Keeping in Touch

Providing services across Bedfordshire, Cambridgeshire, Luton, Norfolk, Peterborough and Suffolk

Issue 26 - November 2019

We are outstanding - pages 6 & 7

Also inside this edition:

Launch of new occupational therapy website

Page 4

Page 8

Page 14
Welcome to the latest edition of Keeping in Touch

2019 has been a fantastic year for our staff and the Trust, with many examples of innovation and improved accessibility to our services - all of which culminated in the Care Quality Commission recently rating our services ‘Outstanding’.

I would like to thank our fabulous staff for their passion, commitment and dedication without whom we are nothing and for whom the rating is an official recognition of the great work they do 365 days a year, I look forward to continuing to work with partners in 2020 and beyond.

Our focus will be on turning the NHS Long Term Plan into reality, including the Plan’s vision for investment in community services to enable people to be cared for in or close to their own homes and join up fragmented children services.

Matthew Winn, Chief Executive
Email: matthew.winn@nhs.net

.................................................................................................................................

INSIDE

Bedfordshire community health services
3. New logo and new number for 0-19 service
   Speech and language therapy website
   Ready for school
   National recognition for continence team

Luton children and adults’ community health services
4. Newborn hearing screening
   Double success for Luton nurses
5. #FreeToFeed
   Frailty programme expands support and scoops staff awards

Staff Excellence Awards 2019 - 6/7

Children & young people’s health services
8. Launch of new occupational therapy website
   Twelve months of success
9. Cambridgeshire & Peterborough mental health support teams programme and Just One Norfolk Infographic

iCaSH
10. Reopening of Lowestoft clinic
    Winners in our eyes
    Suffolk conference
    Stripping down STIs
11. Hinchingbrooke refurbishment
    South Asian class
    Think Pelvic Health

Dental
12. New contract
    Clinic move for Wisbech team
    Little journey app
    Good practice recognised
    Oral health promotion improvement

Neuro-rehabilitation
13. Sharing the fantastic work we do
    Supporting Headway’s Brain Drain
    OZC influencing neuro-rehabilitation far and wide
14. OZC rocks, AccessAble, Recite Me and Board dates

.................................................................................................................................

To contact the Trust’s Patient Advice and Liaison Service:

Telephone: 0300 131 1000
Email: ccs-tr.pals@nhs.net
FREEPOST
CCS LUT PATIENT EXPERIENCE

Find us on Twitter: @ccs_nhst

Find us on Facebook: @CCSNHST

Website: www.cambscommunityservices.nhs.uk

Instagram: ccs_nhst

.................................................................................................................................
Our new logo

Our vision to create a single visual identity for Bedfordshire Community Health Services has been realised. Votes were cast by our staff and service users on a shortlist of six options and opposite is the winner.

New number for 0-19 single point of access

We have a new contact number for our health visitors and school nurses. Simply call 0300 555 0606 and the team are on hand to help you. Calls will be answered from 08.00-17.00, Monday to Friday.

Calls are charged at the same rate as a call to a standard 01 or 02 number and may be counted in inclusive minutes packages – please check with your mobile network provider. For more information on our services please visit: https://www.cambscommunityservices.nhs.uk/Bedfordshire

Speech and language therapy website

Communication is a fundamental life skill. The impact of poor communication can affect mental health, emotional development and learning.

We are proud to launch a new website, which provides advice and activities for children, young people and their families to use. Check it out: https://childspeechbedfordshire.nhs.uk/

Our speech and language therapy service works across Bedfordshire and Luton providing help in both community settings (e.g. health centres, schools, pre-schools) and hospitals. We treat children up to the age of 16 years (up to 19 years in special education), who have a difficulty with communication or swallowing.

Ready for school

Children in Bedfordshire will now have a 3 and a quarter year development review, taking place at home or in an early years setting.

The reviews bring parents, community nursery nurses and early years staff together to discuss various aspects of a child’s development to check if they’re on track for school. This was one of the changes made during the reshaping of our 0-19 service, and replaces the two and a half year review for most (universal) children. Families that are identified as needing a little extra support will have additional reviews.

National recognition for continence team

Our children’s continence team is in the spotlight as an example of good practice in a national document.

A new pathway, which follows NICE guidelines and best practice for continence was developed in response to increasing (and sometimes inappropriate) referrals. It offers a staged approach, introducing trained continence champions in our 0-19 service delivering early intervention, enabling children needing specialist assessment and support to access this sooner via our nurse-led continence service.

Newborn hearing screeners beat national target

Our newborn hearing screening team has recently met both its key performance indicators (KPIs) at the higher achievable level. In both cases they have beaten the national average.

Their first KPI is for those babies whose newborn hearing screening is complete within five weeks. The national average is 98.9 per cent - our team scored 99.4 per cent across both the Luton and Bedford sites.

The second KPI is for babies with a no clear result in one or both ears who require an immediate onward referral for audiological assessment within the required timescale. The national average is 90 per cent and our team met that target at 100 per cent in Bedford and 95 per cent in Luton (this was due to the cancellation of an appointment for just one baby).

The screening team’s referral to hospital rate over the last two years has not only reduced but been maintained. The combined sites now have a referral rate of 1.9 per cent against an average acceptable rate of three per cent.

Pictured (from left) are: Denise Davies, hearing screener, Deborah Cheshire, manager and Caroline Garrett, hearing screener.

Double success for Luton nurses

Our Luton nurses have won prestigious international awards at the Zenith Global Health Awards fighting off teams from around the world.

Specialist paediatric epilepsy nurses picked up the award for ‘Advancing Health with Technology’ with their virtual clinics via video links. Similar to Skype, this allows teenage patients to attend appointments with the epilepsy nurses via computer, tablet or phone. Its success has come from the fact that young people can choose a time and place for their appointments to suit them.

The children’s rapid response team won the ‘Team Recognition’ award for their work with children, many with highly complex needs. The team is believed to be the first in the country to introduce direct referrals from NHS 111 for infants and young children under five, in a bid to reduce hospital emergency attendance. Alongside existing referrals from GPs, this initiative has led to the avoidance of more than 800 hospital admissions over the last year.

Liz Stevens, children’s epilepsy specialist nurse, said: “It is an honour to have won this award and I feel privileged to be included among leading health professionals delivering innovative and quality work. I would also like to pay tribute to all our amazing parents, young people and children it is our privilege to serve.”

The small team of two nurses work in partnership with Dr Tekki Rao, consultant paediatrician from the Luton and Dunstable Hospital who has proactively supported the project. The project is also supported by the National Epilepsy 12 audit team who invited the team to present at its conference last year.

Speaking on behalf of the rapid response team Lynn Fanning, said: “It is a huge privilege and honour to receive the team recognition award at these awards. The expertise and knowledge within the room was incredible and for us to receive this was a high honour. We are a very united team and work closely together to ensure the children of Luton receive a high quality service, which is provided by highly experienced, knowledgeable nurse practitioners.

"Our aim is to provide care for acutely unwell children in the community and keep them out of hospital. It is a nice recognition of our team's hard work but this would not have been possible without our close connection and collaborative working with Luton Clinical Commissioning Group to enable these clinics to operate smoothly and 111 to have eight directly bookable appointments every day with our team."
#FreeToFeed

In July, Luton and Bedfordshire’s baby friendly teams launched a new awareness campaign, in partnership with local authorities, to help mums become more confident when breastfeeding in public.

Businesses, members of the public and other mums are being encouraged to raise awareness of the importance of breastfeeding and to help new mums feel comfortable feeding their children when out and about. The campaign is going from strength to strength, and has brought almost 100 businesses and venues across Luton and Bedfordshire on board, with exciting new partnerships to follow.

Thanks to videos starring local mums, social media promotion, and even bus adverts, conversations around breastfeeding confidence are growing louder and more prominent, which should support public health in the long run.

"To be able to breastfeed, I feel quite accomplished, I feel I have an amazing bond with my son, and I've given him the best start in life - it's the best decision I made. It's one of the most amazing gifts you can give to your child, and it's a shame that it's become a rare sighting as opposed to the norm," said Rebecca, a mum from Bedfordshire.

"It was harder at the beginning. I haven't been confident breastfeeding because I was conscious of the looks that I'd get. Now I'm used to breastfeeding, I don't care - my children come first, and I know the benefits of breastfeeding. When my baby needs it, I'll give it to him" said Sarah, a mum from Luton.

**Luton frailty programme expands support for older people and scoops staff awards**

Since April 2019, the Luton frailty programme, which brings together adults’ community teams, GPs, hospital doctors and social services to care for older people closer to home and avoid unplanned hospital admissions, has gone from strength to strength.

The programme has expanded its reach to proactively target both moderately and severely frail older people living in Luton and support them to better manage their frailty and other conditions they may have. In keeping with how the project began, health and social care professionals are delivering this support with daily and weekly collaboration, systematically sharing information, asking holistic questions and preparing personalised care plans. As well as sharing advice on how to stay healthy in a heat wave, recent activities have also included outreach sessions to supported accommodation to help educate older people about preventing a fall, and holding a patient focus group to ensure that health information provided is as effective as possible.

Several members of staff have also received recognition for their hard work as part of the frailty project and beyond. Michelle Pilkington, community matron specialist in dementia care, jointly won the Luton Community Interest Awards ‘Healthcare Hero’ award with her counterpart at the Luton and Dunstable Hospital.

Staff members have also been gaining national recognition for their work. Jo Robertson, respiratory lead and manager of the community matrons and multidisciplinary teams, and her colleague primary care network lead and GP Dr Haydn Williams, were regional winners of the NHS Improvement Sir Peter Carr leadership award. This was in recognition of their pioneering collaboration to offer early, proactive support to complex patients in their homes. Their success will now give them access to national leadership support that will help to spread this approach across Luton and beyond.

**Pictured above:** National Sir Peter Carr awards event

**Picture below:** Michelle Pilkington with her community award
We celebrated 51 members of staff achieving 1,260 years of dedicated service.

Congratulations to all and thank you for your commitment.

Congratulations to our Grow your own Workforce graduates who successfully graduated from a range of development programmes.

Kate Granger Person Centred Care Award

Winner:
Luton community nursing team for providing exceptional care to a young man and his family for over a decade.

Runner up:
Mary Hunt, assistant practitioner children’s epilepsy service Luton for outstanding commitment to the service.

Rising Star Award

Winner:
Angie Ahmad, children’s complex health team manager, Bedford, for making the team vision a reality even under challenging circumstances.

Runner up:
Lee Croft, extended scope practitioner physiotherapist, DynamicHealth, Peterborough, for his passion, ambition and empathy. He’s made change happen whilst also planning for the future.

Supporting our Services to Excel Award

Winner:
Amy Jackson, transition programme manager. Amy’s the person to whom many people turn when they have an important job or a tricky project.

Runner up:
Christine Williams, referral management service co-ordinator, Luton for being kind, caring, compassionate and always conducting herself with dignity and a huge smile as she assists patients to maximise benefit income.
The Service Directors Behind the Scenes Award

With sincere thanks went to our I.T. team! Congratulations and thank you for the support you provide!

Shine a Light Annual Award

Huge congratulations to Karen Patchett, youth offending nurse in Luton, winner of the 2019 Shine a Light award!

Outstanding Care Awards

Ambulatory services

Winner - Danielle Pont and Ashley McConigle, health advisor and clinical nurse specialist, at iCaSH Peterborough

1st Runner up - iCaSH service (Trust-wide)
2nd Runner up - Gail Stephens, specialist pelvic health physiotherapist, DynamicHealth - Cambridge and Ely.

Cambridgeshire and Norfolk children & young people’s health services

Winners - the children’s occupational therapy team, Peacock Centre, Cambridge and Oak Tree Centre, Huntingdon

1st Runner up - the emotional health and wellbeing service - Cambridgeshire
2nd Runner up - the Norfolk teenage parents pathway

Luton children and adults’ community health services

Winner - 0-19 universal children’s services

1st Runner up - newborn hearing screening team - Luton and Bedfordshire
2nd Runner up - Christine Harris, district nursing sister (award collected by Debbie Holmes on Christine’s behalf)

Bedfordshire community health services

Winner - children’s continence team and continence champions

1st Runner up - UNICEF baby friendly team
2nd Runner up - children’s continuing care team
Launch of new occupational therapy website

In celebration of the national Occupational Therapy Week, our children’s occupational therapy service in Cambridgeshire launched its new website.

The website is a perfect starting point for parents who are looking to learn new strategies when it comes to improving their child’s development and is accessible 24-hours a day.

The site was designed to focus on children and young adults’ progression stages rather than their age group. The four progression stages include starting point, next steps, getting there and feeling confident, and each one of the stages offers video training and resources needed to help your child to increase their independence and feel confident in undertaking any tasks at hand.

The site has been created using ‘Recite’ software, to help enhance the user experience and ensure that the audience of the website can find all the information they need quickly and easily. Thanks to Recite, those who are struggling to navigate through the website due to their disability or a language barrier can now use tools such as text to speech functionality, dyslexia software, an interactive dictionary and a translation tool with over 100 languages.

Children’s occupational therapy lead, Nicola Foreman said: “It has been great working with children, young people and families who use our services to create a website which I hope will be helpful to many. The biggest impact will be that families will now have instant access to strategies and ideas to help their child at the most convenient time for them.

“As individuals, we all learn differently and by listening to the feedback from our parents, carers and young people, we have used a variety of different ways to communicate.

"This ranges from video clips of our children, cartoon clips and written information.

"All written information can be translated in many different languages. We will continue to build our website to make it the best that we can."

For further information or to find out more, please visit: https://www.cambscommunityservices.nhs.uk/cambridgeshire-children’s-occupational-therapy or follow us on Twitter @CambsPboroCYP or ‘Like us’ on Facebook @CambsPboroCYP.

Twelve months of success

It’s been an exciting first year for the joint Cambridgeshire and Peterborough healthy child programme.

Over the past twelve months, the programme has had many achievements including the launch of a brand new text messaging service for parents, creating three locality hubs across the county and launching an innovative support pathway for young parents.

The progress made throughout the year has been highly commended by leaders from both Cambridgeshire Community Services NHS Trust and Cambridgeshire and Peterborough NHS Foundation Trust.

To mark the one year anniversary, clinical staff, team managers, corporate support staff, board members and commissioners, came together to celebrate what has been achieved and help develop plans for an exciting second year.

John Peberdy, service director, stated: "It has been a rewarding year to work across both our Trusts. I have seen what started as a blueprint of a service transform into an active working partnership filled with enthusiasm and determination.

"It is a challenge to bring together two cultures and ways of working, whilst there’s lots more to achieve, I firmly believe that if we continue on this path we will get the best outcomes for children, young people and families across Cambridgeshire and Peterborough."

An infographic has been created that outlines the success of the service so far, click here to view: http://bit.ly/cambspboro-nov19
Cambridgeshire and Peterborough mental health support teams programme

Cambridgeshire and Peterborough has been selected as a trailblazer site for the ‘Transforming Children and Young People’s: mental health support teams programme’.

Since September this year CCS, CPFT and the Cambridgeshire and Peterborough CCG have been working with a selection of schools across the county to build the new support team.

The new programme is scheduled to launch in April 2020 and more updates will follow in the new year.

If you would like to find out more about the mental health support teams programme, a summary infographic has been created. Use this link to view it: http://bit.ly/cp-mhst-infographic
Reopening for Lowestoft following refurbishment

We’re delighted to announce that our hub at Regent Road in Lowestoft has reopened to patients on Thursday 3 October 2019. This follows a temporary closure during September to allow refurbishment work to take place.

Service user feedback, particularly around environment, was crucial to our plans including adding an extra clinic room, allowing us to see more patients. We have also:

- increased privacy in the waiting area by creating a larger space
- added an additional toilet by the clinic rooms and away from the waiting area, enhancing privacy and dignity for our service users.

Our investment future proofs our service in Lowestoft and will allow us to gradually increase the type of sexual and reproductive health services we deliver (e.g. consultant led clinics), in line with our other hubs, aided by our new laboratory. This will mean that service users will be able to access services closer to home.

Winners in our eyes

iCaSH Express Test fought off the competition, earning a place in the top three for a Royal Society of Public Health healthy lifestyles award.

The awards recognise and celebrate a wide range of activities, policies and strategies that empower communities and individuals, improve the population's health and address the wider social determinants of health.

Suffolk conference

iCaSH Suffolk attended the first countywide sexual health conference, hosted by Suffolk County Council, to discuss their achievements and network with colleagues.

Keynote presentations were delivered by:

- Dr Evelyn Kerr, consultant in sexual and reproductive healthcare - ‘Opportunities in sexual & reproductive healthcare.’
- Dr Sarah Edwards, consultant GU physician - ‘Sexually transmitted infections: trends and challenges.’

Julie Steele, service support lead and Claire Studd, governance project officer also attended to promote iCaSH Suffolk with a stall in the market place.

Overall, there were over 250 attendees, including our staff, representatives from Terrance Higgins Trust, GPs, nurses and more.

Stripping down STIs

Two of our team have shared their expertise on tackling STIs for a radio show.

Dr Caroline Cooper, associate specialist in sexual and reproductive health and Dr Graham McKinnon, consultant, joined The Naked Scientists to talk about Chlamydia, the importance of testing and what happens during a sexual health check.

The Naked Scientists is a small science radio production company based at Cambridge University who make science radio shows for the BBC, ABC Australia and their own podcast.

To listen to the podcast, visit www.thenakedscientists.com/podcasts/naked-scientists-podcast/stripping-down-stis
Hinchingbrooke refurbishment

Our physiotherapy department at Hinchingbrooke Hospital has had a facelift.

New lighting, flooring and redecoration throughout have improved the environment for our team and our patients.

One patient said: "It makes the department look modern and friendly. I like the nature feel it gives the place."

South Asian class - Peterborough

Our Peterborough team has completed the first cohort of their new South Asian Females class.

Tanisha Saboo and Priya Jesrani, both physiotherapists, developed a functional rehabilitation class, delivered in Urdu as a pilot to empower these women and avoid re-referral to physiotherapy.

One patient said: "I found the relaxation session very useful. The exercises have been very helpful - I feel much better than before. I am able to go back to work because of this. This is better than medicine."

Think Pelvic Health: promotion in full swing

Our pelvic health physiotherapists are working hard to promote key messages on how this type of specialist physiotherapy is an evidence based, effective treatment for many pelvic health symptoms.

In recent months, they have:

• appeared on BBC Radio Cambridgeshire during World Continence Week with the key message that continence issues are common but not normal
• presented at training events throughout Cambridgeshire, specifically to practice nurses about pelvic organ prolapse and more recently with our iCaSH team about vulvodynia and vaginisms
• developed a patient information leaflet with iCaSH about vulvodynia
• created posters advertising the service, which are on display in health premises throughout Cambridgeshire with information about self-referral
• made animations on what to expect and the types of personal problems our team can help with; it is hoped these will demystify pelvic health physiotherapy.

The class is split into five sessions and covers functional exercise, health promotion and education to improve motivation towards fitness and wellbeing. It also brings in expertise from Healthy Peterborough to support these patients to continue their rehabilitation in the community.

Shakila Bano from Healthy Peterborough said: "This is a great way to work in partnership, motivating and empowering individuals to have the confidence to help themselves and sustain the changes they have already made."

A trial of appropriate outcome measures is also underway and we continue to audit clinical care against national standards to ensure best practice is being followed.

Our pelvic health team focus on restoring strength, function and movement within the pelvic area; seeing men and women.

We are specialist physiotherapists with postgraduate training and knowledge of a wide variety of treatment options.
New contract for special care dentistry

We are proud to announce that, following a comprehensive tender process, we have been chosen to continue to provide special care dentistry in Cambridgeshire and Peterborough.

However, this means a couple of key changes in response to new guidance published recently:

• referrers - referrals for this specialist service should only come from general dental practitioners (GDP)
• referrals - must come via our new electronic portal. Please visit our new website - www.dentalhealthcareoe.nhs.uk for more information.

More information on how to find an NHS dentist is here - https://www.nhs.uk/using-the-nhs/nhs-services/dentists/how-to-find-an-nhs-dentist/. If they have any problems finding a dentist local to you, please contact NHS England on: 0300 311 2233 or email NHS England: contactus@nhs.net.

Clinic move for Wisbech team

The Wisbech team has relocated to newly refurbished premises after providing dental services at Church Mews for 18 years.

Now based in Rowan Lodge at North Cambs Hospital, the move improves accessibility for patients and is part of an £8 million redevelopment of the site, announced in April 2018.

The dental team share Rowan Lodge with our DynamicHealth physiotherapy and specialist team and the community midwifery hub, provided by Queen Elizabeth Hospital King's Lynn NHS Foundation Trust. Feedback from both the team and our patients has been really positive.

Little Journey App is helping children prepare for general anaesthetics

This is a national app developed for children who are having a procedure under GA and we are the first dental service in the UK to use it.

It shows the process from preparing to arrive at the hospital through to recovery and discharge, with child-friendly cartoons and animation. Each of our five clinics countywide now has a Wi-Fi connected tablet which runs this app enabling parents/children to watch. We can also send a direct text message and link to parents so they can download the app and watch it with their child at home.

Good practice recognised

National guidelines say we should aim to have fewer than 5% of our patients having a repeat dental general anaesthetic within three years. Countywide, we’re very successful in this, where less than 1% of our patients have required a repeat GA in three years, thanks to our high levels of accurate diagnosis, appropriate treatment planning and prevention.

Oral health promotion improvement

Our oral health improvement team is working hard with the local authority to develop a tooth brushing scheme in some nursery settings and we'll be writing to relevant nurseries in November to invite them to join the scheme. This is great news in the fight against dental decay.

One of our dentists, Thomas O’Connor has been involved in a national steering group which is updating guidance on the prevention of caries in children and adults. We’re delighted that Thomas’ recommendation that specific intensive prevention guidelines for children and adults who have required a general anaesthetic for dental treatment should be included in the new national guidelines has been accepted. Thomas will also be speaking at the national British Dental Association event in January 2020 on decision-making in paediatric dental general anaesthesia treatment. Great work Thomas!
**Sharing the fantastic work we do**

We were delighted to welcome Look East to the Oliver Zangwill Centre earlier this year. It was great to share the fantastic work underway to help people with acquired brain injury achieve their goals through our innovative neuro-psychological programmes.

Here are just a few recent comments from the inspirational people that have taken part in our intensive rehabilitation programmes and you can read Lucy’s story overleaf:

- “Nearly finished my five week intense rehabilitation at the Oliver Zangwill – independence here I come!”
- “I can do a lot of the things I didn’t think I could do with strategies in place and I have a chance at living independently.”
- “They (the OZC) give you a sense of well-being again. I firmly believe if the Oliver Zangwill Centre hadn’t been here I would have perceived the answer to my problems was suicide and that’s where I would be now.”
- “I would never, ever have got back to work. I would never have been able to contribute to society and it would have been horrendously sad. I can’t really imagine quite how bad it was for those people who were around me trying to find a way forward without any help. For them as well as me, the outcome has been remarkable, just wonderful.”

**Supporting Headway’s Brain Drain: wake up to fatigue campaign**

Donna Malley, occupational therapy clinical specialist at the OZC wrote a fascinating feature about why fatigue occurs and what can be done to help, as part of Headway’s Brain Drain: Wake up to fatigue! campaign.

Written to raise awareness during Acquired Brain Injury Week 2019, Donna said: “Our brains control everything we do, what we think and feel, and the pace at which this happens. After a brain injury, it seems as if more physical and mental energy is needed for daily life and it feels as if this energy drains far more quickly than before.

- “It’s like having lots of apps open at once on a smartphone; things slow down and the battery drains really quickly until ’the computer says no!’
- “Whilst there’s no quick fix or magic pill, there are things that can help” continued Donna, adding “so do “wake up to fatigue”; it’s real, it’s common and it isn’t yet fully understood, but together, through sharing experiences with others, we can learn how to make the most of the energy we have, and live our lives more fully.”


**OZC continues to influence the development of neuro-rehabilitation far and wide**

The OZC has a history of supporting the development of neuro-rehabilitation across the globe.

Most recently, OZC Founder Professor Barbara Wilson MBE (centre right) gave a talk at The Nelson Mandela Children’s Hospital in Johannesburg on the Assessment and Management of People with a Disorder of Consciousness.

Organised by Dr Sahba Besharati, a neuropsychologist at the Children’s Hospital, the lecture was well attended by a variety of professionals involved in rehabilitation.
OZC rocks

Each client who attends OZC is asked to work on an ‘understanding brain injury’ project.

Over the years we have seen a huge variety of projects, from a handmade wooden jigsaw in the shape of a brain, beautiful poems and tattoo inspired artwork detailing a client’s journey. Lucy, a recent client, decided she wanted to transform an area of our garden into a beautiful rock garden; where other clients could also take some time out to decorate a rock with a design of their choice (usually something meaningful to them) and add it to the garden. Lucy has painted a number of the rocks herself and is inspired by her passion for art and design.

Speaking about her time at the Centre, Lucy said: “In July 2017 I was involved in a road traffic accident and suffered a traumatic brain injury and fractured skull. At the OZC, we had the opportunity to work with staff that have excellent knowledge about traumatic brain injury. They really helped me understand my injury, what had happened and why I was experiencing some of the symptoms and issues that I was. They really empowered me and tried to help my self-confidence and help me understand what was going on.”

Lucy’s Mum Heather is clear the difference the OZC made saying: “They really, really gave me my Lucy back.”

AccessAble

We’ve been working in partnership with AccessAble to create detailed accessibility guides for each of our sites.

Visitors, patients and staff can use these online guides to find out about access to all the Trust’s buildings. You can find out where a department is located in relation to the main entrance, where car parking spaces are located, whether there are lifts to access other floors, whether a hearing loop is available, as well as in-depth information about accessible toilets and much more. You’ll find the guides on our website here:

https://www.accessable.co.uk/organisations/cambridgeshire-community-services-nhs-trust/access_guides

Recite Me

Did you know we now have Recite Me web accessibility software on our Trust website, iCaSH, DynamicHealth and JustOneNorfolk websites?

The assistive toolbar supports a diverse range of people, including those with disabilities and those who don’t speak English as their first language by ensuring websites are accessible and inclusive for all.

Features include:
- a screen reader which reads text aloud
- reading support tools, such as a ruler, magnifier, margins and a dictionary
- ability to customise the website’s colour scheme, as well as the texts, font style and size
- real-time translation, which translates web content into more than 100 languages.

Board dates for 2020

15 January North Cambs Hospital, Wisbech, PE13 3AB
8 March The Seminar Room, Peacock Centre, Cambridge CB1 3DF
20 May The Poynt, Poynters Road, Luton LU4 0LA

Please check our website for regular updates or contact:
Mercy Kusotera, assistant director of corporate governance
Email: m.kusotera@nhs.net  Website: www.cambscommunityservices.nhs.uk

Cambridgeshire Community Services NHS Trust providing services across Bedfordshire, Cambridgeshire, Luton, Norfolk, Peterborough and Suffolk