

BUZZ



Protect you, your family and patients from the flu

From Monday 5th October, free flu vaccinations are available for staff. Find out who your local vaccinator is, check when a roaming vaccinating will be visiting your area or book your job online via the Flu hub on info-net: www.bsuh.nhs.uk/working-here/human-resources/flu/. Don't forget, if you get yours in the first eight weeks you'll be entered into a prize draw – winners are announced weekly from 12th October. [Find out more on info-net.](#)

Get protected

Having the flu vaccine protects you, your family and patients from flu. On average over **11,000 people** die each year from flu and some years it's much more. Vaccination means less staff sickness, helping the NHS to keep running effectively during a busy winter. With the added pressure of COVID-19 this year, we need to be prepared and healthy.

Don't pass it on

You can give flu to your family and those you care for even if you don't have any symptoms. Staff who aren't vaccinated may pass on flu to vulnerable patients and colleagues.

Use your influence

Patients feel safer and are more likely to get vaccinated themselves when they know the people who care for them are vaccinated too.

Meet **Lucy**, our Clinical Procurement Manager. When Lucy isn't organising crucial supplies for every ward and department in the hospital, including PPE, sanitiser and equipment, she's vaccinating her colleagues to protect them from flu.



"This year I'm a flu vaccinator, I'll be getting my flu jab and I hope you do too!"

- Lucy Francis,
clinical procurement manager
and flu vaccinator

**PROTECTS
YOU, YOUR FAMILY
AND PATIENTS
FROM THE FLU**

Search for 'flu' on **Info-net** to find out more



Get involved

Look out for more profiles from some of our staff and vaccinators throughout the campaign. If you'd like to be featured, send us a selfie with your 'I've had my flu jab' sticker or take a photo with one of the Flu Shields that will be circulating with our vaccinators this year – send to BSUH.communications@nhs.net with a comment about why you'll be getting your jab this year.

Connecting with others to make inclusion a reality

This week is Inclusion Week and the theme is “Each One, Reach One”, which is all about connecting with others to make inclusion an everyday reality. It’s a great opportunity for us to consider what Inclusion really means to us as we all play a role in shaping how it feels to work and be part of the Trust. To celebrate, we have been asking staff to post their reflections to the [Inclusion group](#) on Workplace with [Marianne](#) kicking off the campaign. Now it’s your turn to tell us what inclusion means to you! Get posting to Workplace using #inclusionandme.

Meet Disabled Staff Network (DSN) member Julie Bushell - Dental Technician for the Women & Children’s Division



Why did you get involved in the DSN network? I got involved in the DSN initially because I was interested to know what help and information there was available. I enjoy being a member as it is interesting to hear about and share experiences.

What does inclusion mean to you?

Although I don’t want to be treated differently because of it, I do have a hidden disability which is

epilepsy. By talking about my epilepsy to my colleagues, I have helped them to understand that although I may not look disabled I do have this hidden condition, which can mean that sometimes I will need extra help. Now they know about it, they will be able to help me should I need it in the future.

How they think non-disabled staff can help to make BSUH a more inclusive place to work? Be understanding towards those with a disability, especially if they are not obviously visible.

Hobbies outside of work? I love to bake cakes!

Black History Month

Throughout October, the UK is celebrating [Black History Month](#) with a wide range of events held across the country to celebrate African and Caribbean cultures and histories. Given the events of 2020, this year’s event is more important than ever.

As a Trust, we have taken a number of actions recently to ensure we are supporting BAME colleagues and nurturing a culture of understanding and inclusion, from introducing BAME Volunteers to the new BAME Staff Network named SOAR. This stands for **S**afe space - **O**pportunities, equity and empowerment - a platform to **A**mplify voices – and

Connect and support staff networks

As a staff network member or ally you can connect with others, contribute your ideas or experiences and give and receive support – it’s a win, win!

- [LGBTQ+ Network](#)- A volunteer-run group of LGBTQ+ staff & volunteers (plus allies) offering a wide variety of social events and community activities.
- **BAME Staff Network (SOAR)** – A safe forum for BAME staff to discuss issues that are impacting them and to provide support.
- [Disabled Staff Network \(DSN\)](#) – A group for staff with visible and hidden disabilities to raise awareness, improve understanding and offer support.
- **Religion and Belief Network** – We are hoping to launch a network in the coming months to provide a forum for staff of all faiths and beliefs. If you would be interested in finding out more or have any suggestions, please contact [Revd Joanna Elliott](#) (64122).



Redress the balance. Read on to hear from BAME Volunteer Natalie Opoku and watch the [first SOAR meeting](#) in case you missed it. For regular updates during Black History Month, you can follow the [Inclusion group](#) on Workplace.

BAME Volunteer Natalie Opoku - Band 7 MSK Physio

My name is Natalie and as well as being a [BAME Volunteer](#), I'm also a union rep, part of Staff Side, and a member of the WRES working group and BAME Staff Network (SOAR). These roles have provided me with the opportunity of working with a wide range patients and staff, thus allowing me to connect with a fairly diverse group of people.

There has been anxiety of some sort for everyone regarding COVID, but with evidence showing the disproportionate effect in particular for the BAME population, this coupled with the events of the Black Lives Matter Movement and the death of George Floyd has perhaps added an extra layer of stress for BAME colleagues. As a result, people may have a story or be having difficulties but might not feel that they have the platform to be listened to or for their voice to be heard. Recently I spoke on behalf of the Chartered Society of Physiotherapy in the Anti- Racism debate at the Trade Union Congress 2020, calling for immediate action to end the inequality.

I signed up to be a BAME volunteer as I want to be able to provide support and a comfortable safe place for people to confidentially voice any concerns or anxieties they may have and to offer advice as needed. As a member of the new BAME staff network (SOAR) I hope this will help to drive inclusion for BAME colleagues at the Trust. If anyone is interested in joining then they can email [Barbara Harris](#) for details. Outside of work I'm a bit of a Zumba addict, a cheese lover and drinker of fine gin!

You can email [Natalie](#) or contact her on extension 5018 (external: 01273 665018). A list of all the BAME volunteers is [available here](#).

Star of the Month winner chosen for their excellent patient care

Congratulations to Vanessa Matterface Senior Receptionist in HIV Outpatients on her Star of the Month win. Vanessa was nominated by her colleague Daniel Richardson for her excellent patient care. Daniel's nomination said:

"This morning one of my patients wanted to come in from the Martlets where he is dying to basically say goodbye to me and Vanessa. I sat and chatted with him and then he spent almost an hour with Vanessa in the waiting room. She is so amazing (I couldn't listen without having a weep). She was so kind and funny and skilled and human with him. He was so incredibly grateful for having the opportunity to come in and see her after knowing her for probably 20 plus years and to say goodbye and have a final giggle with her."

Vanessa was presented with her award by Directorate Lead Nurse Jo Kerr and many of her colleagues joined in to congratulate Vanessa. Well done Vanessa!

You can [nominate a colleague](#) or [view this year's winners and nominees](#) to date on the info-net.



Did you miss?



Good luck to Sue Alcock who was all set for a sky dive but unexpected high winds meant it was postponed at the last minute! Sue is now gathering her courage again to jump on 12th October! Join us in showing your support and help Sue raise funds for BSUH Charity!

<https://www.justgiving.com/fundraising/susan-alcoc1>



Health & Wellbeing

Caring for our staff who care for our patients

Onsite activities are back!

We are pleased to announce that a number of onsite classes and groups have returned to support physical wellbeing and help you to stay connected to BSUH communities. All classes have completed COVID Risk Assessments, are compliant with government guidance, and will be reviewed on a six week basis or following changes to government guidance. Take a look at [this poster](#) for further details.

Virtual classes are also available, which you can access through our [Health and Wellbeing pages](#) featuring wider resources such as mental health support. Alternatively, complete the [Social Side survey on Iris](#) if you'd like details to be sent to you.

Notices, links and resources

- [Have you heard about Perfect Ward?](#)

Measuring the quality of what we do and looking for opportunities to improve is a fundamental part of the way we work Perfect Ward is an app based ward/department audit and inspection tool which will be implemented over the coming months.

- [Drive through testing at PRH for Patients](#)

A drive through Covid-19 testing service for patients having elective procedures is being set up at PRH.

- [Staff survey is now open](#)

We want to hear from all our staff about your experiences working at the Trust, including those from LGBTQ+, disabled or BAME backgrounds. Check your inbox for a link to the survey or find out more on info-net.

HAVE YOUR SAY!
SHAPE OUR WAY

Staff survey 2020 28 SEPT - 27 NOV



Help shape the future Trust to continue to support staff and patients in the best way

Access your survey email on your mobile through your web browser or via the Microsoft Outlook app

