



One trust, seven hospitals: *The Royal Alexandra Children's Hospital*



In the build-up to the merger of BSUH and WSHT, we'll be showcasing each of the seven hospitals that make up University Hospitals Sussex. The first hospital to be featured is the Royal Alexandra Children's Hospital (RACH) in Brighton.

The Alex

Originally opened 1881, new hospital at RSCH opened 2007.

CQC rated 'Outstanding'

Number of patients: 45,000 per year

Number of A&E attendances: 25,000 per year

Staff: 340 substantive staff, plus lots of volunteers and bank

Fun fact: The exterior of the building is designed to resemble a boat or ark, with the lower floors tapering in to suggest the presence of a keel below ground level. You might notice a theme throughout the hospital with each floor corresponding to a different animal.

"The Alex" as we now know it, officially opened in June 2007 at the RSCH after relocating from Dyke Road in Brighton. The original hospital opened its doors to children in 1881 and has provided care to children in the southeast for over 140 years.

In 2007, a visit from our patron, Her Royal Highness Princess Alexandra to officially open the new facility, marked a new era in the hospital's history. In 2017, HRH visited again to help celebrate our 10th anniversary and the 50th anniversary of the [Rockinghorse Charity](#), the dedicated fundraising charity for the hospital.

The new building has won more than 70 awards for architecture and design including the 2008 Prime Minister's Award for Best Public Building. The building was so well received that the same architects were commissioned to design the two new buildings and service yard that make up the 3Ts Redevelopment at the County.

On any given day, the Alex is a hive of activity. As one of only seven dedicated children's hospitals in the country, it's now home to the Children's Emergency Department and a Paediatric Critical Care unit, and a wide range of



specialised services such as paediatric oncology, paediatric and neonatal surgery, respiratory medicine and cystic fibrosis, gastroenterology and nutrition, dentistry and orthodontics, diabetes and endocrinology, epilepsy and neurology, dermatology, rheumatology, cardiology, trauma and orthopaedics and ENT. Our neonatal service is on the top floor of the Thomas Kemp tower and at PRH but works very closely with the Alex.



Also in residence is a team of Play Specialists who play an invaluable role in maintaining the wellbeing of our young patients during their stay. The Play Team help children to prepare for procedures, provide distraction therapies and specialist guidance, as well as organising events within the hospital – a visit from Brighton and Hove Albion Football Club never fails to put a smile on the faces of patients and staff at the Alex!

On arrival to the Alex, patients are warmly greeted by a front desk volunteer or one of our patient access clerks.

Natalie (*right*) has been working at the Alex for over 17 years and has welcomed thousands of children and families to their appointments. Sam (*left*) has been working on the front desk for 5 years.



Find out more on the new website: www.bsuh.nhs.uk/alex/

Welcome to Nigerian nurses

Seeing the Trust, the NHS and the country through the eyes of new arrivals is a very refreshing experience. Our new international nurses from Nigeria are a breath of fresh air and can't wait to finish their OSCE exam and get onto the wards.



“It’s in the nature of humans to strive for greater height and evolution. I have always wanted to practice in a place with better technology and higher standards. In the UK a fair opportunity is given to all races. BSUH is one of the NHS organisations that strives for equality. I believe it will give me the opportunity to develop professionally.” Chidi arrived as one of a cohort of seven nurses from Nigeria, the first of our new international nurses to arrive as part of a dedicated programme to recruit 200 nurses from overseas.

Our new colleagues arrived at Heathrow on 4 February and spent 10 days in quarantine, before emerging into the great British winter. It has been quite a culture shock: “The temperature stood out immediately. I stepped outside and the cold was frightening!” exclaims Chidi. Fortunately, Sue Dawson, Senior Sister for International Recruitment was able to organise a whip round of coats and hats to keep the new arrivals warm.

This is a group very proud to be part of BSUH: “The NHS is held in such high esteem. I get offered discounts on my shopping. Citizens in the UK recognise the value of my work and I am appreciated. It is very different from the way I’m treated in Nigeria”, says Elohor.

Our new nurses will take their OCSE exams at the end of March and join ward teams across the Trust soon after. A further cohort of 11 international nurses is due to arrive on 5 March and another 50 are due to arrive in April.

Our new nurses are now looking for accommodation. At home, they aren't used to sharing bathrooms or living in shared apartments, but accommodation prices in Brighton mean they're struggling to find anywhere to live. If you know of anywhere that might be suitable, please email sue.dawson4@nhs.net.

Project Wingman lands at BSUH

Pilots and cabin crew have come together to deliver a first-class service to BSUH staff at the County and PRH.

Project Wingman was started at the height of the COVID-19 pandemic to enable furloughed, grounded or redundant airline staff to support frontline NHS workers. The airline volunteers are all trained to communicate in stressful situations and their lounges provide a space for NHS staff to unwind and decompress.

Staff are invited to drop in before, during or after a shift to have a chat and cup of tea and be looked after by uniformed aircrew who understand and empathise with the challenges of working in a stressful environment.

Hundreds of staff have already benefitted from the lounge at PRH based in the newly opened Heroes Lounge, since the beginning of February and a further 30 airline staff are now based at the Macmillan Horizon Centre to support staff working at The County.

Laura Symons, Project Wingman Team Leader for Brighton said:

“Having been a volunteer at Worthing Hospital since the end of last year, I am now proud to lead a team of volunteers at our local hospital in Brighton. Macmillan Cancer have loaned us the fabulous Horizon lounge complete with sea views, conveniently located by the Oncology and A&E departments.”

Thomas Kwest is a Secretary based at Sussex Cancer Centre, he said:

“I had a delightful lunch break on Wednesday with Wingman volunteers. A coffee and marvellous informal talk with these very thoughtful people who added a touch of “airways glamour” to my day! It was nice to know that we in the Cancer Centre are not forgotten and it made a normal day a bit more special.”

Recognising unsung heroes

Over the last few weeks, Dr George Findlay has been taking the opportunity to say Thank You to various teams across our Trust in his weekly briefings. Not everyone will have had the opportunity to join the briefings so we're sharing the recognition in Buzz in this week.

Thank you to our mortuary teams

Health & Wellbeing

Caring for our staff who care for our patients



Opening hours:

Macmillan Horizon Centre, RSCH:

11:00 -15:00, Monday to Friday

Heroes' Lounge, PRH:

9am to 7pm, Monday to Friday

11am – 3pm, Sat & Sun.



It can be uncomfortable to talk about death, but it's a sad reality of hospital life. We have cared for those suffering the most significant impact of COVID and sadly, despite the best care, more than 490 patients have lost their lives to this virus at our hospitals.

This has meant that, like so many teams, our mortuary staff have had to cope with increased demand on their services. They have also been exposed to the same level of risk from COVID as other clinical teams.

Despite the pressure and the risks, the mortuary teams have continued to provide the dignity and care we would all hope our loved ones would receive. They have also supported families and loved ones who are grieving, together with colleagues in the bereavement office.

Thank you to our Porters

Our porters are in close contact with patients throughout their stays. They travel to every area of the hospitals, from diagnostic departments and laboratories to wards, A&E and critical care, often clocking up more than 20,000 steps a day! We rely on them to keep our patients on the right pathways, ensuring they are safely transported from ward to imaging and back again and they are often among the last people our patients see as they leave the hospital to go home.

Their role is varied – in addition to moving patients, they move waste, medical equipment and supplies. And when our patients sadly die, it is our porters who transport them with care and dignity to our mortuaries.

They really do keep our hospitals moving while offering reassuring faces and voices to patients – providing a smile and a laugh when patients might need it most.



Musical Shed Sessions, for BSUH Charity!

Joe Stilgoe is an 'internationally acclaimed singer, pianist and songwriter', who lives in Hove. Since day one of lockdown, Joe has been putting on a series of musical performances, live from his shed!

Joe has kindly decided to dedicate the final twenty performances of the 'Stilgoe In The Shed' series to staff at BSUH NHS. Joe said:



"Having recently been looked after by the brilliant staff at The Royal Sussex Hospital in Brighton, I want to do my part to help the NHS go above and beyond, as they deal with the pandemic. The staff at BSUH NHS Trust do a phenomenal job looking after our community."

Joe is aiming to raise an incredible £10k for the BSUH Charity 'Help BSUH Hospitals Fight Covid-19' campaign. He is a wonderfully talented musician, and the shows are such a breath of fresh air. You can tune in here at the below times to check him out. Monday at 9am, Wednesday at 8pm or Sunday at 11am.



Read more about the #StilgoeInTheShed fundraiser here. A big thank you to Joe! You have brightened up our mornings and put a smile on our faces!

Did you miss?



Quick Links, notices and events:

- Happy retirement to Clinical Librarian Tom Roper – [read more on the Library website](#)
- **Fit testing** - staff should be fit tested for a range of different FFP3 masks. Bookable slots are available on IRIS – [log in to IRIS to book](#)
- The Swiss Cheese Respiratory Virus Pandemic Defence is here to remind you of the best IPC practices to prevent the spread of infection – [Find out more and download the poster on info-net](#)

Health and Wellbeing

Have you signed up to the Health and Wellbeing newsletter?

Find out how we're taking positive action to support you at work and home. Please print or forward to your colleagues and teams.

[Read more here](#)

Refer a friend to join us as a member

We are now looking for thousands of residents to join us on our exciting journey ahead. Please help us to recruit friends, family and patients. Anyone over the age of 16 can register for free at www.BSUH.nhs.uk/Members so share the link. You don't need to sign up yourself as staff are automatically included.



**We are merging
to become one Trust**



Join us

Support your NHS
Shape our journey
Share your ideas
See how we work

www.bsuh.nhs.uk/members