

## QUEEN'S HONOURS

Trust staff recognised in Queen's Birthday honours.  
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A nostalgic look back at 27 years of *The Look*.  
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## MENTAL HEALTH

Trust to spearhead anxiety and depression survey.  
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## £15k donation paves the way to innovative prostate cancer treatment

> The hospital is one of just 12 centres across the country to be commissioned by NHS England to provide innovative new prostate cancer treatment using a new hydrogel device.

The gel can be used to minimise the exposure of certain parts of the body to radiation when patients are being treated for prostate cancer.

This means side-effects like pain and bleeding can be significantly reduced by as much as 70 per cent.

And it was all made possible thanks to a £15,000 donation that helped fund a 12-patient feasibility study, with the first patient, Terry Judd, 71, from Thundersley, being successfully treated in June this year.

Terry said: "I think this is a big step forward in prostate cancer treatment. Since finishing my treatment, I've not experienced any deterioration or side effects. I want to thank everyone who donated towards the £15,000 because without that money I might not have received this treatment."



■ Lions Club members present their cheque to Southend Hospital

### The £15,000 donation comprises:

- £10,500 from Lions Clubs of South East Essex (Leigh-on-Sea, Rayleigh, Eastwood, Castle Point and Southend-on-Sea)
  - £1,500 from Cadgers, a local prostate cancer support group
  - £1,500 from Mark Iles in memory of his father, Alan Iles
  - £250 from Castle Point Masonic Lodge
  - £1,250 from Southend Hospital Charitable Foundation
- Mr Tim Watts, Zone 2b Chairman of Lions Clubs of South East Essex, added: "Many of us have either undergone or know someone

who has undergone the sometimes damaging side effects of life saving cancer treatment and know how unpleasant they can be. This trial, already carried out successfully elsewhere in the country, has the potential to facilitate a step change in prostate cancer care for the local community. We wanted



■ Terry and wife Maggie

to help make that difference." James Green, Consultant Clinical Scientist and Head of Radiotherapy at Southend Hospital, said: "Our community's tireless fundraising efforts have helped to bring the latest, state-of-the-art techniques to local patients. It is a tremendous effort and we are so grateful."

## One last LOOK

In amongst the Olympic games held in Barcelona, Bill Clinton being elected President, Microsoft launching Windows 3.1 and Nirvana releasing 'Smells Like Teen Spirit', The Look magazine first graced Southend Hospital desks in 1992.

And it's been a beloved beacon of the good news and great people that have passed through its doors ever since.

An estimated 5,000 plus stories, interviews and articles have appeared showing some of the amazing work that has taken place here. Perhaps you've even featured in it yourself – as a new starter, in an article about improving patient care, or even that coveted The Look cover story position. You know who you are.

As usual this issue is full of positive stories, but we also take the time to have one last Look at previous issues and look ahead to a new joint magazine across the three Trusts. We'll still be looking for great stories, just delivering them in a slightly different way.

We hope you enjoy this, after 27 years, our final ever edition of The Look.

The Look Team



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## Medals in Queen's Birthday Honours

A dedicated nurse and the treasurer and trustee of Southend Hospital Charity have been awarded British Empire Medals as part of the Queen's Birthday Honours list.

Winnie Chinery, from Southend, has been awarded a British Empire Medal (BEM) for 40 years' Nursing and patient safety, 37 of which have been at Southend University Hospital.

Winnie, who started her training aged 19 is originally from Airdrie, a small town in Scotland, she spent many years as a theatre sister before moving on to governance after developing a



■ WINNER: Winnie Chinery

passion for patient safety.

Now retired, she still works at the hospital two days a week, such is her continued passion and dedication to nursing. On hearing she was going to receive the award, she said: "I was completely shocked - I had to read the letter so many times. I feel very humbled, very proud and very honoured. I'm just an ordinary person, it's amazing. Staff within the NHS do not get the recognition they deserve, I've been a part of this profession for 40 years and I'm very proud of that."

Back in 2014, Win was also a finalist in the Nursing Times' prestigious Nurse Leader of the Year Award.

Denise Townsend, director of nursing at Southend Hospital, said: "We are so pleased and proud that Sister Winnie Chinery has been recognised in the Queen's Birthday Honours List. It's a fantastic testament to Winnie's leadership and teamwork here at Southend, and we're so happy her achievement has been acknowledged in this way –



■ AWARDS (l-r): Miss Nidhi Tripathi, Nigel Gayner and John Harland

congratulations Winnie."

Hospital Charity treasurer and trustee Nigel Gayner, was also an early starter.

His passion for charity work began when he was 15 in the scouts and he has thrown himself into a number of a different charity projects, and out of a few airplanes raising thousands.

Nigel said: "I started getting involved in charity work as a scout and from there I've never stopped. I was working towards the Queen's scout badge and had to do some volunteering at the hospital

and I've been there ever since."

Lucy Thomas-Clayton, associate director of fundraising and voluntary services at Southend University Hospital, said: "He was instrumental in helping to establish a number of successful events, as well as a very successful charity shop and online auction benefitting the hospital.

"Nigel is an honourable gentleman with a caring, compassionate nature who is always ready to put the needs of others above his own."

## Representing the NHS with Pride



This year we are celebrating the #PrideJubilee, remembering 50 years of activism, protests and victories that have made the movement what it is today.

Seventy five members of staff across the Mid and South Essex University Hospitals Group (MSE) were lucky enough to march in this year's London Pride, a fantastic time was had by all, including our CEO Clare

Panniker.

The team had MSE printed t-shirts, courtesy of the Fundraising Department here at Southend. Attendees from across all three sites were present.

Louise McIver, Equality Diversity and Inclusion Manager said: "It was an absolute honour to be able to represent our hospitals group, the day was

amazing and the atmosphere was electric."

Southend LGBT+ Group and the Equality, Diversity and Inclusion Team also represented the Trust at this year's Southend Pride for the second time, with around 30 members of staff. The team had a stand and many other NHS staff marched in the parade.

The day was a great

success and although there was a mixture of sunshine and showers, there was an abundance of rainbows with 1,000 people in the march and 5,000 attending the day.

Look out for more information on next year's Pride events. If you haven't yet signed up for your rainbow badge, please check the intranet for details.

## Pupils' posters promote importance of clinical research

A group of pupils from an Essex school have designed a suite of striking posters to encourage people to take part in NHS research.

The sixth-form pupils at Shoeburyness High School have produced the posters following a design project which has run since the turn of the year, showing how research can help families stay together.

The posters have just gone on public display in the main corridors at Southend University Hospital, following a link-up between the school, hospital and the National Institute for Health Research (NIHR), England's largest funder of health and social care research.

The sixth-formers studying either biology, art or media studies, have been working on the posters since January under the guidance of deputy headteacher, Mark Smith. They carried out some research and then created some outline ideas, before choosing their favourite designs in collaboration with representatives from the NIHR.

The project idea began last year when Graham Reeder, from Leigh-on-Sea, who taught in Southend before he retired and is a former trustee of the school's academy, approached Mr Smith, with the idea of asking the pupils to help design posters promoting research.

Graham, who is a Patient Research Ambassador for the NIHR and was a patient who took part in a clinical trial at Southend University Hospital, said: "It's great to see the pupils from



the school embracing this project so wholeheartedly. Research saves lives and the posters show evocatively why continuing to improve healthcare is so important."

All the posters in the finished project show a group of people together and Mr Smith said: "All of the students - and myself - liked the idea of showing how medical research keeps families together, the impact of research ultimately being to save the lives of people who have husbands and wives, sons and daughters.

"That's why all the posters

have a nice photograph showing people being together. We also wanted the photos to reflect our locality and what it's like to live in Southend and Shoeburyness, hence the photos by the beach. This project was very much a team effort."

Many of the 12 pupils involved appear in the images as well. One of those was Abbey Tindley, aged 17, from Westcliff-on-Sea, who hopes to become an occupational therapist. She said: "We've learnt how vital clinical research is to those receiving it and the NHS, without it you

don't get clinical advances. Everybody knows someone who could benefit from being involved in research, so we just wanted to help raise its profile. Who knows, one day we may even benefit from past research or need it ourselves."

The hospital's Medical Director, Neil Rothnie, spoke to the pupils when they came in to show off their hard work, and he was suitably impressed at their designs and the message they will help spread. He said: "I think it is a great idea to involve local schools in things like this. It also raises awareness among young people about research, which I think is critically important.

"They are huge influencers in our world and they can use social media to influence others and also have influence on their parents and grandparents, so that when they are attending hospital they can encourage them to be involved in research and not be frightened of it."

In addition to the beachside images, the posters also contain a link to the NIHR's newly-launched Be Part of Research website, which allows people to get information about research taking place in their area: [www.bepartofresearch.nihr.ac.uk](http://www.bepartofresearch.nihr.ac.uk).

**Images (Top):** Abbey Tindley, 17, from Westcliff and Kara White, 17, from Southchurch – both sixth form pupils from Shoeburyness High School – in front of the poster they feature in  
**(Bottom l-r):** Pupils with some of their poster designs



**Congratulations to the winners of the JULY staff lottery:**

**1st prize (£599.50):** Samta Khandhia (1197); **2nd prize (£119.90):** Ruth McNelly (1221), Jermaine Rhati (1078); **3rd prize (£59.95):** Claire Whittington (376), Sharon Murrell (719), Wendy Pratley (632), Alison Gloster (149); **4th prize (£23.98):** Tanya Miller (164), Stevie MacGregor (820), Helen Holder (980), Joan Wigmore (855), Courtney Granger (995).



# ONE LAST LOOK



TO MARK OUR FINAL ISSUE, WE TAKE A NOSTALGIC **LOOK** DOWN MEMORY LANE AND CATCH UP WITH SOME FAMILIAR FACES.



■ JULY 2018 LOOK STARS: Hayley Cross (right) and her daughter Charlotte

The Look has charted a lot of positive changes and developments at Southend University Hospital in the last almost three decades it has been running. But, first and foremost, it has been about the people who work here. The staff and volunteers, the lifeblood of the hospital and all they do for patients. Sometimes those have been big stories about new equipment or new areas

opening for the first time, sometimes pioneering research or outstanding patient experience. Either way they were about enhancing our patients care. It's been the same about staff being recognised for their hard work – whether that is via Hospital Heroes or on the national stage at the Nursing Times or HSJ Awards. Other times it has been about raising awareness – or charitable funds - through an event such as the tackle the tower abseil or on terra firma with a stand for an awareness day, helping highlight how we can help benefit patients and each other.

And then sometimes, yes, it has been about you, as a new starter, someone retiring or – sadly – when a beloved colleague has passed away. The Look has always been more than just 8-12 pages stapled together with a few words and pictures. First and foremost it has been about you, the dedicated staff and volunteers of Southend University Hospital and its 27 year legacy will remain for all to see, a testament to how you have made a difference in the lives of others, how you have progressed and grown. How you have done the best for patients.

We caught up with some of those who had appeared in previous issues, and asked what it meant to them to feature in The Look. Hayley Cross and her daughter Charlotte (pictured left) appeared in the July 2018 issue of The Look, which was a special NHS 70 celebratory edition. Hayley, who now works for Basildon Hospital but is predominantly based in Southend, works as part

of the hospital at home ten as Senior Hospital at Home Nurse. Of her appearance in The Look and what it means to her, she said: “The Look has been a great way to get information out to people, but it’s also been fab to have been part of the Southend hospital story telling process. I was especially proud to share my appearance with my daughter in the NHS 70 issue; our family have had several generations work at Southend. Between us we’ve clocked up over 116 years here, it’s a proper family business. We are all like a proper little family at Southend though, and The Look has played an important part in that.” Hospital porter, Craig Brown (pictured right), has worked at the Trust for over 30 years and in Radiotherapy for 27 years – as long as The Look has been in circulation - so it seems only fitting to feature him as well. Craig is a familiar, welcoming face along the hospital corridors and he appeared in the September 2015 edition celebrating his Hospital Heroes annual

awards win in the category for Unsung Hero. Of his spotlight in The Look, Craig said: “Lots of staff and patients recognised me from me being featured, all congratulating me for my work. It was really nice to win the award and get such recognition and

■ SEPTEMBER 2015 LOOK STAR: Craig Brown (right), winner of a 2015 Hospital Heroes award



It was really nice to win the award and get such recognition and acknowledgements from appearing in The Look.



# Help research into anxiety and depression

It's an increasingly hectic world, filled with ever growing pressures at work, at home, or with health, and one in three people in the UK will experience depression and anxiety.

A new study supported by Southend Hospital is helping researchers understand its genetic links, and you could be a part of this important research.

Southend University Hospital are supporting the largest ever study on anxiety and depression, called the GLAD study (Genetic Links to Anxiety and Depression). The study is being run by the National Institute of Health Research (NIHR) Mental Health BioResource and researchers at King's College London and is seeking 40,000 volunteers to take part in it.

Research has shown that 30-40% of the risk of depression and anxiety is genetic. The GLAD study wants to better understand these genetic links and how they interact with the environment so that more effective treatments can be developed.

Depression is more than simply feeling unhappy or fed up for a few days. There are many symptoms of depression, including



■ Dr Paula Harman, Principal Investigator for the study

low mood, feelings of hopelessness, low self-esteem, lack of energy and problems with sleep. The more symptoms someone has, the more likely they are to be depressed.

Anxiety is a feeling of unease; everyone has feelings of anxiety at some point in

their life, at a job interview or having a medical test for example. That's perfectly normal, but some people find it hard to control their worries. Their feelings of anxiety are more constant and can often affect their daily lives.

Dr Paula Harman, Principal

Investigator for the study at the hospital, helped put these issues in context. She said: "Depression and anxiety has an impact on the lives of so many people. For the first time at Southend Hospital, we are able to offer those people who are affected an opportunity to take part in research focussed on learning more about these problems."

"We are really excited for people to take part in the GLAD study and make a difference for future generations of people. Supporting the study means supporting a search for better and more effective treatments for the future, and therefore improving the lives of those people currently suffering."

The study consists of filling in an online questionnaire, which takes 30-60 minutes to complete, and supplying a saliva sample in a kit sent to the homes of those taking part.

Anyone who is interested in joining the study can do it by contacting Dr Paula Harman by email at [paula.harman@southend.nhs.uk](mailto:paula.harman@southend.nhs.uk).

To be eligible to take part you must be aged over 16 and have experienced clinical levels of depression and/or anxiety at some point in your life.

# The heat is on for firewalk challenge

Southend Hospital Charity launches their hottest challenge to date, a firewalk, which will see members of the public, alongside Radio Essex presenters Abbie Norbury, Chris Brooks and Jamie Boyd Ratcliff, walk across hot coals!

The event will take place at Southend's Priory Park on Sunday 6 October between 5:30pm - 7:30pm and Southend Hospital Charity is inviting members of the public to join Abbie, Chris and Jamie to take part in the sponsored firewalking challenge and raise money for a service or ward of their choice.

Laura Mason, Events & Corporate Relations Manager said: "We are thrilled to be launching our new challenge and I hope it fires up the public to get involved. We are incredibly grateful to Radio Essex for their support. The money we raise through events like these makes a huge difference to our patients and we are grateful to everyone who is brave enough to take part."

Abbie from Radio Essex, who are also sponsoring the event, said: "Southend



Hospital is very close to my heart, having spent a lot of time there when my mum was going through treatment for breast cancer. Firewalking is not something I've done before, but it's something that's always intrigued me, as I love challenging myself. Having said that, I'm glad Chris and Jamie will be there to hold my hand!"

Walking over hot coals covering a distance of 15 - 20ft is the ultimate mind-over-matter challenge, helping

make it a walk in the (Priory) Park is Firewalking, Guinness World Record Holder, Scott Bell whose company UK Firewalk will manage the event, and he will be giving expert tuition to those who register.

Scott said: "Firewalking helps overcome fear in a fun way and doesn't require the time and physical

commitment that many other challenges have. We take thousands of people across fire, every year and this is now your chance to try it."



■ Radio Essex team

Call 01702 385337 or email [fundraising@southend.nhs.uk](mailto:fundraising@southend.nhs.uk) for a registration pack. Entry is £40, with a £100 minimum sponsorship raised. 100% of all sponsorship money will benefit the ward/department/service of your choice.

## Walk For Wards



Walking on hot coals not your thing? Don't worry, you can take a more leisurely walk as part of our Walk For Wards event on Sunday 15 September, which is a 7km Southend seafront stroll. Contact fundraising for more details.

## Popular volunteer passes away after a short illness

Southend University Hospital volunteer Peter Robinson, 85, from Westcliff, has sadly died after a short illness on Rochford ward.

The popular widower had been with the hospital as a volunteer since May 2011, and became well-known throughout the Trust in his role as a be-sashed information desk volunteer and as a 'Friends and Family' helper, a placement which took him to many wards and departments. His remit was to pick up and drop off comment cards which helped improve our service.

In 2017, Peter won a 'Happy to Help' volunteer achievement award, which he received from Hospital Chairman, Alan Tobias OBE and Hospital Managing Director, Yvonne Blücher.

Jane O'Connell, Voluntary Services Manager at the hospital, said: "Peter was a wonderful volunteer and will be much missed."

**Image: Peter (centre) receiving his 'Happy to Help' award from Yvonne Blücher (left) and Alan Tobias OBE (right)**



## Student Support in Practice NMC changes

From 1 September, the way we assess student nurses on placement will change. The term 'mentor' will be no longer be used, all current mentors and sign-off mentors will become practice assessors.

Every registered professional will be involved in teaching and assessing student nurses in practice.

The sign-off mentor role and the 40% student and mentor contact requirements will be removed. Triennial review discussions will be undertaken at the time of appraisal or revalidation.

Each year the student will have two hub placements

and there will no longer be short 2-4 week placements. Students will be expected to be allowed to attend different clinical areas to fulfil their learning requirements. These insights will be called 'spoke placements' and will need to be arranged by the wards.

### New roles supporting students

**Practice Learning Coordinators** - will be on each ward or department and they will actively support students and address their concerns.

**Practice Assessors** - All existing mentors will become Practice

Assessors and receive feedback from practice supervisors/service users on the student's performance. They will be expected to observe aspects of the student's practice, and undertake the formative and summative assessments.

**Academic Assessors** - will be a link tutor from the student's university. They will discuss and agree student progression with the Practice Assessor.

**Practice Supervisors** - Will be all other registered professionals and will work closely with the student to identify the student's learning

needs at the beginning of each shift and set realistic goals for them to achieve.

### What will remain the same?

- Students will remain supernumerary and require supervision by a registered practitioner.
- Induction, learning contracts, mid-point assessment, action plan and summative assessments.
- Students will receive continuous feedback to inform their progress and a cause for concerns process will still apply.

## > STAFF NOTICES



**WELCOME TO...**  
**Ian C-Thorpe**  
Communications  
& Engagement Manager

Ian was previously at North Essex Partnership NHS Foundation Trust (NEP) for seven years, where there was a merger of NEP and South Essex Partnership Trust (SEPT) which formed Essex Partnership University NHS Foundation Trust (EPUT). After the merger, Ian worked at EPUT for about two years. Prior to joining NEP, he worked at Newham Primary Care Trust. In his spare time he produces a wide range of sketches and illustrations. Hand-drawn animation is a real passion and Ian enjoys creating short animated films.



**WELCOME TO...**  
**Lynette Ndlovu**  
Registered Staff Nurse

Lynette joined the Trust in April as a Registered Staff Nurse after completing her BSC with Honours in Adult Nursing at Anglia Ruskin University, Chelmsford. She had good experiences completing her training as a student nurse in this Trust and after qualifying she only applied to Southend Hospital as she wanted to give back what she had learnt to this Trust and its community, as it played such an important role in shaping her career.



**WELCOME TO...**  
**Emma Hocking**  
Healthcare Assistant

Emma has worked in the trust for 18 months, starting aged 16 in the Ladybird Nursery where she completed her Level 2 Childcare Apprenticeship in January. She then started doing a two-day work experience shift. Emma soon realised that caring and looking after people was something that she wanted to pursue. Emma undertook the HCA induction course and is currently working on CCU/Hopkins, and hopes to start her Level 3 Apprenticeship shortly. Emma's end goal is to become a Registered Nurse.



**GOODBYE TO...**  
**Sue Jackson**  
Staff Nurse, Main Outpatients

Sue started her nursing career in 1979, training at Southend Hospital School of Nursing. She relocated to her home town of Manchester, working in many different areas of nursing including CCU, HDU and A&E. Relocating back to Southend in 2005 she spent eleven years as a nurse in Occupational Health before moving to her post in Main Outpatients. She will be greatly missed by her colleagues, who wish her 'Happy Retirement Chuck!'



# CLOSING LOOK

## THE LOOK

Magazine for hospital staff and volunteers

### Tell us about yourself?

We've been the hospital monthly magazine for the last 27 years.

### What are the best bits about your job?

No two issues were ever the same, and we always tried to ensure we had a nice mix of stories that showed the diverse range of areas and staff here at the hospital.

### What work achievements are you most proud of?

We've not done them for a while, but our Christmas covers featuring caricatures of the Senior Leadership Team always proved hugely popular, many which were drawn by local cartoonist Clive Collins, brother of Phil. I think our proudest achievement is that we have always focussed on the human interest element of the story, whether it's been a new ward or theatre opening, or royal visit or 70th anniversary of the NHS. We've brought those elements about the people involved – staff, patients or volunteers – to the fore. And that has also helped boost our success on social media and in the local papers, working together with you to craft the most effective story we can.

### What's going to happen to all the future stories that would have been in The Look?

We'll still have Southend Hospital stories in the new joint magazine, which launches later in the year, and of course we'll still be producing loads of great, positive media releases and images that you'll get to see and hear in the local papers, radio and TV. As ever, we'll keep on posting our stories – be that videos or articles – on 1Week, the hospital website as well as across our Facebook and Twitter pages. So please, keep those fantastic achievements and stories of how we are improving patient care coming in. Staff Notices will move to Core Brief and the lottery results will still be a regular feature in Friday Round Up (FRU)

### A final thank you

This final edition of The Look has been brought to you by Dean Newman, Alex Norman, Ian C-Thorpe, Amanda Burton and David Fairweather. We'd all like to thank everyone who has contributed their time, words or photos for the magazine and we all hope you've enjoyed reading it and being a part of it as much as we have putting it together. Don't be too sad though as we'll continue to focus on the great work staff at Southend do in the new magazine for all three Trusts.