



Pulse magazine

Summer
2025



Welcome to the summer edition of Pulse Magazine!

While school pupils and teachers are settling into their long summer break, the Government has this month announced its new 10-Year Plan for the NHS - a bold and ambitious vision for the future of healthcare in England. The Plan has been shaped through extensive consultation with patients, the public, staff and partners, and no doubt some of you gave your input too.

The 10-Year Plan sets out a new direction to ensure the NHS continues to support future generations. At its core are three key ambitions: moving more care out of hospitals and into communities, accelerating the use of digital tools and innovation, and placing greater focus on prevention and early intervention.

While the full details of how the plan will be implemented will unfold over time, I am proud that many of its priorities already reflect how we work. There's more detail about this on page 2.

In this edition, there are articles about our visit from Wes Streeting, our anti-discrimination campaign, how we've celebrated the contributions of our staff and volunteers and more.

Enjoy reading!

Steve McManus, Chief Executive
Royal Berkshire NHS Foundation Trust

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Government launches 10 year plan for the NHS

The Government has launched its 10 Year Health Plan for England, setting out a bold, ambitious and necessary new course for the NHS.

The plan fundamentally reinvents our approach to healthcare so that we can guarantee the NHS will be there for all who need it for generations to come.

It has been shaped by the experiences and expectations of members of the public, patients, our partners and the health and care workforce across the country, reflecting the changes that people wanted to see.

Through the 'three shifts' – from hospital to community, from analogue to digital, and from treatment to prevention – we will personalise care, give more power to patients, and ensure that the best of the NHS is available to all.

You can read the plan on the [Government's website](#).



Showcasing Innovation and Impact: A visit from Wes Streeting



In May, our CEO Steve McManus welcomed Wes Streeting, Secretary of State for Health and Social Care, to our Trust to see firsthand the innovative work underway.

A key highlight was a tour of our new Elective Recovery modular build, led by Consultant Urological Surgeon Sunil Kumar. Opening soon, this facility will increase our capacity with over 4,000 additional appointments annually, supporting services like Urology, Stoma, and Gynaecology.

Mr. Streeting also learned about the Genesis Study from Professor Mark Little. This groundbreaking trial uses a minimally invasive procedure to relieve knee osteoarthritis pain, potentially avoiding the need for replacement surgery. A patient who underwent the procedure years ago shared their continued success and improved quality of life. #

Finally, Ingrid Stracker showcased how we're transforming care with Point-of-Care ultrasound (POCUS). By equipping clinicians with portable devices, we're speeding up diagnosis, improving safety, and reaching patients not only in hospital but also in the community and their homes.

The visit was a proud moment for the Trust, highlighting how innovation is improving patient outcomes across services.

Staff CARE Awards



Staff and volunteers from the Trust recently came together to celebrate excellence in innovation, compassion in care, research and more at the Trust's CARE Awards.

The CARE Awards are our annual celebration of the outstanding contributions of staff and volunteers across the Trust. The awards showcase excellence in various areas and highlight the positive impact these staff and volunteers have on patients, colleagues, and the wider community.

Entrants are nominated by their colleagues, and this year we received nearly 800 submissions - a new record for us - for individuals, projects, and teams right across the Trust.

The winners of 13 categories were announced at a dinner and awards ceremony, kindly sponsored by the Royal Berks Charity.

Congratulations to this year's winners:

- Newcomer of the Year – Charlotte Auden (Pharmacy)
- Rising Star Award – Maggie Grey (Diabetes and Endocrinology)
- Outstanding Contribution to Equality and Diversity – Aisha Mohamed (Learning and Organisational Development)
- Outstanding Contribution to Education – Luisa Santos (Practice Development)
- Outstanding Contribution to Research – Renal Research Team
- Outstanding Contribution to Safety – Helen Blamey (Theatres and Anaesthetics)
- Volunteer of the Year – Sylvia Clarke
- Innovation of the Year – Single Point of Access Team
- Outstanding Compassion in Care – Donna Goucher (Paediatrics)
- Leader of the Year – Pauly Mander (Logistics)
- Team of the Year – Adelaide Ward (Oncology)
- People's Choice – Diabetes and Insulin Safety Group
- Lifetime Achievement Award – Angie Lee (Paediatrics)

Watch highlights from the ceremony online:

[CARE Awards 2025 - Our annual staff awards ceremony](#)

Trust's new Urology Outpatients Department

Next month is the official opening of the Trust's new, purpose-built Urology Outpatients Department - the Frederick Potts Unit. This state-of-the-art facility is the latest step in the Trust's commitment to improving care and reducing waiting times for patients.

Funded through NHS Capital for Targeted Investment in Elective Recovery, the unit will help address the backlog of elective procedures. The modern facility will be home to around 50 staff, caring for patients attending day-case procedures and outpatient appointments.

The new department boasts six consulting and examination rooms, a spacious treatment room, and a dedicated ultrasound scanning room. Additional facilities include a chemotherapy/treatment room, a lithotripter room for non-invasive kidney stone treatment, and a flexible laboratory space.

To ensure a smooth and supportive environment for both patients and staff, the building includes dedicated offices, a staff rest area, locker and changing facilities, and comfortable reception and waiting areas.

Trooper Potts was a Reading man who was awarded the Victoria Cross in 1915 for 'the most conspicuous bravery and devotion to a wounded comrade.' Whilst serving in the Gallipoli Peninsula, Trooper Potts, himself badly wounded, used his shovel as a sledge to drag a severely wounded colleague through enemy fire to safety.



Cultural celebration event



Last month our Global Majority Network hosted their annual Cultural Celebration Event.

Sponsored by the Royal Berks Charity, the event was for all people across the Trust to highlight and celebrate, connect and learn about the wide range of cultures and backgrounds that make up our Trust family.

The cultural celebration is a peer-led event where colleagues had the opportunity to connect, learn, and celebrate our wonderfully diverse workforce from over 90 nations.

Avoiding patient deconditioning

Congratulations to two of our staff members, Oscar Amarille, Practice Educator in Specialist Medicine, and Dr. Rebecca Allfree from Elderly Care, who presented at the [Global PJ Paralysis Summit](#) earlier this month. Chosen by #End PJ Paralysis campaign co-creator Professor Brian Dolan, Oscar spoke on "Continence Care and Deconditioning" and Rebecca on the "Power of Music,".



PJ Paralysis is a global movement encouraging hospital patients to get up, dressed, and moving to prevent [deconditioning](#) - a decline in physical and mental health caused by inactivity. Staying mobile, even with small actions like walking to the bathroom or sitting up for meals, helps patients retain strength, confidence, and independence, often leading to faster recovery and shorter hospital stays.

Families can support their loved ones in hospital by ensuring they have clothes, shoes, glasses, and hearing aids, and by encouraging light activity.

The Royal Berkshire Hospital also runs a Dress for Dignity scheme, offering emergency clothing for patients who weren't expecting to stay in hospital. We always welcome donations of clean, new or nearly new clothing - especially in small and XL sizes.

Please note that we do not have laundry facilities at the hospital, so clothes will need to be clean. There's more information on our website: [Get up, get dressed, get moving!](#)

Celebrating Our Incredible Volunteers

Over the past year, over 300 dedicated volunteers have given more than 31,000 hours of their time to support patients, staff, and visitors at the Royal Berkshire NHS Foundation Trust. From greeting visitors and helping with admin tasks to running the hospital buggy service and offering companionship to patients, volunteers are a vital part of our hospital community.

To mark National Volunteers Week we celebrated our volunteers by hosting a Volunteers Supper.



One of our volunteers, Matt, previously received life-saving care in the ICU. Now, he gives back by volunteering in both ICU and the Emergency Department. [Watch Matt's story.](#)



We are incredibly grateful to all our volunteers for their time, energy, and kindness — they truly help make a difference every single day. If you're inspired to join our amazing volunteer team, we'd love to hear from you: [Volunteer roles.](#)

Help Us Help Others: Return Unused Mobility Aids

The Royal Berkshire NHS Foundation Trust is asking the local community to return any unused mobility aids such as crutches or zimmer frames, to support patient recovery and reduce unnecessary costs.

Each year, we give thousands of mobility aids to patients, but most are never returned. Last year, only 38% of crutches and 15% of zimmer frames made it back to us. This results in the Trust spending up to £70,000 annually to replace lost equipment - money that could instead be spent improving healthcare services.

Returning borrowed items helps ensure future patients have quick access to essential support for their recovery.

Where to return

Please drop off clean, unwanted mobility aids at any of the following locations at the Royal Berkshire Hospital:

- Main Entrance Reception
- Fracture Clinic (Level 2, South Block)
- Physiotherapy Department (East Building)

Thank you for your support.



Reading Urgent Care Centre has moved

The Urgent Care Centre service at Broad Street Mall in Reading has moved from the Broad Street Mall to the Royal Berkshire Hospital.

The Reading Urgent Care Centre is open every day from 10am to 10pm and is located in the hospital's South Block on Addington Road.

Patients who need same day care will be referred by RBH Emergency Department, NHS 111 and local GP practices.

[Reading Urgent Care Centre webpage](#)

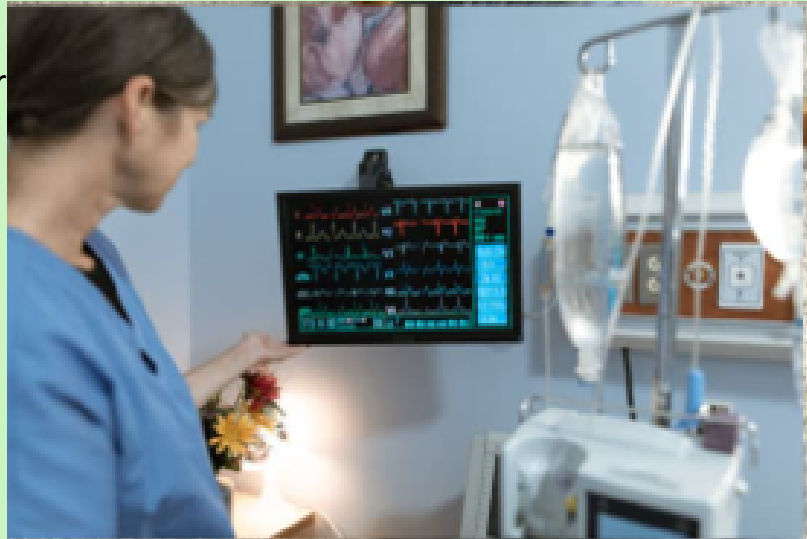
Your Right to Choose NHS Care

Did you know you have a legal right to choose where you receive NHS treatment? When your GP refers you for most physical or mental health services, you can pick any hospital or clinic - as long as it's clinically appropriate.

This includes private hospitals if they provide services to the NHS, and it does not cost the NHS any more than a referral to a standard NHS hospital.

If your wait will exceed the NHS maximum, you can request to be referred elsewhere for quicker care.

You can also choose your consultant or healthcare team. Your healthcare provider will usually present you with options at referral, and you can find information to help decide, like waiting times and quality ratings on the [NHS website](#).



Get hospital-level care at home



Our Virtual Hospital Service offers safe, specialist care in the comfort of your home - helping patients avoid hospital stays, recover faster, and stay closely monitored.

Using advanced technology, we track vital signs like oxygen levels, heart rate, and

blood pressure in real time. This allows our healthcare team to respond quickly, either remotely or with a home visit.

Once enrolled, patients receive all the necessary equipment such as monitoring devices, and have regular check-ins tailored to their condition. Support is available every step of the way for patients and their loved ones.

We offer a range of virtual care pathways:

- Respiratory care (for example pneumonia, COVID-19)
- Cardiology (for example heart failure, atrial fibrillation)
- Renal care (kidney conditions)
- Complex infections (for example septic arthritis, serious UTIs)
- General medicine

Our goal is simple: to deliver safe, effective care where patients feel most at ease - at home. And help patients recover faster and reduce unnecessary time in hospital.

Get involved in refreshing our Trust strategy

Our Trust Strategy outlines our vision and is our plan of action to achieve our goals and objectives. We want to hear from you to help shape our strategy and make our future decisions.

Tell us what you think

Our Trust Strategy will be created together with our patients and community, our staff and volunteers, and our partner organisations. Together, we can make sure our strategy reflects the voices and needs of our local communities.

Get involved:

- online - You can [fill out our survey online](#) to share your ideas.
- by post - If you would prefer to write to us, please send all post to: RBFT Strategy Team, Princes House, 73A London Road, Reading, Berkshire, RG1 5UZ



Up the Anti: Promoting Inclusion at Royal Berkshire

The Royal Berkshire NHS Foundation Trust has launched Up the Anti, a staff campaign to promote inclusion and tackle discrimination. Based on staff feedback, the initiative provides training, resources, and support to help create a workplace where everyone feels valued and able to be themselves.

As part of the campaign, drop-in support sessions are available for staff who have experienced harassment or discrimination.

Up the Anti aims to give staff the tools and confidence to challenge discriminatory behaviour and foster a truly inclusive culture across the Trust.

Walk for Wards

Sunday 21 September, Rushall Farm, Bradfield

Walk for Wards is Royal Berks Charity's flagship fundraising event - a chance to stretch your legs and show your support for the incredible staff, wards and departments at the Royal Berkshire NHS Foundation Trust.



Set against the backdrop of the beautiful Berkshire countryside, this more than just a walk - it's a way to say thank you, to walk in memory of a loved one, or simply to be part of something meaningful.

Whether you go the distance or enjoy a leisurely stroll, every step helps raise vital funds for the people who care for us when we need it most.

As well as a choice of a 5km or 10km walk, there's also a children's scavenger hunt.

Take a look at the [Royal Berks Charity's website](#) for more information.

Governor Article: John Bagshaw, Public Governor: West Berkshire & Borders



I have been a public governor for the Trust for almost nine years, and when I hit that milestone, I will have to stand down. This will be a sad occasion, as I have thoroughly enjoyed the experience and it has been extremely enlightening and informative. When I started, the Trust had been through a difficult time, and had recently appointed a new Chair, Graham Sims, and a new Chief Executive, Steve McManus. Together they had focussed on forming a stable and committed Board, and by involving staff, this formed a strong spirit of engagement and involvement in achieving excellent care for patients and support for each other. Initiatives such as the 'What Matters' programme which emphasised mutual respect, encouragement and ensured bullying or prejudice could be called out helped create a positive working environment. Governor involvement and consultation was enhanced and management were strongly encouraged to be visible and supportive of their teams.

One of the most important roles for governors is to appoint Non-Executive Directors (NEDs), whose job is to give support and keep oversight of the Board and to seek assurances that they are complying with regulations and acting in the best interests of patients and staff in delivering services for the NHS. We also appoint the Chair, and have recently done so as Graham came to the end of his term. We were able to appoint Oke Eleazu as the new Chair to take us forward. Involvement in these processes has been interesting and challenging, and I am sure the great team which will be running things once I have left will continue to build on the excellent reputation of the RBH.

Anyone (above 16) can be a public governor, and, if you have some time to spare and are interested in having input into the provision of health care for your community, I recommend you investigate if there are vacancies for governors in your area. I shall remain a member of the Trust and follow developments with interest, now from the point of view of the Chair of my local surgery Patient Participation Group (PPG) as well as a sometime patient.

John Bagshaw, Public Governor West Berkshire & Borders

Governor elections 2025

Nominations are now open for our main round of elections to appoint new governors and fill posts on the Council of Governors. The elections will launch from Tuesday 22 July 2025.

Our Council of Governors is the voice of the people we serve, and it helps set our priorities and plays a key role in the shaping of future services, based on our members' views. Each governor has a constituency and is committed to talking to local people to make sure your voices and opinions on the Trust are heard. The Trust's Constitution sets out the principles of how the Council of Governors is governed.

If you are interested in being involved, find out more about what it means to be a governor and apply to stand in this year's elections. To be eligible to be a governor you must be a member of the constituency you wish to stand for and be 16 or over.

Governor elections 2025 continued

To register as a member visit our [membership page](#) or to find out more please contact Caroline Lynch, Trust Secretary, on 0118 322 5335 caroline.lynch@royalberkshire.nhs.uk

Read our '[Become a Governor](#)' [booklet](#) where you can hear more about the expectations of the Governor role to help you decide whether you wish to stand. The elections are open for the following terms and constituencies:

- Public Governor, East Berkshire & Borders - 1 x 1 year
- Public Governor, West Berkshire & Borders - 2 x 3 years
- Volunteer Governor – 1 x 3 years

Please visit our [secure nomination site](#) and click the 'complete my nomination form' button to submit a nomination form.

The election deadline for the return of completed nomination forms is:
Wednesday 6 August 2025 at 5pm

For more information visit [Council of Governors - Royal Berkshire NHS Foundation Trust](#)

[Notice of Election](#)

Annual General Meeting – 2025

This year our Annual General Meeting will take place on Wednesday 17 September 2025 at 5.30pm. The meeting will be held in Lecture Theatre 2, Trust Education Centre, Royal Berkshire Hospital, RG1 5AN. There is an option to attend physically or via our live webinar. Our Annual General Meeting gives our local community a chance to come and hear about your local NHS, including an in-depth look at the Trust's performance for the year 2024/25 as well as our plans for the year ahead.

We welcome staff, patients, carers, families and the public to attend. The doors will open from 4.00pm and you will be able to see our stands showcasing some of our services from within the Trust as well as our Meet PEET team offering free mini health checks before the official event starts at 5.30pm.

There will also be an opportunity to put your questions to the Board of Directors at the meeting. Questions can also be submitted in advance of the meeting by emailing foundation.trust@royalberkshire.nhs.uk by Wednesday 10 September 2025 or at the meeting itself.

To join via webinar please register online: [Royal Berkshire NHS Foundation Trust - AGM 2025](#)

We look forward to seeing some of you there.

Royal Berkshire NHS Foundation Trust

ANNUAL GENERAL MEETING

SEPTEMBER including showcasing stands**17****TH
2025
5.30PM****DOORS
OPEN
4.00PM**

Trust Education Centre
Royal Berkshire Hospital
Reading, RG1 5AN
or join online  zoom

For more information on how to register to attend or
to submit questions visit

www.royalberkshire.nhs.uk/openmeetings
foundation.trust@royalberkshire.nhs.uk

**SCAN HERE**

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.](#)

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 17 September 2025: Annual General Meeting
Doors open: 4.00pm | Start: 5.30pm
Lecture Theatre 2, Trust Education Centre, Royal Berkshire Hospital
- Wednesday 24 September 2025, 9am: Board of Directors
Seminar Room, Trust Education Centre, Royal Berkshire Hospital

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

Discounts? Did you know?

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, days out and much more!

To register:

- contact us at: Foundation.trust@royalberkshire.nhs.uk for a letter of eligibility
- follow this link: [Register | NHS Discounts | Health Service Discounts](#)
- Select 'Foundation Trust Member' upload your letter!

Don't forget to let us know what amazing discounts you get so we can share them!

healthservicediscounts

healthservicediscounts

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 online](#).

Are you interested in Work Experience and 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 2025 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.

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.

Staying Safe by the Sea and on the Water

The South Central Ambulance Service (SCAS) is holding a public talk online about [water safety awareness: staying safe by the sea and on the water](#). Wednesday 20 August, 6 to 7pm.

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