

# BUILDING SUCCESS

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## Introduction to the fifth edition of the RFLPS Newsletter

**BRIAN PRATT**  
Director Capital Projects



# WELCOME



**As we race towards the close of the year, I want to welcome you all to this final edition of Building Success of 2022. Merry Christmas, Happy Hanukah and joyous festive and seasonal greetings to you all.**

Well, what a year it has been as we hope and pray for our first restriction free festive period for some years. As an organisation we have gone from strength to strength with new commission wins at North Middlesex and The Whittington for stewardship of the Estates and Facilities services, led ably by Jeremy Sharp and Mark Bateman respectively; new Consultancy wins at Hinchingsbrooke, St Pancras, North Midd, The Whittington and CDC's at FMH and Wood Green; new and expanded contracts at Chalkmill Drive with our decontamination colleagues and of course awards galore with our Catering teams at the Free. We have increased our headcounts in all

areas of service delivery and cemented our position as the go-to provider of choice in these arenas for the NHS. Of course none of this would be possible without the amazing team members that we have spanning all sectors of our business. It is of great credit to you all, and only because of you all, that we have been able to expand our reach of Clients and Commissions in the past year. We have some amazing plans for growth in the new year but more of this to come. Please enjoy this last newsletter of 2022 and whatever you are doing over the festive period have a relaxing and reflective time off. Thank you all for all of your amazing work over the past 12 months."



Pictured left to right: Maggie Robinson – Director of Property, Jay Khan – Chief Operating Officer, Jeremy Sharp - Director – estates and facilities Barnet Hospital & North Middlesex University Hospital and Andrew Panniker – Managing Director



# RFLPS CATERING AT THE ROYAL FREE HOSPITAL SITE HAS WON THE FOOD FOR LIFE AWARD

**RFLPS Catering at the Royal Free Hospital site, has received a bronze Food for Life Served Here award for its work to get fresh, local, sustainable food onto staff plates. This is an impressive achievement and a key step on the road to achieving RFLPS health and sustainability goals. This is an impressive achievement and a key step on the road to achieving RFLPS health and sustainability goals.**

With around 30% of the greenhouse gas emissions that drive climate change coming from the food system, and last month's IPCC report calling 'code red for humanity,' it is vital that public sector spending reflects the urgent need to tackle climate change.

Public procurement of sustainable and local food is one of the most effective ways to drive transformation in food production and supply, and to strengthen local economies.

The bronze Food for Life Served Here award, a mark of food quality for meals accredited by Soil Association, means that the catering team in the restaurant work to ensure that a minimum of 75% of dishes are freshly prepared from unprocessed ingredients.

Meals are also free from undesirable trans fats, sweeteners and additives, and use free range eggs, higher welfare meat and ingredients from sustainable and ethical sources. This is no mean feat considering the complexity of our food system and the over 25,000 meals served monthly in the restaurant.

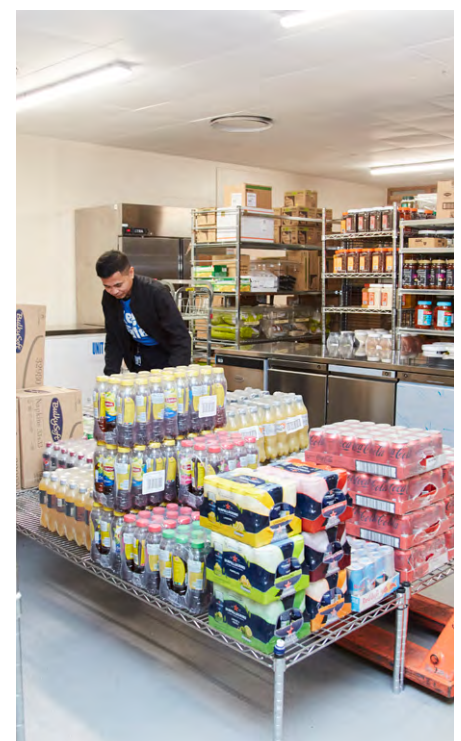
Food for Life supports local authorities to develop connections with local suppliers, while also working with

catering teams to prepare nutritious meals from fresh ingredients. By buying British produce, supply chains are shortened, contributing to inclusive growth in the economy and helping local producers to supply sizeable public sector markets, increasing resilience to future market shocks.

Notably, the National Food Strategy for England positioned Food for Life Served Here as pioneering best practice in healthy and sustainable catering and recommended that Food for Life Served Here, or something similar, be made mandatory.

This will also contribute to our wider goals of becoming a good food nation, reducing inequality, reducing our carbon footprint, providing traceability and provenance of everything we serve, encouraging organic production, reducing food miles and achieving net zero emissions by 2045.

This is well-deserved recognition for the hard work done, not only making sure that they are providing healthy, nutritious, environmentally responsible, and value priced meals, but are now able to point to Food for Life as the framework that allows them to do so.

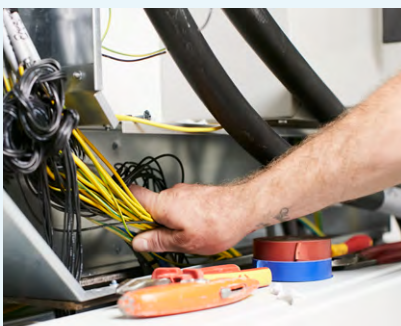


## An exciting new project commenced on the 7th Floor at RFLH at the beginning of November.

During the Covid-19 pandemic, the day surgery unit at RFH was converted into an ICU to provide an expanded hub for North Central London (NCL). The relocation of the day surgery unit to 7S gives the opportunity to align the design of the unit to patient pathways and flow. Over the last few weeks, we have relocated over 30 teams and 400 staff to various new locations, with many staff set up to work remotely from home where their role permits. This move is enabling us to start work on a new purpose-built Day Surgery Ward and Surgical Assessment Unit, supporting the trust's elective recovery programme which will help to improve the experience of our patients.

Staff working in 7 South have now been relocated and plans are progressing on schedule. The building contractors are starting work this week, with the new day surgery ward and surgical assessment unit due for completion next summer.

The trust has acquired a floor in the nearby Roy Shaw Building, 5 min from the main RF site to begin the relocation of staff on a phased programme before Christmas.



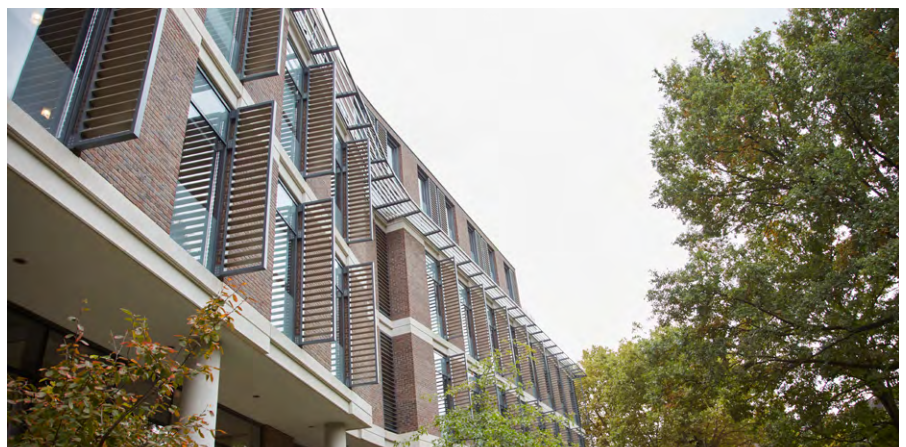
# WHAT'S HAPPENING AT THE PEARS BUILDING?

**The Royal Free Charity (RFC) in conjunction with our RFLPS catering colleagues is supporting the Pears building in trialling a guest evening meal delivery service from 5th September to December 2022.**

This would help us address some of the concerns raised from our guest feedback forms around the lack of food services in the building. The guest will be able to order meals from reception and our RFLPS catering colleagues will make the deliveries directly to their rooms. We are excited to see the wonderful and healthy food from RFLPS hospital catering team being on offer to our guests.

In light of the rising utilities costs, RFLPS, UCL and RFC staffs have been asked to find sustainable ways to conserve energy around

the building. Some of the initiatives we have taken to reduce the energy costs are practical steps such as dimming the lights in the reception and atrium areas, switching off lights, air conditioning units and computers in unoccupied offices, switching off big appliances such as fridges and washing machines when not in use. We are also reviewing run times on outside lights around the building and monitoring the run time on air handling units inside the building's plant rooms. We are encouraging our staff to be creative and to come up with ideas that would help the Pears building to be even more energy efficient. Every little step matters!



# DECONTAMINATION SERVICES COMMENCE AT CHALKMILL DRIVE

**On the 1st of November decontamination services transferred from Essentia at GSTT to the Royal Free London as part of a three-year contract to deliver the reprocessing of medical devices for North Middlesex Hospital.**

The reprocessing facility, which opened in 2019 and is located in Enfield just off the A10, is a state-of-the-art sterile service reprocessing unit which has the greatest capacity in the country. A team of over 90 staff are employed within the unit, which handles over four million medical devices per annum operating 24 hours a day, 365 days a year.

The new contract not only supports the local community in terms of its locality within the community by supporting employment in the local area. The units' green credentials are also a reason to celebrate.

Electric vehicles play a vital role in the distribution network and in turn support the sustainability agenda. Delivery and collection schedules operate throughout the day from 06.00 am through to 22.00 hrs each day and to put this into context the North Middlesex contract removes 4.8 tonnes of Co2 emissions through the use of electric fleet per annum, the equivalent of driving four times around the globe inn the average car.



Unloading clean instruments at North Middlesex Hospital



Loading of clean medical devices

Since we opened the doors to Chalkmill Drive on June 15th 2019, volumes have almost doubled in SSD, when we moved in we only had internal RF customers, these totalled approximately 3.45 million instruments. with the introduction of Highgate Hospital, Ramsey Heath (Woodlands), North Middlesex, Cleveland Clinic London, 4 Small local Hospital/Clinics and a number of Emergency SLA customers we are looking to process approximately 6.47 million instruments over the next 12 months.

Endo has also grown, when we moved in we were looking to process 38,000 Endoscopes per year, all internal customers, with the introduction of King Edward V11, Highgate Hospital and Cleveland Clinic London we are looking at 42,000+ endoscopes in the next 12 months.

Our fleet of Vans has gone from 4 when we moved in to 11, half of these are electric.

All customers won came, ether via tender bids or via recommendations from present customers. the units headcount has moved from 94 WTE when we moved in to 160 WTE. the unit opens its new GYM early Dec along with its new relaxation room, they both came from staff comments related to the 2021 RF staff survey.

## Reinforced autoclaved aerated concrete (RAAC)

Reinforced autoclaved aerated concrete (RAAC) is a form of lightweight concrete sometimes referred to as panels. It was used primarily in roof planks of some public buildings built between the mid-1960s and mid-1990s.

Although considered a revolutionary new building material at the time, RAAC is now outdated and newer construction materials offer more longevity and durability, as well as having lower maintenance cost. However, there is a high volume of air within RAAC, making it vulnerable to moisture ingress and it is now known to lose tensile strength in situ. As these buildings are now surpassing their 30-year lifespans, recent years have seen structural failures occurring as commonplace.

A sudden roof collapse at a primary school in Essex in 2018 brought the issue to light, and a total of 20 hospitals at 18 different NHS trusts around the UK have been identified as suffering from the blight. It has seen the NHS implement emergency supports and monitoring systems on seven badly affected hospitals around the country that have been built with RAAC.

RFLPS are working for North West Anglian NHS Foundation Trust (NWAFT) at Hinchingsbrooke Hospital, on their proposed site redevelopment, which will allow the services to vacate the RAAC buildings by 2030, this requires funding applications and funding approvals and currently the Trust are continuing with the 'fail safe' and 'end bearing' support works to ensure the existing building is safe for use.

In addition to this RFLPS are supporting NWAFT, on their new theatres development projects, which is currently on site and new Pathology and Pharmacy project and RFLPS hope to continue the good relationship into the future.

# CASE STUDY

## RFH SERVICE LEVEL BED STORE

### Executive Summary

Working collaboratively with Estates & Facilities, Capital Projects has delivered a new Bed Store located on the Service Level of the Royal Free site to assist in the backlog of beds and to provide a dedicated facility for bed storage. As works were within an existing department, tight engagement with the users and adjacent departments was required to ensure little to no disruption to their day-to-day services. Scope

comprised of demolition of existing FFE, formation of new walls, installation of new MEP services (with connection onto existing infrastructure), installation of new FFE, fire stopping and compliance works and installation of new specialist bed lifts. These bed lifts are a first amongst the Royal Free London NHS Foundation Trust and will streamline the management and storage of excess beds.



### Services Provided

- Project Management
- Cost management
- Relocations and commissioning
- Procurement
- Pre-contract/post-contract
- Commissioning of services
- Management of 3rd parties



### Key Details

- 8nr Vidir Bed Lifts (Able to store 3nr beds each or 24nr overall)
- £650, 000 Build Cost
- March 2022 – October 2022 (including delays associated with external shipping)



### Challenges

Due to disruptions associated with external procurement and overseas shipping, the shipping of the new specialist bed lifts pushed the overall programme back as a result. Thorough engagement with the manufacturer reduced this delay to a degree.



### Scheme highlights

With a new dedicated bed storage facility, general housekeeping has improved as there are reduced number of beds lining the hospitals corridors.



We hope you have enjoyed reading this newsletter. If you have any stories you would like to share or comments about the Newsletter please email Sharon Sullivan at [sharon.sullivan1@nhs.net](mailto:sharon.sullivan1@nhs.net).