Airedale Hospital’s new £6.3m Emergency Department (ED) has now opened its doors and the new facilities include separate adult and children’s waiting areas, a quiet room for friends and families to use during stressful events and better privacy and dignity for vulnerable older patients and their families and carers.

The building of the new department began last autumn by Willmott Dixon and includes:
- Four (partitioned) resuscitation areas
- Butterfly Room to be used to care for patients with dementia
- Children’s waiting area, with a distraction floor and sky ceilings
- Patient observation and x-ray areas
- Separate children and adult treatment/assessment areas and waiting areas
- Central staff hub in the treatment/assessment area
- Separate entrance for ambulances
- New relatives suite
- The decontamination section.

Bridget Fletcher, chief executive of Airedale NHS Foundation Trust, said: “We are thrilled with our much improved facilities and that they have been completed on schedule, ready for use during winter – our busiest time of year – to help us provide the best care we can for the thousands of people who will use the department on an annual basis.”

Dr Meg Crossley, emergency care consultant and project lead, said: “We are so grateful for the tremendous support we have had from our local community to provide vital resources to furnish and equip our new department in a way that is fit for the 21st century. Our team is very excited about starting work in such a wonderful environment. We do expect to be extremely busy this winter and urge people to make sure they only visit us during serious accident and emergency situations so that we can spend time caring for those who most need it.”

A total of £38,000 has been raised so far as part of the £100,000 Emergency Department Appeal for resources for the new unit. The main appeal sponsors were: the Keighley News which nominated the Emergency Department Appeal as its charity of the year; LCF law firm, based in Ilkley and Rendezvous Hotel, in Skipton; and the hospital’s two charities – the Friends of Airedale and New Ventures.

Some of the items funded include the new distraction walls in the children’s assessment and treatment rooms, which are so important for children who find coming into hospital quite frightening, particularly in an emergency situation. The walls can be used by parents to entertain their child if they become agitated or distressed.

For more information about how you can support the appeal contact 01535 294546 or email: charitable.funds@anhst.nhs or text: EDAP50 £5 to 70070 to make a donation today or visit: wwwairedale-trust.nhs.uk/charity

If you are interested in finding out more about the new unit and how an emergency department is run then book on our talk on Tuesday 27 January, 10.30 – 11.45am. For more details see your events programme.
Hold that note: singing is helping Parkinson’s patients to speak up

Sixteen people with Parkinson’s Disease are being taught to improve their speech by combining voice therapy with singing.

A new six week course is being organised by Debra Borsley, Speech and Language Therapist at Airedale NHS Foundation Trust, in partnership with singer Rhiannon Gayle and with the support of the Skipton branch of Parkinson’s UK.

The course started in November at the Aire Unit in the Trust’s Day Hospital for the Elderly with each session lasting two hours. The aims were to improve vocal loudness, pitch range and control, breath control, facial mobility and also to have an impact on confidence and wellbeing.

Participants – 12 men and four women, aged between 60 and 78 – were from the local area coming from places as far afield as Addingham to Austwick.

Debra said: “Many people with Parkinson’s Disease have a quiet voice. Sometimes they can sing loudly but when it comes to speaking the level of their voice drops. There is evidence that intensive effortful voice practice can have a significant impact on vocal loudness and so we are trying to help them combine voice therapy and singing to improve day to day conversation. Singing can also have a very positive impact on your mood and wellbeing.

“The course is very prescriptive and it is a lot of hard work with homework every day. The course will be fun but with serious goals and hopefully positive outcomes.”

All participants have been pre-assessed to be given individual targets and daily communications tasks. The aim is to improve voice and to give participants techniques to help them to maintain the volume of their voice for as long as possible.

If the course proves to be a success, there are plans to run more in the future.

For more information contact Debra on 01535 292756.

Hospital aims to be energy efficient

Do you know what the hospital is doing to reduce its impact on the environment and to make sure the hospital is energy efficient?

Recently the hospital has:
• installed a £3million power plant so that electricity is produced on site rather than from the national grid, the cost of which will be paid back in electricity savings in three years. The combined heat and power unit uses a turbine engine to generate electricity and heat at the same time reducing the amount of carbon produced.
• replaced 3,000 strip light fittings with motion sensor lighting which saves £10,000 per month, with the cost of this being paid back in electricity savings in two years.
• installed an enzymatic food waste digester which adds enzymes to the hospital food waste so within an hour the waste is reduced to grey water. This will save 1 tonne of waste a week and save 10,000 litres of water a week.

Pictured are, from left: Mark Wilkinson, estates operations officer, David Moss, assistant director of estates and facilities, Jamie Firth, engineering officer and John Skilton, shift engineer

Try your hand at the Great Airedale Bake Off

Come and join Master Baker, Mike Armstrong, at his live bake off master class on Sunday 15 March 2015 at Laycock Village Hall.

There’s a chance to taste Mike’s award winning breads and take part in our bake off cupcake competition – details available upon booking.

All profits will go towards the Airedale Emergency Department Appeal.

The event runs from 2.30pm to 5.30pm.

Tickets are £10 including free gift and available from Jodie Hearnshaw, Fundraiser, ext. 4870, email: jodie.hearnshaw@anhst.nhs.uk

All profits will go towards the Airedale Emergency Department Appeal.

The event runs from 2.30pm to 5.30pm.

Tickets are £10 including free gift and available from Jodie Hearnshaw, Fundraiser, ext. 4870, email: jodie.hearnshaw@anhst.nhs.uk

Free WiFi plan

The Trust is aiming to have WiFi available for all patients within the hospital from April 2015.

The Friends of Airedale charity have supported the funding for the infrastructure for the service and the Friends of Airedale, Airedale New Venture and the Trust will fund the annual costs for the service in the future.

Patient WiFi will be a completely free service enabling patients to access the internet from their bedside or throughout the hospital.
HEALTH FACTS: Cutting down on sugar

You could be eating more sugar than you think

On average we eat 140 teaspoons of sugar a week and most of us could do with eating less sugar, particularly added sugar.

Nutrition labels tell you how much sugar a food contains. If its total sugar is over 22.5g per 100g, then it is high in sugar. Anything under 5g of total sugar per 100g is low. Get used to reading food labels and comparing products to choose a healthier option.

Breakfast

Many breakfast cereals are high in sugar with some containing up to 37% sugar. Try to switch to lower sugar cereals or those with no added sugar such as:

- Plain porridge
- Plain wholewheat cereal biscuits
- Plain shredded wholegrain cereals.

Swapping a bowl of sugary breakfast cereal for plain could cut out 70g of sugar (up to 22 sugar cubes) from your diet a week.

Porridge oats are cheap and contain vitamins, minerals and fibre. Make it with skimmed or semi-skimmed milk or water. If you usually add sugar try chopped dried apricots or banana instead.

If you usually have toast try wholemeal or granary bread and see if you can get by with a little less of your usual spreads of jam, marmalade or honey or try low sugar options.

Meals

Even if you don’t think you have a sweet tooth you might still be eating more sugar than you think. Sugar is often added for flavour so watch out for sauces and takeaways like sweet and sour and sweet chilli that can be high in sugar.

Watch out for condiments such as salad cream and ketchup which can have as much as 23g of sugar in 100g, about half a teaspoon of sugar in every serving, and can add up if you have it every day.

Drinks

Nearly a quarter of our added sugar in our diets comes from sugary drinks such as fizzy drinks, sweetened juices or squash. A 500ml bottle of cola contains 17 cubes of sugar. Try sugar-free varieties or better yet water, low fat milk or soda water with a splash of fruit juice.

Desserts and snacks – some ideas to cut down on sugar

Do you need to have dessert every day? How about only having it after your evening meal or every other day? If you’re stuck between choosing two desserts at the supermarket, why not compare the labels on both packages and go for the one with the lower amount of sugar.

Do you have chocolate, biscuits and cake every day? If you had them less would you enjoy them more? If your snack has two bars, have one and share the other or have the other the next day. When shopping look for lower sugar versions of your favourite packs.
Would you like to take part in research trials?

At Airedale we are committed to informing patients of research for which they may be eligible to take part.

To help us identify individuals who are interested, we have set up a confidential database of people who have provided written consent for us to hold their names on a register and to refer to their medical records. This initial consent simply gives us some basic health information of patients who are happy to be contacted by us if they are suitable for a clinical trial.

What to do if you are interested in taking part in research trials

If you are interested in taking part in research, should a suitable clinical trial be available at Airedale, you will be asked to fill in a consent form and short questionnaire providing information such as:

- Name and contact details
- Height and weight (for body mass index calculation)
- Current or longstanding medical conditions
- Current drug history
- Smoking history.

The consent form gives us permission to:

- Hold your details on a secure database
- Allow members of the Trust Research Team to access your medical records
- Public – South Craven
- Public – West Craven.

If anyone living in any of these areas is interested in standing for election, please read the events programme for more details.

Jean Hepworth, current Governor for Keighley East, is standing down at the next election and would like to thank all the members in her area for their support and for voting for her.

Jean says she has thoroughly enjoyed her time as governor and hopes to have kept you up to date through her twice yearly governor message with the newsletter.

How do I join the Scheme?

From early 2015 we will have a link to the scheme from our Trust website wwwairedale-trust.nhs.uk so you can apply online. Until the web link is set up, you can apply by completing a consent form and questionnaire. These are available from the Head of Research and Innovation, Research and Development Dept, Ward 12, Airedale General Hospital, Skipton Road, Steeton, Keighley, BD20 6TD.

If you have any further enquiries please contact: Dr Carole Paley, Head of Research & Innovation, Tel: 01535 292278, email: carole.paley@anhst.nhs.uk

How will the scheme benefit me?

- You will have better access to the clinical trials that suit your condition
- You will be given direct contact details for the Airedale Research Team
- We will be able to target the right clinical trials for our patient population, giving every patient a better chance to be part of a trial if they so wish.

Governor seats available for election in 2015

Every year we have elections for seats on our Council of Governors. The seats available for election in 2015 are currently:

- Staff – Nurses and Midwives
- Public – Craven
- Public – Keighley Central
- Public – Keighley East
- Public – Pendle East and Colne

The consent form gives us information such as:

- Smoking history.
- Current drug history
- Height and weight (for body mass index calculation)
- Name and contact details

To help us identify individuals who are eligible to take part, we are setting up a suitable clinical trial at Airedale, you will be asked to fill in a consent form and questionnaire.

From early 2015 we will have a link to the scheme from our Trust website wwwairedale-trust.nhs.uk so you can apply online. Until the web link is set up, you can apply by completing a consent form and questionnaire. These are available from the Head of Research and Innovation, Research and Development Dept, Ward 12, Airedale General Hospital, Skipton Road, Steeton, Keighley, BD20 6TD.

If you have any further enquiries please contact: Dr Carole Paley, Head of Research & Innovation, Tel: 01535 292278, email: carole.paley@anhst.nhs.uk

How do I join the Scheme?

From early 2015 we will have a link to the scheme from our Trust website wwwairedale-trust.nhs.uk so you can apply online. Until the web link is set up, you can apply by completing a consent form and questionnaire. These are available from the Head of Research and Innovation, Research and Development Dept, Ward 12, Airedale General Hospital, Skipton Road, Steeton, Keighley, BD20 6TD.

If you have any further enquiries please contact: Dr Carole Paley, Head of Research & Innovation, Tel: 01535 292278, email: carole.paley@anhst.nhs.uk

How will the scheme benefit me?

- You will have better access to the clinical trials that suit your condition
- You will be given direct contact details for the Airedale Research Team
- We will be able to target the right clinical trials for our patient population, giving every patient a better chance to be part of a trial if they so wish.

CONTACT US

Foundation Trust Membership Office
Airedale NHS Foundation Trust
Airedale General Hospital
Skipton Road, Steeton
Keighley, West Yorkshire, BD20 6TD
Tel: 01535 294540
Email: members@anhst.nhs.uk
www.airedale-trust.nhs.uk

If you need this newsletter in another format, for example large print, audio tape or Braille or in another language please contact us at the Membership Office.

It is important that we have your latest details so we can stay in touch. If you change your name, address, phone number or email please let us know.

Switch to email and save money and the environment – email us and we will do the rest.