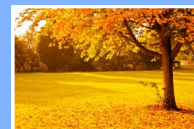




Jan's Weekly Update

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It's all about Balance

This week we celebrated Older People's Day on Monday and the whole week is, as you know, National Back Week.

Some of our Allied Health Professionals showed some real leadership, stepping up to highlight these two important issues.

Liz Hagon, our AHP lead and Sam Townsend, a physio and operational manager, promoted Older People's Day and all the things we can do now to ensure we age well. Making sure we have good core strength will improve our balance and staying mobile and active will set us up for a fall free and more enjoyable older age. I attended their session - they gave me a booklet on things to do to stay mobile and prevent falls - it included some exercises.

We talked about my neighbour (remember she was in hospital for a long time). She definitely lost mobility following that admission - previously tackling the Malvern Hills!! Now staying very close to home. It made me smile as I'd heard a new neighbour suggest she had a frame to help her - I waited for the fireworks!! So I'm not sure if I can give her the booklet - maybe I'll just leave it on the side by accident. I know she'll do them but she won't want me to tell her...

Oh and she's just started Italian lessons so she can speak to her Grand Daughters' Italian partner and his family at their wedding!

So, on to National Back Week - Lis Wharton and Jayne Beasley; two of our very experienced Physiotherapists targeted office workers on Thursday offering advice and solutions for aches and pains in the back and neck. We talked about the importance of moving regularly, getting up from our desks and leaving our phones and gadgets alone for a few hours. I know there are staff who don't get up from their desk all day - working hard maybe but not looking after themselves.



I know 10000 steps a day is quite a challenge but getting up from your desk every hour, a short walk at lunchtime - a few stretches will prevent many back and neck problems - we are so much better at trying to fix something when it's gone wrong rather than prevent it in the first place aren't we....

I'm trying to run (I say trying to) round a 2 mile circuit opposite William Farr House at least twice a week - my new school year resolution. It takes me half an hour and I feel so much better once I've done it.

Brilliant effort from our AHPs - showing great leadership and bringing really important things to our attention in a non-judgemental, expert, caring way. Thank you.

Teams Pulling Together under Pressure

I was due to visit the IDT team based in Wellington yesterday but they asked me to rearrange because they are having some real staffing issues in a couple of the Telford teams and they are covering each other to support. I knew the Stirchley team had some issues because of long term sickness absence and now they and others have been plagued with colds, coughs and possibly flu. I know their leaders are doing everything to support, the teams are pulling together and will get through it. It's a tough gig in that part of the world at the moment.

Talking of Flu

I had my flu jab yesterday - bumped into a couple of our dental staff dropping in to get theirs and I hear that 30 Health Visitors had theirs that morning at their team away day.



They asked if I wanted my photo taken to show I've had my jab - I was having a very bad hair day and to be honest, you all know what I think about protecting yourselves, your family and your patients against flu ...and if you don't, I'm happy to come and talk to you about it. I don't want any of you to get flu - it's rubbish and quickly life threatening if you have a long term condition or vulnerability as well.

I was at a Regional Chief Execs meeting on Wednesday and they shared the national league tables on staff uptake of the flu vaccine last year - we are in the top 4 for Community and Mental Health and in the top 10 for all. Let's improve that this year - such a good indicator we are looking after ourselves and our patients.

Why did I have my flu jab?

Because I couldn't think of one reason not to...

Until next week.....

Jan Ditheridge,
Chief Executive

