



Star of the Month round-up – Congrats to Humu, Mhairi and Gavin!

The latest winners of the Star of the Month have been awarded their prizes and congratulated by their colleagues in presentations over the past few weeks. Click on the links below to read more about each of the winners on Workplace.

Congratulations are in order for [Mhairi Donald](#), who is a consultant dietician in Cancer Services. Earlier this week we were pleased to be able to present another Star of the Month winner with their well-deserved award.

Next up was bank staff member [Humu Bako](#). Humu was surprised with her Star of the Month win earlier this week when she was presented with her award by cardiac matron Ruth Tollyfield.

And finally well done to Gavin Atherton who was nominated three times in February. Gavin was presented his certificate on Monday by Peter Lane the divisional director of operations for Specialist Services.

Congratulations and thank you for the amazing work you all do!



Green Ambassadors Workshops

Join our Green Ambassadors induction workshops in April and find out more about the trust's Green Group and the role of the ambassadors. It's also a chance to discuss any of your own ideas and projects and to network with others also enthusiastic about sustainability in healthcare and moving us towards a net zero NHS

The sessions will be held in small groups on Teams and will help you find out more about the work of the Trust Green Group,.

There are 10 workshop times to choose from on the following



dates:

- Tues 13th April - 10-11am, 11.30am -12.30pm
- Thurs 15th April – 2pm - 3pm
- Fri 16th April – 10 -11am, 11.30am -12.30pm
- Tues 20th April – 2 - 3pm, 3.30 - 4.30pm
- Weds 21st April – 2 - 3pm
- Thurs 22nd April – 2 - 3pm, 3.30 - 4.30pm

To find out more or book, please email bsuh.green@nhs.net with your preferred time, and we will forward you the Teams invite.

Thank you NHS Mural

A colourful tribute to NHS staff has appeared on Abbey Road featuring a thank you to NHS staff. The mural is situated next door to the Outpatients department and the Ronald McDonald House, which exists for families of children being cared for in the Alex, so that they can stay nearby while their child is receiving treatment.

The mural was commissioned by a local resident and features the names of some of the departments and units in the Hospital, including A&E, ICU and the Lawson Unit, and also features job roles such as catering teams, estates, lab techs, consultants, nurses, cleaners, dieticians and many more! Why not snap a selfie next time you're walking past!



COVID Vaccination survey

To help understand colleagues' experience of the COVID vaccination programme, we've worked with the University of Brighton to design a brief survey.

Your feedback is important to us and we hope that it can enable the vaccine programme team to address any issues that have arisen around



COVID vaccination and better prepare for future vaccination campaigns.

Your answers will help us understand how we could communicate better, improve access to vaccines and address any barriers to vaccination that may have arisen for you.

It may also present an opportunity for us to share best practice, as identified by you, with other vaccine centres.

The survey should take about seven minutes to complete. It is available through any device with internet access using [this link](#) or using the QR code below, and is completely anonymous. You do not have to answer every question but every question you do answer helps us to improve.

Food glorious food – what’s available and when in BSUH restaurants

There are a number of shops and cafes at the Royal Sussex County Hospital and at the Princess Royal where staff can get a hot meal or snack. See below for a list of BSUH restaurants and opening times:

PRH:

Bluebells Restaurant - second floor of the main Princess Royal Hospital building

Monday to Friday	8:00am – 4:30pm
Saturday and Sunday	8:00am – 3:00pm

RSCH:

Subway - adjacent to RACH

Monday to Friday	8:00am to 4:00pm
Saturday	11:00am to 3:00pm
Sunday	11:00am to 3:00pm

The Terrace Restaurant - On the top floor of the Audrey Emerton Building (Level 3)

Monday to Friday	8:00am to 2:30pm
Closed Weekends and Bank Holidays	

Shops and cafes

Royal Alexandra Children's Hospital
WRVS café - main reception on Level 5
WHS Newsagents - left of the main entrance

Open weekdays 8:00am to 7:00pm and weekends 8:00am to 2:00pm
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Royal Sussex County Hospital:

Costa coffee - main reception in the Barry Building, Amigo Shop - main reception in the Barry Building

Open weekdays 8:00am to 4:00pm

Sussex Eye Hospital

WRVS shop - ground floor A&E department

Princess Royal Hospital

The League of Friends café - main entrance
WRVS shop - main entrance

Open weekdays 8:00am to 5:30pm and weekends 2:00pm to 5:00pm
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Plus, coming soon to RSCH: The Hot and Healthy Vegan Vending machine

From the 14th of April at the Royal Sussex County Hospital, located in the Staff Dining Area at the New Entrance to Subway, staff will be able to get a hot, healthy, plant-based meal from the Vibrant Vegan vending machine.



BSUH Charity update



Mary's Mega Cycling Challenge!

Mary Daly, a Practice Education Facilitator at BSUH, is taking on a mammoth cycling challenge for BUSH Charity. She is attempting to clock up 5,540 miles on her bike, over a 12 month period.



Mary was inspired to take up the challenge after reading an [article](#), which highlighted the increasing number of nurses leaving the profession, due to high stress levels and other mental health difficulties. She worked out that upwards of 5k staff had left the profession in 2019-20 because of these types of factors, and wanted to cycle a mile for each of the nurses who have left.

Mary said, *"This is not just about raising money, it's also about raising awareness of this statistic and helping to provide ongoing mental health support for staff at BSUH."*

The money Mary raises will be going towards the **HELP staff support service** at BSUH. The service offers psychological support for staff, including counselling and decompression debriefs. Good luck Mary – what a brilliant fundraiser. If you'd like to get behind Mary, you can donate [here](#)

TOP RIDERS (MOST MILES)

	NAME	MILES	TRIPS
1 st	Mary Daly	79	22
2 nd	Daniel Puntis	61	2
3 rd	Jaime Vera	54	3
4 th	Alison Porges	45	4
5 th	Anna Potts	37	2
6 th	Neil Aiton	32	2
7 th	Sam Blakemore	29	4
8 th	Neil Williams	21	1

Capturing your COVID-19 stories

To mark the one-year anniversary of the first national lockdown in March, we have launched 'Your COVID Story' to capture your reflections of the last year, preserve our experiences and form a lasting legacy for our patients, families and staff.

As we look to becoming a single organisation, here's a look back at some key moments and what we've achieved together during the pandemic. We also want to capture your reflections of the highs and lows of the pandemic.

Please consider sharing your reflections, either in writing, illustrations or photographs to yourcovidstory@nhs.net, letting us know your **name, role, division and hospital (or where in the community) you're based**. No reflection is too small!

We have all experienced many pandemic highs and lows and you will have so many memories over the last year. We are looking to capture these moments to create a memorial publication. We are looking for examples of colleagues going above and beyond, working

Our Covid story

A look back at some key moments during the Covid pandemic - share YourCovidStory@nhs.net



Click the timeline to download a full size version on Info-net or zoom in using the +/- arrows on your browser!

Farewell to Buzz

And finally, with the merger of BSUH and WSHT on the horizon, we're looking forward to sharing a new trustwide newsletter with staff in the near future – watch this space! This means that this will be the final issue of Buzz Newsletter.

We'd like to say a huge thanks to all our readers over the years. Buzz has been running in various formats for many years and has been the main forum for sharing good news throughout the trust.

We will continue to tell your stories of achievement, innovation and celebration across UHSussex, so please continue to share your good news via the [info-net form](#) or by emailing [the communications team](#).

Have a look at some highlights from Buzz front pages over the years and if you fancy a trip down memory lane, why not have a browse through the archive of back issues on the [Info-net](#)





One trust, seven hospitals: *Princess Royal Hospital*

PRH

Built: 1991

Key services: A&E, diagnostics and screening, Maternity and midwifery, general surgery.

Number of staff: 1,318

Number of beds: 327

CQC: 'Good' and 'Outstanding' for caring

Every week, in the build-up to the merger of BSUH and WSHT, we'll be showcasing one of the seven hospitals that make up University Hospitals Sussex. We've covered four hospitals already including The County, The Alex, Southlands and St Richard's - catch up with those on info-net. This week's showcase is the Princess Royal Hospital (PRH) in Haywards Heath.

As the main hospital in the Mid Sussex District, PRH stands on part of the site of St Francis Hospital, a mental health hospital founded in 1859.



The new buildings that form PRH as we now know it, were completed in 1991 and opened by HRH Princess Anne, who officially opened the hospital in September of 1991.

There are more than seven separate buildings on the site with a vast range of services provided, including emergency and urgent care, maternity, inpatients, outpatients and specialist services. Hurstwood Park is located behind the main hospital and is home to one of the leading centres for neurology, providing services for patients with brain tumours, neuro-psychology, stroke - plus many more.

Another specialist centre located at PRH is Sussex Orthopaedic centre which provides outpatient appointments to patients with muscular-skeletal issues including hip and knee replacements.

COVID response

Throughout the pandemic, PRH has played a key role in responding to the virus and has cared for 748 COVID patients since March 2020. But it's the 1,300 staff members who are based at PRH that make it really stand out.



At the beginning of the pandemic, local public services attended PRH to clap for the staff working together to respond to the pandemic.

PRH has an intensive care unit for COVID patients, as well as many 'red' wards. One patient, Stuart, was rushed to PRH with COVID in March 2021, he said: "I take my hat off to the staff. I felt I was in good hands, from the cleaners to the senior consultants – it was just brilliant, top notch. I was able to relax, be looked after and concentrate on the main task of getting better and fighting off the virus."

Additionally, PRH was among the first hospitals in the world to receive and start vaccinating with the Oxford Astra-Zeneca vaccine.

Improvements at PRH

Most recently, staff have been settling into to a newly redeveloped imaging department. The improvements include a new CT scanner and a new digital x-ray facility.

The new CT scanner doubles the capacity for such scans in the department, improving access and reliability for patients who need the service.

The new digital x-ray facility features the latest equipment and ensures the department can keep up with advancements in x-ray technology.

This improvement work is part of a larger development project which started last summer to improve facilities at PRH. Staff have helped to redesign waiting areas, improving privacy and dignity for all and implemented a colour code to make things easier for patients to find the right areas.

Thanks from the community

And finally, courtesy of BSUH Charity, a thank you flag was raised in the summer to express thanks to all NHS and care workers during the pandemic and also to extend thanks to the community who have been overwhelmingly supportive. Staff have enjoyed care packages donated by local businesses and new benches were installed by the council and a local charity for staff to enjoy a break from the wards.

