Clinicians host fun day out for children with diabetes

A fun day out has been organised by a team from Airedale Hospital to give young people with diabetes and their parents the chance to get extra support through networking with other families.

The team of paediatric consultants, specialist paediatric diabetes nurses and a specialist diabetes paediatric dietitian went to the outdoor centre High Adventure in Cowling in May so that the children could enjoy activities such as sumo wrestling, using high ropes and archery whilst their parents could share any problems and exchange ideas.

Over 100 children from the hospital’s catchment area including East Lancashire and the Yorkshire Dales were invited to take part in the first event of its kind planned by the team. Over lunch there was a talk about new technologies to help children manage their condition.

Usually the format of the team’s annual event is an educational evening for parents with topics such as encouraging children to have a healthy weight and insulin pumps. The event was part-funded from the paediatric trust fund at Airedale Hospital which includes donations from patients.

“We hoped to try and encourage more families to take part in our event by doing something a bit different this time,” said Laura Rowe, specialist dietitian for diabetes from Airedale NHS Foundation Trust.

“It was a chance for the parents to chat to others who also have children with diabetes and develop a support network and hopefully pick up more information about living with the condition.”

Each child may be the only one in their whole school with the condition and we hope this event will help show them that it doesn’t need to stop them having fun and doing adventurous activities.”

Laura warned that diabetes is a serious condition and children can become dangerously unwell from misdiagnosis of Type 1 diabetes requiring an emergency hospital admission. The vast majority of children with diabetes have Type 1 diabetes, but some are now developing Type 2 which has symptoms that can be easier to miss as the condition develops more slowly.

The most common symptoms of diabetes in children are:
- Going to the toilet a lot, bed wetting by a previously dry child or heavier nappies in babies
- Being really thirsty and not being able to quench the thirst
- Feeling more tired than usual
- Losing weight or looking thinner than usual.

For more information visit https://www.diabetes.org.uk/The4Ts

Airedale is named one of this year’s top hospitals

Airedale NHS Foundation Trust has recently been judged as one of the CHKS 40 top performing hospitals in the country for the fifth time.

The trust was also amongst the top five for the national patient safety award for the third year running and in the past has gained a top award specifically for quality of care.

The Top Hospitals award is based on the evaluation of over 20 key performance indicators covering safety, clinical effectiveness, health outcomes, efficiency, patient experience and quality of care.

Bridget Fletcher, Chief Executive of Airedale NHS Foundation Trust, said: “We are delighted to be judged as one of the top 40 hospitals in the country by an independent body. We could not have achieved this success without our staff who work hard every day to provide the best care they can for our patients during challenging times for the NHS.”

Picture, below, shows staff with Bridget Fletcher

Inside

- Governor update
- Five healthy breakfasts – great ways to start your day
- Meet your new governors
The annual members meeting at the Trust takes place on 28 July, so this is a good time to look at work covered by the governors over the past year.

At the Annual Members’ Meeting 2015 there was a report from the Lead Governor looking at the Governing body, an analysis of the members, eg, ages, and geographical areas; reports from the Chief Executive, the Finance Director, the Medical Director and the External Auditors.

The Governors have two major jobs; one is to hold the Non-Executive Directors to account for the performance of the board and the other is to communicate with the public and our members. There have been many events and meetings arranged during the year, from youth career events, visits to colleges, events for people with disabilities, health days, focus groups run in the hospital, first aid sessions also the biggest event being the Hospital Open Day, giving the Governors the opportunities to engage with the public and members. At all these events the governors spend time talking and meeting people, to find out their views about the hospital.

What do we do with this information? It is analysed monthly then sent to the Patient and public engagement and experience group then, finally at a Council to Board meeting it is presented to the Directors of the hospital. The meeting took place in December 2015, the majority of the feedback that was received was positive and people like:

- consistently high quality care on every visit in all departments
- impressive new emergency department
- friendly approachable and caring doctors
- good inpatient care
- good follow up care.

But, the negative feedback is also important as this is used to improve services to the patients. Common themes concerned with:

1. Admission to hospital were:
   - parking
   - public transport
   - ambulance transport
   - car-parking barrier controls

2. Make the experience better:
   - inpatients – lack of seating
   - the food
   - waiting times

   In March 2016 the Governors again met with the Board, where the Board responded to the feedback given to them in December. This response related to what is going into the annual and five year plan for the Trust.

Parking has been a contentious issue for a number of years, and is now written into the annual plan, looking at:

- more disabled parking,
- a different payment scheme,
- an increase in the number of parking places and
- the parking areas will be separated out.

These changes involve putting in barriers and other work which has been put out to tender and is hope to be completed this summer.

Transforming outpatients has now been written into the annual plan, as has the discharge policy and all the areas connected to discharge of patients, such as:

- improving communications about discharge,
- looking at transport and,
- dates and times of discharge.

There is also now a healthy food and drink strategy in place in the Trust, addressing the issues that have been raised.

The second part of our role as Governors is to challenge the Non-Executive Directors (NEDs), to check that the Trust is being run efficiently and providing quality safe care for the patients who use the Trust.

The Governors appoint the NEDs and this year has been no exception, starting with the appointment of Mr Shazad Sharwar in August 2015 and more recently another three NEDs were appointed – Andrew Gold, Maggie Helliwell and Lynn McCracken – to bring the Board to full complement of six Executive Directors and seven Non-Executive Directors. Another aspect of the Trust the Governors are involved in is the appointment of an external auditor for the Trust, and this year the contract for the present external auditors finishes, so a new auditor had to be appointed, and three Governors were involved in this process.

On a final note the Governors have become involved in the ‘adopt a courtyard’ programme. The courtyards are the areas between the various wards and building in the Hospital, and are being developed by different groups to improve the environment and make a more interesting area around the ward areas. The Governors have their own courtyard and are busy with plans for its improvement.

With the annual members meeting and open day coming soon we do hope to see you at future events, please come and talk to us and give us your views.

Anne Medley
Lead Governor
**Great ways to start your day**

**Apple Pie Porridge**  
Serves: one adult  
Preparation time: 10 minutes  
Cooking time: 5 minutes  
Calories per portion: 345kcal  
Ingredients  
50g of porridge oats  
200ml of apple juice (with no added sugar)  
100ml of semi-skinned milk  
1 medium dessert apple, diced  
1 pinch of cinnamon  

This is a warm and comforting porridge spiced up with the classic flavours of a homemade apple pie. Throw all the ingredients into a saucepan. Heat and stir until boiling, then lower the heat and simmer gently for five minutes, stirring often. Spoon the porridge into a serving bowl and add a sprinkling of cinnamon.

**Protein Packed Scrambled Eggs on toast**  
Serves: one adult  
Preparation time: 5 minutes  
Cooking time: 5 minutes  
Calories per portion: scrambled eggs 247kcal, two slices of wholemeal toast 190kcal  
Ingredients  
2 eggs  
4 tbsp of semi-skinned milk  
2 slices of wholemeal toast  
2 tsp of low-fat spread  
1 pinch of black pepper  
Optional sprinkling of chopped chives (calories nominal)  

The secret to perfect scrambled eggs is to fold them gently in the pan to get curds, rather than a dried, quivering mess. Lightly mix the eggs and milk in a bowl. Melt the low-fat spread in a pan and add the egg mixture. Cook over a medium-high heat, stirring slowly and gently until they’re just set with big, soft curds. Serve the eggs on the slices of toast, sprinkle them with chives, and season with some pepper.

**Green Smoothie**  
Serves: one adult  
Preparation time: 5 minutes  
Cooking time: none  
Calories per portion: 140kcal  
Ingredients  
40g of tinned mango slices (discard liquid)  
40g of tinned peach slices (discard liquid)  
40g of frozen spinach  
1 medium banana  
200ml of water (or as required)  

Smoothies are a great introduction to breakfast if you don’t normally have much of an appetite at the crack of dawn. They’re also a good portable option for your morning commute. Blend all the ingredients until smooth.

**Grab and Go Breakfast bars**  
Makes: six bars  
Preparation time: 15 minutes  
Cooking time: 25 minutes  
Calories per portion (one bar): 300kcal  
Ingredients  
2 medium, very ripe bananas  
60g of melted butter  
60g of cherries  
60g of cranberries  
40g of sunflower seeds  
40g of pumpkin seeds  

Sometimes mornings can be a bit of a rush. Make a batch of these granola bars, with no added sugar, in advance for a healthy breakfast on the go.

Preheat the oven to 200C (fan 180C, gas mark 6). Mix the oats, cherries, cranberries and seeds together in a bowl. Pour in the melted butter and mix in thoroughly to make sure the oats are well coated.

On a separate plate, mash the bananas into a pulp with a fork, then add to the oat mixture, and mix well. Spoon the mixture into a 30x20cm tin and bake in the oven for 20-25 minutes. Once cooked, transfer to a wire rack to cool, then cut into six bars.

**And for the weekend:**  
**English Breakfast Muffin**  
Serves: one adult  
Preparation time: 10 minutes  
Cooking time: 5 minutes  
Calories per portion: 309kcal  
Ingredients  
1 wholemeal English muffin, sliced in half  
1 poached egg  
1 slice of lean roast ham  
20g of reduced-fat or “light” medium-hard cheese  
2 tsp of low-fat spread  
20g of fresh spinach leaves  
1 pinch of ground black pepper  

Oozing poached egg on a layer of cheese and roast ham – what’s not to love about this lower-calorie version of the classic English breakfast muffin? Preheat the grill. Toast the muffins on the cut sides only. Poach the egg in gently simmering water for 3-4 minutes until the yoke is set but still runny in the middle.

Spread the toasted sides with the low-fat spread and lay on the spinach leaves, ham and cheese. Place the poached egg on one muffin half, season with black pepper, and top with the other half.
Here to care

YOUR HOSPITAL
Here to care

Airedale features in the Dr Foster Hospital Guide top ten list of most recommended hospitals – the only one in Yorkshire.

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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.

Pam Beaumont, stroke specialist nurse at Airedale NHS Foundation Trust, took part in the Leeds Half Marathon in May 2016 to raise funds to buy monitors for patients who have had a stroke.

The specialist monitoring equipment will allow staff on the stroke ward at Airedale Hospital to monitor patients over seven days to look for atrial fibrillation (AF) and help prevent further strokes. People with AF are five times more likely to have a stroke than those without.

Pam said, “Early detection of AF will ultimately save lives which is why we are raising money to buy the monitors. This equipment will be much better than what we currently use. Atrial fibrillation can be intermittent, which means we don’t always detect it when patients wear monitors for only 24 hours. The new monitors will allow us to monitor patients over a longer period of time, whilst they continue with their normal activities which increases our chances of picking up on the condition.”

The unit is aiming to raise £10,000 which will allow them to purchase four monitors and the software.

MEET YOUR NEW GOVERNORS

We would like to welcome our four new governors who joined the council on 1 June:

- Margaret Berry, public governor for South Craven
- Martin Carr, public governor for Craven
- Ben Grange, staff governor for Allied Health Professionals and Scientists
- Madi Hoskin, staff governor for the ‘All other staff’ group.

The following governors were also re-elected:

- Peter Allen, public governor for Skipton
- Peter Beaumont, public governor for Wharfedale
- David Child, public governor for Bingley
- John Roberts, public governor for Worth Valley
- Pat Taylor, public governor for Settle and Mid Craven
- Bryan Thompson, public governor for Ilkley
- Pat Thorpe, public governor for Bingley Rural

We say goodbye and thank you to Annette Ferrier, staff governor for Allied Health Professionals and Scientists who resigned as governor on 31 May.

If you want to contact your governor you can email members@anhst.nhs.uk or come to one of our member events, where governors are happy to chat to you and hear your views.

On her marks: Pam Beaumont, stroke specialist nurse