



Dr Maxwell Mclean

We sincerely value our Foundation Trust members and at this difficult time, I want to reassure you that we are taking all possible steps to protect our patients, visitors and staff, and to highlight some of the things going on across the Hospital Trust. As well as being the Chairman of the Trust Board, I am also Chairman of the Council of Governors, and this is the body which represents all of our membership.

A heartfelt thank you

We have been blown away by the amount of kindness and support we have received from the community here in Bradford and beyond. We have put together this [short film](#) to thank you for all the contributions and other support you have shown during this difficult time.

Wellbeing during lockdown

Covid-19 is bringing a great deal of worry and uncertainty to our lives. It is a new and extreme situation that people are adapting to – so it is natural to find this difficult and distressing. People may be feeling isolated, facing financial hardship or have additional worries about themselves or family members too.

There is lots of helpful guidance and support being made available from mental health and other organisations. These are 10 helpful ways we can all look after our wellbeing during this time, and beyond:

- **Acknowledge our thoughts and feelings**, without judging them
- **Be kind to ourselves when things are tough**, try to offer the same kindness we would with a dear friend
- **Take a pause when we feel overwhelmed**, ask ourselves what we need to take care
- **Focus on the things that we can control**, including what we can do support ourselves and others
- **Keep or create new daily routines**

- **Exercise or move our bodies** in whatever way if possible for us, following the guidance on social distancing or isolation
- **Focus on something enjoyable**, bearing in mind we might need to find something new or different
- **Stay connected to people who are important to us**, keeping in touch using phone or video
- **Limit how often we read the media coverage**, so that this doesn't become overwhelming
- **Avoid coping strategies that might have unhelpful consequences**, such as drinking, drugs or smoking

Visit [our website](#) for more information and a leaflet that you can download.

We are open for business

Keeping you safe and well remains our number one priority. We are still here to help if you are unwell and we are open 24 hours a day, 7 days a week. It's really important to seek medical help quickly if you experience symptoms of a stroke or heart attack, or an injury or other symptoms that would have prompted you to visit the A&E before Covid-19. Our Chief Medical Officer, Dr Bryan Gill explains more in this [video](#).

We have rearranged things in the A&E Department to keep people who don't have coronavirus symptoms away from those who do, so it may look a little different to how you've experienced it in the past. We've put together some information [here](#) which explains what will happen when you visit our accident and emergency department.

Some of our cancer services have temporarily moved to the Ramsay Yorkshire Clinic in Cottingley to protect high-risk patients during the COVID-19 crisis. This means that the chemotherapy delivery and phlebotomy services for haematology and oncology patients, as well as haemophilia services are now based at the Clinic. Transfusion delivery remains at the BRI. More information is available on our [website](#).

[GP practices](#), pharmacies, community and mental health services also remain open, so please don't wait until coronavirus is over before seeking help.

Several departments in the hospital have also put together their own short films which are available via our Facebook and Twitter accounts:

- Our maternity team has put this [information](#) together, highlighting when you should seek help during your pregnancy,
- Our dieticians have also put together a [short film](#) outlining the work they are still doing to help you.
- Our children's health team has put together this [video](#) setting out symptoms your child may have which you shouldn't ignore

Visiting loved ones

I wanted to remind you about ways of keeping in touch with a loved one if they are in hospital. Most visiting has been stopped – exceptions are on the children’s and neonatal wards where one parent can be with their child, for collecting patients on discharge and all patients receiving end of life care. All visits must be pre-arranged with the nurse in charge. Additionally, one birth partner may accompany a woman in labour, and a partner or other person may visit. More information can be found in a [series of short films](#) on our website, available in English, Urdu, Czech/Slovak, Polish and Parahi/Punjabi.

Frequently Asked Questions

We are developing some FAQs for patients and the public about changes to our services – these will be published on our website when they are available.

A heartfelt thank you from Bradford Hospitals' Charity



Thanks to the generosity of our communities our NHS Hospital Heroes appeal has now passed the £100,000 mark! You can read about this and more [here](#). To find out more about our Charity and how you can get involved please visit our dedicated pages at <https://bradfordhospitalscharity.org/>

We're on social media

Please visit our page at <https://www.facebook.com/BTHFT/> and our Twitter account @BTHFT to keep up to date with the latest news from the Trust. We also have a YouTube channel <https://www.youtube.com/user/bradfordhospitals1/featured> where we are uploading our videos in multiple languages, and some with British Sign Language.

As well as keeping the accounts updated with essential information about our services, we have started to publish a video at the end of each week which outlines what's happened across the trust during the week. You can find the first of these videos [here](#)

Finally, I have been the [Chairman of the Trust](#) for a year now. I want to pay tribute to the heroic efforts of staff during this, the most challenging phase in the history of the NHS, and to say how proud of them I am that the Trust recently received a 'Good' rating from CQC.

Just a few of the stand-out moments are the Project Search graduation providing employment opportunities for young people with learning disabilities; our annual *Brilliant Bradford* award winners and my visits to their workplaces, the 10th anniversary of our ground-breaking Listening for Life Centre, and the official

opening of our Command Centre sealing our digital maturity as a modern, progressive organisation.

Together with the rest of the NHS and care services, we'll get through the coronavirus crisis. We've got a tremendous team here at Bradford and we have a bright future ahead.

I hope you have found this newsletter useful and interesting. As members of our Foundation Trust your views really do matter and if you have any feedback you'd like to offer, or if you're interested in being more involved, please email me at membership@bthft.nhs.uk

Regards,



Dr Maxwell Mclean, Chairman

Keeping in touch... key contact information

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For more about our Foundation Trust and our Governors please visit www.bradfordhospitals.nhs.uk/our-trust/how-we-make-decisions/