South East Coast Ambulance Service NHS **NHS Foundation Trust**



Issue 25 Spring 2019



Welcome to your member newsletter.

Dear members, it has been a busy time for the Trust with some important appointments having been made in the last few months, which we would like to update you on.

Thanks to everyone who voted or stood in our Governor elections. See page 8 for the results.

In January, the Trust held a recruitment day as part of the process to appoint a new Chief Executive Officer (CEO) of the Trust. Our thanks to the staff, volunteers, public members and other key stakeholders who were part of the process on the day.

We are pleased to announce that Philip Astle will take up the role on 1 September, replacing Dr Fionna Moore, who has acted up as CEO on an interim basis since the departure of Daren Mochrie. Philip joins us from South Central Ambulance Service where he is currently Chief Operating Officer. Dr Moore will remain at SECAmb in her substantive position as Medical Director.



Philip Astle

"Philip said: "I am greatly honoured to have been appointed to this role and look forward to working with the excellent team in place at SECAmb."

We look forward to interviewing him for a feature in a future edition of this newsletter so you can get to know him as well!

The newsletter for SECAmb members

Inside:

Your service,

Spotlight on David Astley, Chair	2, 3
Improving your ambulance service	4, 5
60 Second Interview	6, 7
Council of Governor Election Results	8, 9
Member survey results	10
Trips and falls advice	11
Contact us	12

Overseeing this change is the Trust's Chair. The Council of Governors appointed David Astley as the Chair of the Trust for a three-year term of office, which started in September of last



David Astley

year. David is already putting his nearly 50 year NHS career experience to good use at SECAmb and he is looking forward to working with our new CEO. The Trust's Chair provides leadership to both the Board of Directors and the Council of Governors and you can learn more about David and his eye opening first day in the NHS aged 17, in our interview with him on pages 2 & 3!

Spotlight on...



SECAmb's Chair works three days a week to lead the Board of Directors and Council of Governors and ensure the Board works well to set and implement our strategy. He joined the

David Astley

Trust in September 2018 and is based at our Crawley HQ.

Tell us about how you came to be Chair of SECAmb. What were your previous roles and experience?

I have had a lifelong connection with the NHS, which goes back 49 years.

At 17, I started a summer job as a hospital porter at Walton Hospital in Liverpool near to where I grew up. On the first morning, I was given a green porter's coat to wear and was told to sit next to John who would look after me. John was a former Merchant Seaman and his first words to me that day were "Stick with me our kid, I'll look after you". He did that well. I had no idea what the role would fully entail but within the first hour we were wheeling patients in for electric shock therapy in a mental health ward (this was in 1970), which feels very odd to say now. The afternoon involved us moving a body to the mortuary! That was my first introduction to the NHS and it was a total sink or swim moment -I was fascinated by it. I continued in my porter role every summer while at university, and this really confirmed my interest in healthcare as a career path.

David Astley -SECAmb Chair

In 1974 after university, I started working as a high clerical officer in the Chesterfield Hospitals and worked my way up through junior and then management positions to then running various hospitals, community and mental health services over the next 37 years.

I had spells in various NHS Trusts, including being Chief Executive of East Kent University Hospitals NHS Trust between 1999 and 2006

and Chief Executive of St George's Healthcare NHS Trust in London between 2006 and 2011. I then left the NHS and spent four fascinating years working in Qatar for the Hamad Medical Corporation until I retired from being a full time Executive in 2015.



I was not quite ready to give up work completely so when an opportunity to be a Non-Executive Director (NED) at Liverpool Women's Hospital came up I felt like I had come full circle - back to where I grew up. Even though I had ambitions to be a Chair, I wanted to be a NED first to understand the dynamics of the role and I learnt a lot in my years there. It is a fantastic organisation, which featured in the Channel 4 documentary One Born Every Minute.

I have lived in the South East since 1996 and understand the need for integrated care and the role ambulance services can play in this. I saw the position of Chair at SECAmb and thought it



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was a fantastic opportunity to make a difference – and one that was local! I feel very privileged to have been offered the role.

My days of running organisations are over, but I do feel as Chair I have the opportunity to use my experience – good and bad, to work with the Chief Executive to get the best out of our Executive and Non-Executive team.

I am passionate about patient care. I learnt from day one in the NHS that delivering patient care, whether you are a porter, doctor or a paramedic, is most effective when you are happy at work. We all have the power to make someone's day a little better. Everyone has a role to play, as my friend John the porter demonstrated to me on my first day in the NHS.

What are your key areas of focus at the Trust?

To continue to build on the improvements our staff have made and for the Trust to come out of special measures. In addition, to be an innovative and evolving NHS ambulance service, which meets our patient's needs and is a great place to work or volunteer.

What has impressed you about SECAmb so far?

The commitment of our staff and the high level of care we provide, from critical care right through to social care. Their calmness and professionalism under significant pressure is incredible.

I have also been impressed with the vast array of voluntary help we can call upon in the Trust. From Community First Responders on the front line supporting patients to our FT members who volunteer in a variety of roles in the Trust. We are very lucky to have their support.

Why is member support important to the Trust?

Our FT members are our eyes and ears in the community. We serve a large geographical area, which has distinct local cultures. We cannot assume that what is right for Brighton is going to be right for Margate. We have to listen to our staff and



public members. There is a saying which has stuck with me since studying; "Bureaucratic sense must justify itself to common sense." Our members are a valuable sense check for the Trust.

Where is home and what do you like to do when you are not working?

Home is Kings Hill near West Malling in Kent where we have lived since 1996. Prior to retirement my wife Denise was a Medical Secretary in the Kent Cancer Centre at Maidstone Hospital. She now volunteers for a local charity called Spadework which provides life skills, training and work experience for people with learning and other disabilities.

We have two dogs – Fudge and Phoebe, that we enjoy taking out for walks. I try to get to the gym when I can and enjoy photography.

We spend a lot of time in Suffolk enjoying the coast as we have friends and family there. I have three grown up children who are all doing well in their respective careers and my daughter is getting married in May so we are planning that at the moment!

I support Everton Football Club. My Dad attended school in Gwladys Street right next to Goodison Park (Everton's ground) in the 1920s so it is a family affair. Football is what keeps me connected to Liverpool and has helped me learn to cope with disappointment!

Improving your ambulance service

In our winter issue, we announced that our commissioners had agreed additional funding for SECAmb, representing an initial £10m for 2018/19. This funding goes towards improving our patients' experience of urgent and emergency care and starts the process of the Trust bringing our workforce, fleet, Emergency Operations Centres, other estates, facilities and internal processes up to - and beyond - the high standards expected of us.

As we approach a new financial year and a further phase of investment, it is a good time to reflect on all the hard work that has taken place to date - these achievements can be seen on the timeline pictured.

Since the Trust's Service Transformation & Delivery programme launch in October 2018. we have recruited 768 people to front-line roles including Associate Ambulance Practitioners, **Emergency Operations Centre staff and** clinicians, and Emergency Care Support Workers. This intensive recruitment campaign will continue over the next two years, complemented by a workforce retention initiative, encompassing staff engagement, training and development, to bring down staff turnover by half.



Our fleet has been enhanced by the addition of 85 ambulances with another 50 doublecrewed ambulances approved for delivery from

August 2019. We have also introduced 30 new non-emergency transport (NET) vehicles to help us respond better to patients who are not in a serious or life-threatening condition but require assisted transportation into hospital or an urgent health care setting. Whilst these new vehicles and staff have been deployed to all categories of calls during the winter, it is planned that our NET vehicles will be increasingly targeted at lower acuity patients moving forward. This will help free up more

ambulances to attend our highest-level category 1 and 2 calls.

To assist the Trust in making sure our growing workforce and fleet are delivering maximum benefit to our patients, every front-line rota is being changed (as this newsletter goes to press) to provide extra capacity, be more



31 March 2019 Delivering Agreed Trajectory and moving into overall state of compliance in Quarter 1 2019/20

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efficient and start to reduce the reliance on staff working unwanted overtime. By April 2021, the Trust expects to see overtime at between 5%-6%, from a high of over 10%.

Better capacity and management of Private Ambulance Providers has helped us mobilise extra staff on the road. So far, 531 additional private ambulance colleagues have been made available to support our operational staff.

Together, these different work streams will ensure that the Trust is increasingly efficient and able to respond to the growing and changing demand for our services. The work will also have positive impacts on other parts of the health economy, across Kent, Surrey and Sussex, such as building on our commitment to only take patients to hospital where this is required by finding safe and appropriate alternatives and continuing to work with the system to reduce handover delays. Central to the Trust's aim is the improvement of our patients' experience. It is an exciting time in the Trust's history and we look forward to keeping you updated on our progress.

Joint Partnership with Surrey Police

We have joined forces with Surrey Police to introduce a pilot initiative in West Surrey (Guildford, Surrey Heath, Waverley, and Woking), to help improve our response to calls of a complex health and social care nature that require both a police and ambulance presence.

The Joint Response Unit (JRU) will comprise of a SECAmb Paramedic and two Police Officers working together, in a designated SECAmb vehicle. The pilot initiative will operate between 6pm to 2am Thursday evenings to Sunday mornings.

Together, they will respond to calls from Surrey Police requesting ambulance attendance, or SECAmb requesting police assistance for medical calls, with the overall aim of providing a more fitting response to those facing crisis in Surrey.

The pilot will take place for six months; following data that showed over 7,600 incidents had been recorded between October 2017 to October 2018, which required either service to request attendance of the other. Almost half of these incidents occurred within the West of the county. Of those instances, typically 40% took place between the hours of 6pm and 2am. During September 2018, approximately 40% of joint incidents attended were calls of a complex health and social care nature, categorised as alcohol related, assault or domestic, mental health, concern for welfare (including Section 136 of the Mental Health Act) or attempted suicide.

Surrey Police Deputy Chief Constable Gavin Stephens said: "The JRU will provide a more efficient way of working for both of our organisations. It will free up time for us where we would otherwise be waiting for an ambulance, with a person in crisis, or indeed SECAmb colleagues would be waiting for us to arrive at a scene to help them. But above all, it will provide a quicker and more appropriate response to the most vulnerable in our society at a time when they need us the most."





We challenged some of our staff to answer six questions in sixty seconds to help give our members an insight into the variety of different roles and people we have working within our Trust. This will be a regular feature so let the membership office know if there is a particular role you would like to see featured!

Email: FTMembership@secamb.nhs.uk



Name: Graham Bird

Job role: *Emergency Care Support Worker for South East Coast Ambulance Service*

Area you work from: Ashford in Kent

If you had to explain your role in a tweet -280 characters and under, what would you say?

I support clinically qualified paramedics and practitioners in providing high quality care to patients – it's the best job in the world!

Moments such as the birth of a child or passing of a loved one are usually kept private and shared with only a precious few, but we are invited in with a front row seat, and are welcomed with open arms. Where else can you get that sort of job satisfaction?

What do you most like about your job and why?

Serving my community and feeling valued by them. It makes me feel good being trusted by strangers.

What part is the most challenging and why?

When there is nothing we can do to help someone in need, it makes me sad that I can't help.

What is the best advice you have ever been given?

Always drive to arrive. In this job, you unfortunately come across those that have not driven safely.



7



Name: Sophie Camfield Job role: Mental Health Practitioner (Wellbeing Hub).

Area you work from: Crawley HQ

If you had to explain your role in a tweet -280 characters and under, what would you say?

It is to assess, support and advise staff members with mental health needs such as stress or depression, and put them on the right path to receive the support they need. There is a high prevalence of mental health problems linked to those that work in 'blue light' services. It is important our staff receive the help they need to care for themselves too.

What do you most like about your job and why?

Helping my colleagues get the support they

And in hindsight, what advice would you have given yourself when starting with SECAmb?

Leave work outside the door when you come home, and don't pick it up until you leave to go back.

If you were the Chief Executive of SECAmb name one thing you would do in your first week and why?

I'd spend it all on the road with the crews and in our 999 centre. I'd also never ask anyone to do something I would not be prepared to do myself.



need and knowing people are feeling better from my involvement.

What part is the most challenging and why?

Wanting to help everyone, with everything, all of the time, which is not humanly possible, but I try my best!

What is the best advice you have ever been given?

You don't always have to know the answer to everything; you are allowed to say you don't know. Go away, research the question, and get back to someone.

And in hindsight, what advice would you have given yourself when starting with SECAmb?

To be patient with others, and myself, in order to get to grips with everything. Things will fall into place.

If you were the Chief Executive of SECAmb name one thing you would do in your first week and why?

I would have lots of Therapy Pets running around the place! I love animals and they are great for our mental and physical wellbeing. Who doesn't love a puppy!



Interested in working for SECAmb? Join us!

We have a variety of roles both operational and in support services. You can find out more on our website where you can sign up to receive updates on our latest career opportunities, straight into your inbox!

Council of Governor Election Results

The Council of Governors is a part of the governance structure in SECAmb, which is a Foundation Trust. The Council appoints the Chair and Non-Executive Directors, as well as the Trust's external auditor. Governors represent the voice of the people in their constituencies across the areas we serve (Kent, Surrey & Sussex). They protect and promote members interests, and will scrutinise decisions to ensure they are in the best interests of our patients and our people.

In February, we held elections for Public Governors in Kent, East Sussex, West Sussex, and Surrey & North East Hampshire. We also held elections for Operational and Non Operational Staff Governors. You elected the following Governors to represent you on the Council alongside our existing Governors. Our new Governors started their terms of office on the 1st March 2019.



Nicki Pointer – Public Governor East Sussex

Nicki is from Crowborough in East Sussex and works as a Senior Sister/Ward Manager at Pembury Hospital. She has been

a Registered General Nurse for 7 years. Nicki is an active Community First Responder volunteer for the Trust and is keen to champion person centred care and act as an advocate and ambassador for the Trust.



Frank Northcott – Public Governor East Sussex

Frank is from Polegate in East Sussex. He has been an active member of the Trust for five years; observing and asking

questions at many Board and Council meetings. Now retired, Frank was a Chartered Engineer. His areas of interest are effective training, recruitment and retention of staff and volunteers in the Trust.



Pauline Flores-Moore – Public Governor West Sussex

Pauline lives in Horsham in West Sussex. She has been a volunteer Community First Responder for the Trust for 11

years and a Parish Councillor for 16 years.



Semi-retired but clearly keeping herself busy, Pauline works one day a week at Worthing Hospital in the A&E department. Pauline's area of focus is on striving for continuous improvements for the benefit of staff and patients.



Harvey Nash – Public Governor West Sussex

Harvey lives in Horsham West Sussex. His career to date has focussed on how to attract, develop and motivate employees

alongside developing diversity practices. On early retirement, he became a Justice of the Peace sitting in Crime and Family and has chaired, for three years, the Sussex Family Panel.



Chris Devereux – Public Governor Surrey & North East Hampshire

Chris lives in Ockley in Surrey. He served a previous three year term as a Governor in 2014. Chris is

well plugged in to his local community and has an interest in mental health and disability service availability in rural areas. Chris is particularly interested in membership engagement and seeking opportunities to meet with and represent members.



Geoffrey Kempster – Public Governor Surrey & North East Hampshire

Geoffrey lives in Warlingham in Surrey. He is a retired electronic engineer and also has

experience in managing large capital budgets and managing assets. He is an active volunteer Community First Responder in the Caterham area for the Trust. Geoffrey is particularly interested in how the Trust manages, supports and utilises its volunteers.



Brian Chester – Public Governor Surrey & North East Hampshire

Brian lives in Windlesham in Surrey. Brian's career to date has been in finance and general

management, most of which was at Board level in private and public organisations. He is currently a Non-Executive Director for a media company and works part time as a Finance Director for a biomedical start up research company. His key area of interest is finance and the effective and appropriate use of NHS funds.



Lorraine Tomassi – Non-Operational Staff Governor

Lorraine is Executive Assistant to the Chair and Chief Executive Officer and works out of the Crawley HQ in West Sussex.

Lorraine is a strong supporter of the Trust's staff engagement and freedom to speak up work.



Waseem Shakir – Operational Staff Governor

Waseem is a Paramedic Practitioner and Operational Team Leader working out of the Burgess Hill area in West Sussex.

Waseem has worked in the ambulance service for 20 years and prior to this gained a degree in business and economics.



Malcolm Macgregor – Operational Staff Governor

Malcolm is a Paramedic Practitioner working out of Brighton in East Sussex. Having worked as a union representative to support staff at a local level he is hopeful to transfer his skills to this role to highlight areas of focus for the Trust; whilst being mindful that they are very different roles!

You can find Governor Bios for the entire Council on our website and contact details for all your Governors are on the back page of this newsletter.

Thanks to all our members who got involved by putting themselves forward for election or by voting. We would also like to thank those Governors whose terms had come to an end and chose not to re-stand, or were not re-elected this time. Their hard work and commitment over their term of office is truly appreciated: Charlie Adler (Operational Staff), Nigel Willmont-Coles (Operational Staff), Mike Hill (Surrey & NE Hants), Peter Gwilliam (East Sussex) and Mike Hewgill (Appointed Governor).

We also want to pay tribute to Brian Rockell who was a Public Governor for East Sussex and long-term supporter of the Trust who passed away at the end of last year. Brian's contribution to the Trust was huge and he is sorely missed. Our thoughts are with his family.

Our members and the public are welcome to observe and ask questions at Public Council of Governors & Trust Board meetings which start at 10am. Up to date venue information can be found on our website.

Public Board meetings

23 May, SECAmb HQ Crawley, RH10 9BG.

25 July, SECAmb HQ Crawley, RH10 9BG.

26 Sept, SECAmb HQ Crawley, RH10 9BG.

28 Nov, SECAmb HQ Crawley, RH10 9BG. **Public Council meetings**

6 June, Holiday Inn Maidstone-Sevenoaks, Kent.

20 Sept, venue TBC* East Sussex.

3 December, Holiday Inn Guildford, Surrey

*Takes place on the same day as our Annual Members Meeting in East Sussex. Your invitation to this and venue details will be in the next issue of this newsletter.

dates

Our 2018 member satisfaction survey results



Our member satisfaction survey was sent out in December last year to our public and staff members. We'd like to thank all our members who took the time to complete the survey. It's really important for us to hear your views on how you think your membership is going, and this was your opportunity to provide feedback and suggestions for any improvement. Unfortunately, we did not receive many staff responses so we will try a different approach to collecting your views later this year.

The results

It was really positive to see that the majority of public members felt we had kept them up to date with how we are working to improve our service. This is something we will continue to report on in the newsletter under the 'Improving our service' set of articles of which there have been many to date charting our improvement journey. You can read previous editions on our website in the Membership Zone.

62% of respondents felt their membership was giving them the opportunity to be involved with SECAmb as they would like. This is an improvement on last year. This question offers us insight into how well we are engaging with members, and if we are helping members that would like to be further involved appropriately. We included a free text response box and asked members to tell us more about what they expect from membership and what would most improve their experience. Key themes from the suggestions included continuing to hold member events and providing opportunities for face-to-face consultation on our services.

85% of members who responded found the newsletter 'interesting' or 'very interesting'. You told us it was your preferred way to receive information about SECAmb and that you were keen for more staff interviews, patient stories, details on challenges the service faces and to be kept up to date with volunteering opportunities. You were also keen to understand who provides Patient Transport Services across Kent, Surrey & Sussex (detailed further below).

We asked members to select the three words that represent how they feel about their membership. It serves as an ongoing membership temperature check. The most popular words that were selected were: 'interested' and 'informed' which is a key part of

the purpose of membership. These were closely followed by 'proud' and 'content'. 10% of respondents felt 'unengaged' so there is still work to do.



What we'll do

• Continue to advise members on the work the Trust is carrying out as part of our improvement journey with a focus on actions and timelines.

- Refresh our newsletter content to focus on the subjects you find interesting.
- Continue to provide opportunities for member and public engagement, consultation and volunteering opportunities.

Patient Transport Service information

A number of you noted confusion over who provided a Non-Emergency Patient Transport Service in the area you live within your responses in the survey. South East Coast Ambulance Service ceased to provide public Patient Transport Services in 2016. Below is the contact information for providers across the areas we serve.

Sussex: South Central Ambulance Service Tel: 0300 123 9841

Surrey: South Central Ambulance Service Tel: 0300 123 9840

Kent: G4S Tel: 0800 096 0211

Patient transport services are designed to support you if your medical or physical condition means you cannot use public transport, get a lift, or drive yourself to, and from, your NHS appointment.

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Trips and falls: what to do should you find yourself unexpectedly on the floor!

Anyone can have a fall, but older people are more vulnerable and likely to fall, especially if they have a long-term health condition. Around 1 in 3 adults over 65 who live at home will have at least one fall a year, and about half of these will have falls that are more frequent. Most falls do not result in serious injury. However, there is always a risk that a fall could lead to broken bones, and it can cause the person to lose confidence, become withdrawn, and feel as if they have lost their independence.

What should I do if I fall?

If you have a fall, it is important to keep calm. If you are not hurt and you feel strong enough to get up, do not get up quickly. Roll on to your hands and knees and look for a stable piece of furniture, such as a chair or bed. Hold on to the furniture with both hands to support yourself and, when you feel ready, slowly get up. Sit down and rest for a while before carrying on with your daily activities.

If you're hurt or unable to get up, try to get someone's attention by calling out for help, banging on the wall or floor, or using your aid call button (if you have one). If possible, crawl to a telephone and dial 999 to ask for an ambulance. Try to reach something warm, such as a blanket or dressing gown, to put over you, particularly your legs and feet. Stay as comfortable as possible and try to change your position at least once every half an hour or so.

What can cause a fall?

Balance problems, muscle weakness, or poor vision can lead to a fall, as can health conditions such as low blood pressure. Your GP can carry out some simple tests to check your balance and can review any medicines you are taking in case their side effects may increase your risk of falling. Living conditions such as wet floors in the



bathroom, poor lighting in rooms, and rugs or carpets that are not properly secured can all be contributing factors to trips and slips. Using nonslip mats, making sure all rooms are well lit, removing clutter and wearing sensible well-fitted shoes or slippers can help prevent falls.

Improving our response to falls patients

At SECAmb, we are working on a number of projects to improve our response to falls calls. We know that our response times to these calls are not as good as we would like them to be and are working hard to improve this as follows:

- Dedicated falls vehicles across the Trust crewed with a Paramedic and Physiotherapist.
- Telephone advice from a clinician on how to self-mobilise if you are on your own and able, to minimise the effects of long periods of lying on the floor.
- A flowchart (coming soon!) for falls patients in care homes. The flowchart is a simple guide of how to assess a patient, when to call 999/111 and when it is safe for the care home staff to assist the patient off the floor.
- Referring patients who have fallen to have a multi factorial risk assessment to reduce the risk of further falls.
- Falls education for clinicians to encourage patient referral for risk assessment and to provide education on the reasons people fall and the consequences of falling both physically and mentally for the patient.

For more information on staying steady on your feet you can call the Age UK Advice Line on 0800 678 1602. 11

Your Local Public Governors

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Frank Northcott Public Governor for East Sussex FTMembership@secamb.nhs.uk

Marianne Phillips Public Governor for Brighton & Hove FTMembership@secamb.nhs.uk

Pauline Flores-Moore Public Governor for West Sussex FTMembership@secamb.nhs.uk

Harvey Nash Public Governor for West Sussex FTMembership@secamb.nhs.uk

Felicity Dennis Public Governor for Surrey & North East Hampshire Felicity.Dennis@secamb.nhs.uk

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Brian Chester Public Governor for Surrey & North East Hampshire FTMembership@secamb.nhs.uk

Marguerite Beard-Gould Public Governor for Kent Marguerite.Beard-Gould@secamb.nhs.uk

James Crawley Public Governor for Kent & Lead Governor James.Crawley@secamb.nhs.uk

...continued

David Escudier Public Governor for Kent David.Escudier@secamb.nhs.uk

Roger Laxton Public Governor for Kent FTMembership@secamb.nhs.uk

Any post or emails for Governors via the Membership Office will be forwarded directly to them.

Appointed Governors representing stakeholder organisations are contactable through the Membership Office

Councillor Graham Gibbens Kent County Council

Marian Trendell Sussex Partnership NHS Foundation Trust

Assistant Chief Constable Nev Kemp, QPM Surrey Police

Staff Elected Governors

Lorraine Tomassi Executive Assistant & Non-Operational Staff Governor Lorraine.Tomassi@secamb.nhs.uk

Nick Harrison Critical Care Paramedic & Operational Staff Governor Nicholas.Harrison@secamb.nhs.uk

Malcolm Macgregor Paramedic Practitioner & Operational Staff Governor Malcolm.Macgregor@secamb.nhs.uk

Waseem Shakir Paramedic Practitioner & Operational Staff Governor Waseem.Shakir@secamb.nhs.uk

Contact us Ring the Membership Office 0300 123 9180 Follow SECAmb on Twitter @SECAmbulance

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