**FABChange19 - #UltimateULHT Plans**

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| Activity | Brief outline | Actions we have or are taking (and just mail if you want us to share!) |
| 1. Randomised Coffee Trial (RCT)

See the source image | Staff sign up to participate and are randomly partnered with someone else in the organisation to join them for a coffee (or alternative non-alcoholic beverage if they don’t like coffee). Our last RCT had 100 participants; we are aiming to double that this year.We want to encourage people to meet up during the week of 14th October so the RCT has a real FABChange19 feel to it. | * We have created flyers and a briefing that explained what an RCT is and why they are great to take part in. We even included some research facts!
* We did a bit of begging with the Director of Finance to see whether we could give participants a drinks voucher and he matched us pound for pound with some raffle proceeds so we can give the first 200 people to sign up a £1 voucher.
* We have created a ‘welcome to your RCT’ letter to send to participants when we partner them up. These include 2 tasks for them to undertake during their RCT: a) to find out something FAB that their partner has done; however large or small and to then b) give them a ‘High Five’ (see below) in recognition. We also included some ice-breaker questions for nervous participants ☺
* We have created a certificate of FABulousness for all participants.
* Our Data Analyst has created a ‘ULHT Randomiser’ (it’s actually an Excel spreadsheet) and is in charge of partnering people up.
* We have secured director involvement; staff loved meeting up with a VIP for a coffee at previous RCTs.
* We launched sign up in the 2nd week of August running to end of September to maximise reach and have arranged to have regular ‘nudges’ and reminders.
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| 1. High Fives

See the source image | We have *#pinchedthiswithpride* from our FAB colleagues in Harlow. Basically these consist of A5 sheets with a pre-printed hand template called a ‘High Five’ and space in the palm to write a message and give to colleagues. This is all about celebrating and acknowledging each other’s FAB work.See the source image | * We have pinched the template from Harlow (thank you guys)
* We plan to print off and number the copies so we can (try and) keep a track of how many have been given out.
* We are creating a distribution list that will include the following people and will encourage them all to give at least 2 each – this could give us about 350-400 High Fives across the organisation.
	+ Our FAB Champions (currently 65 staff)
	+ senior leaders, matrons
	+ Every RCT participant
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| 1. Supporting Searching and sharing – 3Ss

See the source image | The focus for FABChange19 is all about searching Academy of FAB NHS Stuff for great ideas and also sharing your own. Our 3Ss approach is about:* **S**upporting staff to search and share
* **S**earching
* **S**haring
 | * Each ULHT Ambassador (& Martyn our data analyst) has a personal target of supporting 5 searches and at least 1 share on the FAB Website in the 2 weeks prior to and the week of 14th October.
* Our organisational pledge and target is to have as a minimum 25 supported searches / 5 shares.
* We will try and take a photo of each supported search and share to spread through twitter and Facebook.
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| 1. Big-up our FAB ChampionsSee the source image
 | We currently have 65 FAB Experience Champions across the organisation. Our target is to have 100 in place by October 16th and to promote and celebrate their roles. | * We have created a ‘heat-map’ of where our champions are and where they are still needed.
* We are arranging to meet with divisional leaders to secure more.
* We plan to make a really big deal of the 100th Champion ‘appointed’.
* We also plan to create a ‘#Hellomynameis….and I am a FAB Champion’ video of a number of champions to celebrate who they are and what they do.
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| 1. FABChange19 quiz

See the source image | You can’t beat a fun quiz! This will go live the week of 7th October and the winner drawn on Friday 18th October – with a prize of course! | * We are still devising the Quiz; our current favourite plan is dingbats.
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| 1. Comms plan

See the source image | As with any campaign there is a need to keep the momentum and a high profile for FABChange19 in the run up to and particularly on October 16th. | * We have created our own #UltimateULHT hashtag and shared the FAB hashtags.
* As an organisation we will be at the GIANT Healthcare event in London on 15th & 16th October supporting both the FAB Academy stand and having a spot on the stage!
* We have shared out the tweeting responsibilities across our various activities as we recognise people have busy lives and as most social media tends to be after work hours we need to be kind too. So we have split out:
	+ RCT
	+ High Fives
	+ Champions
	+ Supported searching & sharing
	+ Quiz
	+ ULHT at GIANT on 16th October
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