



Winners at the RBFT Staff CARE Awards - see page 2

## Welcome!

Welcome to the May edition of Pulse. Once again, it is packed with news, information and staff stories to keep us informed.

However we have a positive, dedicated workforce that will rise to the challenges we face. As the chair of the Quality Committee I know staff across the trust in all departments continue to strive to provide and support the best care for patients.

May is always a busy month and I want to highlight a couple of articles in this month's magazine. Last week I attended the annual Staff CARE Awards, our annual celebration and recognition of the work of every staff member and volunteer, and I was honoured to present the award for best volunteer. International Day of the Midwife and International Nurses Day, both celebrated the positive impact of our international nurses and the difference they make to patients.

I hope you've had a chance to look at [our new website](#) with its translation/accessibility tool, if not, have a look, it's much more user friendly.

Finally, I would just like to remind everyone about the NHS Big Tea event in July supported by the Royal Berks Charity and our annual fundraiser Walk for Wards event – hope to see you there.

I'm writing this while the sun is shining, let's hope the sun stays for much of the summer. Enjoy reading this edition.

Helen MacKenzie  
Non-Executive Director



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# Congratulations to all of this year's CARE award nominees and winners



Last week, staff and volunteers from the Royal Berkshire NHS Foundation Trust came together to celebrate excellence in innovation, compassion in care, research and more at the trust's CARE Awards.

This year we received more than 600 nominations, for individuals, projects, and teams right across the trust. The winners of the 13 categories were announced at a dinner and awards ceremony, during which staff and volunteers received thanks for the difference they make to the people they care for, the people they work with, and our wider community.

This year, colleagues across the trust were able to vote for their 'People's Choice' – which received more than 1,500 votes in total. The CARE Awards were sponsored by the Royal Berks Charity, and special thanks go to the Royal Berkshire Staff choir who performed on the night.

## Full list of winners

### Newcomer of the Year: Bob Yang (Urology)

"In just six months, Mr Yang has not only embraced our hospital values but has also become a catalyst for positive change, enhancing patient care, streamlining processes, and contributing significantly to research."

### Outstanding Contribution to Equality and Diversity:

#### Bernice Boore (Integrated Medicine A)

"Bernice is a tireless advocate for the global majority workforce and is an inspiration for our staff... She has supported many, many nurses in the hospital and I am one of them. She is extremely knowledgeable and well-connected."







## CARE award winners



### **Rising Star Award: Pratima Regami (Housekeeping and Catering) and Laura Valls-Rodriguez (Trauma and Orthopaedics)**

"Pratima covers two part-time roles in Catering and House Keeping. She is one of the friendliest staff members. She always volunteers to do additional tasks and assists those who need help, offering her expertise to multiple departments."

"Laura has shown great strides in her leadership skills through her apprenticeship, and has the courage to speak up for herself and others, colleagues and patients alike. Nothing is ever too much trouble and she is always happy to share her knowledge."

### **Outstanding Contribution to Education: Tristan Sulquiano (Trauma and Orthopaedics)**

"Tristan is an incredible support for students in the Trauma Unit and acts as a role model for all who meet him; he reflects the Nursing and Midwifery Council Code of Conduct seamlessly into everything he does and encourages others to do the same."

### **Outstanding Contribution to Research: Women and Children's Research Team (Research and Innovation)**

"The women and children's research team are the highest recruiting research team in the Trust. They have undergone a change in staff and management in the past 12-18 months, yet continue to thrive, grow and learn during busy periods of change."

### **The Richard Huff 2024 Award for Outstanding Contribution to Safety: Maternity Assessment Unit (Maternity)**

"The Assessment Unit adopted the BSOTS Triage system last October and had to learn and change to adapt to a completely new system of working. The midwives and Maternity Support Workers work tirelessly day after day so women receive gold standard compassionate care."





## CARE award winners



### Volunteer of the Year: Romy Spindler

"Romy is committed to supporting a number of programmes across the trust. She works as a welcomer, compassionate companion and supports Meet PEET. Romy is kind and caring, and extremely supportive to both patients and staff."

### Innovation of the Year:

#### Rheumatology Giant Cell Arteritis Ultrasound Pathway (Rheumatology)

"After working with research to improve diagnosis and treatment of GCA, the team developed a new pathway leading to quicker treatment, better use of resources, and achieving national targets."

Outstanding Compassion in Care – Christa Vasilikou (Occupational Therapy)

### Leader of the Year: Paul Wearing (Elderly Care)

"Paul has led the team with calmness and compassion, supporting colleagues who have been struggling, helping to improve areas, whilst continuing to develop and expand the activity of the Elderly Care team."

### Team of the Year: Prince Charles Eye Unit, Windsor

"In the face of unforeseen challenges, the PCEU team has displayed remarkable flexibility and resourcefulness. Every member of this diverse team demonstrates a genuine commitment to providing personalised, compassionate care."

### People's Choice: Rupee Chagar (Patient Experience, Chaplaincy)

"Rupee is a true advocate for levelling the equality in our community and is fundamental in our access to many groups. She is kind, caring and compassionate towards both staff and patients."

### Lifetime Achievement Award: Clare Gould (Neuro:Rehab Unit)

"Clare is a very kind, warm person with a lovely sense of humour. She is a great leader who creates and maintains a fantastic team. Everyone feels involved, needed and important while caring for patients. She's loved and appreciated by patients and families."





# Celebrating our fantastic nurses and midwives



Nurses and midwives from across the trust came together earlier this month to celebrate International Day of the Midwife and International Nurses Day.

Across the trust we have more than 1,500 nursing and midwifery colleagues

supporting patients, families and our communities in a whole range of different ways. Celebrations included a service at the Chapel in North Block, followed by a group photo on the steps of the original North Block entrance.

Watch our short video celebrating our midwives: [International Day of the Midwife 2024](#)

## Royal Berks recognised for its 'world-class' research

We have been recognised for our 'world-class' research after we became the first NHS trust to receive full GCSA certification.

GCSA (Global Clinical Site Accreditation) is the global quality standard for clinical research sites.

Awarded by the [International Accrediting Organisation for Clinical Research](#), the certification measures a variety of areas including patient engagement, governance, workforce, and strategy.



Accredited organisations are recognised as world-leading in terms of providing innovative new treatment opportunities for patients, carrying out research safely, and providing good opportunities for commercial clinical research.

We currently run more than 200 research studies per year. Our commercial research partnerships help generate revenue for the trust, and lead to pioneering clinical innovations for the benefit of patients in the UK and worldwide.

Janet Lippett, Chief Medical Officer, said: "It is testament to the hard work, dedication and incredible creativity of our Research and Innovation department that we are able to punch above our weight as an organisation. Through our [Health Innovation Partnership](#) with the University of Reading and commercial partners, we are able to produce outstanding research that benefits not only our patients and staff, but people worldwide."

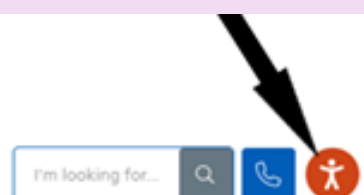
# Introducing our website translation and accessibility tool

You may have spotted Reachdeck, our translation and accessibility tool on our revamped trust [website](#).

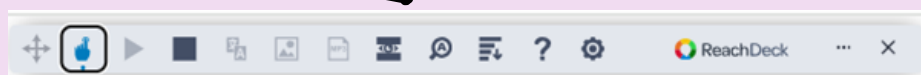
The Reachdeck tool translates the website into 100 languages and adds accessibility support such as:

- text-to-speech functionality
- text magnification to enlarge text and read it aloud
- screen masking to allow neurodiverse audiences to reduce distractions, by reading one passage at a time
- a webpage simplifier to reduce sensory stimulation for people with Autism
- a picture dictionary to display word meaning through illustration

Reachdeck is in the top right hand corner of the website. To open the toolbar, simply click on the red icon:



The Reachdeck toolbar will look like this when opened:



Watch [Reachdeck's short demonstration video](#) for more information.

## Give your views on the NHS Constitution

The [NHS Constitution](#) sets out the principles, values, rights and pledges underpinning the NHS as a comprehensive health service. This includes expressing the values of speaking up and encouraging feedback from staff to improve the quality of care.

The government is seeking views on the proposed changes to the Constitution. The consultation runs for 8 weeks and closes at 11:59pm on 25 June 2024.





# Are you interested in work experience & placements?

Work experience gives those interested in a career in the NHS the opportunity to gain hands-on experience observing what happens in hospitals, the day-to-day work of NHS multi-disciplinary teams and an understanding of the attitudes, the behaviours and values that are expected in a healthcare setting.

Shadowing our teams, you will have the opportunity to see first-hand what is involved in the job role you are considering.

Royal Berkshire NHS Foundation Trust is committed to supporting young people and adults looking to pursue a career in healthcare. Our placements are open to students and adults resident in the Berkshire or surrounding South Oxfordshire area. Students from outside these areas and outside the UK will not be accepted for a placement.

The trust offers clinical placements and non-clinical placements at set times across the academic year.

For more information and to check out the eligibility criteria please visit [Work Experience and Placements - Royal Berkshire NHS Foundation Trust](#)

## How to Apply

### Year 12 and 13 Medicine Placements

Due to the high level of applications, medicine placements for 2024 are now full.

### Year 12 and 13 Placements (All Other Areas)

To apply for a placement for other areas including nursing, midwifery, allied health professions, pathology, clinical engineering and medical physics, pharmacy, and oral and maxillofacial surgery please contact: [healthcareworkexperience@royalberkshire.nhs.uk](mailto:healthcareworkexperience@royalberkshire.nhs.uk).

Please note we are unable to offer placements within Psychology, Psychiatry, Paramedics, Art Therapy, Music Therapy, Drama Therapy, Dietetics, Social Work or Mental Health.

### Adult Placements

Adult placements are offered at different times of the year depending on the capacity of the hosting department at the time. Please contact: [healthcareworkexperience@royalberkshire.nhs.uk](mailto:healthcareworkexperience@royalberkshire.nhs.uk).

## Thinking about a career in the NHS?

If you would like to join our team we would love to hear from you - we are always looking for talented staff with a commitment to providing the best patient care.

View our live job vacancies on our [website's job pages](#).

# Governor Article - Dhian Singh, Youth Governor

Hi all, my name is Dhian Singh, and I'm the Youth Governor for the Trust. It's been a busy time since I stepped into the newly created role in September 2023, and I've admittedly only recently started to get into the groove. I'm studying Biology, Chemistry and Spanish A-levels at Reading School, and am hoping to work as a doctor in the future. In my free time, I like to read and play video games.

My A-levels, alongside cadet and prefect roles, take up a lot of my time, meaning it's been a job juggling my commitments. The previous six months have taught me much about the healthcare system itself, as well as invaluable skills such as communication, collaboration and, of course, time management. To anyone younger reading this, or even somebody who wants to work within the healthcare service or improve their knowledge; I would really recommend you come along to some of the amazing events or open meetings here at the Trust.

I am also a member of the Youth Forum here at the Trust, and through this I've been lucky enough to be invited to help with many initiatives. I've had a regular role as a befriender, talking to patients on the wards who may not have much company for any reason. They have all instilled me with life lessons of the empathy everyone should possess, and the fact that we should all simply speak to each other more. If you're reading this, I urge you to pick up the phone and speak to the people you love. Text your mum, ring your brother, let your friends know they matter (a direct quote from one of the patients. She watched and forced me to call my mum at her bedside).

Finally, this article wouldn't be complete if I didn't give thanks to those who have helped me with my role. To Sunila Lobo, our Lead Governor, who has worked with me to help me get acquainted with the role. To Caroline Lynch and Kerrie Brent for constantly keeping in touch with me, despite my tendency to become a recluse during mock seasons. To every governor who, despite my age, has treated me with mutual respect and listened to me as an equal.

Enjoy.

Dhian Singh,  
Youth Governor

## Meet your Council of Governors

Find a full list of your Council of Governors on the trust website:

[Council of Governors](#) | [Royal Berkshire NHS Foundation Trust](#).

## Become a member

Sign up family and friends to become a member via our online form to receive our latest updates, shape how hospital services are delivered and be eligible to receive our NHS discounts.

Get in touch with the team: [Foundation.trust@royalberkshire.nhs.uk](mailto:Foundation.trust@royalberkshire.nhs.uk)



# Brew up a storm for the NHS Big Tea!



Join the nationwide tea-fest this summer! Brew up a storm and host your Big Tea and fundraising for Royal Berks Charity. Your generosity can make a real difference, supporting NHS staff, patients, and volunteers when they need it most.

## The Ultimate Tea Party Extravaganza:

Imagine a tea party that not only celebrates the NHS but also makes a meaningful impact. That's what the Big Tea is all about! Whether you're gathering at home, school, the office, or your local community, the possibili-teas are endless.

## How to Brew Up Goodness:

- Ask for donations in exchange for tea, cake, and good company.
- Host a quiz, play tea-related games, or run a baking competition.

Hosting a Big Tea isn't just about tea; it's about bringing communities together, united by a shared love for the NHS. Your fundraising supports our mission to improve health and enhance lives, making a tangible difference in our community.

Sign up now to host your Big Tea event and make a difference:

[www.royalberkscharity.co.uk/nhsbigtea](http://www.royalberkscharity.co.uk/nhsbigtea) or email [events@royalberkshire.nhs.uk](mailto:events@royalberkshire.nhs.uk)

## RBC – Reading Buses Colouring Competition

The Royal Berks Charity (RBC) have recently launched a colouring competition in conjunction with one of our corporate partners Reading Buses.

Not only will you have a blast expressing yourself through art, but you'll be making a difference in the lives of those in need. Every entry helps raise funds for the Royal Berks Charity, supporting vital healthcare services for patients and staff in your local community.



## Here's how you can participate:

- Download the colouring sheet for £2 from the [Royal Berks Charity website](http://Royal Berks Charity website) or pick them up at a community event over the summer
- Unleash your inner artist and bring the Royal Berks Charity bus to life with your favourite colours and artistic flair
- Share your masterpiece by sending a photo of your colouring to [charity@royalberkshire.nhs.uk](mailto:charity@royalberkshire.nhs.uk) by 31 December 2024.

There are some brilliant prizes on offer donated by one of RBC's suppliers Continental Landscapes.

For more information please contact [charity@royalberkshire.nhs.uk](mailto:charity@royalberkshire.nhs.uk)

## Discounts? Did you know?

# healthservice discounts

As a member of the Royal Berkshire NHS Foundation Trust you are eligible to amazing Health Service Discounts to save money on holidays, electrical goods, meals, goods, meals, days out and more!

To register, follow this link [Register | NHS Discounts | Health Service Discounts](#) and select Foundation Trust Member.

Don't forget to let us know what amazing discounts you get so we can share them! Check out some of this month's exclusive discounts:

- [Charlotte Tilbury](#) – 20% off
- [Reebok](#) – 25% off
- [Oliver Bonas](#) – 15% off
- [Virgin Experience Days - Health Service Discounts](#) – 18% off
- [First home | Remortgage | Moving home | Buy-to-let from](#) – free expert advice
- [Admiral from Admiral](#) – 10% off
- [JD Sports from JD Sports](#) – 10% off
- [Pandora from Pandora](#) – up to 10% off
- [Hotpoint Home Appliances](#) – up to 40% off
- [easyJet Holidays](#) - £25 e-gift card
- [Ray-Ban from Ray-Ban](#) – 25% off
- [TUI Holidays for Heroes from TUI](#) – up to £100 off
- [Butlins NHS Discount](#) - £30 off

## Get involved and have your say

### Open Meetings

Why not come along to one of our upcoming open meetings: find the details and agendas on our trust website page: [Open meetings | Royal Berkshire NHS Foundation Trust](#)

Wednesday 29 May 2024, 9am: Board of Directors  
Seminar Room, Trust Education Centre, Royal Berkshire Hospital

Wednesday 29 May 2024, 5pm: Council of Governors  
Seminar Room, Trust Education Centre, Royal Berkshire Hospital

Tuesday 16 July 2024, 5.30pm: Membership Committee  
Seminar Room, Trust Education Centre, Royal Berkshire Hospital



# RBH Staff Choir at the Royal Albert Hall



The RBH Staff 'Choir for All' which formed less than a year ago performed at the Royal Albert Hall recently.

Members of the Royal Berkshire Hospital Staff Choir joined [The Really Big Chorus \(TRBC\)](#) to perform Mozart's Requiem conducted by Brian Kay.

Colleagues from the RBH Staff 'Choir for All' which only formed last September, had been learning their parts for this event since December. The choir usually meet once a week, but gave up some of their weekend time to prepare for the concert.

Rebecca Allfree, Elderly Care Doctor, formed the choir with the aim of making singing and its mental health benefits,

accessible to colleagues across the trust. Dr Allfree, who runs the choir in her spare time said: "This is a truly remarkable achievement, particularly as some of our choir members don't read music. I'm really proud of the recognition we achieved on the day, and that our work has inspired others to consider setting up their own community choirs".

## Tips on using suncream safely

With the sunny weather appearing intermittently, wearing sun protection is really important. Our skin cancer nurse, Kate shares the things you should know about suncream in this [short video](#):



- ☀️ Use high factor SPF (30 to 50)
- ☀️ Use high UVA star rating
- ☀️ Apply 20 mins before and re-apply every 2 hours
- ☀️ Check expiry date

Pulse Magazine is written and produced by the Royal Berkshire NHS Foundation Trust Communications Team. If you would like to have an article included or have any feedback just let us know at [Communications@royalberkshire.nhs.uk](mailto:Communications@royalberkshire.nhs.uk)