



HCA NATIONAL LEADERSHIP & DEVELOPMENT FORUM

Thursday 20th and Friday 21st April 2023  
Hilton Birmingham Metropole, NEC

# Nurses – A vital link in the chain on meal delivery

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Kate Pye

Deputy Chief Nurse

England

Charlotte Fairall

Sophie's Legacy

# Sophie's Legacy and the Provision of Food For Resident Parents and Carers

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Kate Pye, Deputy Director for Children and Young People  
Nursing , NHS England

Charlotte Fairall , mother of Sophie and founder of  
"Sophie's Legacy"

April 2023

# Sophie's

## LEGACY

- Sophie had just turned 9 when she was diagnosed with cancer in September 2020.
- Sophie spent long periods of times in hospital receiving treatment.
- Sophie sadly died aged 10 on 18 September 2021.
- Charlotte Fairall, the mum of Sophie contacted NHSE in the summer of 2021 to share their Sophie's Legacy.

## In Sophie's Legacy

Sophie wanted the following things changed and this will be her legacy in memory of a remarkable young girl who touched so many lives.



Play specialist 7 days a week in hospitals



Improvements to food for children in hospital



For parents to be fed when staying with their child



For GP's, nurses and health professionals to be trained in childhood cancer



To increase the funds (currently 3%) in childhood cancer research

# Actions Taken- Early 2022

- A working group of CYP Nursing Leads, a specialist Chef and the NHS Food Review Chair was set up.
- The working group reviewed the provision of food across 10 trusts for resident parents between January and March 2022. Covid-19 restrictions were still in place at many trusts.
- At each trust the following were reviewed:
  - Food choices
  - Flexibility
  - Facilities available for resident parents.

# Summary of findings from Trust Visits:

## Areas for improvement:

- Discrepancies raised by families, housekeepers and nursing staff on what meals resident parents/ carers were offered.
- Relationship building with staff key to whether meals, even breakfast were offered.
- Some families relying on family to deliver food to re-heat as they can't afford to use outlets or takeaway.
- Catering staff reported that snacks and out of hours meals were available but the nursing staff were not aware
- Nursing and housekeeping staff widely make discretionary decisions if/when to feed resident parents/carers and made evaluations, possibly with no policy to support 'in-need' families.
- Parents spending on average £12- £15 per day

## The Good:

- Some meals and snacks were offered every day to resident parents at 4 of the 10 trusts
- Parent kitchen/ facilities (microwave, toaster, fridge, kettle) open at 4 of the trusts visited
- Subsidised rates provided for 3-meals a day for parents if trusts are unable to fully fund
- Breastfeeding parents offered canteen vouchers



# Example of an Exemplar Site: South Tees Hospital

- All parents are offered hot drinks throughout the day and evening, with the ability to use the parents kitchens at all times.
- A voucher scheme is available, but generally parents eat with their child at ward level
- Parent facilities available
- Communication between parents and staff is strong with a focus on increasing the support mechanism for parents to be able to stay at ward level with access to food and drink and areas to relax and spend time with their child.
- Extensive work has been undertaken with parents to include an environment that supports parents relaxation.





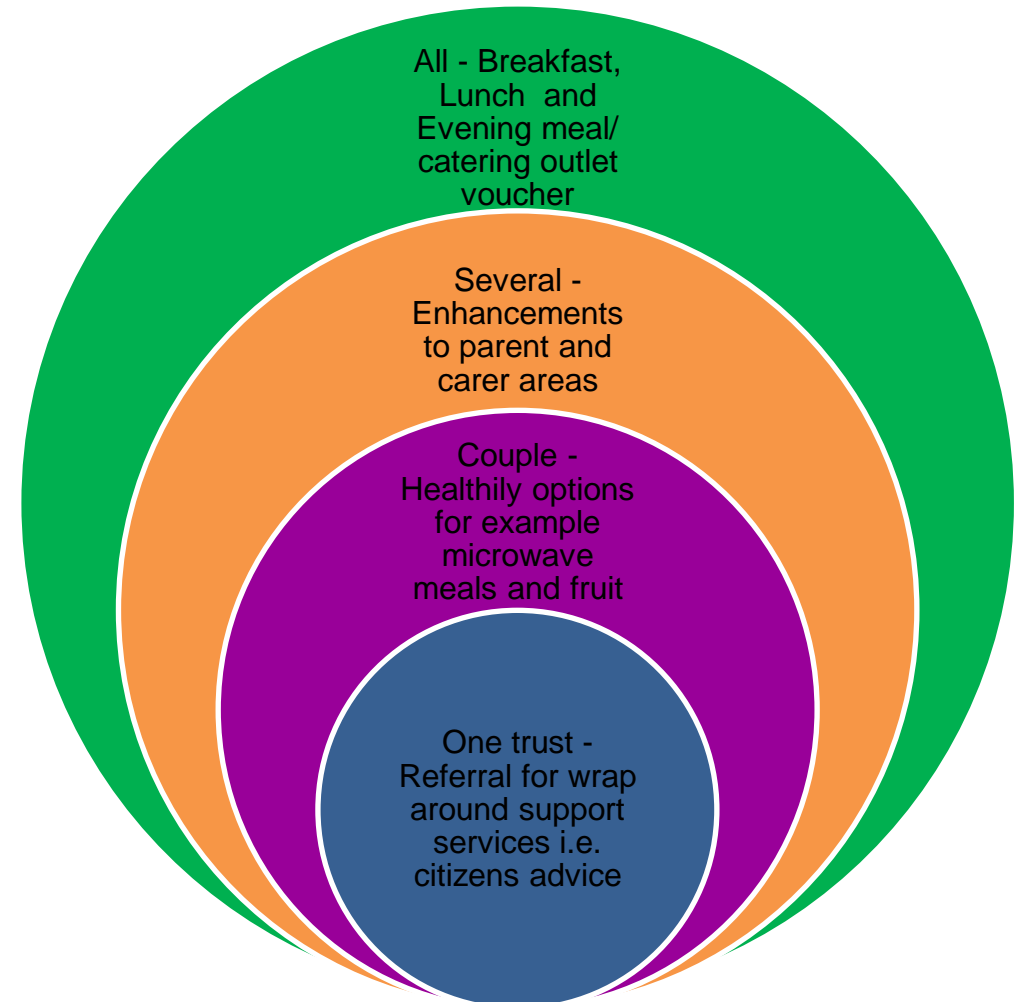
# CHA Food provision Sophie Legacy pilots

## Taking part in this pilot are:

- Alder Hey
- Birmingham
- Bristol
- GOSH
- Leeds
- Manchester
- Newcastle
- Sheffield
- Southampton

## Key principles include:

- Programme of work clinically lead by the Chief Nurses.
- All scheme will ensure parents and carers are fed when staying with their child underpinning Sophie's Legacy.
- Working alongside NHSe Food Provision Team exemplars and subject matter experts to develop sustainable offer underpinned policy.
- Grouping group promoting collaborative working and sharing best practise.
- Standard evaluation completed gathering patient, family and staff feedback supported by NHSE and CH PMO.
- Based on lessons learnt and feedback agree a consistent offer which can be adopted and deployed equitably.



# Next Steps

- Sending letter to Acute Provider Trust Exec Leads to ascertain what the current provision of food for resident parents are, what facilities are available for resident parents and also scoping out of current play provision.
- What do we do when we have the data?
- The food steering group consisting of senior NHSE members as well as Acute Provider Trusts
- NHSE Quality Committee were presented with this project to support the raising awareness of issues and other inequality concerns facing CYP and their families .
- Food standards paper - where does CYP fit in?

**What do you see as your roles as senior leaders to narrow this gap when feeding families, what can we do to help?**





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