Appendix 1

Staff engagement - our major staff engagement campaigns, flu vaccination and the NHS national staff survey, are both well underway.

Thank you to 5,373 colleagues who have already had their flu vaccination. This means 42% of our workforce is now protected. This is a significant step forward in helping to keep ourselves, our colleagues and our patients safe this winter. Every vaccination helps, and we're grateful to everyone who has taken up the offer and the time to get vaccination.

There has been a really great start to colleagues taking part in this year's national NHS Staff Survey with 4,181 colleagues completing it to date. This is 33.3% of our staff. This time last year, 2,225 colleagues had completed the survey.

Spotlight on research - a mum and son who have both been diagnosed with the same type of blood cancer are taking part in research to evaluate the impact of new treatment.

Pat Sawyer, 85, and Mark Sawyer, 62, were both diagnosed with blood cancer through routine blood tests before surgery. Pat for an operation to her hand, Mark for a gallbladder operation.

The pair are now both part of the Mithridate research trial at East Suffolk and North Essex NHS Foundation Trust, one of the trusts that is part of the study.

Pat, a grandmother of five from Kirby-Le-Soken, said: "It's a coincidence Mark and I have the same cancer. Apparently it's not hereditary, but it feels strange we both have the same type!

"My doctor said I could start on the trial, which I was quite happy to do it. It might help me and help my son or other patients in the future."

The Mithridate trial is looking at the effectiveness of different types of treatment.

As part of the trial Pat is taking a treatment called Ruxolitinib. Mark is taking Hydroxycarbamide.

Digital note taker saves clinical time – time that clinicians previously spent writing up notes is being put back into patient care thanks to voice generated technology. Chart with Art is the digital note taker programme within Epic. Staff using the technology report improved patient interactions and significant time savings while maintaining responsibility for reviewing and approving notes.

New robots for pharmacy - two new pharmacy robots are joining the team at Colchester and Ipswich hospitals to help speed up the service. Work has begun to bring in two new robots that can pick and dispense medication at super speed.

The robots can check dates on packets and are four times faster at dispensing medicine than a person. But the items are all checked by the human eye to make sure they're correct before being given to a patient. The pharmacies at Colchester Hospital and Ipswich Hospital both have robots and these are two new upgrades for the team.

Helping to ease anxiety - patients attending hospital for cancer treatment will now be able to familiarise themselves with where to go and what to expect before their visit, thanks to new charity-funded videos.

Funded by Colchester & Ipswich Hospitals Charity, the videos have been created to help reduce anxiety by showing patients exactly what to expect when they arrive for treatment.

Patients attending either Ipswich Hospital's Woolverstone Day Unit or Colchester Hospital's Collingwood Centre can watch virtual walkthroughs of the units to see where they'll go for treatment. There's also a video explaining what treatment will look like and the care a patient can expect from the clinical team. These videos have been designed to provide reassurance and answer any common questions, helping patients feel more informed and prepared ahead of their hospital visit.

Saying thank you - A teacher who became dangerously unwell with a rare and serious autoimmune illness has thanked teams at Ipswich Hospital for saving her life.

Harriet Hunt, 36, was diagnosed with acute disseminated encephalomyelitis (ADEM) after what she now knows was a streptococcal throat infection.

It was completely out of the blue and happened so quickly. She was fit, healthy and "just a normal person" before that.

ADEM is caused by the body's immune system attacking myelin – a protective coating around the nerves. It usually happens in response to a viral or bacterial infection and can lead to brief, but intense inflammation of the brain or spinal cord.

Harriet said: "I am so grateful to everyone who was working to save my life and for the experience I had.

"They did their jobs in such a diligent and incredible way that made everything so much better for me.

"Some parts were so nice, I actually miss it – the early cups of tea, the chats. I remember it fondly, despite the fact that I was seriously ill."

Working with specialist colleagues at Addenbrooke's Hospital in Cambridge and John Radcliffe Hospital in Oxford, "no stone was left unturned" to treat and care for Harriet.

"The multidisciplinary approach was so impressive and very reassuring," she added.