

Connected Member Newsletter

Issue 1

October 2024

Welcome

Welcome to our new Member Newsletter 'Connected', providing you with news from around St George's University Hospitals NHS Foundation Trust.

To get things off to a flying start we are reintroducing our Governors by shining the spotlight directly on them.

First up is Alfredo Benedicto, our new lead governor.

Spotlight On – Alfredo Benedicto



Dear Members

It is with great pleasure that I am welcoming you to this first edition of our Members' Newsletter.

I am currently the Lead Governor of the Trust and a member of the Nominations and Remuneration Committee and the Membership Engagement Committee.

I have served as a Governor for over 7 years appointed on behalf of HealthWatch Merton with the paramount objective of making the voice of the patients heard within the Trust and to keep our members informed about the developments in the Trust.

Now, in the post-COVID era, it is time to reenergize this two-way communication mandate.

Following a recent review of our member engagement strategy, the Council of Governors have renewed its commitment to a closer and more active relationship with our members. You will be hearing from us through regular newsletters, from special topics lectures, from "Meet the Governors events", etc.

We want you to get involved and help us do our jobs even better. We want to hear from you, we want you to become actively engaged with the Trust, so why not put yourselves forward to become elected as a Governor. The Trust needs you.

You can see the full list of our Governors on our [website](#).

Annual Members Meeting – Thursday 25th September 2024

Our Annual Members Meeting took place last month with the highest turn out for a number of years. Attendees were able to meet the governors, have some health checks and learn about the work of the St George's Hospital Charity.

As well as hearing about the use of virtual reality to aid recovery, the event also included the presentation of the Trust Annual Report and Accounts and took questions from members of the public. We hope to see you there next September.

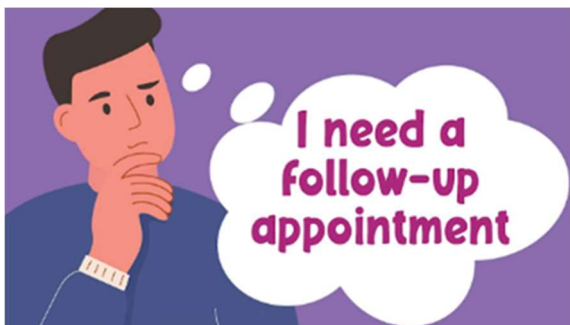


Innovations

One-of-a-kind virtual-reality therapy aids major-trauma patients

St George's has been offering seriously injured patients the chance to trial the technology as part of their regular therapy - you can see this in action in this [BBC News story](#).

Launch of Patient Initiated Follow-Up Appointments via the My Care Patient Portal



April 2024 saw St George's broaden the implementation of Patient Initiated Follow Up (PIFU) appointments. This is part of our ongoing efforts to improve how patients manage their

follow-up care directly through the My Care St George's Patient Portal, to improve accessibility and reduce the need for call centre interactions.

Celebrating Our Staff

St George's consultant anaesthetist receives a Lifetime Achievement Award



Dr Judith Dinsmore, St George's Consultant Anaesthetist, received the Neuro Anaesthesia & Critical Care Society (NACCS) Lifetime Achievement Award at NACCS's Annual Scientific Meeting 2024.

The NACCS Lifetime Achievement Award is given in appreciation of a career devoted to research and teaching of the science and practice of neuro anaesthesia or neurocritical care or outstanding service to the NACCS.

Internationally-educated nurse named as 'Rising Star' for reducing patient waiting times and 'lighting the path' for colleagues

A nurse whose clinic has reduced waiting times for patients to be tested is a worthy winner of London's Rising Stars of 2024 awards, which are organised by the Royal College of Nursing (RCN). [Mark Mencias'](#) patients are able to find out faster if their health issues are caused by a rare neurogenetic condition, thanks to his specialist clinic giving them access to genetic tests.

The Rising Star awards are given to nurses, midwives, nursing support workers and nursing/midwifery students from the Black, Asian and minoritised ethnic community who have made an outstanding contribution to health and care in London over the past year.

[Dr Bernard Ho](#), a St George's Dermatology and Lymphoedema Consultant has been awarded the

2024 Quality in Care Award for Psychological Impact of Skin Disease, for his groundbreaking work through our innovative Skin and Mind Clinic.



St George's in the media

St George's takes to the screen again as Channel 4's 'Emergency' returns for a third series

St George's once again featured in Channel 4's *Emergency* airing on Channel 4. Over four episodes, filmed 24/7 across two of the busiest weeks in summer 2022, the series takes a closer look at London's Major Trauma Network. It follows the minute-by-minute decisions from roadside critical interventions through resus to ICU and from surgery to rehabilitation to reflect the variety of specialist treatment that goes into saving patients' lives and putting them back together again.

St George's is one of the four Major Trauma Centres in London featured, alongside King's College, St Mary's and The Royal London Hospitals as well as London's Air Ambulance, London Ambulance Service and trauma units.

St George's patient features in Netflix documentary about adults learning to swim

A St George's patient featured on a Netflix documentary, *Black Stroke*.



Maria Gbeleyi, now in her 30s, was just seven months old when she was diagnosed with the genetic health condition sickle cell anaemia.

The movie documents Maria's journey of achieving a lifetime goal of learning to swim – something she feared may not have been possible because of her condition – and also features a scene where the Croydon resident receives a blood transfusion at St George's.

St George's host Armed Forces and Veterans Breakfast Club and save the day



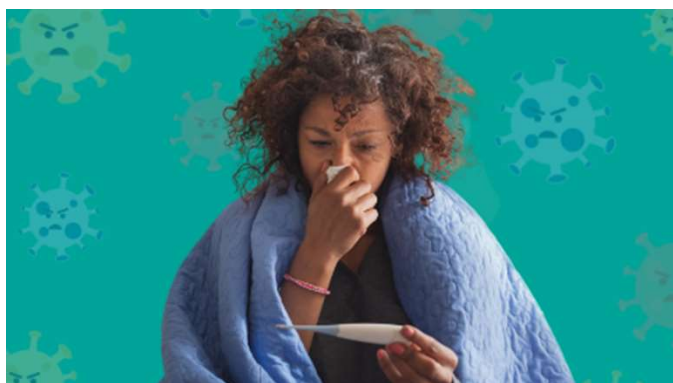
On Monday 7th October St George's hosted the Armed Forces and Veterans Breakfast Club, an event usually organised by the AFC Wimbledon Foundation. This community initiative, held on the first Monday of each month, provides veterans, reservists, and serving members of the Armed Forces with a relaxed environment to enjoy breakfast, socialise, and reconnect with fellow service personnel.

Due to heavy rainfall and flooding Wimbledon's facilities were severely impacted. As a gesture of support and in the spirit of partnership with the Armed Forces community, St George's stepped in.

St George's has a longstanding commitment to supporting the Armed Forces community and is recognised as a Veteran Aware Trust by the Veterans Covenant Healthcare Alliance. This accreditation reflects our dedication to ensuring that veterans, reservists, and their families receive the care and support they deserve, including promoting access to services and charities beneficial to the Armed Forces community.

For any further information and to register visit AFC Wimbledon's website.

Did you know that flu can lead to life-threatening complications?



As the winter months slowly start to creep in it's no wonder the Flu is on everyone's mind.

Flu can have severe consequences, leading to complications such as septic shock, multi-organ failure, and worsening of chronic conditions. The most effective way to keep this under control is through vaccination.

It takes about 10 to 14 days after vaccination for your body to develop active immunity against the flu. If you choose not to get vaccinated and contract the flu, it can take 10 days or more for your immune system to produce antibodies naturally. During this time, complications can set in and become challenging to manage.

Contact your GP surgery for details of where you can obtain the vaccination.

Don't delay get your Flu vaccination booked today.

Get Involved!

Governor Elections

One of the main ways that members can be involved in the trust is by electing the Council of Governors.

We currently have vacancies in Merton, Lambeth and the Rest of England constituencies and will be running an election process. Look out for information about how to put yourself forward for election and the ballot paper in the coming months. Any member over the age of 16 can stand for election so do encourage friends and family who might not yet be members to sign up.

Associate Governor (Young Members)

The Council of Governors want to make sure that all voices within our community are heard and involved in the governance of the trust and are going to be launching a special role of Associate Governor for 18-25 year olds. More information and details of how to apply will be available soon but you can register your interest now by contacting governors@stgeorges.nhs.uk

Contact us:

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Contact your Governor:

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Connect with us: [Home - St George's University Hospitals NHS Foundation Trust \(stgeorges.nhs.uk\)](https://www.stgeorges.nhs.uk)