



Jan's Weekly Update



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Something Unusual

On Monday evening this week I took myself off to meet friends in Birmingham to go to a concert - I rarely do anything on a "school night" other than exercise, so it was a refreshing change to do something I usually associate with the weekend. Have to say it made me very confused about what day it was all week but it was a nice change.

I tend to "front load" my week - working long hours and staying away from home at the beginning of the week and hopefully tapering off towards the end - Friday's I keep for catch up, meetings and visits closer to home if I can. I'm really lucky that I have some control (not always) over my diary so long hours are ok for me as long as I have some flexibility. I know many of you have set hours but if flexibility is important to you it's something you can work out within your team.

Out and About

I don't have any control over my attendance at Regulatory meetings particularly about Urgent Care. So we had to attend as a system on Wednesday in Birmingham which meant I had to cancel my visit to Newport IDT - I don't like cancelling service visits but occasionally unavoidable. So I still have two IDT's to visit unless you tell me otherwise.

As you know we are still challenged as a system to support people to get the right care at the right time - we still have work to do but I am generally pleased to say our contribution is working well - we are supporting more people at home, getting them home in a timely way and supporting our Acute colleagues, in reaching into the hospital when that helps.

Away Day and AGM

I joined our staff at the first Away Day this year at Albrighton - it was a real pleasure to join mainly staff that do clinical roles exploring a range of issues relating to quality and clinical care. I was particularly pleased to see how many more of you are accessing reflective practice (supervision) now. We saw a Schwartz round in practice - if you haven't I recommend it, it went down really well.

It was just good to spend the afternoon with staff that are usually too busy to chat, to see them in a more relaxed atmosphere and listen to what they are up to. I was really pleased to see the range of people who had flexed their working week to attend.

In the evening it was our Annual General Meeting. This is where we present last year's Annual Report in public. Many of our partners, patient groups and staff attended.

I think the highlights of the evening were the Ludlow ward Team (and singers) presenting the work they have done to support people with memory loss and cognitive problems - it was so good. They had the whole audience singing!

Then the Patient Carer group updated us on their work - they have done an outstanding job of supporting us to provide really meaningful feedback to support us to celebrate what we do well and where we could improve. Many of our staff presented stands showcasing what they do - particularly pleased to see the Dental Team who haven't presented before.

It will probably be our last AGM as this organisation so a time of reflection. I've been in post for four years and to know that all these things will continue to grow and develop for the benefit of patients and their families long after our organisation changes its name is really reassuring to me.

The day at Albrighton made me very proud of the people we work with and alongside.



Aspiring Nurse Directors

I was asked if I would speak to a group of senior nurses from around our region who are on a course to develop them into Director of Nursing roles. They wanted to know about my journey from Student Nurse to Chief Executive and what it means to be a leader with a clinical background. It was in Leamington Spa and the weather was terrible so it took me ages to get there - but well worth it. A mixed group of talented individuals working across the NHS in all disciplines, all keen to develop and learn. It was a lovely evening; they were gracious enough to hear what I had to say and asked lots of questions. I was invited to stay for dinner with them afterwards where I learnt more about their motivations and journeys through their careers. I hope some of our staff access this course in the future.

I also heard about a new initiative to support leaders and managers who are still registered but maybe haven't worked in practice for a while to get back into practice....that was interesting. There is a significant part of me that would like to end my career back in patient facing services....something to think about.

Until next week.....

Jan Ditheridge,
Chief Executive

