Members Matter

Connecting members with news & information

Your views
Your future

2014
Dear members

2013 has seen some significant highs and lows for the NHS nationally and no less so for Cambridge University Hospitals (CUH). One of the biggest events of the past year was the visit of Her Majesty the Queen and the Duke of Edinburgh to open the impressive facilities that constitute the new Rosie Hospital.

Looking at how a focus group works

Since becoming a Foundation Trust in 2004, many different areas of the hospital have had public/patient focus groups to help improve services. These work by inviting people to talk directly to staff and governors about their experiences. One particularly successful meeting was led by Dr Vilas Navapurkar, Director of the JVF Intensive Care Unit. He wanted to understand the patients’ experience of the ICU and find out what is important to them during what is often a very distressing journey. A well-attended meeting provided the department with several simple actions that would make a significant difference to patients and their carers.

One of the key issues raised by the group was the difficulty patients found communicating while semi-sedated and unable to use their voice on ICU. Dr Tim Baker has been developing an app called myICUvoice which will not only provide realistic expectations regarding their physical recovery, and the time it can take, once home. Many patients find this aspect daunting.

The group’s main comments came around the psychological effect that critical illness and admission to ICU has on the patient and their families. They stressed the importance of having a broader follow-up service to support patients and their loved ones and also the need to educate ward staff of the effects of critical illness.

As an active member you could be involved in similar work to improve the patient experience – if you are interested please send us your email address so we can contact you.

News in brief

• Professor David Neal, surgical director of clinical oncology at Addenbrooke’s Hospital, has been awarded the Commander of the Order of the British Empire (CBE) for services to surgery in The Queen’s 2014 New Year’s Honours List. Also recognised was Juliet Compston, director of the metabolic bone unit and bone density unit at Addenbrooke’s and emeritus professor of bone medicine at the University of Cambridge. She was awarded an OBE for her services to the treatment of osteoporosis.

• Visitors to Addenbrooke’s and The Rosie, are being asked to be extra vigilant against the norovirus by making sure they wash their hands and use sanitising gel when they go to see patients at the Trust. So far only one ward has been closed to contain the virus.

• Scientists at Addenbrooke’s hospital and Cambridge University have teamed up to lead the UK’s first ever clinical trials into pancreatic cancer using a new chemotherapy drug called Nab-paclitaxel, or Abraxane. Results from trials in other countries show significantly longer life expectancy in patients who received the drug.

For news in full visit www.cuh.org.uk/news
Introducing… Jane Ridley

Jane Ridley is one of the ‘new’ governors, having been elected as a patient governor in May 2013. A Cambridge resident with no medical background who, like many, has received amazing care from Addenbrooke’s staff over the years, Jane wanted to do her bit to support the continued excellence of Cambridge University Hospitals (CUH).

Since formally taking up the post on 1 July, Jane has found that many elements of healthcare are changing, and that it is really interesting and invigorating time to be a governor. With a new CEO and Chair having joined CUH in the past year, there is also lots of opportunity to be involved in developing the ‘constructive partnership’ between the board of directors and the governors.

Jane finds that being a governor is a responsible role, and also very rewarding. Discussions can move between patient experience to CUH strategy and cover much more in between.

Jane says: ‘I am really pleased I made that first phone call to the Trust membership office. If you are even thinking of becoming a governor, I really encourage you to find out more. It’s very important that governors are a broad and representative mix of people, so whatever your age, interests, background and experience, you will have something valuable to contribute if you feel that the governor role is for you.’

Election results 2013

In July 2013 we had to say goodbye to four governors who had been on the council since we first became a Foundation Trust in 2004, as the terms of office for Jim O’Sullivan, Colin Carr, Tony Roberts and Megan Davies came to an end. All will be hugely missed, as will Patient Governor Nicky Daneshyar who also left us in July.

We are however delighted to welcome two new staff governors, Christina Champion who is Lead Fertility Nurse Specialist at Cambridge IVF, and Liz Hunt who is Transformation Lead for Outpatient Improvement. They join existing staff governors Peter Lester and Ciara Moore. All four have a monthly rota of ‘surgeries’ for staff. Details can be found on Connect or email: governors@addenbrookes.nhs.uk

Other new governors this year are Elizabeth Howe and Jane Ridley, Georgina Pharaoh and Wendy Menon were re-elected for a further three year term. Congratulations to them all.

The Forum development takes a step forward

Developers are working hard to bring together the project which will see a new hospital, hotel and education complex built on the Cambridge University Hospitals site. The development will create more than 300 construction jobs and in excess of 500 people will be employed in the completed facility.

The Forum Cambridge will be a significant development on the Addenbrooke’s site, at the heart of the Cambridge Biomedical Campus (CBC). The high-quality, new development at The Forum will house an integrated education centre, private hospital and four-star hotel with conference facilities and car parking.

The proposals went out to public consultation in December and it’s hoped planning permission will be granted early in 2014.

Volunteers help patients to experience better mealtimes

At CUH we have a team of more than 400 volunteers, and it’s a taskforce that is growing fast. In a recent poll 100% of respondents said they’d recommend working at the Hospitals because it was such a rewarding experience.

The volunteer’s role is to offer practical help, support and encouragement to our patients, and spend time with them as individuals. This interaction can make the difference between patients eating and drinking or not.

Many volunteers help our patients with their meals, snacks and drinks. Volunteering slots are often focused on mealtimes, with morning volunteers helping out during the morning drinks round and staying on to help with lunches.

We have a number of young volunteers (age 16 – 18) coming onto the wards after school or college, helping with the evening meal. A new initiative has just begun with evening volunteers being recruited to a 19:00 – 21:00 hrs slot, to help with the late evening snack round. This is being trialled on Ward C4 and will soon expand to other wards.

If you’ve been inspired to join the team as a new volunteer recruit, you can find everything you need to know on our website www.cuh.org.uk/volunteer and apply online. If you have further questions please do not hesitate to call 01223 586616 (Monday to Friday, 09:00 –16:30 hrs) or email: volunteer@addenbrookes.nhs.uk
Addenbrooke’s stubs out smoking

On 1st January this year, Cambridge University Hospitals (CUH) declared itself a smoke-free hospital. The strategy is part of an overall plan to improve health and wellbeing on the site for staff, patients and the local community.

The ban means smoking on any part of the campus – inside or outside – will not be tolerated. All staff are expected to challenge anyone they see flouting the rule and security officers will escort people from the site if necessary. Of course, there will be some rare, clinical exceptions where patients may need to smoke and the Trust will deal with these on a case by case basis. But its vision is to encourage a healthy lifestyle for all and for the campus to become smoke free.

Trust CEO Keith McNeil is a lung and heart transplant physician who knows only too well the damage smoking can do. ‘Banning smoking on site is a real opportunity for all of us to think about our health and make a fresh start. Our teams will do everything we can to support staff and patients and encourage them to give up. I think it’s only right and proper that we lead by example, and make CUH a smoke-free campus.’

New road drives Cambridge to the top for biomedical research

A new road has opened on the Cambridge Biomedical Campus marking another milestone in transforming the Addenbrooke’s site into the world’s leading centre for biomedical research, education and patient care.

The link road connects the Addenbrooke’s Road to the southern side of the hospital opposite the £30 million Rosie extension, creating a better flow of traffic around the campus.

The new road will also serve the 1,200 space multi-storey car park, currently under construction, and further important developments on the site in the future.

The new road is called Dame Mary Archer Way in recognition of the achievements of the former chairman.

Dame Mary cut the ribbon to formally open the road, accompanied by her husband Jeffrey Archer.

2014 Election timetable

This spring there will be five governor vacancies: one staff, two patient and two public.

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Notice of Election – nomination papers available from ERS</td>
<td>Monday 17 March 2014</td>
</tr>
<tr>
<td>Awareness session for potential candidates</td>
<td>17:30 – 19:00 Wednesday 26 March 2014, in the boardroom</td>
</tr>
<tr>
<td>Alternative awareness session for potential candidates</td>
<td>14:00 – 15:30 Monday 31 March 2014, in the boardroom</td>
</tr>
<tr>
<td>Deadline for nominations</td>
<td>12:00 noon Thursday 10 April 2014</td>
</tr>
<tr>
<td>ERS to publish statement of candidates upon validation</td>
<td>Tuesday 15 April 2014</td>
</tr>
<tr>
<td>Last date for receipt of registration forms from new members</td>
<td>Wednesday 16 April 2014</td>
</tr>
<tr>
<td>Last date for candidate withdrawal</td>
<td>12:00 Thursday 17 April 2014</td>
</tr>
<tr>
<td>Notice of Poll published – ballot papers dispatched by ERS</td>
<td>Wednesday 7 May 2014</td>
</tr>
<tr>
<td>Meet the candidates event prior to Medicine for Members lecture All welcome</td>
<td>17:30 Thursday 14 May 2014, William Harvey Lecture Theatre, the Clinical School</td>
</tr>
<tr>
<td>Closing date for election</td>
<td>12:00 Wednesday 11 June 2014</td>
</tr>
<tr>
<td>Election result announced</td>
<td>Thursday 12 June 2014</td>
</tr>
<tr>
<td>Term begins for new governors</td>
<td>Tuesday 1 July 2014</td>
</tr>
</tbody>
</table>

The search is on for new governors!

The role of governor is increasingly important, as it provides the direct link between the Trust and its patients/carers, staff and the wider public. They also challenge the Board to consider its decisions from a community perspective.

Elections take place each year and we are actively looking for more governor candidates. You don’t need special skills – in fact diversity is an asset – but you do need to be passionate about the NHS, stand up for the views of the community or staff you represent and so help shape the design and delivery of future services.

If you’re interested, please contact the Membership Office for more information or you can apply for nomination forms directly from ERS (below). Completed forms must be received by noon on Thursday 10 April 2014.

Electoral Reform Services Ltd.
The Election Centre,
33 Clarendon Road,
London N8 0NW.
Tel: 020 8889 9203 or email: customerservices@electoralreform.co.uk

Addenbrooke’s stubs out smoking

On 1st January this year, Cambridge University Hospitals (CUH) declared itself a smoke-free hospital. The strategy is part of an overall plan to improve health and wellbeing on the site for staff, patients and the local community.

The ban means smoking on any part of the campus – inside or outside – will not be tolerated. All staff are expected to challenge anyone they see flouting the rule and security officers will escort people from the site if necessary. Of course, there will be some rare, clinical exceptions where patients may need to smoke and the Trust will deal with these on a case by case basis. But its vision is to encourage a healthy lifestyle for all and for the campus to become smoke free.

Trust CEO Keith McNeil is a lung and heart transplant physician who knows only too well the damage smoking can do. ‘Banning smoking on site is a real opportunity for all of us to think about our health and make a fresh start. Our teams will do everything we can to support staff and patients and encourage them to give up. I think it’s only right and proper that we lead by example, and make CUH a smoke-free campus.’

New road drives Cambridge to the top for biomedical research

A new road has opened on the Cambridge Biomedical Campus marking another milestone in transforming the Addenbrooke’s site into the world’s leading centre for biomedical research, education and patient care.

The link road connects the Addenbrooke’s Road to the southern side of the hospital opposite the £30 million Rosie extension, creating a better flow of traffic around the campus.

The new road will also serve the 1,200 space multi-storey car park, currently under construction, and further important developments on the site in the future.

The new road is called Dame Mary Archer Way in recognition of the achievements of the former chairman.

Dame Mary cut the ribbon to formally open the road, accompanied by her husband Jeffrey Archer.

2014 Election timetable

This spring there will be five governor vacancies: one staff, two patient and two public.

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Notice of Election – nomination papers available from ERS</td>
<td>Monday 17 March 2014</td>
</tr>
<tr>
<td>Awareness session for potential candidates</td>
<td>17:30 – 19:00 Wednesday 26 March 2014, in the boardroom</td>
</tr>
<tr>
<td>Alternative awareness session for potential candidates</td>
<td>14:00 – 15:30 Monday 31 March 2014, in the boardroom</td>
</tr>
<tr>
<td>Deadline for nominations</td>
<td>12:00 noon Thursday 10 April 2014</td>
</tr>
<tr>
<td>ERS to publish statement of candidates upon validation</td>
<td>Tuesday 15 April 2014</td>
</tr>
<tr>
<td>Last date for receipt of registration forms from new members</td>
<td>Wednesday 16 April 2014</td>
</tr>
<tr>
<td>Last date for candidate withdrawal</td>
<td>12:00 Thursday 17 April 2014</td>
</tr>
<tr>
<td>Notice of Poll published – ballot papers dispatched by ERS</td>
<td>Wednesday 7 May 2014</td>
</tr>
<tr>
<td>Meet the candidates event prior to Medicine for Members lecture All welcome</td>
<td>17:30 Thursday 14 May 2014, William Harvey Lecture Theatre, the Clinical School</td>
</tr>
<tr>
<td>Closing date for election</td>
<td>12:00 Wednesday 11 June 2014</td>
</tr>
<tr>
<td>Election result announced</td>
<td>Thursday 12 June 2014</td>
</tr>
<tr>
<td>Term begins for new governors</td>
<td>Tuesday 1 July 2014</td>
</tr>
</tbody>
</table>
## Calendar of member events 2014

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
<th>Location</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday 6 February</td>
<td>Medicine for Members lecture</td>
<td>18:30</td>
<td>William Harvey Lecture Theatre, Clinical School</td>
<td>‘Organ Donation: present and future’ by Dr Rowan Burnstein, Clinical Director, Neuro Critical Care</td>
</tr>
<tr>
<td>Wednesday 26 February</td>
<td>Council of governors meeting</td>
<td>17:30</td>
<td>The boardroom, Addenbrooke’s Hospital</td>
<td>2014 elections (see separate calendar for election timetable)</td>
</tr>
<tr>
<td>Wednesday 14 May</td>
<td>Meet the governor candidates event (prior to Medicine for Members lecture)</td>
<td>17:30</td>
<td>outside the William Harvey Lecture Theatre, Clinical School</td>
<td></td>
</tr>
<tr>
<td>Wednesday 14 May</td>
<td>Medicine for Members lecture</td>
<td>18:30</td>
<td>William Harvey Lecture Theatre, Clinical School</td>
<td>‘Dementia: a nurse’s view’ by Valerie Freestone, Clinical Specialist Dementia Nurse</td>
</tr>
<tr>
<td>Wednesday 16 July</td>
<td>Council of governors meeting</td>
<td>17:30</td>
<td>The boardroom, Addenbrooke’s Hospital</td>
<td></td>
</tr>
</tbody>
</table>
| Wednesday 10 September | Medicine for Members lecture                                       | 18:30         | William Harvey Lecture Theatre, Clinical School | ‘Post Traumatic Stress Disorder’ by Dr Syed Zahoor  
(Joint lecture with Cambridgeshire and Peterborough NHS Foundation Trust) |
| Wednesday 17 September | Annual general meeting & council of governors meeting                  | 17:00         | in the Hexagon, Frank Lee Centre               |                                                                         |
| Wednesday 26 November | Medicine for Members lecture                                         | 18:30         | William Harvey Lecture Theatre, Clinical School | ‘Talking about dying: a modern taboo’ by Dr Anna Spathis, Consultant in Palliative Medicine |
| Wednesday 3 December | Council of governors meeting                                         | 17:00         | The boardroom, Addenbrooke’s Hospital          |                                                                         |

Details are correct at time of printing but please check the CUH website or telephone the Membership Office to confirm. Please note that it is possible for members of the public to attend part of each Board of Directors’ meeting as well as the Council of Governors’. Please see the main CUH website or telephone for more details.

To find out more about any of these events or to reserve a place for a Medicine for Members lecture please contact the membership office on 01223 256256 or email foundation.trust@addenbrookes.nhs.uk
Interested in doing more as a member? Email us!

What better way of making an impact than by helping to shape CUH decisions and performance as an active member – be sure to have your say.

If being a governor is not for you, you can still be more personally engaged with what is going on in your Trust, by asking to be put on our ‘active members’ list. We will contact you by email about events, meetings, news and activities in which you might be interested. Whether you are a patient, carer, staff member or simply a member of the public living within the vicinity, your thoughts and opinions are always welcome.

Current members: please keep in touch and let us know the following:

• If you have changed your name or address (for patient and public members)
• If you would prefer to receive future correspondence by email
• If you would like just one copy of Members Matter per household
• If you would like your details to be withheld from public view (for public members only; patient and staff members’ details are already withheld)

If you are not yet a member but would like to be one please visit www.cuh.uk/members or contact the membership office for a form. Membership is free and without obligation.

If you have any comments or questions for the membership team or would like to invite a governor to talk to a community group, parish council or any other kind of public meeting about the role of the governor, the history of Addenbrooke’s or the future development of the site under the 20:20 Vision, please also get in touch:

Membership Office
Box 146 Cambridge University Hospitals NHS Foundation Trust
Cambridge Biomedical Campus
Hills Road Cambridge CB2 0QQ
Telephone: 01223 256 256
Email: foundation.trust@addenbrookes.nhs.uk or governors@addenbrookes.nhs.uk

Breakthrough in allergy treatment

A new therapy for peanut allergy has been successful in 85 per cent of children who took part in a trial conducted by researchers at Addenbrooke’s Hospital.

Allergy experts found that the majority of children treated with this new form of immunotherapy could eat at least five peanuts a day. The results of the largest single trial of its kind worldwide were published in The Lancet in January.

Peanut allergy affects one in 50 children and is the most common cause of fatal food allergy reactions. Previously the 104 children who took part in the trial would have risked anaphylactic shock or even death if they accidentally ate even a trace amount of peanut.

To keep up-to-date with the progress of our research and the opening of the Cambridge peanut allergy clinic early in 2014, go to www.cuh.org.uk/peanut.

Don’t wait to ACT on Cancer
Join us in making a difference

Addenbrooke’s Charitable Trust (ACT), the dedicated charity for Addenbrooke’s and the Rosie hospitals, is running a new campaign to transform cancer services at Addenbrooke’s – ACT on Cancer.

Can you help? Please see the enclosed leaflet for more information, see www.act4addenbrookes.org.uk/cancer or contact ACT on 01223 217757.