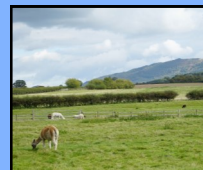




Jan's Weekly Update

Jan Ditheridge, Chief Executive

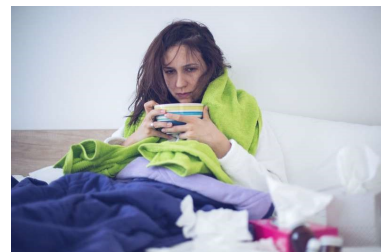
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Has anyone else had a cold?

I've spent the last ten days feeling pretty grumpy with a big winter cold - I know, it's June tomorrow, and an annoying cough. I've looked and felt like that well known tomato soup advert, red nose, runny eyes, big hankie, coughing like I smoke 40 cigarettes a day (I don't) - lovely!

I took a couple of days off poorly in the middle of it - very unusual for me but important to mention. We talk a lot about our sickness absence levels and know that if we could reduce it many of our teams would be less stressed. We must continue to find ways to support all of us to stay well, healthy and able to work, and to make adjustments to help individuals to return to work in a timely way.



Being away from occupation for long periods isn't helpful to mental well-being we know that - HOWEVER there are times when we need to be away from work - to get well, recover or indeed not share our bugs with others! We should not feel under pressure to come into work when we feel too ill. I came back before I was completely better but with a few changes I was better at work than at home, and I felt supported to do that.

No superman/woman culture round here! Well not in relation to sickness absence anyway! Many of you do extraordinary things every day that fall into the super person category - patients, carers and colleagues tell me that all the time.



Although well enough to be at work I still wasn't keen to be around vulnerable people, so chose not to go on the ward at Bishop's Castle when we had our Board meeting there yesterday. However, I did use their staff room fridge for my lunch - they let me in the back door. Do you know BC have a Feng Shui staff room? There's a message on the fridge door saying just that.

Healing Places

They have created an environment that helps them recharge during or after a busy shift - it's a really nice space, nothing fancy or expensive just pleasant to be in.

Environment is so important to help us replenish, heal and feel good. I'm keen our ambition in our Estate Strategy is to ensure all our staff and patients and families are all in environments that are conducive to well-being.

I've seen how many of you have made great spaces out of what are some very old or shall we say not perfect buildings and our strategy should support you to do that .

This was one of the things I suggested at our System away day in Stafford on Wednesday. System leaders took time out to consider what the key priorities are for our system, to ensure our citizens, patients and their families get the services that meet their needs and staff want to work here, and stay in Shropshire, Telford and Wrekin. We are trying to build a Strategy on a page for our system. I think one of them is to get our buildings right.



We're not going to be building lots more but we could continue to find ways to ensure everyone has a decent place to be that is good for the people in it, efficient to run and good for the environment!

We obviously talked about many things in Stafford - and will share plans and thoughts as they emerge. Many of you will be involved in those plans either informing projects like Care Closer to Home or place based integrated care, and the enabling projects such as developing our people, using technology and use of our estate.

I think we are starting to work better as a system. We still need to ensure we focus on the things Shropcom do but anything we can do together must be a good thing.

Talking of which

I haven't forgotten about the Director of Children and Young People post - we will be back out to advert in the next week. Really keen this person gets the Children and Young People agenda into our system plans.

Right I need to go and start the day. I promise not to moan about my cold anymore.

I'm away next week so one of my team will take this slot.

So until next time...

Jan Ditheridge
Chief Executive

