



Speak Up Month Newsletter 2023



Welcome to our annual newsletter.

Everybody should feel respected at work and that their views are valued.

We have a mixture of reading lists, articles and health care information to help support you in your role.

NHS Freedom to Speak Up policy

Freedom to Speak Up policy for the NHS ebook (version 2):

<https://www.england.nhs.uk/wp-content/uploads/2022/06/PAR1245i-NHS-freedom-to-speak-up-national-Policy-eBook.pdf>

KLS Hub

Your first stop for information searching is to type Speak Up in the search box to find useful books and journal articles:

(GEH staff access) <https://gehswft.wordpress.ptfs-europe.co.uk/information-resources/geh-cls-hub/>

(SWFT staff access) <https://gehswft.wordpress.ptfs-europe.co.uk/information-resources/swft-cls-hub/>

Journal Articles

Abrams, R. *et al.* (2023) 'Speaking up during the COVID-19 pandemic: Nurses' experiences of organizational disregard and silence', *Journal of Advanced Nursing (John Wiley & Sons, Inc.)*, 79(6), pp. 2189-2199. [doi:10.1111/jan.15526](https://doi.org/10.1111/jan.15526).

Allen, D. (2022) 'Are things any better for NHS whistleblowers?: Nurses are still wary of potential repercussions of voicing concerns and some believe the presence of Freedom to Speak Up guardians has been ineffective in changing the culture', *Nursing Standard*, 37(11), pp. 14-17. [doi:10.7748/ns.37.11.14.s11](https://doi.org/10.7748/ns.37.11.14.s11).

Hughes H. (2019) 'Freedom to speak up - the role of freedom to speak up guardians and the National Guardian's Office in England'. *Future Healthcare Journal*. 2019 Oct;6(3):186-189. [doi: 10.7861/fhj.2019-0031](https://doi.org/10.7861/fhj.2019-0031).

Jones, Aled *et al.* (2022) 'Implementation of "Freedom to Speak Up Guardians" in NHS acute and mental health trusts in England: the FTSUG mixed-methods study', *Health and Social Care Delivery Research*, 10(23). [doi:10.3310/GUWS9067](https://doi.org/10.3310/GUWS9067).

Reitz M, Higgins J. (2021) 'Speaking truth to power: why leaders cannot hear what they need to hear', *BMJ Leader* 2021;5:270-273. <http://dx.doi.org/10.1136/leader-2020-000394>

Tingle, J. (2023) 'Just culture development and patient safety in the NHS', *British journal of nursing (Mark Allen Publishing)*, 32(9), pp. 448–449. [doi:10.12968/bjon.2023.32.9.448](https://doi.org/10.12968/bjon.2023.32.9.448).

Tutani, A. (2022) 'Speaking up: the opportunity to make a real difference', *Nursing & Residential Care*, 24(10), pp. 1-2. [doi:10.12968/nrec.2022.0053](https://doi.org/10.12968/nrec.2022.0053).

Workman–Stark, A. (2022) 'Why won't people speak up? Unpacking silence at work', *Development and Learning in Organizations: An International Journal*, 36(3), pp. 1–4. [doi:10.1108/DLO-05-2021-0092](https://doi.org/10.1108/DLO-05-2021-0092).

Books

Find some useful books on the QR code here



Don't forget, you can also search the [library catalogue](#) and reserve books held by other health libraries across the Midlands to collect from your Trust library.

<https://koha.healthlibrariesmidlands.nhs.uk/cgi-bin/koha/opac-main.pl>

Blogs

Garbett, J. (2020), 'Freedom to Speak Up Month – My Speak Up Heroes', *Cygnnet Group Blog*, 20 October 2020. Available at: <https://www.cygnnetgroup.com/blog/freedom-to-speak-up-month-my-speak-up-heroes/> (Accessed: 26 September 2023)

Chidgey-Clark, J. (2023), 'Speaking Up needn't be lonely', *National Guardian : Freedom to Speak Up Blog*, 12 May 2023. Available at: <https://nationalguardian.org.uk/2022/05/12/speaking-up-neednt-be-lonely/> (Accessed: 26 September 2023)

Walsh, J. (2023), 'Conscious retention – creating a more secure workforce', *NHS Employers Blog*, 16 March 2023. Available at: <https://www.nhsemployers.org/articles/conscious-retention-creating-more-secure-workforce> (Accessed: 26 September 2023)

Hughes, H. (2019), 'Your Voice Matters', *NHS England Blog*, 22 October 2019. Available at: <https://www.england.nhs.uk/blog/your-voice-matters/> (Accessed: 26 September 2023)

Videos

Cheung, Erika (2020), *Theranos, whistleblowing and speaking truth to power*, TEDxBerkeley, February 2020. Available at:

https://www.ted.com/talks/erika_cheung_theranos_whistleblowing_and_speaking_truth_to_power
(Accessed: 26 September 2023)

Richmond Pope, Kelly, *How whistleblowers shape history*. TEDxDePaulUniversity, April 2017. Available at: https://www.ted.com/talks/kelly_richmond_pope_how_whistle_blowers_shape_history (Accessed: 26 September 2023)

Ryder, Lisa (2022), *An experience of speaking up*. National Guardians Office. Available at: <https://www.youtube.com/watch?v=ZKtkYnvBPH4> (Accessed: 26 September 2023)

Waytz, Adam (2018), *Why do whistleblowers risk speaking out?* TEDMED Talks. Available at: <https://www.tedmed.com/talks/show?id=734333> (Accessed: 26 September 2023)

National Guardian's Office (2020), *An insight into being a freedom to speak up guardian*. Available at: <https://www.youtube.com/watch?v=B8z7jYf4GL0> (Accessed: 26 September 2023)

Podcasts

Chidgey-Clark, J. (2022), *Speak Up, Listen Up, Follow Up - The National Guardian's Office* [Podcast], October 2022. Available at: <https://open.spotify.com/show/5u5uucyTlSIEXhUlyvx65M> (Accessed: 26 September 2023)

Training

Core training is available but has limited capacity. Please email freedomtospeakup@geh.nhs.uk to book your place

Monday 2nd October, 12.45 pm - 1.45 pm, GETEC Seminar Room 1, George Eliot Hospital

Wednesday 4th October, 10.15 am - 11.15 am, GETEC Lecture Theatre, George Eliot Hospital

Wednesday 4th October, 11.30 am - 12.30 pm, GETEC Lecture Theatre, George Eliot Hospital

Monday 9th October, 10.00 am - 11.00 am, Raveloe's Conference Room, George Eliot Hospital

Monday 16th October, 12.00 pm - 1.00 pm, Room A, Warwick Medical Education Building, Warwick Hospital

Monday 16th October, 1.30 pm - 2.30 pm, Room A, Warwick Medical Education Building, Warwick Hospital

Monday 23rd October, 12.00 pm - 1.00 pm, GETEC Bean Room, George Eliot Hospital

Sessions

Please click on the links for more information about these [Freedom to Speak Up: Speak Up Month 2023](#) sessions.

Monday 2nd October, 12.45 pm - 1.45 pm, [Trans Inclusion Workshop](#) (places limited, email freedomtospeakup@geh.nhs.uk to book your place)

Thursday 5th October, 12.00 pm - 1.00 pm, [Bereavement Care during Baby Loss](#)

Tuesday 10th October, all day, [Reducing Barriers and Speaking up Safely : Annual Speak Up Month Conference](#)

Friday 13th October, 9.00 am – 10.00 am, [The Art of Being Brilliant](#)

Friday 13th October, 12.00 pm – 1.30 pm, [Autism Awareness : Lunch & Learn Webinar](#)

Tuesday 17th October, 2.00 pm – 4.00 pm, [Neurodiversity in the Workplace](#)

Wednesday 25th October, 11.00 am – 12.00 pm, [Menopause Café](#)

Social Media Tags

#FTSU

#SpeakUptoMe

#BreakingFTSUBarriers

Poetry

5th October is National Poetry Day and the FTSU Guardians are looking for poems from people across the healthcare sector showing what Freedom to Speak Up means to them. You could write about speaking up, removing barriers, what impact speaking up has had. Any types of poem welcome, just see <https://nationalguardian.org.uk/2023/08/16/search-for-a-freedom-to-speak-up-poem> for more information

This Newsletter was compiled by the Knowledge and Library Services
for George Eliot Hospital NHS Trust and
South Warwickshire University NHS Foundation Trust

For more information contact:

library@swft.nhs.uk

[01926 495321](tel:01926495321) ext 4287

library@geh.nhs.uk

[024 7686 5464](tel:02476865464) (internal 5464)

