

DECEMBER 2020
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FREE!

NHS
Sheffield Teaching Hospitals
NHS Foundation Trust

Good Health

The newsletter for members of
Sheffield Teaching Hospitals NHS Foundation Trust



**Help us to
help you**

**Make the right
healthcare choices
this winter.**

See page 4

Managing COVID-19

It is hard to believe that we have been living in a world with Coronavirus for almost a year now.

Since February when we received our very first patients into the Infectious Diseases Unit, we have provided care for over 2,500 people, many of whom have made a good recovery. Our thoughts however are never far from those we lost to this awful virus.

Our 18,500 staff working in our hospitals and community services have been nothing short of superheroes and I am incredibly proud to be part of an amazing team.

We hit a peak of 275 patients in our hospitals at any one time during April, but little did we know that last month we would see that number exceeded by almost another 100 as the second wave of cases hit us.

We were prepared for this second increase in cases, with ITU capacity, PPE stocks and the benefit of learning from the first wave with more treatments available to us to help patients. We are continually monitoring the situation and responding by bringing in different elements of our plans, which is something we are used to doing when managing surges in demand each winter.

What is very different this time to Wave 1, when we were given a national instruction to stop all other non-urgent care, is that we are trying to provide as much non COVID-19 care as we can, and keep planned operations

and care going where it is safe and appropriate to do so. No one should underestimate how complex this is given we have to ensure we keep COVID and non COVID patients separate, as well as balancing an increase in demand through A&E, plus the pressures of winter.

We are also very mindful of the demands we are placing on our 18,500 staff. We have been very fortunate that we have had relatively low levels of staff absence during the pandemic, due in part to our staff testing service, but we are continually looking at how we can support our colleagues physical and mental health.

Thanks to the generosity of the public donating through Sheffield Hospitals Charity, we have been able to create calm rooms where colleagues can take a break, and we have provided a 24 hour confidential mental health counselling service and numerous supportive apps.

We have re-designed all our services to ensure we can continue to treat patients safely and respect social distancing. We have ensured we have plentiful supplies of PPE and innovated new ways of working like online outpatient appointments and drive through blood tests at the Sheffield Arena.

The vaccines which have been developed bring hope, and we are very proud that we have been part of the research trials for two of the main vaccines.



We are now making preparations to start vaccinating our own staff and supporting the public vaccination programme in 2021.

Until that time we are asking for the support of everyone to contain the virus, because the fewer patients we have in hospital with COVID-19, the more capacity we have to continue routine care. Following the rules does really make the difference:

- Wash hands, wear a face covering, keep your distance from others.
- Attend appointments/operations as planned unless informed otherwise
- Speak to your GP if you are worried about a symptom that could be cancer or serious illness.
- Only use A&E in an emergency.

Thank you for your continuing support.

Kirsten Major
Chief Executive

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A fond farewell

As I retire at the end of the year, this is my final article for Good Health and there is no more important issue for me to comment on than the COVID-19 situation.

When I wrote in the last newsletter, back in the summer, I said: "... there is a continuing downward trend in the number of COVID-19 cases in our hospitals ...". Regrettably, that situation reversed a few weeks ago and, as described in this edition, we are now in a second wave of the virus, with all the challenges that brings, albeit by the time you read this article, I am hopeful that this second wave will be abating.

This has put real pressure on my colleagues and I am really proud of how they are responding to this, but I am under no illusion about how stressful this is and we are trying to intensify the support we make available to them. I thank them all for their dedication.

There is a light on the horizon in terms of positive indicators about possible vaccines. But in the meantime, I can only urge you to continue to take care and follow the safety guidelines.

In looking back at my time at STH, I feel very privileged to have worked with the Trust's 18,500 strong team of dedicated and caring professionals and volunteers. They continue every day to strive to achieve the highest standards of healthcare for our patients and their loved ones. This caring culture is a hallmark of this excellent organisation and has inspired the many significant developments that I have seen here, during my time as Chair, to further improve services for our patients in Sheffield and further afield, as well as the pioneering breakthroughs in clinical research and innovation which the Trust has achieved.

Our Governors have appointed Annette Laban to succeed me.

I am delighted that she has been appointed as my successor as she has a real passion for Sheffield Teaching Hospitals and the NHS, coupled with the leadership qualities needed to support the Trust to continue to achieve the very best for patients and to go from strength to strength.

I leave the organisation with fond memories and secure in the knowledge that it has an excellent new Chair to take it forward, supported by a strong Board and committed Governors and members, whose support I have valued highly, and for which I am truly grateful.

My best wishes to you all.

Tony Pedder
Chairman



Welcome to our new Chair

We are delighted to announce that Annette Laban has been appointed as the new Chair of Sheffield Teaching Hospitals NHS Foundation Trust. She will succeed Tony Pedder when he retires at the end of December.

Annette has 35 years' experience in healthcare, holding senior leadership roles within the NHS and local Government across South Yorkshire.

Her past roles have included Chief Executive for NHS Doncaster, Director of Performance and Operations at NHS North of England - Strategic Health Authority and Executive Director of Performance and Delivery at NHS Yorkshire and the Humber.

Annette's appointment was confirmed by the Council of Governors at their meeting on 13 November 2020.

Her four year term begins on 1 January 2021.

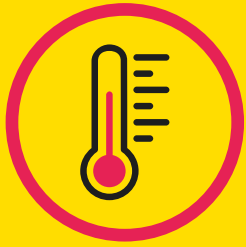
Annette said: "I feel privileged to have been given the opportunity to support such a fantastic team working across our hospitals and community health services particularly at such an unprecedented time.

"Under Tony's chairmanship the Trust has gone from strength to strength, including becoming an integrated NHS Trust following the inclusion of community health service colleagues in 2011. There have been many advances in both patient care and clinical research over the past 9 years and I look forward to building on these strong foundations. I am committed to supporting colleagues to be able to deliver safe high quality, effective, healthcare for our patients but also to ensure we foster innovation and partnership which we will need more than ever before if we are to meet the new challenges and opportunities ahead."

Kirsten Major, Chief Executive, said: "Annette's skills and experience will be a huge asset to the Trust, not only as we meet immediate challenges, but also as we embark upon our journey to re-build and re-set how we deliver care following COVID-19."

Kath Parker, Lead Governor, added: "The Governors were extremely pleased to have appointed someone of Annette's calibre to lead the Trust through the next four years, particularly as we now we have a significant period of change ahead."





**High
temperature**



**New
persistent
cough**



**Change/loss
of smell/taste**

STAY ALERT
▼
**CONTROL
THE VIRUS**
▼
SAVE LIVES

Got any COVID-19 symptoms? Isolate and book a test

Help us to help you this winter

It is more important than ever that you make the right healthcare choices this winter. Doing so will help you to stay well and help us to offer the best and safest possible care to those who need it while continuing to manage the COVID-19 pandemic.

Simple things you can do to help:

- ✓ Only use A&E for genuine emergencies
- ✓ Isolate and get a test if you have COVID-19 symptoms
- ✓ Get a flu jab if you are eligible

Choose the right care

Please only use Accident and Emergency for genuine emergency care. It is not the right place to come if you do not need emergency care. This will enable the A&E team to concentrate on those patients in the most urgent need.

There are other options for non-emergency illness and injuries. These include:

- The NHS Walk in Centre on Broad Lane
- NHS 111
- Your GP
- Pharmacies
- Emergency Eye Centre (please note there is now a telephone triage system in place and you will need to call ahead on 0114 271 2726 before attending)

You can find full details of all urgent care options online at sheffieldurgentcare.co.uk

Get your flu jab

The flu jab is available to people who:

- ✓ are 65 and over (including those who'll be 65 by 31 March 2021)
- ✓ have certain health conditions
- ✓ are pregnant
- ✓ are in a long-stay residential care
- ✓ receive a carer's allowance, or are the main carer for an older or disabled person who may be at risk if you get sick
- ✓ live with someone who's at high risk from coronavirus (on the NHS shielded patient list)
- ✓ frontline health or social care workers

You can get the vaccine from your GP or pharmacy.

Getting the vaccine will protect you and others from getting the flu. We also know that contracting flu and COVID at the same time is especially problematic for your health, so it really is more important than ever to get your flu jab this year.

Covid-19 tests

If you have symptoms of COVID-19, it is vital that you isolate in line with government guidelines and get a test.

The symptoms are:

- A new persistent cough
- A fever (temperature 37.8 degrees or higher)
- Loss or alteration of smell or taste

You can book a test and find information on self-isolation and support online at www.gov.uk/coronavirus

Trust and Universities plan for recovery



The Trust, The University of Sheffield and Sheffield Hallam University have submitted a joint proposal to government for an ambitious £316 million programme to ensure the post-Covid recovery and renewal of the Sheffield City Region.

The three institutions have outlined a new model for economic and social transformation, supported by the Sheffield City Region Local Enterprise Partnership, which would:

- Improve business productivity, resulting in a £1.6bn increase in Gross Value Added
- Support 2,500 companies
- Generate and support the creation of more than 3,000 jobs
- Create 1,500 apprenticeships
- Extend healthy life expectancy by five years
- Deliver 4,200 training opportunities

This new model for economic transformation includes the creation of advanced Research and Development centres focusing on sustainable manufacturing, nuclear, gene therapy, and cancer therapies; advanced skills programmes which include the creation of 1,500 new apprenticeships, Small and Medium Enterprises support schemes, and advanced economy development.

The model will also tackle complex healthcare needs and extend life expectancy, including investment in advanced medical technologies and vital Covid-19 recovery research.

The submission to Comprehensive Spending Review demonstrates the commitment to work with the government to support the renewal and recovery of the Sheffield City Region.

Kirsten Major, Trust Chief Executive, said: "Our response to COVID-19 has

been nothing short of herculean but as an anchor institution we have an equally large task ahead to help reset our City and wider region's health.

"We are one of the largest employers in the South Yorkshire region and with our University partners contribute almost £2bn to the local economy. The link between employment, education and opportunity is key to good population health which means there has never been a more important time for us to stand shoulder to shoulder with our partners across the city to create and drive an achievable but exciting future.

"This new blueprint draws on the assets and expertise of three exceptional research and innovation institutions, working together for a common purpose and is based on a nationally-unique model of transformation."

Wing Walkers Wanted!

We're looking for daredevils of Sheffield to take part in a once in a lifetime wing walk.

You'll be strapped to a 1940s biplane and complete a variety of flypasts and manoeuvres, including a 500ft dive and a zoom climb.

If you think you have what it takes to take part in a wing walk, sign up at:
sheffieldhospitalscharity.org.uk/wingwalk



Sheffield
Hospitals
Charity



Results of Governor Elections

This year's elections ran from 23 July to 7 October. The elections were conducted on behalf of the Trust by Civica Election Services in accordance with the rules set out in the Trust's Constitution using the single transferable vote electoral system.

The Trust would like to thank all the candidates for taking part and to congratulate the successful candidates. Also many thanks to all our members who took the time to vote. The votes have been counted and we are pleased to announce the results:

Results of Elections to Council of Governors 2020

Constituency	Seats	Candidates	Elected/Re-Elected
Patient	Two	Barbara Bell Steve Jones Joanna Mutlow Shirley Sherwood Gill Thirsk	Steve Jones Shirley Sherwood
Public Sheffield West	One	Jane Pratt	Jane Pratt
Public Sheffield South West	One	Sally Craig Sheila Reynolds	Sheila Reynolds
Public Sheffield North	Two	Jo Bishop Michelle Cook Kaye Meegan	Jo Bishop Kaye Meegan
Staff: Admin Management & Clerical	One	Paulette Afflick-Anderson Kevin Gelder Claire Holden Theresa Lyne	Paulette Afflick-Anderson
Staff: AHPs Scientists & Technicians	One	Emma Warrander Karen Smith	Emma Warrander
Staff: Ancillary Works & Maintenance	One	Cressida Ridge	Cressida Ridge
Staff: Doctors & Dentists	One	Nathan Chidambaram-Nathan Liz Puddy	Liz Puddy

Newly Elected Governors

Jo Bishop

Public Governor
North Sheffield

I would like to thank all the Trust members in North Sheffield for their support in electing me once again to represent them.

Having previously been a staff member at Weston Park Hospital and also a patient I recognise the demands that staff face. I will do my very best to meet the challenges that lay ahead.

As a lay person I currently take part in Patient Lead Assessments of the Care Environment and I will continue with this work now that I've been elected as a governor. I also look forward to continuing to work with a hospital group that is involved with cardiology patients.



Kaye Meegan

Public Governor
North Sheffield

I would like to thank Trust members in North Sheffield for electing me once again into the role of governor.

As a nurse of many years pre-retirement and a patient of many years and of many services I have a great interest in how our hospitals and community health services provide care to the Sheffield people.

As a lay person I sit on two panels which look at the internal and external environment of our hospitals and a group looking at research and treatments for patients with heart disease and I will be continuing with this work and I am also looking forward to working with the other governors to help the Trust providing the best of care and services for us all.



Jane Pratt

Public Governor
West Sheffield

Thank you for allowing me the opportunity to represent West Sheffield as a newly elected public governor.

I grew up in Bakewell, trained as a general nurse and midwife in Bristol and Dorset before joining Sheffield hospitals in October 1978. I worked for the Trust up to my retirement from the intermediate care services in 2018.

My interest as a governor is to put back a little to the hospital which has given my family and me so much over the years and to help the community where I live to feel hospital services are meeting their needs.

My main interests are in ensuring good communication across boundaries such as culture, language, mobility, life style and impaired cognition in a way which allows people to feel comfortable using the services, reduces distress in unfamiliar environments and increases understanding of the services offered.

My main interests will be to join groups looking to progress support and information for carers and the continued development of care nearer or within patients own home.



Newly Elected Governors

Sheila Reynolds

Public Governor
South West Sheffield

It is a great honour and privilege to be elected to the role of public governor for South West Sheffield.

I was born in Sheffield and live in South West Sheffield with my family. I am proud to represent the people of Sheffield at the Trust Board meetings, Council of Governors meetings and in Trust Initiatives on working groups and sub-committees.

I am an experienced nurse, recently retired from the NHS and welcome this opportunity to use my knowledge and experience of the NHS in maintaining and advancing quality care. I recognise that patients are at the heart of the service and I am looking forward to working with the Trust to continue to improve the patient experience and promote its development.

I am looking forward to positively contributing to the ongoing and future success of the Trust by actively supporting the Trust's Vision and Strategy in providing excellent, safe and compassionate care.



Shirley Sherwood

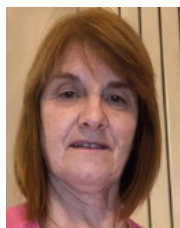
Patient Governor

I would like to thank everyone who took the time to vote in these challenging and difficult times.

I am really looking forward to the next few years and hope I can do you justice. We have certainly had the most unusual year but as usual the people of Sheffield and South Yorkshire have pulled together to help the vulnerable and the NHS.

This is our lifeline for people to get the care they need and I hope I can help people get their say. Recently I spent five days in hospital and it certainly opened my eyes. The staff were excellent and did everything they could to make my stay as comfortable as possible.

I am keen to work with the Trust to ensure a safe environment for both staff and patients. Working as a team we will do all we can.



Re-Elected Governor

Steve Jones

Patient Governor

Many thanks to Trust members for enabling me to continue as a patient governor. The ongoing pandemic is a huge challenge for the Trust and our community. We will all need to support our staff and aim for patients to receive the care they require at this time, particularly those with serious conditions. As I indicated in my election statement, our recovery post-pandemic must provide for:

- high quality care
- innovative practice and provision
- an enhanced everyday experience for patients
- close involvement with partners and communities we serve

So I will work for patients to have a strong voice in our Trust.



Staff Governors

Cressida Ridge

Re-elected Staff Governor for Ancillary, Works and Maintenance

I work as a domestic at the Royal Hallamshire Hospital and I am pleased to be re-elected for my second term of office as a staff governor. I am looking forward to continuing to attend Council of Governors meetings and working with fellow governors on projects. As well as being a staff governor I am proud to be a Freedom to Speak Up Advocate.



Emma Warrander

Newly elected Staff Governor for Allied Health Professionals, Scientists and Technicians

Thank You, Allied Health Professionals, Scientists and Technicians of STH, for electing me as your staff governor.

I will be seeking your views on significant issues and reporting back on decisions made. The most important part of communication is listening and I will do everything I can to gauge your current concerns, questions and opinions so I can feed them into the development of STH and patient care. I look forward to finding ways of doing this virtually. Working in a clinical role as a Therapeutic Radiographer I can also provide perspectives directly from the frontline.

I would also like to help raise awareness and publicise that AHPs, Scientists and Technicians are continuing to deliver their services during the pandemic and patients should be encouraged to attend their appointments and treatment.



Paulette Afflick-Anderson

Newly elected Staff Governor for Admin, Management and Clerical

I am delighted that Management, Administration & Clerical staff have elected me as staff governor. I started working in the NHS in Sheffield 36 years ago as a Medical Secretary and have since worked operationally and strategically, currently working as Strategy & Planning Manager for the Trust. I will take the knowledge and experience I have gained over the years to ensure that I am representative of staff in all that I do. I have a passion for fairness and equality as well as always seeking for opportunities to create inclusion for all.

It is my firm belief that staff form the backbone of any successful organisation and that the ongoing success of the Trust rests with the staff who directly or indirectly provide care for our patients. The pandemic has created challenges but also opportunities for us to take stock and work in innovative ways and I look forward to being a part of developing this further.



Liz Puddy

Consultant Anaesthetist, newly elected Staff Governor for Doctors and Dentists

I feel privileged and humbled to have this opportunity to represent my Medical & Dental Staff colleagues. Thank you.

I am looking forward to listening, learning and engaging with the Trust Governance system to ensure that the Trust remains a place we can be proud to work in. These are challenging times for all. I am positive that we, as a team of members on the Council of Governors, can help. We will endeavour to ensure that everyone strives for excellence. This can only make it a better and happier place to receive treatment and work in.

I have had the pleasure of working with so many friends and colleagues from across many specialities, and hope that I have a fair idea of what it is like to be a Trust employee. I aspire to remain approachable in person or virtually.





Praise for Sheffield Hand Centre

Leonard Hall, 70, has thanked the Sheffield Hand Centre for the excellent care he received in the midst of the COVID-19 pandemic after sawing through his finger with an electric saw.

Len underwent a two hour operation to save his finger.

He said: "I was cutting wood at my bowling green and thought that using an electric saw would be a good idea at the time.



"At first I thought I was going to lose my finger. The consultant at the centre said that I'd cut through a tendon and two nerves and would need to go in for surgery, but reassured me that they wouldn't have to take the finger off! Everyone was so professional and really put my mind at ease."

After being admitted to the centre on Friday, Len was scheduled for surgery the following Monday and praised the staff at the centre for how quickly everything was planned.

"The surgeon who was doing the operation came to see me before so I knew exactly what was happening, and the staff sat with me whilst I was waiting so I always felt calm and reassured."

Speaking about visiting the centre during the COVID-19 pandemic, he said: "It's a worrying time for everyone and I was definitely a bit apprehensive to be visiting a hospital, but I felt very reassured the whole time and made sure that I kept myself shielded following the operation. I thought, what I don't want to do now is get COVID."

The Sheffield Hand centre, which celebrated its 10 year anniversary in November, was the third fully integrated hand centre in the country, combining both orthopaedic and plastic surgery into a centralised unit.

Record turnout for Annual Members' Meeting

This year due to the pandemic we had to abandon our usual plans for the Annual Members' Meeting and go online.

Whilst we were apprehensive about how this would work, we were delighted that we had a record turnout with over 350 people joining the live online event.

We had an overview of the Trust's performance throughout the year including how we have managed the pandemic and our financial performance. We were also delighted to hear about the research we are involved in relating to COVID-19. Thank you to all those members who joined the meeting and submitted questions.



NHS community staff put themselves 'Out There'

Community staff have made a music video as a tribute to the dedication of their colleagues and counterparts in the city and across the country during the COVID-19 pandemic.

They reworked the George Ezra hit 'Shotgun' to produce their own version called 'Out There.'

The song describes how community staff have continued working through the pandemic to help vulnerable and isolated patients.

The lyrics were written by Maria Levesley, a Nurse Lead in the Integrated Care Team. Maria studied for a degree in music before she trained as a nurse.

Her colleagues filmed themselves performing the song in their own time, and Maria edited the clips together to create the video.

Maria said: "Making the song and the video has helped to keep up spirits and motivation, and is a thank you to all community workers."

You can watch the video on the [Sheffield Teaching Hospitals YouTube channel](#).

New operation saves Judith's life

Interventional radiologists and surgeons at the Trust have become the first in the north of England to perform a minimally invasive procedure to repair a rare, life-threatening aortic arch aneurysm.

The complex surgery involved placing an expandable stent graft into the intricate structures of the aortic arch without the need for major open heart surgery.

Once in position the stent graft seals the area where the potentially fatal aneurysm could burst, allowing the blood to pass through safely.

The cutting-edge procedure, which was managed safely in the middle of the coronavirus pandemic, saved the life of Judith Savage, a 77-year-old grandmother from Barnsley.

"I would have had no idea that I was ill," said Judith, whose age and poor levels of fitness meant she would not have been able to withstand conventional open heart surgery. "I went to the GP as I lost my voice and had a bad cough. The antibiotics cleared my cough but my voice didn't come back."

The aneurysm, which can cause uncontrolled internal bleeding within seconds of bursting, was diagnosed through a CT scan.

Since the operation Judith has been recovering well, and can even go to the local shops.

"I would have died if I hadn't had this procedure. The doctors, nurses and hospital have been fantastic."

Aneurysms along the aortic arch are very rare and incredibly complex to treat.

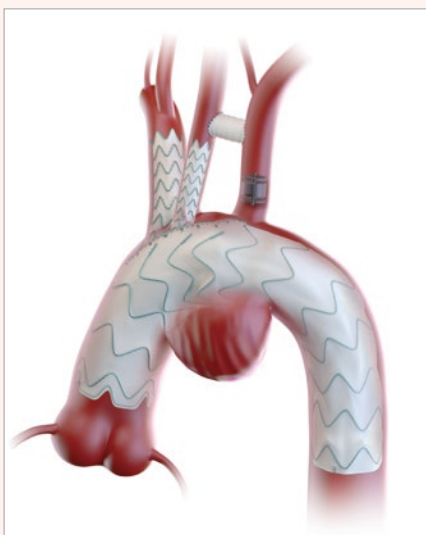
This is because the aortic arch is part of the aorta, the largest blood vessel where multiple vessels converge to supply oxygen-rich blood from the heart to the brain, neck and arms.

Using x-rays and image-guided surgery, the stent graft is carefully placed into the aneurysm with millimetre-precision.

The team also had to ensure the blood supply from the aortic arch continued to reach the head, neck and upper body while simultaneously using a pacing machine to rapidly pace the heart.

Dr Stephen Goode, Consultant Interventional Radiologist, said: "Even within normal circumstances, an endovascular approach to repair an aortic arch aneurysm is technically very challenging."

This is an excellent example of how clinicians in Sheffield are continuing to push the boundaries of medical and surgical practice. The fact that we were able to safely treat Judith is an exceptional accomplishment and a testament to how a whole team approach can innovatively extend the frontiers of cardiovascular surgery even during these unprecedented times."



Dr Stephen Goode and Dr Mark Regi

Trust playing major part in Covid-19 vaccine research

The Trust is one of 17 sites across the country, and the only one in the Yorkshire and Humber, to have been selected to trial the latest Covid-19 candidate vaccine.

Sheffield Teaching Hospitals has been at the forefront of the research to find an effective vaccine for COVID-19.

To date we have been involved in 24 COVID-19 research trials on vaccines and other aspects of care, with 2 more in the planning. This includes the Oxford University vaccine which has just released promising results.

This month, researchers at the Trust are calling for volunteers to take part in the latest research trial.

Sheffield Teaching Hospitals is one of 17 sites across the country, and the only one in the Yorkshire and Humber, to have been selected to trial the vaccine developed by The Janssen Pharmaceutical Companies of Johnson & Johnson.

Just over 300 people will take part in the research study in Sheffield, which will recruit 30,000 people worldwide.

The project will see volunteers receive two injections of the trial vaccine within a two-month period. No one taking part in this study will be disadvantaged when a Covid-19 vaccine is approved and rolled out for general use.

The study will be open to anyone aged 18 or over living in the Sheffield and South Yorkshire area, irrespective of whether they have had Covid-19 or not. To fast-track the recruitment process, automatic updates will be sent to anyone in the area who has registered their interest in taking part in coronavirus vaccine studies via the NHS Covid-19 Research Vaccines Registry once the study has opened.

The researchers are keen to hear from volunteers aged 18 or over who have other medical problems, are taking other medications, or who may not have English as their first language.

Professor Simon Heller, Director of Research and Development, said: "We are delighted to be playing a leading role in this important study. Trialling a selection of multiple vaccine candidates in parallel is a crucial step in accelerating global scientific efforts to find a safe and effective Covid-19 vaccine. It is only through the help of people taking part in vaccine trials that we can learn more about how this terrible virus can be prevented. We encourage anyone with an interest in helping to sign up to the NHS Covid-19 Research Vaccines Registry."

For more information about coronavirus vaccine studies and the NHS Covid-19 Research Vaccines Registry visit:

bepartofresearch.nihr.ac.uk/vaccine-studies.

Double celebrations as two long-standing Covid-19 patients discharged

Two Sheffield men who spent five months battling Covid-19 were able to go home to their loved ones after receiving lifesaving treatment.

Douglas Salmon, 72, and Brian Rogers, 61, both spent around two months being intensively treated for Covid-19 before receiving care at the specialist Infectious Diseases Unit.

Brian, from Stocksbridge, said: "When I was told that I had been in Intensive Care for 64 days I couldn't believe it. A lot of people don't realise the after effects and rehabilitation that is needed for people who get seriously ill from the virus.

"I just feel over the moon to be going home but I've been with a great bunch

of patients and staff, I wouldn't have wanted anyone else to look after me." Grandad of two Douglas was not the only person in his family to contract Covid-19. His wife Barbara Salmon also had the illness but made a quicker recovery.

She said: "It's been a long hard journey for Douglas. We both had the virus but as my illness improved, Douglas's got worse.

"I am absolutely thrilled to get him home."

Consultant in Infectious Diseases, Dr Anne Tunbridge, said: "Seeing patients come so far really does mean the world to us. It has been a privilege for us to help them recover."



A video of Douglas and Brian being discharged is on the Sheffield Teaching Hospitals YouTube channel.

A precious time with a new granddaughter

The mother of a baby girl who was able to spend some precious moments with her critically ill grandma before she passed away has raised over £2,000 for the department.

In July 2019 Donna McEnery was in labour with her daughter Esme when she got the news that her mum, Marie Fenn, who had Chronic Obstructive Pulmonary Disease, had deteriorated and did not have long left to live.

When Esme was born it was not possible for her to visit her grandma on the Brearley 4 respiratory ward at the Northern General Hospital because of the infection risks to babies with immature immune systems, so the staff arranged for Marie, who was dependent on oxygen therapy, to be taken outside so she could see her new born granddaughter.

Donna, 40, of Wakefield, said: "After Esme was born I was despairing at the fact I couldn't take her onto the ward because I so badly wanted mum to be able to meet her.

"But the doctors and nurses bent over backwards to find a way they could make it happen.

"With the help of a support worker mum was brought outside where my husband and I met her with Esme. It was so emotional because we thought it may well be a first and last meeting. This came at a time when we had to have some very difficult conversations about ending mum's care because she was in respiratory failure."

But Marie, who was 64, held on for long enough to see Esme again while she was receiving palliative care, and her granddaughter was by her side at the moment she passed away.

Donna said: "Mum was able to have Esme lay on the bed with her and hold her hand. When she died she told me not to be sad, that she had held on to make sure Esme was okay."

One year on from Marie's death, Donna did a sponsored 10k walk in the Peak District with Esme in her pram to raise money for Brearley 4 and made £2,230.



This was on top of £1,000 she previously raised by taking part in the Sheffield Hospitals Charity's Walk for Wards event, and a further £1,000 with a collection at Marie's funeral.

Respiratory Consultant Dr Rod Lawson, who treated Marie for many years, said: "I think every doctor has patients who shape their practice, and reminds us why we do what we do. Marie and Donna remain at the top of my list. They are an inspirational family and I am very touched that Donna should be continuing to support the hospital and our staff."



Donna did a sponsored 10k walk in the Peak District with baby daughter Esme to raise money for Brearley 4.

Say hello to 2021 with your own fundraising challenge



It's safe to say that we're all ready to say goodbye to 2020!

What better way to welcome in the New Year than by taking on a new challenge and supporting hospitals in Sheffield that have done so much for us this year.

There are a whole host of challenges and events in 2021 for you to get involved in and make it a year to remember, for all the good reasons.

No matter your age, ability or fitness, kick-start the New Year by taking part in **Bring it on 2021**.

Take on a '21' themed challenge of your own to raise vital funds to support patients and staff.

Just a few ideas of challenges to get you started:

- Your own **21k** - walk, run or cycle or a combination of all three. Spread it out over as many days as you want
- Swim **21 lengths**
- **21 days** of exercise throughout January and February
- Count your steps to see if you can reach **21,000 steps** in one day

Sign up and receive a free SHC neck buff, plus our fundraising team are here to support you to raise as much as possible!

sheffieldhospitalscharity.org.uk/bringiton



Make 2021 a year to remember with a charity skydive!

Our tandem skydives are from 15,000ft, including a full minute of exhilarating free-fall!

Dates for 2021

26 March

25 June - Superhero edition

24 September

17 December - Santa edition

For more info and to sign up, visit:

sheffieldhospitalscharity.org.uk/skydives2021

Council of Governors and public board meetings during COVID-19

Meetings of the Council of Governors are held four times a year and members of the public are normally welcome to come to the meetings. However, due to COVID-19 social distancing requirements, as a temporary measure the Council of Governors is holding its meetings virtually. In the meantime you can view the agendas and papers for the meetings on the Trust website at:

www.sth.nhs.uk/members/governors-council/governors-council-meetings/2020

Board of Directors meetings are normally held in public every month, except for August when there is no meeting. These meetings are also being held virtually at the current time. To meet our commitment to maintaining transparency and accountability to the public, we are inviting members of the Council of Governors, as representatives of our Foundation Trust membership and our partner organisations, to observe these virtual meetings via video link or voice only conference. We also continue to publish the papers for our board meeting in public on our website at:

www.sth.nhs.uk/about-us/board-of-directors-meetings

IT'S
FREE!

Please register me as a member of the Sheffield Teaching Hospitals NHS Foundation Trust

Title	<input type="checkbox"/> Mr	<input type="checkbox"/> Mrs	<input type="checkbox"/> Ms	<input type="checkbox"/> Dr	<input type="checkbox"/> Other...	
Family Name						
First Name						
Address						
Postcode				Telephone		
Email						

Date of Birth / /

I would describe my ethnic background as:

- | | | |
|---|--|---|
| <input type="checkbox"/> White British | <input type="checkbox"/> White Other (non British) | <input type="checkbox"/> Asian or Asian British |
| <input type="checkbox"/> Black or Black British | <input type="checkbox"/> Mixed / Multi heritage | <input type="checkbox"/> Other Not stated |

I declare that I am eligible and would like to become a Member:

- | | |
|--|---|
| <input type="checkbox"/> Public member | <input type="checkbox"/> Patient member |
|--|---|

Signed

Members will not receive any preferential access to health services as this would be contrary to NHS principles.

**Post to: Sheffield Teaching Hospitals NHS FT, FT Office,
Clock Tower Building, Northern General Hospital, Sheffield S5 7AU**