

31<sup>st</sup> January 2021

Dear everyone,

The last few weeks have been a significant trial for everybody associated with Holy Cross Hospital. We have lost patients we have cared for and cared about, we have seen colleagues self-isolate and become unwell, and we have seen others who have stepped in and stepped up - but in doing so have had to deal with more challenging situations than before. We are not all of the way through to calm waters just yet, but we will definitely get there.

#### Time for prayer

Being a faith based organisation, quiet prayer underpins our work – in fact the Sisters pray for us every single day. But can I invite everyone to hold in their thoughts and prayers those colleagues and patients who have been impacted by coronavirus. In particular we pray for Tess who remains very unwell at the RSCH – we keep Tess and her family in our prayers and hope she gains strength.

#### Time to talk

We will be starting face to face open discussions available for any staff from Monday afternoon. You will have the opportunity throughout this week (Monday to Friday) to meet with managers and discuss our current challenges (we will send out details by follow up email).

Additionally, our hospital chaplain Fr David will be available in the main activities room Monday, Tuesday, Thursday and Friday (10.30am-12.15pm and 7.45pm to 8.30pm) for anyone who wishes to talk.

And Sam, our psychologist will be here on Tuesday and is happy to provide support sessions for staff in these extremely challenging circumstances. I will forward details midday Monday.

#### Time to reflect

When we reach calmer waters again we are planning two things.

The first is a Mass/Service of Reflection – we will think about how Covid-19 impacted all of us, and how we came through.

Second – we will look at the management of Covid-19 at Holy Cross since March 2020 – multiple actions by each and every one of us. Details to follow in due course.

#### Fit testing and mass swabbing

Fit testing: We have arranged fit testing sessions for staff with the new masks we received last week. Various slots are available on Wednesday, Thursday and Friday between 9.30-17.30. Please email or speak to Jo Cooling to book your slots. More details about appointment slots will be sent on Monday afternoon.

Mass swabbing: All staff and Patients will be swabbed on Monday and Tuesday using routines similar to the last two weeks.

Time for support

These are critical times with understandable anxiety and emotional impact. Please look out for one another.

Kind regards

Rasheed