and are welcome to take up a place if they feel it might benefit them.

## Event inspires cancer patients



**A special event aimed at inspiring local people with cancer to plan their lives for the future took place in Great Yarmouth earlier this year.**

The Moving Forward with Cancer event took place at the Star Hotel – and offered people who have been affected by cancer the chance to meet healthcare leaders and receive expert advice about health and wellbeing.





# Free water bottles help keep staff hydrated

A new initiative to encourage our staff to stay hydrated during their busy shifts has been launched by a team of Paget nurses and allied health professionals.

The 'Think 2 Drink' campaign launched earlier this year – with the team managing to secure a new free-of-charge water bottle for each member of hospital staff.

Hydration Stations have been set up on wards and in departments to allow staff to have somewhere to keep their new free bottles – allowing easy access to a place where everyone on the team can stop and have a drink from their bottles during busier times.

Each bottle has a covered mouth piece to reduce spills and space on the bottle where staff can write their names – with

2,000 of the bottles being supplied free of charge thanks to Aggora Lockhart Projects.

Sister Kelly Goffin, one of those leading the project, said: "We need to look after our staff so they can look after our patients. We would always think to offer a patient a drink but often we don't 'Think 2 Drink' ourselves.

"During a long day it's crucial that staff drink enough fluid. We know that dehydration can cause a number of effects, including headaches, so it is important to find a few moments to take a drink of water."

It is hoped the campaign will benefit staff, reduce the amount of plastic waste through the use of the reusable bottles, and ultimately benefit our patients.

## Welcome drink for young patients

Young patients attending our hospital for surgery can now receive a 'welcome drink' served in a new brightly-coloured cup when they arrive on the children's ward.

It can be distressing for children when they are not allowed to drink any water for long periods before an operation.

But, following a review of fasting times for young patients carried out with the hospital's anaesthetic team, our nursing team can now offer children booked for elective surgery a welcome drink when they arrive on Ward 10 on the day of their surgery.

Drinks are served in special child-friendly cups which show the amount of water allowed, depending on the age of the child.



## JPUH raise a cuppa for NHS charity

Staff, patients and visitors at the James Paget University Hospital enjoyed a cuppa to raise funds for charity while celebrating the NHS.

The hospital held a 1940s-themed tea party on 26 June, complete with china cups as part of the NHS Big Tea campaign, designed to mark the NHS' birthday while raising money for NHS charities.

The event took place in the hospital's Aubergine restaurant, which is open to staff and the public.





# Midwives support their colleagues

**A new team of six midwives are working to support maternity staff, encourage choice for women and improve the quality of maternity services provided at our hospital.**

Midwives Abby Robertson, Kerry Gillard, Ghislaine Watson, Michelle Howard, Kay Horn and Charlotte Rivett have all undertaken further training to become Professional Midwifery Advocates (PMAs) and the new team officially launched in the spring.



Abby, who leads the team, said the PMA role had been developed to provide support for midwives and maternity support workers through the A-EQUIP (Advocating for Education and Quality Improvement) model, which encourages individual members of staff to



take personal action to effect positive change.

"We aim to build professional and personal resilience through restorative clinical supervision and, through this, support professional development and enhance the quality of care we provide," she said.

Restorative clinical supervision provides an opportunity for midwives and maternity support workers to have a confidential reflective conversation with a Professional Midwifery Advocate. This can be offered on a one-to-one basis, or in a small group if preferred. The practice has been found to reduce stress and have a positive impact on physical and emotional wellbeing, job satisfaction and relationships with colleagues.

Abby says; "It also aims to support women in our care by supporting informed choice and works alongside midwives to support them with offering individualised, woman-centred care. The A-EQUIP model is being launched nationwide, and we are passionate about developing our own team at the James Paget to provide support to midwives and maternity staff, and to improve the care we provide to women and their families."

Ahead of the launch of the new team, the James Paget hosted a 'Whose Shoes?' event in January. The interactive workshop brought mums, midwives, maternity support workers and others – including our Director of Nursing, consultants and grandparents – together to talk about improving care and what can be done to make the maternity experience better.

Abby said: "The PMA team supported me in facilitating the session, and we had brilliant feedback about it from attendees. Everyone made a pledge on the day to improve practice and follow up events have been planned to gather user experience from specific groups – for example women with multiple pregnancies - to inform new care pathways and improve women's experience of maternity care. We'd like to thank everyone who came along and contributed their views, which will help enhance and shape our services."

## Volunteers transform garden

**Volunteers are bringing a splash of colour to one of the hospital's courtyards – by creating a sensory garden.**

To mark Volunteers' Week in June, the group of volunteers started work in the courtyard near Ward 18, where many of our patients stay before they are discharged from hospital.

It is hoped that the garden will be enjoyed by patients and staff alike – and the aim is to enhance other courtyards in the coming months.



## New staff wellbeing champions

**A team of staff wellbeing champions has been set up across the hospital, to help their colleagues lead healthier lifestyles.**

The 16 champions come from a wide variety of departments – and have been selected for their interest in health and wellbeing and enthusiasm for supporting our staff.

Their role will be to promote activities across the hospital, encourage staff to access relevant health and wellbeing opportunities and signpost colleagues to sources of support for their mental and physical health.

The creation of the new wellbeing champions' role is part of the Trust's Health and Wellbeing strategy and the aim to sign the Time to Change Employer Pledge, which demonstrates our organisation's commitment to creating a supportive working environment and a workplace free from health-related stigma and discrimination.

It is also part of a wider project to meet the mental health and wellbeing needs of staff, patients and carers.

A team of senior staff are overseeing a programme which includes ensuring we have resources to support the wellbeing of staff, checking that all our procedures appropriately address the mental health and wellbeing needs of patients and carers and offering all staff training and development opportunities to learn about mental health.





# Tom's 1000 mile challenge

Consultant Ophthalmologist Tom Butler cycled across Europe to raise money for a charity which supports people with visual impairment.

Tom set off from Norwich as one of a team of four cyclists taking on 1000 mile ride to Verona in Italy.

The two-week unsupported charity ride started on 29 June, travelling across Holland and Germany before taking the Via Claudia Augusta, a historic Roman road, across the Alps through Austria.

Two high mountain passes later, the team descended into the north Italian Dolomites, passing Lake Garda before reaching Verona on 12 July.

All four cyclists were raising money for charity, with Tom supporting the Norfolk & Norwich Association for the Blind, which helps people with visual impairment.



Tom previously raised money for the charity by successfully completing a cycle ride from Land's End to John O'Groats.

You can still make a donation by visiting: <http://uk.virginmoneygiving.com/team/norwich-verona>



## Cycling to say 'Thank You'

A 75-year-old Beccles man who underwent bowel cancer surgery at the James Paget is embarking on the 100-mile RideLondon cycle event in August to raise money for the Louise Hamilton Centre – just nine months after the major operation.



Dave Walden will take part in the Prudential RideLondon-Surrey 100 event on Sunday 4 August, cycling on closed roads in the capital and countryside – and up the daunting Leith and Box Hills – to raise money for the Centre as his way of saying thank you for the care provided by James Paget staff.

Dave came into the hospital in November for his operation, carried out by Bowel Cancer Surgeon Mr Vamsi Velchuru and his team, and said he had been looking for a way to give something back.

"Everybody from those who brought the tea round to the nursing staff, the operating team, and particularly Mr Velchuru, have been brilliant. I was in shock when I was first diagnosed but it has been a positive outcome and I'm now mentally in a good place and I wanted to thank the team for their support.

Dave has been cycling competitively for six years – and had just entered the ballot for the 2019 Prudential RideLondon 100 as a personal challenge, but within days was diagnosed with bowel cancer.

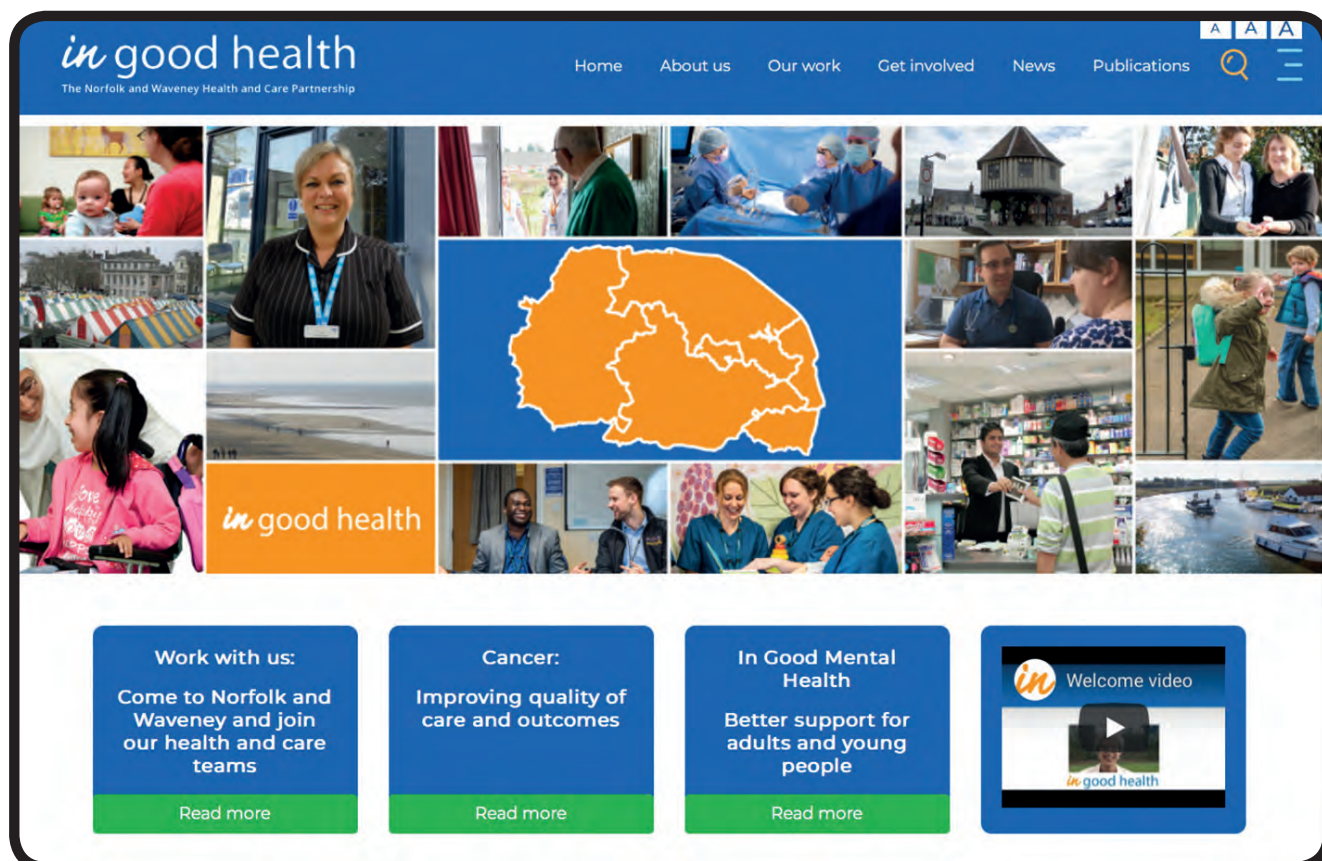
"The news that I had been successful in the ballot made me determined to get back to fitness," he said. "Following the surgery I had to ease back into it but I was only away from it for three months and I now routinely do around 50 miles and hope to build this up to 85 before the day."

Specialist nurse Linda Sawyer, who has supported Dave through his treatment, said; "Dave is an inspiration to all patients living with a cancer diagnosis and facing a significant operation and post-operative treatment. He's very good at playing down what he has been through but this was major surgery – a six hour operation - I'm in awe of him."

Anyone who would like to support Dave's efforts to raise funds for the Louise Hamilton Centre can visit <https://uk.virginmoneygiving.com/DaveWalden> or drop off a donation at the Centre.



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