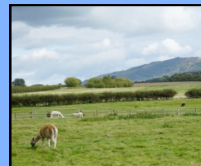




# Jan's Weekly Update

Jan Ditheridge, Chief Executive

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### It's frosty outside

My car has a proper frost all over it for the first time this winter this morning.

The good news is I'm going into Birmingham on the train so I won't have to scrape it off (I don't like that job) the bad news is I think the trip to the station will be chilly.



Hopefully we will miss the snow we were warned about yesterday but please make sure that you have winter kit in your car.

### Leaders Away Day

On Wednesday I joined leaders from all over the county - it was a brilliant day ( in my humble opinion). Why was it brilliant? Firstly there were many leaders there who don't always take time out for themselves - it was really good to see them chatting to people who do jobs like theirs, thinking about their own development and how to be a better leader. The agenda was really varied - from how we think about social media in the workplace, Neuro linguistic practice, to everyone in the room becoming Dementia Friends - all delivered by us - we have so many skills and talents in Shropcom.

We started the day with Fit in 50 - 5 minutes of 50 second exercises that got our heart rates up, moved our muscles and made everyone laugh! If your leader went to that day get them to do it with your team - it does make a difference to your day, and if you don't have anyone who's done it yet talk to Juliet Morris in HR and she will get you started.



All in all a day where people took time out to look after themselves for a change, mind and body which will actually in turn translate into better patient care and better leadership.

I hope to see many more of you at the Admin Ambassadors and Clinical Away Days in the new year too!

### Quality Committee this week

A couple of things that stayed with me - how much we do on a daily basis to maintain and improve our care to patients, service users and their families.

We had a look at how we support people in our services with a Learning Disability - important because we know that generally people with a learning disability experience worse health outcomes than the rest of the population, as do people with long term mental ill health. There are good examples of where we go the extra mile to ensure people's needs are met - our Dentists and some of our Children's services have excellent examples but we have some work to do to make sure we mainstream our offer to people who possibly find it more difficult to access and use our services.

Could you stop and have a think about this in your own teams - some simple changes can make a massive difference. Andrew Thomas is leading this work and will help you think through what you might do - Steve Gregory is the responsible Executive Director and has expertise in this area so I'm sure will share his thoughts too.

### Preparing for Flu

I sat with the Occupational Health Team at lunch on the Away Day. Someone came and asked for their flu jab which they willingly did - it's really good to see so many of you keen to protect yourselves your families and your patients by having the jab.



At Quality Committee we heard that about 80 staff have chosen to opt out of having the jab, mainly because they don't believe the evidence or believe it will make them ill.

If you are one of those people (and I don't know who has or hasn't had it) please reconsider - we can reduce spread, the chance of giving it to vulnerable people at home or at work who would be seriously ill if they get flu and stop healthy people being really unwell for a prolonged period of time. You may be lucky and not get flu but you could be a carrier which is quite a responsibility, isn't it.

I want us all to stay well this winter - Occupational Health will come to your team, explain the facts, point you to the evidence and make sure it's an okay experience to be jabbed. I can personally vouch for that, so please think about it...

### Dignity Champions

You know one of our values is to treat people with respect and dignity. Anthony Archambault joined us at the Culture Working Group this week - he's an IDT team leader and championing our value of Dignity in our organisation, recruiting many of you to join him to help us all stop and think what this really means and how it can help us in our daily work with patients and staff. It's not that we don't treat people with respect and dignity but actively thinking about it helps create a different view of many situations.

### And finally...

I welcomed our new starters at Induction on Monday. I talk about our vision, values and culture - one lady raised her hand and said that she was glad to be back after a while working elsewhere because the culture at Shropcom was a good one. She's really pleased to be back, and we're pleased she's back too.

Until next week...

Jan Ditheridge  
Chief Executive

