1. Sussex Eye Hospital patient receives lens that her father pioneered

The team at the Sussex Eye Hospital were pleased to be part of a heart-warming story this week when a patient revealed that the lens she would be receiving in her cataract operation was one her father had helped to pioneer.

Fifty years after her father helped to make the first intra-ocular lens Pauline Collins received the very same type of lens during a cataract operation on her right eye. The Rayner intra-ocular lens as it’s known was developed by her optical engineer dad, Leonard Rofe. Mr Rofe made it for Harold Ridley, a British ophthalmologist who pioneered intra-ocular lenses. Mr Ridley then approached a company called Rayner to make the lenses and the rest is history with Rayner still supplying intra-ocular lenses across the world to this day.

Pauline was pleased to be able to share this remarkable story with staff at the eye hospital and mark the occasion with a photograph.

2. NHS Staff Survey: Have you had your say yet?

More than 1,200 colleagues have had their say since the annual staff survey launched just over a week ago. This is a fantastic start and a significant increase on where we were last year! Staff survey pens are being delivered to all departments - don’t forget to pick one up once you’ve completed yours.

If you have any questions about the survey, head over to Info-net to read a full list of FAQs and find out more about confidentiality. Why not add the staff survey to your email banner to encourage your colleagues to complete their survey: https://nww-bsuh.nhs.uk/working-here/human-resources/staff-survey-2019/

3. Taking #40seconds for World mental Health Day

This week we marked World Mental Health Day (10 October). The day united teams across the Trust in our efforts to improve our own and the mental health of the people around us. The theme selected this year was suicide prevention.

With someone losing their life to suicide every 40 seconds, we encouraged staff to take #40seconds to make a difference for their own health or the health of somebody they care about.
From initiating a conversation with someone you’re worried about to sending a quick text to tell a friend you care, or perhaps taking the first step to get help for yourself.

At BSUH we are committed to improving the health and wellbeing of our staff. We’re here for you! Here are some ideas for #40seconds of action to make a difference, using the resources BSUH has to offer...

- **Finding an activity with the Health & Wellbeing service.** From sessions to help you unwind such as yoga and mindfulness, to more energetic, social activities like football and hiking, and discounts and support to help your money go further. Visit [www.bsuhwellbeing.nhs.uk/](http://www.bsuhwellbeing.nhs.uk/) or join the Health and Wellbeing group on Workplace.

- **Finding out more about our Health Employee Learning and Psychotherapy (HELP) service.** The HELP service is there so you don’t have to deal with issues alone. Whatever the difficulty, whether it’s brought on by a change or stressful event at work or home, the service provides confidential support, counselling and psychotherapy on a range of issues. They can also advise on mental health awareness training for managers. Find out more at [www.bsuh.nhs.uk/working-here/human-resources/advice-support-and-wellbeing/help-health-employee-learning-and-psychotherapy-services/](http://www.bsuh.nhs.uk/working-here/human-resources/advice-support-and-wellbeing/help-health-employee-learning-and-psychotherapy-services/).

- **Find more resources within our Library and Knowledge Service.** The team there have helpfully selected a range of publications for staff to access relating to mental health. Visit the library at PRH and RSCH or go to: [www.bsuh.nhs.uk/library/2019/10/10/look-after-yourself-with-our-wellbeing-collection-copy/](http://www.bsuh.nhs.uk/library/2019/10/10/look-after-yourself-with-our-wellbeing-collection-copy/).

World Mental Health Day might be over but it’s not too late to show you care or to get the help you need.

**4. Flu week 1 – over 1,000 vaccinations given!**

The flu campaign is off to a fantastic start with over 1,000 flu vaccinations given by our workplace vaccinators all over the Trust in the first week. It’s easy to pass on flu without showing any symptoms or even feeling unwell – that’s why it’s important to get your jab as soon as possible, even if you’re fit and healthy.

Have you had yours yet? The dates for our October clinics are on Info-net and Workplace: [https://nww.bsuh.nhs.uk/working-here/human-resources/flu/](https://nww.bsuh.nhs.uk/working-here/human-resources/flu/).
5. Baby Loss Awareness Week

Each year Baby Loss Awareness Week takes place from 9th October with a global wave of light which marks International Pregnancy and Baby Loss Remembrance Day. Landmarks around the world light up in support of the event.

The Pregnancy Loss Midwife Team have had a stand at PRH and the AEB in Brighton during the week and have also arranged for PRH to be lit up on 15th October, look out for this and photos next week!

6. Join the BSUH Choir

The BSUH Choir is looking for new members! We are a welcoming community choir, open to all. We meet in the chapel, in the Barry building at the Royal Sussex County Hospital every Tuesday from 5.30 to 7pm.

The music is varied and includes classical pieces, songs from shows and spiritual and contemporary music. You don’t need to sight-read to be involved but if you would like to learn, tuition is available. The choir perform a few times a year in the chapel, at St Georges Church, Kemp Town, and around the wards of the hospital. We will also be singing carols on wards around the festive period.

Our musical director Cara is a professional singer and choir leader and runs four choirs throughout the city. She is very encouraging and welcomes all abilities and levels. If you’d like to find out more, contact carabarseghian@yahoo.co.uk.

7. Freedom to Speak up Competition – do you know who to speak up to?

Tell us what you know about Speaking Up and be in with a chance of winning a £75 M&S voucher! Our Freedom to Speak Up Guardian Caroline Owens is here to help you if you’re struggling to voice a concern at work. Caroline is visiting all BSUH sites over the course of October to mark Speak Up Month so look out for her in your department.

To enter the competition, complete the form and send to Caroline Owens @ Trust HQ, RSCH, Eastern Road, Brighton via internal post or download the sheet from Info-net. Winners will be announced in November – it’s that easy!
Best of BSUH

I was still feeling unwell with a chest infection despite taking two courses of prescribed medication. I visited Princess Royal's A & E Department on the morning of 5th October and was quickly triaged and put in a bay. The doctor and nurse who attended to me were very pleasant and thorough.

After having an x-ray, various checks and blood tests I was re-assured that I was recovering, albeit slowly, from the chest infection. I was re-assured by this and advised to see my G.P. for follow up.

I would like to thank all the staff in the Department for their very kind and caring attention. Keep up the good work!

Did you miss? (posted on info-net over the past week)

- Understanding the evidence and improving clinical practice bite size sessions
- Skin and Wound Care Conference
- Dermatitis: Reminder for Line Managers
- Leg Ulcer Study Day
- Take 40 seconds this World Mental Health Day
- Flu clinics announced
- PRH lights up for baby loss awareness week
- Staff Survey: Is it really confidential?

Events and training next week

Please see www.bsuh.nhs.uk/news/events-calendar/
All training events are on http://iris.bsuh.nhs.uk

- Administration of Blood and Blood Products - 3yr Update (face-to-face)
- Appraisal Training for Managers and Appraisers, RSCH 14 Oct
- Medical Appraisal Walk-in Session – Brighton, 15 Oct
- Managing Behaviours that challenge in patients with Acquired Brain Injury, 16 Oct
- Appraisal & Pay Progression Policy Launch PRH 16 Oct
- Medical Appraisal Walk-in Session – PRH 17 Oct

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Your next Buzz will be published on Friday 18 October 2019.