

## What do we all have in common? See our centre pages



### See inside...

#### Clearing the air

Why we're going smokefree

Page 4

#### Have your say

Tell us about the good, the bad and the ugly

Page 10

#### A healthy interest

Focus on your health and wellbeing

Back Page

Commitment  
Care Quality

## Message from the Chief Executive



### Dear Colleagues

Summer is often a time to relax a little, take a break away and enjoy some sunshine...

But for many of us, the activity levels at the hospital have remained high and then, of course, there's the small matter of the Care Quality Commission (CQC) inspection!

This newsletter goes to print in mid August so you'll be reading this just before or just after our CQC visit – nail-biting times! Or are they...?

It's worth pointing out that the CQC aren't to be dreaded – they should be welcomed, as should their feedback. Like us, the CQC is driven by the goal of great patient care.

You have all worked so hard, not just for the inspection, but for our patients, because you believe in our values: commitment, care, quality.

I am looking forward to sharing the inspection results with you later this year and I sincerely hope to be able to tell you that we are no longer in special measures.

As well as the high levels of activity keeping our clinical staff busy, colleagues in the strategy team have been working hard on making a strong case for government funding for major redevelopment of our hospitals.

We are thinking big and want to provide services for our patients from first-class facilities.

I am excited by the future for this trust, the potential here is amazing.

I get my enthusiasm from what I see from you all, an endless appetite for improvement and the ability to deliver great results, despite the pressures and the fact that you work in buildings and with infrastructure that is far from perfect.

Please make time to look at the information on the intranet presented in my monthly briefing sessions at each site (or better still, come along!).

You will see that we are meeting and exceeding the vast majority of national waiting time targets. This isn't about ticking a box, it's about patient care; reducing the anxiety of waiting for a test result; getting cancer treatment started as soon as possible; reducing discomfort by providing surgery in good time and keeping our patients safe – as indicated by our impressively low mortality rates.

There are success stories at every turn! We could fill a book, never mind a newsletter, so this just gives you a flavour of our many achievements, but I hope you enjoy this edition.

## Best wishes – and thank you.

Katie

**You have all worked so hard, not just for the inspection, but for our patients, because you believe in our values: commitment, care, quality.**

## So you want to be a doctor!

Budding young students hoping to become doctors got the chance to save the lives of lifelike dummies, test fake urine samples and hear what working on the wards is really like.

This was all part of an exciting event for GCSE and A Level students called 'So you want to be a doctor!'

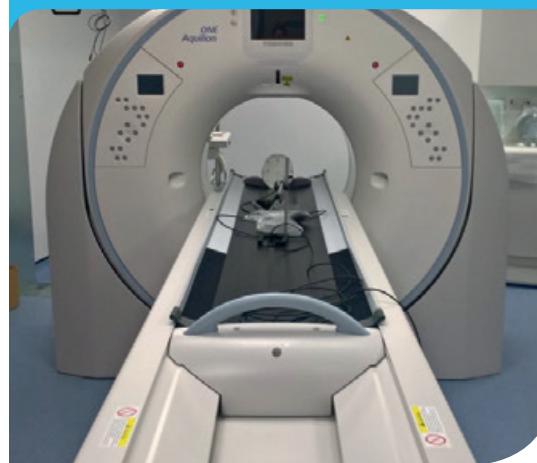
The students were treated to a day packed with lectures, activities and group work, to give them a taste of the roles on offer.

Doctors from different stages of their careers and specialties took part in the day and workshops gave the students an idea of basic medical practice, including CPR, taking blood, examining the eye and urine analysis.



A huge thanks to **Alex Paice, Mary Holding and Phyl Monk** for making the day such a success.

## State-of-the-art scanners



We are the proud owners of new state-of-the-art scanners. Our radiographers took delivery of the new MRI and CT scanners earlier in the year. The scanners allow us to offer both CT coronary angiography and Cardiac MRI scans. This enables definitive assessment of cardiomyopathy and structural heart disease.

The new equipment means cardiac patients will now get the treatment locally. Previously, patients would have waited in hospital for several days for a slot at another hospital so we are reducing length of stay, benefiting patients.

The scanners are the latest technology with specific cardiac software and reduced radiation dose.

**Niall Keenan**, consultant cardiologist said: "The opening of our cardiac imaging unit represents a huge step forward for the cardiology and radiology departments here at West Herts NHS Trust. The equipment that has been installed and provides the very latest in cardiac MRI and CT to our patients.

"Having a dedicated cardiac imaging unit where cardiology and radiology expertise can be concentrated is a huge advantage for our department, meaning that we are at the forefront of providing the very latest in cardiac imaging technology at a local level."

## Clearing the air



**Our patients and visitors should not have to walk through wafts of cigarette smoke on our hospital sites. And nor should our staff.**

Smokers puffing away outside hospital doors sends out all the wrong messages, creates mess and is bad for the health of everyone.

That's why our aim is to be a completely smokefree trust from **Sunday 1 October** to coincide with Stoptober – the national campaign to support smoking cessation.

A smokefree site will be more pleasant and will minimise the risk of harm from passive smoking.

**Paul da Gama**, our director for human resources and workforce, said: "It won't happen overnight, but we'll be taking practical steps like removing our smoking shelter, improving signage and raising staff awareness to help us achieve this goal. We'll also be offering practical support to patients and staff wishing to quit and we'll train more staff to provide this support."

It is everyone's responsibility to ensure that our sites are smokefree, so if you see anyone smoking from 1 October, please give them a gentle reminder that this is no longer permitted.

We hope that patients, staff and visitors who smoke can wait until they are well away from the site before smoking and do not leave any litter whatsoever.

The preference is for staff to seek support to quit and not smoke on the perimeter of our hospitals as this presents a poor image to our public and causes nuisance to our neighbours.

In the run up to us going smokefree, Hertfordshire's Health Improvement Service will be running some training sessions for all staff. Look out for details in **e-update** and on the intranet.

To book onto one of the sessions below, please email the Training department at **trainingdepartment@whht.nhs.uk** or for further information email **wellbeing@whht.nhs.uk**

Date	Time	Venue – Watford
Wednesday 6 September	4.00 – 4.45pm	Lecture theatre 2, Medical Education Centre
Monday 11 September	10.00 - 10.45am	Lecture theatre 2, Medical Education Centre
Monday 25 September	9.30 - 10.15am	Ground floor training room, Admin block

## Simulation saves lives



**Bruce Kerr demonstrates sim man in action.**

The trust's simulation suite had its official opening in July with a demonstration which underlined the importance of learning through doing.

A life-like mannequin known as 'sim man' is part of the suite. He can replicate the reactions of ill and rapidly deteriorating patients and can even cry real tears and shout in pain!

The suite imitates an acute care environment, providing realistic clinical training facilities. It enables multi-disciplinary staff to take part in simulated scenarios, such as management of the acutely unwell patient, and work on communication and team working.

The simulation suite was funded partly by the League of Friends who donated £60,000 and partly by a grant of £250,000 which the trust applied for through Sign up to Safety, a national initiative to help NHS staff care for patients in the safest way possible.



**Dr Ratna Makker who introduced the event**



**Cllr Rabi Martins cuts the ribbon to open the suite with Norman and Mavis Tyrwhitt from the League of Friends.**

The simulation suite was opened by **Dr Ratna Makker**, consultant anaesthetist. There was also a demonstration of sim man by **Bruce Kerr**, which highlighted the importance of simulation in hospitals.

Vice Chairman of Watford Borough Council, **Cllr Rabi Martins**, cut the ribbon to officially open the suite, while **Norman Tyrwhitt**, Chairman of the League of Friends unveiled the plaque.



We're sharing some of the great feedback we've received from patients on Facebook.

"I received outstanding care in the breast clinic at St. Albans! The staff from start to finish were kind, efficient, attentive and really compassionate. Made a worrying situation more calming and felt extremely well taken care of."

"Thank you all for doing such an amazing job, my daughter was taken into children's A&E, then obs, then Starfish ward/under gynae care. Brilliant, caring surgeons, nurses with huge patience and caring ways. We are very grateful, thank you for fixing my girl ❤️"

"I really don't think the staff at WGH are given enough credit for the care they provide. The staff are so hardworking, efficient and conscientious. Amazing team, fantastic personalised care. Thank you all on Elizabeth ward."

"Very happy with the care I've received over the past two weeks from A&E to Orthopaedics team, Cleves ward, fracture clinic, day surgery and theatre team. Without fail everyone (doctors, nurses, healthcare assistants, ward clerks, technicians, porter and coordinators) were professional, pleasant and easy to deal with."



**Sophie Barrett,**  
Education Centre  
Administrator

#### Favourite film of all time?

It's a Wonderful Life – I don't usually enjoy black and white films, but I absolutely love the meaning behind this one. It's the type of film you can watch endless times and still get emotional over.

#### What's one thing you can't live without?

I couldn't live without my family. They are always there when you need them, and love you unconditionally. Family are there through the best times and the worst times, always giving you the strength to be the best possible you.

#### What's the most satisfying part of your job?

The feeling that you are doing your small part to help out others. I love being able to take away some stress (however small it is) from colleagues who work endlessly to provide great care.

#### Tell us something people may not know about you

I'm also a politics student at the London School of Economics.

#### What did you want to be when you were 10?

My plan was to spend the rest of my life shopping (a small part of me hasn't let go of this dream but slightly wishful thinking).

#### What luxury item would you want if cast away on a desert island?

My phone, so that I could at least stay in contact with all my friends/social media and perhaps use it to order a takeaway? (Although I'm not sure Deliveroo would be able to get to the desert island!)

#### What advice would you give to a new starter at West Herts?

Always go out of your way to be kind to people and do your best to help people out wherever you can. People will always be grateful and it will make your life a lot easier in the long run.

#### Favourite sports team?

I'm not a massive sports fan but my dad would absolutely kill me if I didn't write Watford Football club here!



60 second interview

#### 'Live from West Herts neonatal unit'

**Bonding with a newborn baby is universally understood to be important for mother and child. But sometimes medical needs make this almost impossible when mum and infant are being treated in different parts of the hospital.**

Now, new mothers on our wards can see their babies in the neonatal unit without leaving their beds, thanks to a little bit of technology and some clever thinking from staff.

The 'iSeeU' project is like Skype or FaceTime and uses a tablet to transmit sound and images between clinical areas, thereby creating a link between mother and her baby in those precious first few hours. This allows for greater involvement in the baby's care and gives mothers a chance to feel closer to their baby.

**■ This will really boost their recovery and have a very positive impact on early relationship building. ■**

Gloria Rowland

**Dr Gloria Rowland**, associate director of midwifery, said: "We implemented iSeeU following feedback from women who have been unable to visit the neonatal unit in the first few hours following their baby's birth. They told us that being able to see their babies in the neonatal unit would lessen their anxiety."

She added: "This will really boost their recovery and have a very positive impact on early relationship building. It is a well-documented fact that early bonding decreases levels of anxiety for mother and baby and can improve breastfeeding rates. I would like to thank **Michelle East** our IT lead midwife for leading this important work."

**Rachel Coffey**, (pictured), a mother who has used iSeeU, said: "This has been a very emotional experience for me. My baby had to be moved to the neonatal unit, but with the live screen, I was able to see him and be involved in his care as I could speak with the nurse and get updates."

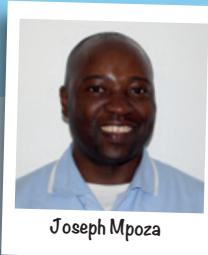
Midwives know that nothing can replace physically being with a newborn baby, but this is the next best thing and helps to bridge the gap until the mother and baby are reunited.



# We're proud to work here!

## Healthcare assistant, Bluebell ward, Watford

We all work together and the atmosphere is lovely. When the relatives come in to see their family members, they always compliment us and make us proud to work here.



## Sister, Discharge lounge, Watford

I'm proud to work here in the discharge lounge as I am valued by my matron. The discharge lounge is the proudest place I have worked at in the trust and I am proud of the difference I've made to the discharge lounge.



## Chief Executive

I have far too many 'proudest moments' to fit on this page so instead I'll tell you what gets me jumping out of bed to come to work. It's people like your colleagues pictured here and across the trust. I love the fact that you always want to do your best for our patients. That makes me feel both proud – and humble – to be your chief executive.



## Senior resuscitation officer, Watford

I'm proud to work here because the trust has a really good focus on training and education and I work with a really good team.



## Ward Sister, De La Mare ward, St Albans

There is no team like the team we have here! Senior staff are incredibly supportive. They run an open door policy and we have very honest discussions so we can learn from incidents. The training and job opportunities are great. There is so much that's good on this ward, it makes me proud to be a part of it.



## Matron, Starfish ward, Watford

I'm proud of how enthusiastically this trust has embraced Schwartz Rounds – a sure sign of commitment to looking after its staff. Successful Schwartz Rounds show that people really care and value each other. In recognising the emotional impact of our day-to-day work and allowing time and space to reflect on that, we are helping staff deliver more compassionate care for our patients.



## Outpatients manager, Hemel Hempstead

As the front door to the hospital, we work hard as a team to give a good first impression of the trust. Providing information and good communication is key to helping patients through their journey.



## Receptionist, PMOK main reception, Watford

The main reception team enjoys working to give directions and general information to a wide range of visitors. Looking back over the last 10 years there have been many changes and challenges but it is always very satisfying to help patients and relatives.



## Specialist infection prevention and control support, Watford

My proudest moment working here is when I gave a distressed lady a twiddlemuff (a knitted muff with items attached to keep dementia patients' hands busy). The smile she gave me made my heart burst with pride and happiness. That smile never leaves me. I adore working for the trust because the staff truly care.



## Receptionist, X-ray department, Hemel Hempstead

I'm proud to work at a place where staff are so friendly and supportive. I'm quite new into this post and it's lovely to know I can ask how to do things if I am unsure. I'm very happy to work at this hospital.

## Have your say – tell us how it is!



Our annual staff survey is your opportunity to have your say about what it's really like working for the trust.

## Amputee praises staff for giving her a positive outlook



**Elizabeth Langton's** life dramatically changed when her leg was amputated as a result of a blood clot last September.

"It was sudden and a real shock. I had little time to come to terms with it." However, Elizabeth battled through with the support of physiotherapists **Gillian Winkworth** and **Ben Bream** (pictured above with trust chairman Professor **Steve Barnett**).

We want to hear it all – the good, the bad and the ugly! We need to understand what's going well and what improvements you want to see.

For example, last year you told us that there weren't enough opportunities for flexible working. We listened and we've improved our flexible working policy, including plans to launch a flexible nursing pool over the winter.

You said that work-related stress was a concern so we are working to make sure that everyone takes regular breaks to recharge your batteries. We've also rolled out a range of health and wellbeing initiatives including a monthly relaxation day when you can book massages.

So when the 2017 staff survey goes live in September, do take a few minutes to have your say.

Well done Gillian and Ben!

Elizabeth said: "They changed my life. I can honestly say that with them pushing me and making me focus on what I can do, not what I can't do, my experience was much better than I could have imagined."

Elizabeth nominated both Gillian and Ben for a staff award, praising the exceptional care she received from them. Her nomination saw them win in the 'care' category.

They said: "We were both really touched by Elizabeth's nomination. To win the annual award was extra special, as there were a lot of touching nominations and lovely stories of our hard working and caring colleagues."

**Is there a colleague who you believe has gone above and beyond and deserves recognition for their hard work?** You can nominate them for a staff award. Forms can be found on the staff awards intranet page.

## Iruka Judo club battles for healthy hearts!



If there was a black belt for fundraising, then Watford's Iruka Judo Club would be lifting the trophy!

Club founders **Carol** and **Barry Walker**, (pictured with our consultants), and their members have raised a remarkable £1,765 for the West Herts Cardiac Centre.

For the last 15 years, Carol has had a heart condition called atrial fibrillation (AF) and so wanted to show her appreciation to the staff who have given her outstanding treatment over this time.

In addition, the father of one of the club's members suffered a heart attack and so wanted to show his thanks for the help he'd had with his recovery.

Judo players swapped their white kimonos for walking boots to raise money through 30 sponsored walks, totalling 870 miles.

They also held a sponsored 'throw', raising money for every throw achieved by an individual in a minute.

Carol and Barry said: "Friends and I have received excellent care from the staff at Watford General Hospital over the years. We wanted to say a small thank you by making a donation towards buying new equipment."

Congratulations to Carol, Barry and their judo students for throwing themselves (literally!) into this fundraising challenge.

## Our successful overseas nurses



Our non-EU overseas nurses have achieved a highly impressive 90% pass rate on a key exam, thanks to their hard work and great support.

Our clinical skills facilitators **Thaya Boys** and **Lou Usher**, who between them have 29 years' experience in nursing, have been helping nurses with the Objective Structured Clinical Examination (OSCE).

The non-EU overseas nurses need to pass this before they can start working as registered nurses. Achieving registration is a lengthy process that takes ten to 12 months on average and requires hard work and dedication.

Lou said: "The process is no walk in the park. We are privileged that the nurses choose to come and work with us. They come with spirit and have braved the move thousands of miles away from their families."

Thaya said: "Exams require a lot study and most of us were lucky enough to have a support network, however, this is often not the case for our overseas nurses."

"Please respect these staff for the sacrifices they have made and the time they have given to work alongside you. They are lucky to find themselves in such a friendly trust and they will appreciate your support and guidance as they take the plunge into their new roles."



# Our stroke team has done it 'AA'gain

We are beyond proud of our stroke team which has maintained its AA rating for the third time in a year!

Not only have they maintained the highest level but the service is in the top 16 per cent across England, Wales and Northern Ireland in the Sentinel Stroke National Audit Programme.

This audit grades services from A-E and just two years ago, our service had the lowest rating.

Summing up this achievement, **Dr Tolu Adesina**, (pictured), clinical lead for stroke services, said: "We are delighted to have

achieved an **AA rating** for the third time in a row. This is a true testament to the high calibre and commitment of the whole team. I would like to say thank you to everyone because we wouldn't have achieved this if it wasn't for your hard work."

**Chris Overton**, 68, a retired professional photographer is one of the many patients who has benefitted from our fantastic stroke care.

Chris said: "I was supported all the way through my stay by a very professional team who kept me and my wife informed at every

**We are delighted to have achieved an AA rating for the third time in a row.**

Dr Tolu Adesina

step. I would like to thank them all for saving my life and helping me with my recovery."

Tolu's contribution to the team's success was recognised with an invitation to attend a garden party at Buckingham Palace where the Queen and the Duke of Edinburgh were present.

## Facebook Workplace is open for business!

Join the conversation in the **West Herts Workplace** group on Facebook Workplace. We hope the site will become a useful place where you share news, views and best practice as we prepare for the CQC inspection and beyond. The app can be downloaded to your phone which is helpful if you don't get the chance to check your email regularly.

West Herts Workplace is open to everyone with a @whht.nhs.uk email address. Go to [www.work.facebook.com](http://www.work.facebook.com) to create an account.

Facebook Workplace is a completely separate app from Facebook so if you have a personal Facebook account, what happens in your personal life stays there!



## 'Spider man' says thank you



The story of a patient whose life was saved following a suspected spider bite by our medical teams attracted national media coverage.

**Paul Jory**, (pictured), was treated at Watford General Hospital for three weeks for a rare and serious bacterial infection.

It's thought that poison from a false widow spider

bite spread the devastating infection in his arm. The possibility is that he was bitten after buying bananas at his local shop in St Albans.

Paul was so poorly that he spent a week in an induced coma. His condition was life-threatening and he had six operations to clean the wound and remove septic tissue.

He said: "Watford General Hospital saved my arm and they saved my life. I was in intensive care for quite a while and at first I was delirious and didn't know what was going on but the doctors and nurses were absolutely superb. I can't praise them highly enough!"

## Welcoming our new discharge lounge – thanks to the League of Friends!

**Keeping patients moving through the hospital helps us keep our waiting times low for those who need to be admitted via our emergency department.**

Many of us can play a part in this – liaising in good time with colleagues in partner agencies, keeping relatives informed, ordering medication and drugs promptly and preparing the patient to leave hospital.

The discharge lounge at the front of PMOK at Watford General Hospital plays a key role in patient flow, which is why we were so pleased to have a contribution from the League of Friends to make it bigger and better.

With their help, the space has been enhanced so that it is a pleasant place to wait for patients once they are well enough to be discharged..

They have access to facilities such as a wall mounted TV, radio, books, magazines and social spaces.

The League of Friends donated £17,000 to cover these embellishments and work to create two trolley spaces which means that patients who aren't able to sit can also benefit from leaving a busy ward and waiting in the lounge before leaving hospital.

Up to 50 patients may pass through the lounge each day, making it an invaluable and important part of the hospital.



Left to right: Sister Mariama Clark, Mavis and Norman Tyrwhitt from the League of Friends

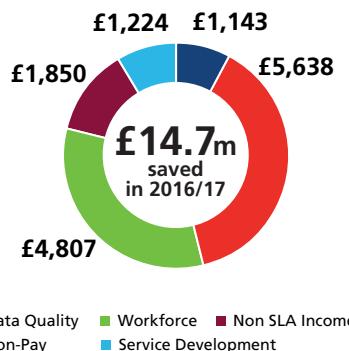
## Savings – lots achieved, lots more to do!

Millions of pounds – £14.7m to be exact in 2016/17 – has been saved through clever thinking, common sense and joined up working.

**Ray Paice**, finance business partner said: "Strong divisional leadership has been the key behind our success so far. Making savings is a huge team effort which is why good engagement from divisional management teams matters."

He added: "Making efficiencies may be hard work but it is the best way to create and sustain a strong financial future that supports growth and continuous improvement of services for our patients."

### West Hertfordshire Hospitals NHS Trust Efficiency savings 2016/17 (£m)



Here are some of the key elements in the £14.7m savings:

- Agency nursing premium reductions - **£2.4m**
- A review of non-pay costs in every budget - **£2.3m**
- Reworking VAT for theatre staff - **£500k**
- Enhanced theatre productivity - **£475k**
- Counting and recording changes in Women's & Children's Services - **£404k**
- Savings on drugs (better stock management and using cheaper alternatives) - **£375k**

- Improved coding of neonatal activity (meaning we get paid for all we do) - **£362k**
- Renegotiation of utilities contracts - **£240k**
- Reduction in medical agency premium in unscheduled care - **£238k**
- Establishing a new portal for booking medical staff - **£232k**

Our achievements put us in a good position to meet our overall 2017/18 efficiency target of £21.9m. Our divisions are expected to deliver £13.7m of this, with the remaining £8.2m sitting against transformational projects such as reducing our delayed transfers and further reducing agency costs.

And how are we doing so far?

By June 2017, £11m of divisional savings had been identified.

#### Savings identified for 2017/18 include:

- Efficiencies in running the early pregnancy unit - **£609k**
- Increased endoscopy activity - **£600k**
- Contract renegotiation with NHS Professionals - **£500k**
- Savings on prostheses - **£400k**
- Improved theatre productivity - **£375k**
- Income for service development in unscheduled care income - **£342k**
- Reduced business rates - **£300k**
- Increased numbers of births - **£298k**
- Service developments in orthopaedics - **£283k**
- Product switching in unscheduled care - **£274k**

Have you got an idea for saving money?  
If so, please get in touch with us via  
[communications@whht.nhs.uk](mailto:communications@whht.nhs.uk)

## Dates for your diary

24

### CEO Briefings

#### Monday 25 September

Hemel Hempstead 8.30am to 9am  
(room to be confirmed)

Hemel Hempstead 11am to 11.30am  
(room to be confirmed)

St Albans 12.30pm to 1pm  
(Lecture Theatre)

St Albans 1.30pm to 2pm  
(Lecture Theatre)

#### Thursday 28 September

Watford 8am to 8.30am  
(Lecture theatre 1, Medical Education Centre)

Watford 4.15pm to 4.45pm  
(Practical skills training room, admin block)

#### Monday 23 October

Hemel Hempstead 8.30am to 9am  
(Jubilee Room)

Hemel Hempstead 11am to 11.30am  
(Jubilee Room)

St Albans 12.30pm to 1pm  
(Lecture Theatre)

St Albans 1.30pm to 2pm  
(Lecture Theatre)

### Tuesday 24 October

Watford 8.30am to 9am  
(Lecture theatre 1, Medical Education Centre)

Watford 3.30-pm to 4pm  
(Lecture theatre 1, Medical Education Centre)

### Schwartz Rounds

- Tuesday 26 September
- Thursday 26 October
- Tuesday 28 November

More information to follow in **e-update**.  
Lunch is from 12.30 and the Round is from 1pm-2pm (for every round)

For any queries, please contact  
Julie Arazy, learning and development  
administrator on 01923 436105 or email  
[Julie.arazy@whht.nhs.uk](mailto:Julie.arazy@whht.nhs.uk)

### Trust Board meeting – all welcome

Thursday 7 September, 9.30am to 12pm  
Post Graduate Medical Centre, St Albans

Thursday 5 October, 9.30am to 12pm  
Executive Meeting Room,  
Spice of Life, Watford

## Specialty doctor joins the high IQ society



We like to think that our staff are the brightest and the best and now we have proof – one of our doctors has joined Mensa, the high IQ society!

Congratulations Dr Shehzad!

**Khalid Shehzad**, specialty doctor in vascular surgery, has become a member of Mensa. To join you have to be among the most intelligent two per cent of the population.

Dr Shehzad said: "It was a very satisfying personal achievement to pass the rigorous intelligence test. Becoming a member has introduced me to the Mensa UK as well as international Mensa community – a select group of exceedingly bright people with brilliantly innovative and informative ideas and interests for which I feel very lucky."

# Taking a healthy interest

## How we support you

Looking after the wellbeing of our staff is important to us because if you're happy at work, it will show in your performance. See below for some of the exciting programmes we offer.

Did you know that we have an Employee Assistance Programme called **Confidential Care?** So, if you are unhappy at home or work and need advice, you can call them on 0800 085 1376. The helpline is open 24/7 and is available to you and your immediate families.

You can also email them at [assist@cic-eap.co.uk](mailto:assist@cic-eap.co.uk) or visit their website [www.well-online.co.uk](http://www.well-online.co.uk)  
username: WHHTlogin  
password: wellbeing

## Understanding stress and building resilience



These three hour workshops offer some practical tools for managing your wellbeing in challenging circumstances. Highly recommended by others, this inspiring session is suitable for anyone.

Friday 22 September  
2.30-5.30pm Watford

Wednesday 15 November  
2.30-5.30pm St Albans

For information or to book onto any of these sessions, please email the Health and Wellbeing team at [wellbeing@whht.nhs.uk](mailto:wellbeing@whht.nhs.uk)

## Stories to share?

If you've got a story to tell – then we would love to hear it! You might have a good news story or some events coming up that you want to share with other staff.

## Mindfulness – introductory sessions and four week course



Introductory sessions of 90 mins will be available at Watford and Hemel Hempstead hospitals on Monday 2 October.

## Exercise and weight management



Our dietitians will be running a six week weight management programme, starting on Tuesday 17 October. Each session will be followed by an optional exercise class.

## Know Your Numbers events:



Check your blood pressure, body fat, BMI and heart rate

Thursday 14 September  
Spice of Life restaurant, Watford

Friday 15 September  
Medical Education Centre, Hemel

Friday 22 September  
Postgraduate Centre, St Albans

## World Mental Health Day



Tuesday 10 October  
Spice of Life restaurant, Watford

## Back Care Awareness Week



Monday 2 October St Albans  
Thursday 5 October Hemel  
Friday 6 October Watford