

A note from Arlene....

Hi, I'm Arlene and I'm NHFM's Finance Director. Damon has let me take over his column this month to introduce myself to those who don't already know me.

While I now live in the North East with my husband, daughter and new puppy, I'm originally from Northern Ireland. I previously worked for the audit firm KPMG LLP and Northumbria was one of my audit clients so when the opportunity came up to work here it was any easy decision. Whilst my journey to this role has had its up and downs I always come back to one really important area- Resilience.

The last year apart from being very different, has demonstrated that we are all very resilient, but remember it's also the people around us that are key to our own personal resilience. Don't be afraid to ask for help, we all need the support of our network of friends, family and colleagues at some point! It is OK to be out of your depth at times, or even feel a little apprehensive, some of those moments can turn out to be career highs.

There have been so many great examples of resilience within NHFM in the past year which I have found really inspiring, and I'm looking forward to seeing what we can achieve in the future using the lessons we have learned from this time.



Arlene Atkinson,
Finance Director

News

Seaton Delaval



We have now completed the purchase of the Seaton Delaval site where our PPE Manufacturing Hub and Medical Records are now based. The site covers 25 acres (40,000 square metres) so this gives us lots of scope for future developments. As well as the upholstery and embroidery we reported last

month, we have now started manufacturing hospital curtains. Sarah Rose has now been appointed as the Director of the site.



Archaeological finds at Berwick



Archaeological remains and artefacts have been found during the work to build the new Berwick Hospital. So far, remains and artefacts dating back to between 1100AD to 1300AD have been discovered. Walls, pottery, fish bones and what is thought to be stone yards, associated with Low Greens, have been found. These findings will help to unlock further knowledge about Berwick's medieval past and give us a fascinating insight into what our hospital site, and the surrounding area, was used for more than 900 years ago.

Hadrian Health Centre

We have been working with property developer Assura to design a new Primary Care Health Centre in Wallsend. The scheme has been granted planning permission and we are hoping to be on site by May.



Dates for your diary

Staff Engagement Group

Come along and have your say about issues affecting NHFM.

Date: 19/05/2021

Time: 14:00

Venue: Microsoft Teams

Email improvement@nhfml.co.uk for a diary invite.

Click and Connect Sessions

A member of staff's personal experience of alcohol dependency to recovery

Date: 06/05/2021

Time: 13:00 - 13:45

Autism as an adult

Date: 20/05/2021

Time: 13:00 - 13:45

Both sessions will be held on Microsoft Teams. Email healthand-wellbeing@northumbria.nhs.uk for an invite.

Retirements



Kevin Dyer, Maintenance Craftsperson at Wansbeck and Barry Gargett, Head Porter at Hexham have both retired after 39 years' service. Enjoy your retirements!

Cobalt Refurbishment

Essential refurbishment works to the Cobalt Catering and Restaurant facilities are commencing on the 4th May and expected to last 4 - 5 weeks.

Career Journeys

Diane Cobbledick, Medical Electronics Technologist, Wansbeck General Hospital



How long have you worked here?
Since 2008 - 13 years

Tell us about your career to date
I left school at 16 with several CSE's and an 'O' level in Engineering Drawing and went on a Youth Training Scheme in Horticulture with a placement with Wansbeck District Council. At that time

the Council couldn't get me a pair of safety boots in a size 5! I then decided I wanted to go in an engineering direction so applied for a course "Engineering for Girls" which was brought about to get more girls interested in Engineering. However there wasn't enough interest at that time so the course couldn't run.

Undeterred I went to college to do a Maths and a Physics 'O'level and then followed on with an OND in Electronic/Electrical Engineering. I applied to Newcastle College who were running a full-time HNC in Electronics with a work placement for several weeks at the end. Towards the end of my course I had to find a placement or would be allocated one. I was scanning through the jobs and saw a vacancy at Medical Physics at Newcastle General for an Electronics Technician which sounded interesting never before thinking of engineering in the Medical field. I began my placement there and ended up being employed with them as an Electronics Technician mainly for the Diagnostic Radiology and Radiation Protection sections. After 20 years with Medical Physics a job came up closer to home here at Wansbeck which I applied for and started working here with Medical Engineering in 2008. The job covers maintenance/repair and servicing of a wide range of Medical Equipment from Thermometers to Anaesthetic Machines so is very diverse and interesting with new equipment coming along all the time.

What advice would you give to females wanting to get into a traditionally "male" work environment?
There's a lot more opportunity now so just go for it and stick to it and you won't look back.

Reminders

Annual Leave - Annual leave entitlements in HealthRoster automatically copy over the same value as the previous year. As this is not always right (as entitlement increases after 5 years, and then 10 years' service), it is important that you check your entitlement is correct. The workforce team are working through any adjustments at the moment but please raise with your manager if you think yours is wrong.

Did you know?



You could win a holiday just by completing the 'Moving on from Covid survey' (link via your work emails, Staff Facebook or the intranet). Everyone who has already completed the survey will be included in the prize draw. The prize has been donated to the Trust. Closing date: 03/05/2021

Feature

Employee Benefits

Did you know the following benefits are available to staff?

EMPLOYEE BENEFITS



- Access to the NHS Pension scheme, and associated Death in Service Benefits.
- Access to services to support your wellbeing, including psychology and counselling services, physiotherapy, support with weight-loss, becoming more active and healthy eating, mindfulness apps, stopping smoking, etc.
- Discounted childcare at Kids First nurseries at our sites.
- Access to car lease, home electronics and cycle to work schemes, allowing you to pay for your item via salary sacrifice or salary deduction.
- A "pay as you feel" option to buy a second hand bike through the non-profit organisation Bike 4 Health
- A staff lottery scheme where the jackpot is over £3000 each month. The money raised goes into initiatives to benefit staff.
- A raft of learning and development opportunities from honing your IT skills to developing your resilience.
- Flexible and ethical loans, and the opportunity to save money directly from your salary through our partnership with Northumberland Community Bank.
- Discounts at lots of retailers through showing your NHS ID card. There are also discounts available through the popular Blue Light card and [healthservicediscounts.com](https://www.healthservicediscounts.com). A new local brochure has been created called Health Service Heroes - scan the QR code or visit Enyware to access.

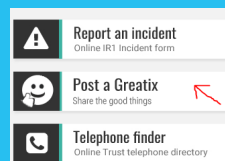
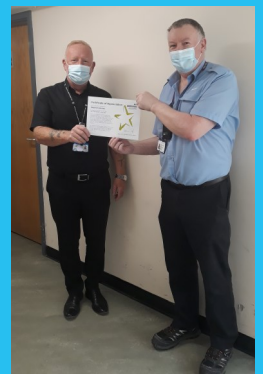


Stars of the Month!



Congratulations to Stephen Davies, Porter at NTGH who has been voted Star of the Month!

Stephen received a Greatix from Karen Ward commending his resolve and determination in ensuring that a patient received some urgent and potentially life saving medication for an intra-cranial bleed. The normal nursing procedure for this had failed so the porters were called on as an emergency back up. Stephen responded to the request and remained calm whilst he was talked through the procedure, ensuring that the medication was collected and delivered, resulting in the patient receiving the medication they needed in time.



To submit a Greatix for a colleague go on the NHCT Intranet home page and click "Post a Greatix" or ask your supervisor to help you.

To read them all and vote for the next winner look out for the new "We are Great" email coming out at the beginning of the month.