



# Jan's Weekly Update

Jan Ditheridge, Chief Executive

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My car is in the workshop this week – you may remember I had a bump a few weeks ago! I decided to decline the courtesy car and go “carless” for a few days. I sorted my diary out to be at the office and put my trainers on and walked to and from work – 2 miles each way every day. Not far – but far enough to get some exercise, have time and space to think and get some all-important fresh air! I'd like to think when my car comes back I will continue to walk – at least a couple of days a week. Ask me in November!

I saw a communication this week that's going in the next edition of Inform, encouraging all of us to **take a break** – every day. I know many of you can't walk to work, but you can stop at some point every day – get away from your work, sit down if you're always on the go, or move about if your jobs keeps you at a desk. It gives you time to think, time to not think or time to think about something else. Taking a break is patient care!

## Stand-out Moments This Week

Susan Watkins, Chief Pharmacist, and Debra Baker, Memory and Wellbeing Worker, gave a fabulous presentation at Quality Committee about “covert medications”. That is where we may need to disguise a medication so the patient can take it. This should be a rare event – only in the best interests of the patient and always thought through with the patient, their family and the multi-disciplinary team.



What struck me was the care; the person-centred compassionate approach Debra and Susan have. They described patients with very challenging problems who they, along with the ward team, ensure are safe and well cared for. Understanding the need to protect individuals' human rights, treat them with respect, dignity and compassion shone through.



Phil Atkins, South East and Clinical Lead for MIU & DAART, and Steve Pickles, Emergency Nurse Practitioner, also came to Quality Committee to tell us how much progress they've made in our MIU's since the CQC came over 2 years ago now.

They gave a good account of their contribution to their local communities as highly skilled, autonomous practitioners, and some of the challenges they still face, working away from the main hospitals, getting used to new leaders and maintaining their professional development. It was good to hear they were pleased with the establishment review, recognising skills and competencies with banding increased and staffing levels where needed.

I have had a number of conversations with people interested in our Medical Director post which is great, and I know the Chairman has had lots of calls about the non-executive posts – people care about community services and want to work with you and me.

## You May Hear.....

...rumblings about our future as an organisation because last night senior leaders from across our health and care system met to discuss the system, its future and in that context how our services fit into that. There is no doubt most of us see a future with less organisational boundaries, a different way of buying and delivering services and that some of our services need to transform to meet the needs of our population in the future. That isn't new news for you. We did discuss a range of options, which included the idea of moving to another organisation – we were just exploring!! No decisions have been made and you will be part of any decisions in the future. Right now it is very much business as usual.



The most important thing I took from that meeting was that everyone knows there is a need to focus on how we deliver community services in the future. Some need help to understand how we do it now and that Shropcom are passionate about keeping people well, out of crisis, independent and where possible at home.

Our Board are really clear we won't make any decisions that aren't in the best interests of our patients and staff – there were over 50 people at the meeting last night all with their own thoughts and views so you may get to hear some of those.... and that's all they are, thoughts and views.

The Chairman and I will let you know if there is anything else to know and if you're worried about rumours – ask!

Have a great bank holiday weekend – thank you to those of you working and on-call I hope you all get chance to **Take A Break**.

Until next time...

**Jan Ditheridge**  
Chief Executive

PS You may recall that Steve Gregory wrote the weekly update last week, and in it told us his daughter was due to give birth within the next week. Well, as I'm writing this, he has just texted me to say he has become a Grandad. Lovely!

