

APRIL 2018
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NHS

Sheffield Teaching Hospitals
NHS Foundation Trust

Good Health

The newsletter for members of
Sheffield Teaching Hospitals NHS Foundation Trust



New Minor Operations Suite opens

Sir Andrew Cash retiring after almost 40 years of service

Our Chief Executive, Sir Andrew Cash, has announced he will retire in July 2018 after 16 years leading one of the biggest NHS Foundation Trusts in the county.

He will continue to have a significant role in the NHS, as he will remain as Chief Executive System Leader for the South Yorkshire and Bassetlaw Integrated Care System for the next phase of its development.

Sir Andrew told 16,500 staff and volunteers that the decision was a difficult one but, after 16 years as the Trust's Chief Executive and 40 years in the NHS, he feels the time is right to step down from his full time role as Chief Executive.

He said: "Deciding to retire was tough because of the loyalty I feel to the amazing people who work and volunteer in the Trust's hospitals and community services.

"It has been a privilege to be Chief Executive for the past 16 years and I will always treasure the long-lasting friendships and relationships developed during my time at the Trust, as well as the accomplishments and challenges experienced during my career."

Sir Andrew has had a distinguished career in the NHS. He successfully led one of the biggest mergers of NHS acute Trusts in 2001 when he brought together the five acute hospitals in Sheffield to create Sheffield Teaching Hospitals NHS Trust.

The organisation then went on to become one of the first wave of NHS Foundation Trusts in 2004. He also guided the successful integration of community health services with the city's adult acute services in 2011 which resulted in the Trust becoming one of the largest integrated health providers in the NHS.

He received an OBE in 2001 followed by a Knighthood in the Queen's New Year Honours in 2009. Both awards were in recognition of his services to the NHS.

Trust Chairman Tony Pedder said: "We have been incredibly fortunate to have had in Andrew an outstanding Chief Executive. He has led the Trust strongly, always guided by what is right for patients.

"He will leave behind a resilient organisation and I am confident that we will remain what we have been under Andrew's leadership, which is a clinically-led organisation focused on patient care, with a caring and compassionate culture."

Chief Executive of NHS England Simon Stevens said: "Andrew has made an enormous contribution to the NHS over many years of public service, both regionally and nationally."



What's inside...

Page 3 Care Quality Commission to inspect Trust

Page 4 New Minor Operations Suite opens

Page 5 Multiple sclerosis stem cell treatment stabilises disease and reduces disability

Page 6 MS patient given new lease of life thanks to innovative nurse-led urology clinic
Notice of Council of Governors elections

Page 7 Could you be a voice for patients and members of the public?
Why become a Governor?

Page 8 Latest treatments give asthma patients a new lease of life
Rapid test helps to reduce spread of flu in Sheffield

Page 9 New coffee shops to open

Permission granted for walkway linking Weston Park and Jessop Wing
Support for carers

Page 10 Welcome to our new Youth Volunteer Project Officer
Charity supports parents of premature babies

Page 11 Highlighting the work of Healthcare Scientists
Dietitians take on a challenge for Nutrition and Hydration Awareness Week

Page 12 140 years of the Northern General Clocktower
Dates for your diary

CQC to inspect Trust

The Trust's Care Quality Commission (CQC) inspection is due to happen between April and July.

The inspection will rate our services against five domains:

- Safe
- Caring
- Effective
- Responsive
- Well Led

A huge amount of work has already been done to provide background information on Trust services, and a number of staff focus groups have also taken place which will feed into the inspection process.

Unannounced visits by inspectors can begin any time between April and June, and in July key members of staff and senior Trust leaders will be interviewed by the CQC.

In our previous inspection in 2015 the Trust was rated 'good' across all five domains, with elements of our services rated as outstanding.

The inspection is an opportunity for



us to build upon these previous good results and to once again demonstrate the high quality care and services that our staff work hard to provide.

Inspected and rated

Good



An inspection team may include:

- A CQC Head of Inspection
- CQC inspectors and inspection managers
- Specialist professional advisors. These are clinical and other experts such as nurses, doctors, psychiatrists, psychologists, social workers, GPs, physiotherapists, occupational therapists, or health service managers.
- Mental Health Act Reviewers
- Experts by Experience
- CQC inspection team support staff (where appropriate).

Play the Sheffield Hospitals Lottery for a chance to win **£25,000** each week

With your support, your local doctors and nurses can provide the best care possible in all of the NHS hospitals and community services in Sheffield.

Play from just £1 a week!

To sign up today visit sheffieldhospitalslottery.zaffo.com





New dedicated Minor Operations Suite opens

A brand new Minor Operations Suite has opened at the Royal Hallamshire Hospital

The new suite enables patients to have minor eye, skin or plastic surgery procedures under local anaesthetic in dedicated minor procedure rooms.

Three hospital specialties have joined together to develop the new suite including dermatology, plastic surgery and ophthalmology.

The design will allow a range of procedures to take place from the removal of skin lesions to oculoplastics, which are a range of surgical procedures involving the eye.

Lynn Skelton, Lead Nurse for Operating Services, said: "The suite has been purpose-built to optimise the patient experience when coming in for a procedure. Patients are now given a dedicated time to arrive for their appointment, will be seen there and then and discharged the same day.

"Previously, some patients who required plastic surgery needed to have their procedure through main theatres. Therefore the new suite will also free up additional space in main theatres for patients that require general anaesthetic and will allow more cases per day."

The new minor operations suite is located at the Royal Hallamshire Hospital's Day Case Unit.

Chris Caddy, Consultant Plastic Surgeon at Sheffield Teaching Hospitals NHS Foundation Trust said: "When developing the unit, we listened to feedback from both patients and staff and designed the unit and service around this.

"Therefore not only have we developed a purpose built facility for undertaking the procedures, but also improved the service delivery and journey for our patients."

Multiple sclerosis stem cell treatment stabilises disease and reduces disability

An international research study in which Sheffield was the UK trial site has found that stem cell treatment in some people with active multiple sclerosis stabilises the disease and improves disability.

The study, which featured on BBC News, was the first ever international large scale randomised trial into autologous haematopoietic stem cell transplantation (AHSCT) in relapsing remitting multiple sclerosis (MS).

During the trial, researchers recruited 110 people with relapsing remitting MS and frequent relapses on conventional drug therapy. Half of the people on the trial were randomised to AHSCT, and the other half to the best available drug treatment. Disability was measured using a tool known as the 'Expanded Disability Status Scale' (EDSS) to see if the disease had improved, progressed or stayed the same.

AHSCT is an intensive treatment which essentially rebuilds a patient's immune system using stem cells harvested from their own blood and bone marrow to reset it to a point before it caused MS. It is currently only suitable for patients with the relapsing remitting form of the disease who have failed to respond to standard treatments and who have lived with the disease for ten years or less.

The results have been hailed as "hugely encouraging" by researchers Professor Basil Sharrack and Professor John Snowden from the Royal Hallamshire Hospital, the sole UK site involved in the landmark trial, which is being led by Dr Richard Burt, of NorthWestern University in Chicago.

Professor Sharrack said: "We are very excited by these hugely encouraging findings. In the study, almost all patients receiving AHSCT showed no signs of their disease being active a year on from having the treatment and, more importantly, their level of disability improved significantly."

Longer term, evaluation is now necessary and the patients on the trial will be followed up until 2021.

For more information, visit www.sth.nhs.uk/autologous-haematopoietic-stem-cell-transplantation-for-multiple-sclerosis, call 0114 226 6065 or email Sheffield-AHSCT@sth.nhs.uk



Professor Basil Sharrack (left) and Professor John Snowden

Key findings

- During the treatment follow up period, disability improved significantly after AHSCT.
- The EDSS score of patients receiving the transplantation improved from an average of 3.5 to 2.4, which is unprecedented in MS treatment trials. This contrasted significantly with those receiving standard drug treatment, whose EDSS scores declined from an average score of 3.3 to 3.9.
- Within a year of joining the trial, only one patient in the transplant arm of the trial suffered a relapse compared to 39 relapses observed in the drug treatment arm.
- With a mean follow up of three years, treatment failure measured by disability progression was 6% in the HSCT arm and 60% in drug treatment arm.
- 30 people who were originally randomly allocated into the drug treatment arm of the trial were moved over to the transplant arm during the trial period after they had a decline in their EDSS scores. After AHSCT their scores improved from 5.2 to 2.6.
- No person in the AHSCT arm suffered any significant side effects.



L-R Patient Janet Blair with Consultant Sheilagh Reid and Nurse Specialist Liam Rice

MS patient given new lease of life thanks to innovative nurse-led urology clinic

A multiple sclerosis sufferer who could not face going out because of debilitating bladder and bowel problems caused by her condition says she's been given a new lease of life thanks to an innovative nurse-led clinic.

Janet Blair, who was first diagnosed with the condition at the age of 23, hit "rock bottom" after a flare-up of her condition at the age of 59. The relapse left her with left-sided weakness, foot drop, and bladder and bowel problems.

"I didn't want to go out. I couldn't cope, and the depression set in," said Janet, who even cancelled holidays with her husband because she feared ending up in embarrassing situations.

Two years later, Janet, now 65, was seen at a pioneering MS nurse-led urological service set up by Liam Rice, a MS specialist at the Royal Hallamshire Hospital in conjunction with Miss Sheilagh Reid, a consultant urologist working within the spinal injury service.

Janet was given advice about managing her bladder and shown different products to help her achieve this. This included a new special pump which allowed her to empty her bowels while sat down, enabling her to live her life again and go out without feeling awkward. A splint was made for her drop foot, too, and the team provided her with expert advice on her medications.

"I don't know where I'd be without their backing. I would have just gone further and further down. They are an amazing team," said Janet.

Liam Rice, said: "Using the expertise of two specialisms, we can offer MS patients bespoke advice and support, helping them to get treatment more quickly in a coordinated way with the backing of an expert team.

"Since the service was set up we've seen a decline in the number of hospital admissions resulting from MS-related urinary tract infections, which is great news."

Around 75% of MS patients suffer with bladder and bowel problems. The MS nurse-led urology service has seen around 400 patients since it was first established in May 2014.

Notice of Elections

The Trust gives notice that it will hold Elections to the Council of Governors from 30 May to 20 June 2018. Elections will be held for the following positions:

Public Constituency Sheffield South East
Two Vacancies

Public Constituency Sheffield South West
One Vacancy

Public Constituency Sheffield West
One Vacancy

Public Constituency Outside Sheffield
One Vacancy

Patient Constituency
Two Vacancies

Staff: Doctors and Dentists
One Vacancy

Staff: Management, Admin and Clerical
One Vacancy

Staff: Nurses and Midwives
One Vacancy

Staff: Primary and Community Services
One Vacancy

Nomination packs

Nomination packs with information about how to stand for Election will be available from 23 April 2018 from the Foundation Trust Office at the address below. Members wishing to stand for Election will be required to attend a training session on either 16 April or 23 April 2018 prior to submission of their nomination form. Please call the Foundation Trust Office (below) for details of the training sessions and for a nomination pack.

Foundation Trust Office
Sheffield Teaching Hospitals NHS Foundation Trust
Northern General Hospital
Herries Road, Sheffield S5 7AU

Tel: 0114 271 4322

Email: jane.pellegrina@sth.nhs.uk

All nomination papers must be received by the Trust's Returning Officer, of Electoral Reform Services, at the address below by 12 noon on 9 May 2018. Faxed or emailed nominations will not be accepted.

Electoral Reform Services Limited
The Election Centre
33 Clarendon Road
London N8 0NW

Tel: 0208 889 9203

Elections

Ballot papers will be distributed to qualifying Members on 30 May 2018. Completed ballot papers must be received by the Independent Scrutineer, Electoral Reform Services Limited by 12 noon on 19 June 2018. The results of the Election will be announced on 20 June 2018.

Could you be a voice for patients and members of the public?

It's election time at Sheffield Teaching Hospitals and the Trust is looking for volunteers to become Foundation Trust Governors. Could one of them be you?

What is a Governor?

Governors are a link between Foundation Trust Members and the Board of Directors, representing the views of patients and members of the public about how our services are developed and run.

What are the responsibilities of the Council of Governors?

- to hold the Non-Executive Directors to account for the performance of the Board of Directors
- to represent the interests of Trust Members and members of the public
- to discuss strategic plans and help the Trust plan for the future
- to share information about key decisions with Trust Members
- to act as a link between the Board of Directors and Members
- to appoint the Chairman and Non-Executive Directors
- to set the remuneration of the Chairman and Non-Executive Directors

Although no particular skills or experience are required, an effective Council of Governors is important so Governors need to be able to put the needs of the community above personal preference, value the contributions of different people, ask questions in a constructive but non-confrontational manner, be enthusiastic and want to work as part of a team.

How will the Elections be run?

Electoral Reform Services (ERS) will run the Election. ERS are totally independent and ensure that a robust process is followed. The Trust will give notice of the Election and invite Trust Members who wish to stand as

Governors to register their interest, information will be available on the Trust website. Eligible Trust Members will be sent voting papers and after the ballot closes ERS will count the votes and the Trust will announce the results.

Will support be available?

Governors receive training to enable them to undertake this role and will be expected to attend an induction session and training and development events. The Trust will discuss any support that individuals need to help them stand as a Governor, or to fulfil the role should they be elected. Current Governors are happy to act as mentors and provide guidance and support.

How much time does it take to be a Governor?

As a minimum Governors must to attend quarterly Council of Governors Meetings and Governors' Forum Meetings plus the Annual Members' Meeting. Meetings are held at our Hospitals. Time will also be required to read meeting papers. Governors are also offered other involvement opportunities throughout our Hospitals; this additional involvement is optional but adds value to the Governor role.

Are Governors Paid?

This is a voluntary role so Governors are not paid but reasonable travel expenses are reimbursed.

How long would my appointment last?

Governors are elected for a 3 year term of office and are eligible to stand again for 2 further 3 year terms.

Don't delay - if you are interested in becoming a Governor or would like to find out more please call Jane Pellegrina in the Foundation Trust Office on **0114 271 4322**, email jane.pellegrina@sth.nhs.uk or write to Foundation Trust Office, Northern General Hospital, Herries Road, Sheffield S5 7AU

Why become a Governor?

by **Jennifer Booth**
Patient Governor



I have been a Governor now for two years and have found it satisfying and rewarding to contribute to the smooth running of our hospitals in Sheffield. The NHS is there for us when we need it and being a Governor has given me an opportunity to give something back.

I have been involved through a period of enormous change in the NHS and seen first-hand how changes have affected the Trust. I have experienced the hard work that is required to enable Sheffield Teaching Hospitals to maintain its position as one of the highest performing Trusts in the country.

As a Governor I have been given unlimited access to areas of the Trust and to all staff from the most senior to the newest recruits. I have felt welcomed and valued in the varied roles I am undertaking and enjoy the friendship of a group of like-minded people from many backgrounds.

Whilst there has never been any pressure on me to contribute more than I am comfortable with, it is true that the more you put in the more you get out of the experience of being a Governor. I am enjoying being involved across a range of areas in the Trust from our own Council of Governors meetings to joining the Carers Strategy Steering Group and the Clinical Effectiveness Committee I am also undertaking Patient-led Assessments of the Care Environment; attending briefings with the Director of Finance and visiting clinical areas and estates and maintenance facilities to name but a few.

I would encourage Trust members to consider standing in the elections this year.

Latest treatments give asthma patients a new lease of life

The lives of people with severe asthma in Sheffield and South Yorkshire are being changed for the better by teams of health professionals collaborating to deliver the latest treatments to patients.

Teams of doctors, nurses, therapists and administration staff at Sheffield Teaching Hospitals are working together to identify and treat patients who could benefit from a new drug, mepolizumab, which is now available on the NHS. The team are working closely with surrounding hospitals in South Yorkshire to make asthma care better for everyone in the region.

Mepolizumab specifically targets eosinophilic asthma - a type of asthma where the inflammation of the airways is linked to a particular type of white blood cell (eosinophils).

Jane Farmilo, 53, of Tideswell, Derbyshire, is among the 100 patients who have benefitted from the treatment with mepolizumab and other similar medicines.

Jane has suffered from severe asthma since she was 15.

She said: "When I was 17 I was very poorly in hospital with my asthma. Since then I have been able to control it quite well, but it has still had an effect on what I am able to do.

"It can make me very tired at times and is the reason I only work part-time. It can limit my activity because when I am not feeling well, I can't walk up hill or up stairs.

"Controlling it required a lot of medication including steroids, which come with side-effects such as bone loss and weight gain.

"The mepolizumab has made a huge difference in terms helping me to control my asthma and reducing the amount of steroids I need to take. My outpatient appointments are more spaced out and I am not having as many GP appointments.

"It is really helping me to control my asthma and enabling me to do things I enjoy doing, such as walking in the Peak District."

Sheffield is a specialist centre for asthma, along with hospitals in Hull and Leeds. These centres work closely with all hospitals in Yorkshire, and together form the Yorkshire Asthma Service.

Professor Ian Sabroe, respiratory specialist at Sheffield Teaching Hospitals, said: "Normal asthma is fairly common



Jane Farmilo and husband Nick

and tends to be well controlled, but severe asthma can be very debilitating and potentially life-threatening.

"The new treatment, together with the support of a range of staff, has really changed people's lives, even transformed them. Some people will be able to become very active, playing sport and doing outdoor activities.

"For others it means that they no longer need to come in and out of hospital so regularly. It stops the inflammation, and means they need less steroid treatments."

As well the doctors and nurses who administer mepolizumab, which is delivered as an injection, administration staff help to plan treatment for patients while speech therapists, physios and psychologists support patients with associated issues such as laryngeal and muscular problems and anxiety.

Rapid test helps to reduce spread of flu in Sheffield

The Trust was one of the first in the NHS to use a new rapid flu test to help prevent the spread of flu this winter.

The rapid test takes only 15 minutes and can diagnose patients when they are admitted to hospital. This ensures patients can get the result quickly, receive the correct treatment and be cared for in isolation to prevent the spread of the virus.

Without the rapid testing, patients could wait one to two days for a flu diagnosis to be confirmed.

Cariad Evans, Consultant in Virology, said: "Having a rapid test result has meant patients are receiving the treatment they need quicker and they are staying in hospital for a shorter period of time. The quick diagnosis also ensures we are protecting other patients and staff from getting flu, by putting measures in place to prevent the virus spreading."



New coffee shops to open at the Northern General and Royal Hallamshire Hospitals

From April, the current coffee shops on A and B Floor at the Royal Hallamshire Hospital, and in the Chesterman entrance at the Northern General Hospital, will be changing.

The shops need to be closed for approximately two months for essential works and refitting to take place.

Following the work a new AMT Coffee will open on B Floor at the Hallamshire. Café Qualita (Proud to serve Costa) will open on A Floor at the Hallamshire and in the Chesterman entrance at the Northern General. The cafes will have extended opening hours during the week and at weekends in response to feedback from patients, visitors and staff. A wide range of drinks and food will be available.

During the works, a temporary kiosk will be available on B Floor at the Hallamshire. Visitors can also be redirected to the D Floor Dining Room at the Hallamshire, or Huntsman and Clocktower Dining Rooms at the Northern General. Signage will be put up to inform visitors and patients of the alternatives.



Permission granted for walkway linking Weston Park and Jessop Wing

Planning permission has been granted for a covered walkway between Weston Park Hospital and Jessop Wing Hospital.

There is already a walkway between Jessop Wing and the Royal Hallamshire, so the second walkway will provide fully covered access for patients and staff across all three hospital sites.

This will aid with the transfer of patients between hospitals, and improve patient and staff experience and safety.



Support for carers

Are you a carer? Or do you know somebody that is?

The Trust works with an organisation called Sheffield Carers Centre, which provides support for carers in the city. It does this by providing high quality information, advice, advocacy and support. It seeks to reach out to all carers and to ensure that their needs are met.

Being a carer can impact on people's lives in a number of ways, including on employment & life opportunities, finances, physical health, emotional wellbeing and social isolation and loneliness.

The Carers Centre can offer support with all these issues, and provides services such as practical information sessions, telephone counselling, support and advice on employment, money and benefits, a support hub for mental health carers, support with planning for emergencies and needs assessments.

If you would like to get in touch or find out more about how Sheffield Carers Centre could help you or someone you know, call **0114 278 8942**, email office@sheffieldcarers.org.uk or visit www.sheffieldcarers.org.uk

Mission Statement

Sheffield Carers Centre is the major independent charity offering support to Sheffield carers. It does this by providing high quality information, advice, advocacy and support. It seeks to reach out to all carers and to ensure that their needs are met.

Vision

Sheffield Carers Centre's vision is of a city where all carers are recognised, valued and effectively supported to enable them to continue caring in the way they choose and to have a life of their own; a city where carers' contribution is respected and acknowledged.



Welcome to our new Youth Volunteer Project Officer

We have a new member of staff, Julia Campbell, who will coordinate, support and promote volunteering for young people within the Trust:

"Hello, my name is Jules and I have just started in post as Volunteer Project Officer for Sheffield Teaching Hospitals.

"My previous experience includes working as a Youth Leadership Project Manager and Disaster Preparedness and Community Resilience Youth Project Manager for the Youth and Schools Department at the British Red Cross.

"I am looking forward to meeting and working alongside our young volunteers who are fundamental to the successful running of wards and departments at the hospitals."

Jules will be getting in touch with our volunteers aged 25 and under in the coming months to introduce herself and to find out about their experiences volunteering with us.

If you are one of our younger volunteers and want to get in touch with Jules you can email her on Julia.campbell@sth.nhs.uk or call/text her on **07721 238 260**.

Sheffield has also been named as a 'beacon' area for youth volunteering as part of the NHS 70 celebrations.

Over the next nine months Volunteer Services will showcase the brilliant work that young people do not just in the hospital but across the City so watch this space.

Charity supports parents of premature babies

Important psychological support for the parents of babies is being offered by one of the country's leading neonatal units, thanks to Sheffield Hospitals Charity donations.

Fundraisers have paid for two part time psychologists to work alongside hospital health staff at the Jessop Wing's Neonatal Unit (NNU), enhancing the care on offer to parents during what can be a stressful and emotional period in their lives.

Dr Angela Marsh and Dr Jessica Lane are there to build on the already excellent level of support offered by the unit, as well as supporting the wellbeing of staff at the frontline of neonatal care.

Clinical Psychologist Dr Marsh, said: "This role is truly innovative. Psychological care in the neonatal unit is a vital component of the care given to families of babies who are born early. It is a time that can bring great joy, sadness, worry and strength - often all at the same time.

"Jessica and I feel very privileged that people share some of this with us. Our aim is to help them make sense of their experiences and support

them through such an emotionally challenging time."

Donations to Sheffield Hospitals Charity helps to support the Jessop Wing team in many different areas, including Psychologists, like Angela and Jessica, to deliver the very best possible care to every family and to some of the region's tiniest and most critically ill babies.

To make a donation to support babies and their families at the Jessop Wing, visit www.sheffieldhospitalscharity.org.uk or donate or phone 0114 226 7351.



Join us on our annual sponsored walk on 9 September 2018 to raise vital funds to support the amazing doctors and nurses providing excellent care and treatment for patients in Sheffield.

Coming soon! Walk For Wards

By taking part in Walk for Wards you can raise funds for any hospital, ward or department that means something to you or someone you love.

There are two routes to choose from; either a 5k walk or a more challenging 10k route, both taking in the beautiful countryside of the Longshaw Estate in the Peak District National Park.

In order to take part, all we ask is that you raise a minimum of £15 per person, but the more money you raise, the more we can do together to make our local hospitals even better.

To register your interest, email fundraising@shct.nhs.uk



Highlighting the work of Healthcare Scientists

Healthcare Science Week took place in March, highlighting the vital role of science and scientists within the NHS. Meet Dr Simon Tazzyman, who provided us with an insight into his role as a Research Coordinator:

What does your job involve?

For my role I evaluate all research projects that arrive here in laboratory medicine and get approval for our staff to undertake the work in addition to our routine clinical samples. Once we have agreed to a study it is then my responsibility to ensure the samples are analysed according to research guidelines and that the research teams are acquiring appropriate data from our laboratories.

How long have you worked in healthcare science?

I have worked in healthcare science since completing my degree in 2001. I am relatively new to post and have worked here for 9 months. Before this I worked in healthcare research at the University of Sheffield studying novel therapies for a number of diseases including cancer and irritable bowel disease.

What made you choose a career in healthcare science?

From a very young age I found science interesting and as I moved through school, college I realised that I was particularly interested in biology and medical science which led me to undertake a degree in biomedical sciences.

I worked as a research technician which led me to doing a PhD followed by postdoctoral researcher positions in oncology.

Every time I started a new project my work became more and more linked to patient benefit, which ultimately resulted in me applying to be a research coordinator for clinical trials here.

What's the best thing about being a healthcare scientist and working at STH?

Sheffield Teaching Hospitals has a great reputation internationally for its research and works closely with the regional universities to provide cutting edge research. Knowing that I am part of this success is very rewarding.

Dietitians take on a challenge for Nutrition and Hydration Awareness Week

Three members of the Trust's Dietetic service consumed solely liquid supplement drinks for a week in order to gain an insight into what it is like for patients who are limited to a liquid diet due to their medical condition or surgery.

The challenge was undertaken by Dietetic Assistants Jess Denning and Claire Loversidge and Senior Dietitian Helen Beagan, who work for the Home Enteral Feeding Dietetics Team, as part of Nutrition and Hydration Awareness Week.

The team care for patients who have difficulty with solid food as a result of their condition, and instead meet their nutritional needs through a feeding tube or liquid Oral Nutritional Supplements (ONS).

This can include patients who have neurological conditions which impair the swallow function like motor neurone disease, stroke or multiple sclerosis and those who have undergone surgical treatment or chemotherapy and radiotherapy, for example to treat head and neck cancer.

During the challenge Jess, Claire and Helen consumed a range of nutritional supplements each day to provide the nutrients they would normally get from ordinary foods.

Jess said: "This is the closest we can get to what our patients may experience, and provided us with a valuable insight into what it is like when you have to have all your food in liquid form.

"Some patients are on oral supplements or tube-feeding for months, or in some cases for life, and this gave us a degree of empathy with what it is like to be in that situation."



L-R Dietitians Jess Denning, Claire Loversidge and Helen Beagan



You might be aware that the NHS is celebrating its 70th birthday this year, but did you know that the Clocktower building at the Northern General Hospital has been around for twice as long?

70 years of the NHS and 140 years of the Northern General Clocktower

Construction of the building, originally the Fir Vale Workhouse, began in 1878. Many people visiting or working in the hospital today have little knowledge of its humble beginnings in the days prior to free medical care.

The Workhouse also included the Smilter Lane/Herries Rd Headquarters and Scattered Children's Homes. Two hospitals, the Fir Vale Infirmary and the City General Hospital, originated from the workhouse and were renamed the Northern General Hospital in 1967

Even then, many of the older generation were still afraid of entering its doors due to memories that remained from its time as a workhouse.

On the 31st March 1967, the Sheffield Star carried an article about the change of name and ended with these words:

"The change of name will finally kill the workhouse stigma of Fir Vale that has haunted so many old folk on the

brink of needing permanent hospital care."

The stigma may have gone now but there are still people alive today who have personal memories, photos and memorabilia of both Workhouses, Nether Edge Hospital, Fir Vale Infirmary, City General Hospital and the Children's Homes.

Get involved

We would like to hear from anyone who has memories, memorabilia, stories or photos of any of our hospitals old and new. Perhaps you or members of your family worked there. If you, or anyone else you know, can help expand our collection then please contact us at sheffhgh@gmail.com

70
YEARS
OF THE NHS
1948 - 2018

Dates for your diary

22 May, 12.30pm

Board of Directors
Undergraduate Common Room,
Medical Education Centre,
Northern General Hospital

22 May, 3.00pm

Council of Governors
Undergraduate Common Room

26 June, 10.00am

Board of Directors
Seminar Room 1, R Floor,
Royal Hallamshire Hospital

31 July, 10.00am

Board of Directors
Undergraduate Common Room

12 September

Annual Members' Meeting
Undergraduate Common Room

25 September, 10.00am

Board of Directors
Undergraduate Common Room

25 September, 12.30 pm

Council of Governors
Undergraduate Common Room

These meetings are open to members of the public, so why not come along. If you would like to attend please contact jane.pellegrina@sth.nhs.uk or ring the Membership Office on 0114 271 4322.



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

IT'S FREE!

Title ☐ Mr ☐ Mrs ☐ Ms ☐ Dr ☐ Other...

Family Name

First Name

Address

Postcode **Telephone**

Email

Date of Birth / /

I would describe my ethnic background as:

☐ White British ☐ White Other (non British) ☐ Asian or Asian British
☐ Black or Black British ☐ Mixed / Multi heritage ☐ Other Not stated

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

☐ Public member ☐ 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**