



# Pulse magazine

Celebrating Pride month

June  
2024

## Welcome!

Hello and welcome to the vibrant June edition of Pulse! I wanted to kick things off with a heartfelt shoutout to each and every one of our staff members at the Trust for their unwavering commitment and steadfast efforts as we glide into the sunny embrace of summer.

This month's Pulse is packed with engaging articles, uplifting news, and inspiring stories from our staff that I'm sure will bring a smile to your face and pique your curiosity. Allow me to highlight some must-reads that I believe you'll find particularly exciting.

Many of you might have joined the recent webinar on our collective vision, 'Building Berkshire Together.' Be sure to dive into the detailed update on this and the New Hospital Programme. And there's more!

The renovation of our Orthotist department has just been completed, creating a fantastic new space that not only accommodates our growing team, with a new Orthotist soon joining us, but also enhances the experience for both our staff and patients.

Don't overlook the feature on our Pharmacy First service, which promises to make visits smoother and more supportive for everyone. Speaking of support, we understand that visits can be daunting for many; thus, we've introduced an Accessibility Guide to help with everything from parking to navigation within the hospital. You'll find all the details inside. Even though the weather isn't as sunny as one might hope for June, it's perfect for enjoying the outdoors. Check out our article on being Tick Aware to stay safe while you relish the natural beauty around us. Keep an eye out for information on the exciting annual open day at our medical museum.

Let's not forget the vital role our Trust Governors play. With the Governor Elections for 2024 on the horizon, you'll find all the information you need to stay informed and engaged.

As I write, the sun is teasing us with a game of hide and seek behind the clouds. Here's hoping it breaks through to shine brilliantly for the rest of the month. Happy reading!

Priya Hunt  
Non-Executive Director



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# A new look Orthotics Department



Last month we held the official opening of our newly refurbished Orthotics Department. The department provides external devices such as prescription insoles, splints, spinal jackets and helmets to help people recover from or avoid injury - or to live with lifelong conditions.

The Trust's orthotics team worked hard to get the planning and funding in place for the refurbishment which includes a new administration and clinic room. It means that the team will be able to see more patients and reduce their waiting lists. As part of the change, the team has also recruited an orthotist who will start in July this year.

Our Orthotic Consultant Nick Gallogly explains more in this short video: [Orthotic Department Refurbishment](#)

## Building Berkshire Together - New Hospital Programme update

As part of the New Hospital Programme process we are working through the options for a redevelopment or relocation of Royal Berkshire Hospital. The Building Berkshire Together team recently asked staff, patients and the public what is important to them when we look for alternative sites. The aim of the engagement was to collect a wide range of views on how to best evaluate potential sites and if anything was missing from them.

Over 2,300 people responded and said that access by car (57%) and access by public transport (54%) was most important to them when considering site location. When looking at planning considerations 48% of respondents highlighted the importance of the site's potential for expansion, emphasising the need for future scalability.

Respondents were also asked if there were any other criteria that they felt was important. The key themes were:

- Parking provision
- Transport infrastructure and access
- Sustainability factors
- Green Space

The highest scoring criteria have been added and two sites have met the criteria so far and are of interest.



# Building Berkshire Together

One potential site has been excluded as it wasn't readily able to support future expansion which was scored highly by stakeholders.

The team will now embark on an engagement exercise to understand what the impact would be for staff, patients and our communities if the hospital moves. Look out for your chance to get involved in July.

[www.buildingberkshiretogether.co.uk](http://www.buildingberkshiretogether.co.uk)

## You might not need a GP appointment



The Pharmacy First scheme was launched earlier this year to give patients quick and accessible care, and ease pressure on GP services.

Your high street pharmacy can now provide prescription-only medicines, including antibiotics and antivirals, to treat:

- sinusitis
- sore throats
- earache
- infected insect bite
- impetigo (a bacterial skin infection)
- shingles
- uncomplicated urinary tract infections in women.

There's more information about the Pharmacy First scheme on Gov.UK: [Pharmacy First: what you need to know](https://www.gov.uk/pharmacy-first/what-you-need-to-know)



# Be tick aware

There are some simple actions you can take to help protect yourself and others from tick bites:

- Use a repellent
- Wear long sleeves and long trousers
- Keep to clearly defined paths
- Regularly check for ticks
- If you find a tick, safely remove it

## What is Lyme disease?

Lyme disease is an infection that can be acquired when someone is bitten by an infected tick, usually outdoors in green spaces where ticks might be present.

Some common symptoms include:

- a spreading, 'bullseye' rash at the site of the tick bite which typically develops 3 to 30 days after being bitten
- mild flu-like symptoms such as fever, headache and fatigue
- a facial droop
- nerve pains
- numbness or tingling in the hands

Some people with Lyme disease may develop more severe symptoms months or years later.

These more severe symptoms may include:

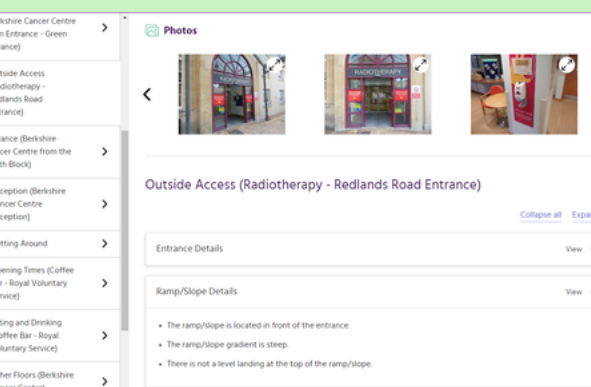
- pain and swelling in joints
- nerve problems – such as pain or numbness
- heart problems
- trouble with memory or concentration

There's more information about Lyme disease on the UK Health Security Agency's website:

[What is Lyme disease and why do we need to be tick-aware?](#)



## Do you need accessible entry to the Royal Berkshire Hospital?



AccessAble (previously called DisabledGo) is a web-based service that gives detailed access guides to help you navigate your way into and around a venue.

Their website has details of thousands of places, including the Royal Berkshire Hospital. If you're someone with mobility issues who'll be visiting the hospital, you can now work out whether your planned route is going to be accessible before your visit.

Find out more at [www.AccessAble.co.uk/](http://www.AccessAble.co.uk/)

# The Royal Berkshire Medical Museum Annual Open Day



**Medical Museum Staff Open Day**  
Monday 15 July 10.30am to 4pm

Join us on Monday 15 July 2024, between 10.30am to 4pm

The Staff open day is also open to Governors and Members who would be interested in having a look around.

Admission to the museum is free, but donations are welcome. For visiting information and directions please visit our website: [Royal Berkshire Hospital Medical Museum](http://www.royalberkshirerh.nhs.uk/medical-museum)

## Cryptic Corporate Challenge, 12 September

The Royal Berks Charity are inviting individuals to take part in the Cryptic Corporate Challenge to raise funds, collaborate with your colleagues and complete coordinated missions within the hospital grounds.

The Cryptic Corporate Challenge is an immersive series of mental and physical challenges strategically placed within the hospital grounds to test you and your team. From problem-solving puzzles to physically engaging tasks, each station promises an adrenaline-filled experience.



For more information see the Royal Berks Charity website:  
[Cryptic Corporate Challenge - Royal Berks Charity](http://www.royalberkscharity.co.uk/cryptic-corporate-challenge)

## 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!



# Brew up a storm for the NHS Big Tea!

Whether you're gathering at home, school, the office, or your local community, the possibilities 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:

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

## Are you interested in work experience & placements?

The Trust is committed to supporting young people and adults looking to pursue a career in healthcare. We offer clinical and non-clinical placements at set times across the academic year.

Work experience is for people who are interested in an NHS career. Shadowing our teams, you will have the opportunity to see first-hand what is involved in the job role you are considering. It also helps to give an understanding of the attitudes, behaviours and values that are expected in a healthcare setting.

For more information please visit [Work Experience and Placements - Royal Berkshire NHS Foundation Trust](#)



Sturti, Getty Images

## Thinking about a career in the NHS?

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

View our live job vacancies on our website: [RBFT work with us](#)



# Governor Article - Darren Browne, Partner Governor Autism Berkshire

As I write this article, it is early June and summer has yet to arrive, so here's hoping you are reading this in the middle of a beautiful day.

I am a Partner Governor here at the Trust representing the neurodiverse community and specifically your Governor on behalf of Autism Berkshire, where I have been a Trustee for a number of years. I was diagnosed with Dyspraxia (I see things in pictures) in my late 40's and Autism (It would take a book to explain the daily challenges) in my 50's. Being neurodiverse is both a daily mountain and a blessing, often in the same thought.

Neurodiverse people have helped shape the world, as we see things totally differently from neurotypical people, you've heard the phrase "Thinking outside the box", well for us there is no box, so you really are likely to see things differently and contribute to society in a unique way.

Where would the world be today without Albert Einstein, Steve Jobs, Bill Gates, Agatha Christie, Isaac Newton, Charles Darwin, Greta Thunberg, Lionel Messi and my personal favourite Anthony Hopkins?

Our challenge in the Trust, is how do you deal with individuals when you can't necessarily see their hidden condition as clearly as you could spot a broken bone. We are talking about staff, patients and approximately 15% of the entire UK population, that's right, 1 in 7 people have brains that function differently, that need to be educated differently and that process information differently.

I was asked to become a Governor in 2023 and specifically help the Trust embrace neurodiversity in its core thinking, who could say no to that?

I would like to think any new hospital infrastructure, the patient journey, new and existing staff will benefit from thinking carefully about the 1 in 7 and creating a world class environment with both neurotypical and neurodiverse input.

So, I hope to make a small difference and continue to bring my experiences to the Trust for many years to come.

For all of my bleating on about neurodiversity, my career has been largely defined by trying to "look normal" to prosper in a 35+ year career in business. I always knew I was different and did wonder why everyone didn't think my way (I'm glad I didn't know). I left school at 17 and began a career at Hays, working my way up to become Managing Director of Hays Technology aged 25.

After 8 years at Hays, I founded my first company and subsequently took it public, so learnt the realities of the commercial world. This experience and my diagnosis later in life, took me to the University of Reading, where I became their first full time Commercial Director in 2019, resulting in Shinfield Studios, which was thought up and executed during Covid, not an easy task, however it shows you what can be achieved by bringing different cultures together (Hollywood, private equity and a university!).

Which brings us bang up to date to 2024 and our need for [new Governors](#), where else could you make such a difference to the community?

In this article you will find out more information on our Governor Elections and how to apply for the role, if you have the desire to help shape the future of healthcare in Berkshire.

Lastly, I pay tribute to our Chair Graham Sims, who we are very lucky to have and laud the work of Trust Secretary Caroline Lynch, who championed my appointment and is an inspirational lady.

Darren Browne, Partner Governor – Autism Berkshire

## 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](#) – 20% off
- [First home | Remortgage | Moving home | Buy-to-let from](#) – free expert advice
- [Admiral travel insurance](#) – 10% off
- [Ray-Ban](#) – 25% off
- [JD Sports](#) – 10% off
- [Pandora](#) – up to 50% off + extra 10% NHS
- [Hotpoint Home Appliances](#) – up to 450% off
- [easyJet holidays](#) - £25 e-gift card
- [TUI Holidays for Heroes](#) – 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](#)

**Tuesday 16 July 2024, 5.30pm: Membership Committee**

Seminar Room, Trust Education Centre, Royal Berkshire Hospital

**Wednesday 31 July 2024, 9am: Board of Directors**

[Seminar Room, Trust Education Centre, Royal Berkshire Hospital](#)

[Listen to our latest Board of Directors meeting \(29 May\)](#)

## 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](#).



# Notification of Governor Elections 2024

Royal Berkshire NHS Foundation Trust will be holding its annual elections to appoint new governors and fill posts on the Council of Governors. The elections will launch from Monday 17 June 2024.

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



The elections are open for the following terms and constituencies:

- Public Governor, Reading – 1 x 3 years
- Public Governor, Reading – 1 x 1 year
- Public Governor, Wokingham – 3 x 3 years
- Public Governor, East Berkshire & Borders – 2 x 3 years
- Public Governor, South Oxfordshire – 1 x 3 years
- 
- Staff Governor, Admin/Management – 1 x 3 year
- Staff Governor, Allied Health Professional/Scientific – 1 x 2 years
- Staff Governor, Health Care Assistant/Ancillary – 1 x 3 years
- Staff Governor, Nursing/Midwifery – 1 x 3 years

[Complete your nomination form online](#). The deadline for the return of completed nomination forms is Monday 15 July 2024 at 5pm.

## 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)

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)