



3

Pioneering research into new treatments



4

Saving lives - National Transplant Week



5

Governors' Visits



8

Weight loss at your fingertips



10

Going the extra mile - the hospitals charity



2

Governors' council election results

The free members' newsletter of Sheffield Teaching Hospitals NHS Foundation Trust

AUTUMN 2011 ISSUE 23

Good HEALTH

Local Community given a voice to help shape our future

Patients and the public were recently given the opportunity to share their views on the Trust's services as part of our commitment to engaging with our patients and the local population.

The sessions were designed to help find out what people want from health services provided in hospitals and in the community.

Over 40 members of the public, including Trust Members, Governors and patients came together to talk about our services.

The session invited everyone to discuss what they felt the Trust did well and what areas needed to be improved. All those who attended were asked to be as open and honest as possible. This created a lively debate and provided some valuable insights that will be used to inform how we transform our services to deliver a better experience for patients.

Those who participated in the event were keen to be involved in any future discussions and felt it had given them a much greater understanding of how the Trust and the NHS worked. They also enjoyed meeting our staff and many commented on the genuine commitment that was demonstrated to making improvements for patients and that it was 'good to see that the Trust is listening and engaging'.

Everyone who participated will be invited to another event later in the year where we will begin to consider how we can address some of the main issues raised in the Trust's future strategy which is currently being developed.

If you would like to provide feedback on your experience of our hospitals, staff or care we would welcome your views. You can email governor@sth.nhs.uk or call 0114 2714322.



Protect patients from sickness bug

Hospital staff are asking the public to help to protect patients from Norovirus as we enter the time of year in which the bug is most common.

People coming to see friends

and relatives in our Hospitals are being asked not to visit if they have had any symptoms of diarrhoea, vomiting or 'flu like' symptoms in the previous 72 hours.

The request is part of the

Hospitals normal plans and helps staff protect patients from the 'winter vomiting' bug. Viruses like Norovirus are more common at this time of year and as well as causing serious symptoms to patients they can also cause disruption to hospitals.

Visitors can help staff by following these simple steps:

- Always wash your hands with soap and hot water and/or use alcohol hand rub when entering and leaving the ward.
- Do not sit on the patient's bed.

Visitors' chairs are provided - please ask the nurse if you need more.

- Ask staff to wash their hands. Do not be afraid to check that staff have decontaminated their hands.

Welcome...

To the Autumn edition of GoodHealth – keeping our members up to date with news, events and services at our hospitals and in the community.

This edition will focus on Health and Wellbeing. We are now well over half way into 2011 and most peoples' new years resolutions will have been long forgotten. So why not check out page 8 to see how you can make a fresh attempt at gaining a healthy weight with advice from STH dieticians or be inspired by a lady who quit smoking for her baby's health as well as her own.

We also feature some of the excellent community health services which we are now proud to have as part of Sheffield Teaching Hospitals NHS Foundation Trust.

As always, if you would like to contact one of your Governors about an article in GoodHealth or any other issue relating to the Trust, please email governor@sth.nhs.uk

Jane Pellegrina
Foundation Trust
Membership Manager

Meet your new Governors

See page 5 for more on the elections.

Hospital Governors are your link to the hospitals which care for you and your family. They represent your views and can influence decisions about how hospital services are provided and developed.

Recently Roz, Richard, Graham, and George were all appointed as new Hospital Governors and they are keen to hear from you by email at governors@sth.nhs.uk. Or why not sign up to become a Member of the Hospital Trust (free membership) and find out more. Simply complete the application form at the back of this magazine.

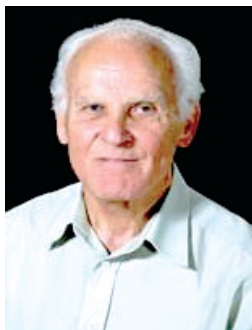
Roz Davies Patient Governor



I have been a member of the Trust for a few years and a diabetic patient for over 8 years. I have two young children, both born at Jessops and I work part time as a Director of Altogether Better, an organisation which supports and trains volunteers to carry out health and well-being activities in their communities. I felt it was time to make a voluntary contribution too! I am keen to help the Trust to be more engaging and accessible for people who are not currently well represented in the membership. I feel that this is a very challenging time for Foundation Trusts with

a rapidly changing national policy and local commissioning landscape but I think that there are also opportunities to develop new innovative ways of working more effectively with local volunteers and patients to improve health and services.

Richard Barrass Patient Governor



My very early formative years were spent in an isolation hospital because of bovine tuberculosis and subsequently I had to wear a metal calliper the full length of my left leg until I was seven. Thankfully since then, until my triple bypass operation in the Chesterman Wing six years ago, I have kept away from hospitals!

Now retired, I enjoy helping others via my work for the Sheffield Open Heart Club and the Patient Panel of the Cardiovascular Biomedical Research Unit. I joined the Trust in 2004 and look forward to helping the Trust as a Patient Governor. For

relaxation I enjoy walking in the Peak District, playing tennis (twice or three times a week), and making up model aircraft kits.

Graham Thompson Patient Governor



I served as a Patient Representative for three years before being elected by Patient Members as a Governor three years ago and I have recently been re-elected for a further three year term of office as a Patient Governor – thank you very much to those who voted for me. I find this role representing patients and those affected by illness very rewarding and as a patient myself I am aware of the concerns that arise when we become ill and how it affects our lives. I will continue to work on Trust Committees and listening to patients' views to improve the already

excellent services that the Trust provides. The NHS faces very challenging times that could change the services and the way they are delivered and therefore Governors will have an increasing involvement in the Trust's strategy in the short and the long term. We have a duty to ensure patients always come first.

Re-elected governors

John Laxton Public Governor South West Sheffield



I am starting my second term as a governor – thank you to members in south west Sheffield for electing me to work on your behalf.

My background is local government 'down South' where I worked as a Secretariat manager, at the heart of a county council. My experience of large public sector organisations has helped me understand how the Trust

works and develop the role of governors as intended. This role will be particularly important in the time to come because of the financial difficulties facing the NHS.

The challenge for the Trust Board will be to achieve savings while still providing care of the highest quality. I believe this means involving all staff in making the best use of the resources available. Governors will hold the Board to account for how it meets that challenge.

One source of information is vital – feedback from patients on their experience of hospital and community services. I would urge members to encourage friends and family to give that feedback so we know whether or not the Trust is getting it right.

Jo Bishop Public Governor North Sheffield



I feel very honoured to be re-elected as a Public Governor and I would like to thank all the Trust Members in North Sheffield for their continued support. I worked at Weston Park Hospital as a receptionist for five years and when I retired I was keen to continue my involvement with the NHS and particularly Sheffield Teaching Hospitals. As a Governor over the past three years I have spent a lot of

time visiting the wards, talking to patients and staff and in doing so helping to make sure their views are known to the Trust and being re-elected means I can continue to do this. I am also involved with the Patient Environment Group and am working with a team of people helping to make the hospital environment better for people living with dementia. I am very keen to promote a clean and safe hospital environment. Once again thank you all for your support.

John Warner Public Governor West Sheffield



I am very pleased to be able to continue as a Governor for another 3 years.

I have learnt a great deal about healthcare during my first term of office which will help me for the future as I continue to learn.

I intend to continue with my roles on the various committees and working groups that I am on and communicating with members will remain a priority. I hope

that the steps we are taking towards more consultation with our members will be welcomed.

The current new ways of working proposed for the NHS will change significantly the way hospitals are funded and will increasingly move us towards a greater emphasis on care in the community.

One of my main aims will be to ensure that the Trust continues to put the interests of patients and their families at the forefront of everything they do, especially where changes are happening.

George Clark Public Governor North Sheffield



I have lived in Sheffield since 1974, and have been a member of the Trust since it became a Foundation Trust, first as a Staff Member, and since retiring, as a Public Member. Since arriving in Sheffield, I have worked in all the Sheffield hospitals, and from 1980 to 2006, I was a Consultant Anaesthetist at the Northern General Hospital. Following retirement, I was keen to use my experience of working in the NHS to further the interests of patients and public, and was fortunate to be

elected as a Public Governor in 2008, and am very pleased to have been elected for a further three years. The Trust has been a very successful and high performing trust, but in the present financial climate, it will be a big challenge to maintain these high standards, and I am keen to play my part in ensuring that the Board and managers maintain these standards.



Pioneering research into new medical treatments

The Trust is one of the UK's leading institutions for healthcare research. Each year, it carries out hundreds of studies across a vast range of specialties, many of which lead to improvements in patient care.

The Trust works in partnership with the University of Sheffield to combine academic and clinical expertise for the benefit of patients.

Research is carried out in a range of world-class facilities, for example at a Clinical Research Facility based at the Northern General Hospital, which provides purpose-built facilities for researchers from right across the Trust. Further support for researchers is provided through a dedicated Clinical Research Office near the Royal Hallamshire Hospital.

Research at the Trust is focussed around 26 directorates, ranging from Accident & Emergency to Vascular. A recent development has been the creation of a number of Academic Directorates – directorates that will focus strongly on combining research with clinical care in their work. Over time, these will include Neuroscience, Specialised Medicine, Cardiothoracic, Specialised Cancer, Respiratory Medicine, Diabetes and Endocrinology and Communicable Diseases.

The Trust is also host to two Biomedical Research Units – in bone and cardiovascular research – funded by the government through the National Institute for Health Research (NIHR).

D4D Devices for Dignity

Furthermore, it hosts NIHR Devices 4 Dignity – a Department of Health Programme that is focussing on developing innovative medical devices that meet unmet patient needs – and NIHR CLARHC, a partnership between the Trust and Sheffield's two universities, which aims to develop the self-management and self-care of long-term conditions through applied research.

For more information on research at the Trust, please visit <http://www.sth.nhs.uk/research-innovation>

How you can get involved

The Trust is always looking for willing participants to take part in clinical trials, so long as they meet the appropriate criteria. By taking part in a study, you can contribute towards improving patient care in the future, and you may be able to gain world-leading care through the study itself. Taking part in research can and does help to save lives.

If you are a current patient and are interested in taking part in a study, please ask your doctor or nurse which studies are taking place in that area. Please also encourage friends and family to do so too.

Watch this space for future events where you can come and find out more about our research.

Look North profile leading heart research

Look North recently visited the Trust to produce a piece on some exciting research being carried out into heart disease. The piece featured interviews with Consultant Cardiologist Dr Julian Gunn and patient Melvyn Shaw, as well as some eye-catching 3D images of the heart.

Melvyn, who was the last patient to take part in the trial, has been having treatment with Dr Gunn for heart disease. In an interview with BBC Radio Sheffield he said he thought the treatment he received was "fantastic" and that taking part in the trial was "surely very little to pay back" in return.

Researchers at the Trust and the University of Sheffield, led by Dr Gunn, are developing enhanced computer software to assess patients with coronary artery disease (CAD) – the narrowing of the arteries that supply blood and oxygen to the heart.

CAD is the most common cause of death and serious illness in the UK, with an estimated 2.6 million people living with the condition.

The research is looking at ways in which computer software can be used to build a fuller picture of a patient's heart and arteries than is presently possible, meaning patients could be diagnosed and treated quicker and more accurately.

Instead of using 'eyeball assessment' of the coronary angiogram (the traditional method of X-rays and 'dye'), the researchers are developing computer programmes that can

read a set of 3D images of the whole 'arterial tree'. This will lead to clinicians being able to objectively decide if narrowings need treatment.

To do this, volunteer patients who are undergoing routine angioplasty (widening of blocked or narrowed arteries to the heart) are having the 3D images recorded but also having measurements of flow and pressure made with a special probe.

Ultimately, if the development of the software is successful, patients will not need the probe to be passed down their arteries, and will have the decision-making based on objective measurement from the images alone.

Dr Gunn, Honorary Consultant Cardiologist at Sheffield



Dr Julian Gunn,
Consultant Cardiologist

Teaching Hospitals NHS Foundation Trust and Senior Lecturer at the University of Sheffield, is leading the research. He said: "This is exciting research that has the potential to enhance our ability to diagnose and treat heart disease more quickly and accurately."



An example of one of the images produced by the new research, showing the coronary arteries



Clinical Research Facility opens its doors

The Clinical Research Facility (CRF) recently held an open day for students and members of the public to come and see its fantastic facilities at its Northern General site.

The CRF offers state-of-the-art, purpose-built facilities supported by skilled staff to help researchers. It supports around 90 investigators in a broad range of studies from different specialties. It operates from two sites, one at the Northern General and the other at the Royal Hallamshire.

Visitors during the open day received tours of the facility, seeing some of the specialist equipment in use, and they also had the opportunity to have their blood pressure, temperature, height and weight measured and to learn the importance of good hand washing techniques.

Expert medical staff demonstrated bone scanning equipment, echocardiogram and exercise stress tests combined with tours of the cardiac laboratory and biorepository, where samples are stored.

One particular highlight was a talk by David Warriner, Specialist Registrar in Cardiology, who presented on "How the Heart Works."

Karen French, Facility Manager, said: "The event was a great success and feedback was 100% positive. We hope that attendees were inspired by what they saw and have been encouraged to take part in research themselves in the future, either as researchers or as participants in trials."

Organ donation saves lives

As part of National Transplant Week, the Trust helped raise awareness of organ donation and took part in a balloon release in the city centre. The balloons, which carried remembrance messages to donors, were released by a young organ recipient.

Throughout the week Specialist Organ Donation Nurses also had information stalls across the Trust alongside 7ft tall banners which feature local organ recipients explaining how organ donation had saved their lives.

"We are continuing in our campaign to raise awareness of the importance of organ donation in Sheffield which will hopefully lead to more people, like Amy getting a better quality of life."

A twenty year old Support Worker at the Trust, Amy Fretwell, from Beighton in Sheffield, is one patient featured on the banners. Amy suffered from chronic kidney failure from the age of nine. She was given a new lease of life after having a kidney transplant at the Northern General Hospital.

She said: "Transplant week is really important to organ recipients like myself. We understand the need to raise awareness of how important joining the register is more than anyone. I hope my banner helped people understand that any one could be affected – it could be your daughter, father or sister, young or old. You can help so many people."

Specialist Nurse for Organ Donation at Sheffield Teaching Hospitals, Sally Snowden, said on the day: "We are continuing in our campaign to raise awareness of the importance of organ donation in Sheffield which will hopefully lead to more

people, like Amy getting a better quality of life. This was a really positive event to show how many people are affected by organ failure and how many lives can be saved by donation."

Another transplant recipient patient who spoke out on the day was 70 year old Dennis Butler. Dennis from Longley Farm in Sheffield received a heart transplant in 2000.

Dennis was given 6 months to live if he didn't receive a new heart when he was diagnosed with cardiac amyloid in early 2000. Fortunately 3 months after being put on the donor register, a match was found for Dennis. If it wasn't for the heart transplant he wouldn't have been able to see his 17 grandchildren and 2 great grandchildren grow up.

If you would like to join the register please call the NHS Donor Line on 0300 123 23 23 (Lines are open 24 hours a day all year round.)



organdonation.nhs.uk



Specialist Nurses for Organ Donation Sally Snowden and Clare Jones with Clinical Director Andrew Davidson



Patient Dennis Butler received a heart transplant in 2000.

Getting to know your Governors

Susan Wilson is a Public Governor for Sheffield South West.

She was elected in July 2010, having previously been a Governor for the same area for five years. Her background is in nursing, and she worked at the Northern General Hospital for over ten years before retiring. She was a magistrate on the Sheffield Bench for thirty two years. Susan has always been interested in public involvement in healthcare, and serves on the Lay Advisory Panel for Bone Research. Other interests in the work of the Trust are Sustainability and the efficient use of resources, and the No Smoking group.

What part of being a Governor do you enjoy most?

Meeting with staff, patients, the public, and other Governors, to influence how we provide services to the people of Sheffield, and beyond, and listening to people's views.

What does your role involve?

Attending the quarterly Governors' Council meetings is the statutory requirement, but there is much more than that, taking part in projects, visiting departments, hearing about the work of staff members, and talking to patients both in and out of the hospital setting. There is also the opportunity to attend events in the city to talk about the work of the Trust.

What was the last thing that made you laugh?

Ronnie Corbett's recent TV programme, Comedy Britain. Things were so much more cleverly scripted and performed in those days.

Who do you admire most and why?

Florence Nightingale whose biography helped me choose

a career in nursing, and Bill Clinton whose ability to remain one of America's most popular Presidents, despite everything, is extraordinary.

What do you feel is your best strength?

I think my years as a magistrate have enabled me to look at problems from all angles and to realise that perfection isn't always possible.

If you could be anywhere in the world right now where would you be?

Crossing the North Atlantic on QM2 - a really relaxing seven day cruise, being pampered and well-fed, and with nothing to do until reaching New York, where the entry into the harbour is breath-taking.

Which actress would play you in a film of your life?

Dame Helen Mirren - who else!



Governors' council election results continued

This year's elections ran from 9 to 28 June. The votes have now been counted and we are pleased to announce the results:

In the Public Constituency in South West Sheffield there was one seat to be elected to and there were six candidates. John Laxton was elected to the only seat in the Public Constituency in South West Sheffield.

In the Patient Constituency there were three seats to be elected to with five candidates standing. Richard Barrass and Roz Davies were elected and Graham Thompson was re-elected.

In the Public Constituency in North Sheffield there were two seats to be elected to and only two candidates. Therefore Jo Bishop and George Clark were re-elected unopposed.

In the Public Constituency in West Sheffield there were two seats to be elected to and only one candidate so the candidate, John Warner, was re-elected unopposed. We will hold another election in this Constituency later in the year to

fill the vacant seat.

No election was held in the Public Constituency in South East Sheffield this year but there will be two seats to be elected to in 2012.

The elections were conducted on behalf of the Trust by Electoral Reform Services in accordance with the rules set out in the Trust's Constitutions.

The Trust would like to congratulate the successful candidates but would also like to thank everyone who took part in the elections this year, including all the candidates and the 469 Members in South West Sheffield and 1173 Patient Members who voted for them.

If you would like information about next year's elections please contact Jane Pellegrina in the Foundation Trust Membership Office on 0114 2714322 or jane.pellegrina@sth.nhs.uk

You can contact your Governors via the Membership Office on 0114 2714322 or governor@sth.nhs.uk

Governors' Visits

Tour of the new state of the art Cystic Fibrosis Unit

Groups of Governors regularly visit wards and clinics across all of the Trust's Hospitals. They talk to patients, visitors and staff looking at the standards of service provided and hearing about patient experiences as well as any issues raised by staff.

One recent visit was to the new Cystic Fibrosis (CF) Unit at the Northern General. Frank Edenborough the Consultant Physician in Respiratory and Adult CF medicine explained the history of this highly complex genetic disease and the very specialised holistic treatment it requires.

John Warner, Public Governor, said: "It was surprising for some of us to learn that until as recently as the 1960's life expectancy for CF patients was below school age. Today that has increased to an average of 38 years, a lung



transplant can increase that by a further 10 years and more advances in treatment such as gene therapy promise even further advances."

The Governors toured the facility, which was first opened in 2010, replacing the old unit on Brearley 1. They spoke to patients and staff and saw the world-class equipment and accommodation, including separate bedrooms for each patient, which are necessary because of the highly infectious chest infections they suffer from. Each bedroom is

decorated with a mural of a land or sea scape and is equipped with wardrobes, desks and TV's. As exercise and nutrition are also vital factors in treatment, the unit has its own gym and a well equipped kitchen.

John added: "The overall design reflects the careful work in planning the unit which included collaboration between architects, staff and patients as well as other units elsewhere. The result reflects the value of patient involvement at an early stage in design."

Centre for HIV and Sexual Health

Along with all Community Services, the Centre for HIV and Sexual Health (CHIV) is now part of Sheffield Teaching Hospitals NHS Foundation Trust. The Centre works to a holistic model of sexual health which

acknowledges political, social and cultural factors and health inequalities which affect and determine people's sexual health.

Their work includes

- HIV prevention

- Sexual health promotion projects
- Peer Education and outreach
- Community development
- Training, Conferences and Events

- Publications and Resources
- Policy, strategy and professional development

In this edition of GoodHealth, we will take a closer look at one very important area of their work - Peer Activities in Sexual

Health (PASH). This project trains and supports volunteers aged 16 to 19 years to deliver education sessions to other young people in Sheffield schools, colleges and youth settings.

Young People Get PASH-ionate About Sexual Health

Peer Activities in Sexual Health (PASH) began in 2004 and aims to make the most of the energy, influence and skills of young volunteers so that they can relay important sexual health promotion messages to their peers. Since the project began, eight training courses have been delivered, 72 young people have completed

their training and the project currently has a group of peer educators delivering sessions to young people in many diverse venues across the city.

Volunteers receive ten training sessions, where they gain confidence, knowledge and skills that can be used in future education and careers, before

becoming actively involved in helping Sheffield's young people.

Sexual Health Promotion Specialist at CHIV, Liz Murray, said: "A lot of work goes into providing ongoing supervision and support of the volunteers, to ensure that the young people continue to offer a professional service. I never cease to be

impressed by the commitment and dedication of the young people who volunteer for PASH. They make a real difference, especially by helping more vulnerable young people make informed choices about relationships and sexual health. They are an example of the positive contribution so many young people make to improve the lives of others in Sheffield."

Three young PASH volunteers, Kaitalin Pinder (19), Celie May-Davies (18) and Stacey Curtis (19), give their views on the service:

How did you find out about PASH?

Celie: My Personal, Social and Health Education teacher at school told me and some other friends about it. She thought it would be a project that I'd really enjoy.

Kaitalin: Stacey and I found out about it through college. We picked up a leaflet about it at reception and started through that.

What made you want to sign up to volunteer?

Stacey: I wanted to get some experience volunteering for a placement on my college course, and I'm at University now doing social work.

Kaitalin: I wanted to do it for my placement as well, but it was something of interest to me anyway, studying social health.

Celie: I originally wanted to do a medical degree and I was interested in volunteering in the NHS. So I decided to get on with doing the volunteering rather than working in a hospital.

When did you start the programme and how long did it last?

Kaitalin: The training course itself was October to December in 2009.

What did you learn in the training?

Stacey: We gained a lot of knowledge from the training. We learnt how to run sessions and to project our voices.



PASH volunteers Stacey Curtis (19), Kaitalin Pinder (19) and Celie May-Davies (18) pictured outside the Centre for HIV and Sexual Health.

I Health

Celie: There was quite a bit on public speaking and on the subject itself. I learnt how to read a map!

Stacey: I work in social work and I learnt a lot about communication. It was really door opening.

What were the other people on the training like?

Kaitalin: We all got on, especially in our group.

Celie: After we started we were all like best friends and going out together.

What were the PASH coordinators leading the course like?

Stacey: They were lovely; you couldn't find any better to be honest.

Celie: They were really funny as well. We'd be taking it seriously and they'd say something and we'd be like, 'where did that come from!'

Kaitalin: Although it's a very formal thing we could talk to the trainers informally.

How did you feel when you had finished the training and were ready to deliver a session?

Stacey: I was confident enough to go straight into it to be honest.

Celie: I'm really confident anyway so I walked into the session like, 'yes!' But when I started talking I choked up a bit.

Kaitalin: I was quite nervous. I think it took me a while to get used to but you do grow in confidence as you do more and more anyway.

Where did you volunteer after your training and how long for?

Celie: We went into schools and youth groups and taught for about an hour at a time about different things such as sexual health, services and contraception.

Stacey: We interact with them and do games.

Kaitalin: But it depends on the age of the pupil and background group on what we talk about.

What were the people you taught like?

Kaitalin: Everyone's different aren't they so wherever you go you get different sorts of people. I delivered one session at a Special Needs school working with pupils

with autism. You get a really varied range of people.

How do you think they reacted to being taught by younger people?

Celie: I think they think you're more interesting even if you're not any more exciting. Probably in about 60% of the sessions that I've run people have come up to me after and asked questions like, 'I've got this friend...'

What did they say to you about their experience?

Stacey: This might sound big headed but I haven't received one bad bit of feedback!

Celie: Neither have I and one session that I taught went terribly! I didn't think people were listening at all. I handed out some feedback sheets and they had all ticked good and made positive comments.

What was your favourite part of the PASH experience?

Celie: Mine's the questions that you get asked, without revealing too much! And all the stories that you hear from the pupils and the little anecdotes that you get from it.

Stacey: I started PASH as a placement but I've carried it on for two years so it's obviously something I enjoy.

What benefits do you think you have gained from volunteering?

Celie: My confidence has got a lot better and my friend I started PASH with in particular was so nervous before she did this. She's a support worker now!

Stacey: I've used it towards my course in particular. And it does look good when you're filling in CVs or application forms for university. It helps.

Kaitalin: They do ask you about PASH at interviews and they like the fact that you've done volunteer work.

PASH is recruiting new peer educators from Sheffield schools and colleges for the project, which starts in October 2011.

For more information about PASH, to sign up to volunteer for the project, or to enquire about PASH sessions being delivered at your school / organisation call Liz at CHIV on 0114 226 1915 or email liz.murray3@nhs.net or visit <http://www.sexualhealthsheffield.nhs.uk/projects/5-1.php>

Stroke service praised in new national report

Stroke patients in Sheffield can expect to be seen by a specialist as soon as they arrive to hospital and the number of patients scanned within 24 hours is higher than the national average, according to a national report.

The Stroke Improvement National Audit Programme (SINAP) collected data for every stroke patient, concentrating on the first 72 hours of admission.

The report also showed that specialists at Sheffield Teaching Hospitals discuss diagnosis and

prognosis with the patients and their family more than the national average and the number of patients being thrombolysed (receiving clot busting drugs) is increasing.

Amanda Jones, Stroke Nurse Consultant at the Trust, said: "I am delighted that our stroke service has been recognised as being above the national average in many areas. This is testament to the success of our move last August which brought all stroke services under one roof to create a specialist centre at the Royal Hallamshire Hospital."

The ambulance service now automatically takes patients suspected of suffering a stroke to the new centre at the Royal Hallamshire Hospital. The team of stroke specialists then provide assessment and treatment as soon as the patient arrives from the ambulance.

Amanda added: "Although we have performed extremely well in many aspects of patient care, there are still some areas which could benefit from further work. This will ensure a high quality stroke service in all aspects of care for patients and carers in the future."

Dates for your diary

Date	Time	Meeting Venue
26 September	2:00 pm Annual General Meeting	Lecture Theatre No. 1 Medical Education Centre Northern General Hospital
6 December	5:00 pm Governors Council	To be confirmed

These are public meetings and Members are very welcome to attend. If you would like further information please contact Jane Pellegrina on 0114 2714322 or email Jane.pellegrina@sth.nhs.uk

Cleanliness and food rated as good at Sheffield Hospitals

The Trust has scored highly in the annual inspection of food, cleanliness, infection control and patient environment.

The Patient Environment Action Team (PEAT) scores rated the

"Our staff work really hard to provide the best services and environments."

Trust 'Good' for Environment, 'Good' for Food and 'Good' for Privacy and Dignity.

PEAT assesses standards of cleanliness and food in every NHS healthcare site in England. The assessors – including patients and NHS staff – give scores between 1 (unacceptable) and 5 (excellent) for each of the three PEAT categories.

The Trust scored 4 in each

category which equates to a Good rating.

Sir Andrew Cash, Chief Executive at the Trust, said: "Our staff work really hard to provide the best services and environments we possibly can to our patients and these ratings reflect that. However, we are never complacent and will explore all opportunities possible in order to continue to make further improvements."

Weight Loss at your Fingertips

Here is some advice on reaching a healthy weight from our Trust's website. You should firstly check whether you need to lose weight by calculating your BMI.

Do you know what your Body Mass Index (BMI) is?

If you don't you can work it out by using this calculation:

$\text{weight (kg)} \div \text{height (m)}^2 = \text{BMI (kg/m}^2\text{)}$

For example, if you are **95kgs** (15 stone) and **1.67m** (5 ft 6") tall your BMI would be: **$95\text{kg} \div (1.67 \times 1.67) = 34\text{kg/m}^2$**

The **healthy** range is a BMI of **18.5 – 24.9kg/m²**

If you have a BMI of **25 – 29.9kg/m²** you are classed as being **overweight** and **above 30** you are classed as **obese**. If you have a BMI **over 40** you are classified as **morbidly obese**.



What are the risks of being obese?

Over a quarter of UK adults are obese. Obesity puts you at a greater risk of developing conditions such as:

- type 2 diabetes
- coronary heart disease
- osteoarthritis
- knee and back problems
- depression
- sleep apnoea
- some cancers

Obesity can also reduce your life expectancy by 3 years if your BMI is 30 - 35kg/m² and by 8-10 years if your BMI is between 40 - 50kg/m².

What can I do if I am overweight/obese and want to lose weight?

- Talk to your GP or practice nurse, who will be able to provide you with dietary and lifestyle information.
- Look at dietary information online and find out what support and activities are available locally. Examples of useful websites are listed below:
 - STH intranet – [www.sth.nhs.uk/ Patient information / all current patient information/ healthy eating](http://www.sth.nhs.uk/Patient%20information%20-%20all%20current%20patient%20information/healthy%20eating)
 - Sheffield Weigh Ahead – www.weighaheadsheffield.nhs.uk
 - British Dietetic Association – www.bda.uk.com
 - British Nutrition Foundation – www.nutrition.org.uk/healthyliving
 - Change4Life – www.nhs.uk/change4life
 - Get Walking Keep Walking – www.getwalking.org
 - Weight Concern – www.weightconcern.org.uk
 - Shipshape – www.sharrowcf.org.uk/shipshape

Join a weight loss group such as Weight Watchers, Slimming World or Rosemary Conley for dietary support, information and weekly weighing sessions.

Join a web based weight loss programme online or as an iphone App which many people see as less intensive than face to face contacts and can be accessed more frequently and at times when it is convenient for you.

Your GP could also refer you to a Dietitian for a dietary assessment and more individualised dietary and lifestyle advice.

Most local community settings now have multidisciplinary team weight management programmes. If you live in Sheffield, you can ask your GP to refer you to Weigh Ahead which is a 12 week community weight management programme which provides intensive personal support to encourage long term, successful weight loss. The referral criteria for Weigh Ahead is:

- BMI >35 with co-morbidities such as type 2 diabetes, high blood pressure, cardiovascular disease, osteoarthritis, high cholesterol levels or sleep apnoea (>32 for individuals with co-morbidities of South Asian origin)
- BMI >40 without co-morbidities (>35 for individuals of South Asian origin)

Web based weight management programmes

These are becoming more popular, especially with people who work long hours or have other commitments which mean they cannot attend regular appointments or group sessions. The service can be accessed day and night at your own discretion. Research has shown that people who log on to the programmes more frequently, have the greatest weight loss, therefore it is important you choose a weight loss programme that fits in to your daily life.

There are common themes with all of the weight loss programmes online and when you join you have access to:

- Calorie controlled meal plans based on your individual dietary requirements
- Food database
- Food diary which you can complete on a daily basis
- Nutritional tips and information
- Recipe ideas
- Shopping lists
- Social support in the form of discussion boards, live chat, email contacts and buddy systems
- Exercise tips

All of the websites will gather information when you join on your eating patterns, level of activity, previous attempts at weight loss, current weight and BMI and your social support network. Many of the websites require a fee to join, however some do provide a trial period, where you can access the food diaries and database to see if it suits your needs before joining.

But, be careful.....

Not all websites are reputable sites. Make sure that the information you are using and accessing is accurate and up to date. Also check that the units and measures used in the meal plans are the same as the ones you use at home, as many of the American websites will use different measures. Reputable sites will highlight if you should not be losing weight, for example if your BMI is under 25kg/m². However, many will still provide you with meal plans and nutritional information to help you maintain your current weight or make your diet healthier.

Here is a list of reputable web based weight management programmes:

- Weight Watchers – www.weightwatchers.co.uk/
- Slimming World – www.slimmingworld.com/
- My Special K – www.myspecialk.co.uk/
- Sainsburys diets – www.sainsburysdiets.co.uk
- Tesco diets – www.tescodiets.com
- Rosemary Conley – www.rosemaryconley.com
- Weight loss resources – www.weightlossresources.co.uk

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s dietitians. You
ng your BMI.

**Look out for
news about this
health talk in the
next edition of
GoodHealth**

Mobile phone Apps

Using the internet on your mobile phone via phone Apps is becoming increasingly popular. However, many people have not yet considered using phone Apps to help them lose weight. The main benefit of using these is that they can be accessed at any time when you are out and about and many of the Apps have features which can help you with shopping, such as barcode scanning and shopping lists.

Many of the Apps are free and share common themes, similar to the web based weight management programmes.

Tracker by My Fitness Pal – It has a free barcode scanner and syncs with the web.

But, be aware.....

Because many of the phone Apps available are new developments, the success of these packages are unknown.

Whichever method you choose to help you lose weight, it is important you choose a programme which best suits your individual needs and circumstances. Choosing a programme which is convenient, fits in to your daily life and that you can access regularly will help to keep you motivated to make and sustain changes in the long term. Good luck!

Jessop Wing's Stop Smoking Team scoop national award

The Stop Smoking in Pregnancy Team at the Jessop Wing Hospital has been commended at the national British Journal of Midwifery awards.

The Team were awarded third place in the Team of the Year category for their work in implementing a new strategy to help pregnant women stop smoking.

The dedicated team of stop smoking advisors and midwives enabled 183 pregnant smokers to kick the habit in 2010-11, along with 22 of the women's partners.

One lady who has benefited from the team's support is 25 year old Gemma Rock from Gleadless, Sheffield. Gemma successfully quit smoking when she became pregnant with her second child after her first son Ryan, now 5, was born prematurely and had to spend his first month in the Jessop Wing's Special Care Baby Unit.

She said: "I smoked throughout my first pregnancy and what happened to Ryan scared me to death and filled me with guilt. As soon as I found out I was pregnant again I

vowed to quit for good. The support I've received from my stop smoking advisor has been fantastic, I'd never have been able to do it alone. She visits regularly and I can ring her anytime for help and advice. My partner has quit smoking with me too and it has made our whole family healthier. We can't thank the team enough!"

The team have also established a multi-agency Stop Smoking in Pregnancy Forum which meets monthly to share good practice, examine current research evidence and design and

develop resources to support the new NICE (2010) compliant strategy.

Helen Baston, Consultant Midwife and co-ordinator of stop smoking in the Jessop Wing Hospital, said: "The team have worked tirelessly to support women, through a 'can-do' and flexible approach to meeting their diverse needs. This dedication and effort is reflected in the outcomes they achieve and we are extremely proud of the pregnant women who have stopped smoking and the staff and partners who have supported them."



Kicked the habit: Gemma Rock with partner Richard and son Ryan

Patients stay safe as MRSA at record low

News in Brief

Cases of MRSA bacteraemia at Sheffield Teaching Hospitals are at a record low - not a single case has been acquired in our hospitals for over 11 months.

Dr Christine Bates, Consultant Microbiologist at the Trust, said:

"Our zero tolerance approach to infection resulted in a 42% drop in cases of MRSA bacteraemias acquired in our hospitals between 2008/9 and 2009/10, followed by a further 18% drop in 2010/11. Despite seeing these significant improvements in rates of MRSA bacteraemia year on year, we continue to explore ways to improve infection prevention and control in all areas."

Charity News

Successful Supporter Evening for Sheffield Hospitals Charity

Sheffield Hospitals Charity's first ever Supporter Evening took place in June and was a great success. Guests were invited to the Rutland Hotel to hear about some of the projects and appeals supported by the Charity and how donations can make a valuable difference to the lives of patients in Sheffield Hospitals.

Caroline Nicholson, Matron of the Special Care Baby Unit, spoke about projects in the Unit funded by the charity. These include packs to help brothers and sisters whilst their sibling is on the unit and the purchase

of a digital camera and printer so that parents can have instant pictures of their baby. Charitable money has also funded bereavement packs which can bring comfort to parents whose babies sadly don't survive.

Head of Fundraising, Emma Dickens, said: "We were delighted that, given we have never run an event like this before, it was so well attended and that everyone seemed to thoroughly enjoy it. It is very important to us as Sheffield's NHS charity, that our donors, no matter what area of our work they have supported, know that there money is being put to the

best possible use and that it really is making a difference to patients across Sheffield. And of course to receive a cheque from a year of fundraising by the Sheffield Law Society was a fabulous added bonus."

Due to the success of the evening, Sheffield Hospitals Charity is already planning the next Supporters Event to take place before the end of the year. It would be great to have Foundation Trust members join us at the next event to hear about the work of the Charity so if you are interested in coming along please email jenna.settle@shct.nhs.uk or call 0114 2711351.



A new name for a new era

The name of Sheffield's official NHS charity has changed. Sheffield Hospitals Charity is the working new name for what was previously known as Sheffield Hospitals Charitable Trust. This is the charity behind the Hospital Trust's Sheffield Cystic Fibrosis Appeal, as well

as other successful fundraising appeals including the Sheffield Leukaemia Appeal and the South Yorkshire Heart Appeal.

Since establishing a fundraising team almost five years ago, the charity has gone from strength

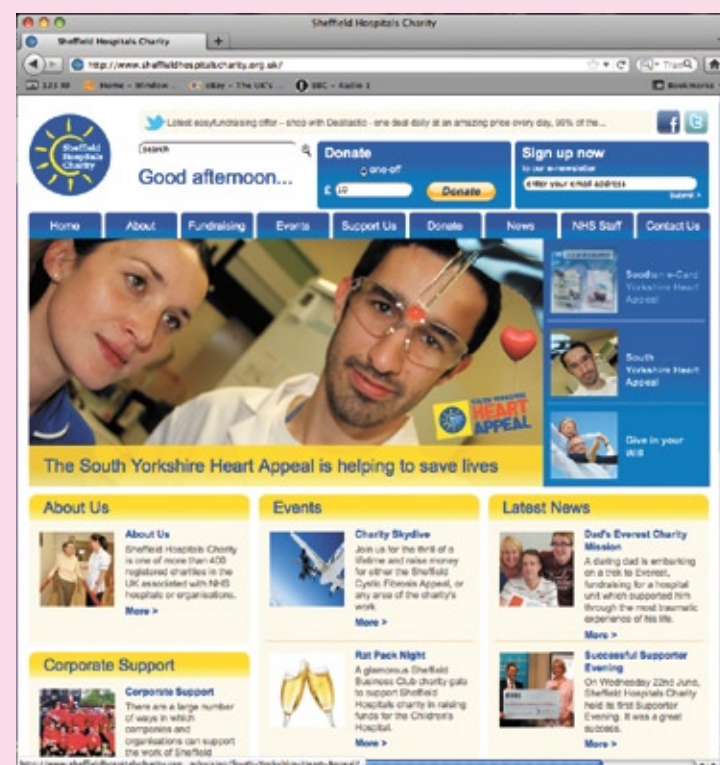
to strength, despite the incredibly difficult current financial climate. They have recently agreed a new five year business plan which is focussed on how the charity will deliver further improvements to patient care in the NHS in Sheffield. This will see the charity

team grow from 11 to 13 members of staff, including a team of seven fundraisers.

The name change is the first stage of the new plans for the charity, to further establish it as the dynamic, fundraising organisation it has become.



New website for hospital trust charity



Sheffield's official NHS charity, now known as Sheffield Hospitals Charity, has launched a brand new website, which has a range of exciting new features, plus includes a whole section dedicated to NHS staff in Sheffield.

Visit the site at www.sheffieldhospitalscharity.org.uk

Invite a friend or relative to support their local hospital

We want to increase our membership so more people hear about the hospitals and what's going on in their NHS. We're now asking each existing member to help us and try and sign up one other person if they can. If they join soon they can vote in the next round of Governor elections so it's a great time to get involved in Sheffield Teaching Hospitals. Please pass this form on to a friend or relative and encourage them to join us! They're your hospitals, we want you and the wider community to be involved!

NHS FOUNDATION TRUST MEMBER REGISTRATION

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

My details are: TITLE: ☐ MR ☐ MRS ☐ MS ☐ DR ☐ PROF OTHER

[illegible][illegible]

ADDRESS:

[illegible]

POSTCODE: |_|_|_|_|_|_| TELEPHONE NO: |_|_|_|_|_|_|_|_|_|_|

EMAIL:

DOB: |_|_| / |_|_| / |_|_|_|_|

I would describe my ethnic background as:

A. ☐ WHITE BRITISH

B. ☐ WHITE OTHER (NON BRITISH) F. ☐ ANY OTHER BACKGROUND

C. ☐ ASIAN OR ASIAN BRITISH

D. BLACK OR BLACK BRITISH

I would like to register my potential interest in standing for election as a Governor:

☐ YES ☐ NO

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

☐ PUBLIC MEMBER ☐ PATIENT MEMBER

SIGNED

Please post this form to: NHS Foundation Trust Project
Office, Sheffield Teaching Hospitals NHS Foundation Trust,
FREEPOST NAT9274, Sheffield S5 7ZZ

Members will play a key role in the NHS in the future and will be able to get more involved in your hospital. You will be able to vote for, or even stand for election as a Governor on the Governor's Council that will help set priorities and aims for the hospitals.

Eligibility

To be eligible to become a public member, individuals must live in Sheffield.

To be eligible to become a patient member you must have been a patient in the last 5 years.

To be eligible to become a Governor, individuals must:

- register as a member
- be 18 years or over
- other restrictions may apply which will be outlined at the start of the election process

Under the new constitution of the NHS Foundation Trust our members will:

- Be able to participate in the election of representatives to the Governors council of the NHS Foundation Trust
- Have the opportunity to stand for election to the Governors Council themselves
- Be able to provide regular feedback and opinion about services and possible developments
- Receive information about the Trust on a regular basis
- Be able to attend special functions which may include open days, tours and healthcare seminars
- Have access to a Members Only section of the Trust's website for discussion and further involvement.

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



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Michael, 76, is housebound and uses the WRVS Scottish Borders Rural Transport Service

If you need help or know an older person who needs help or if you would like to volunteer or make a donation, please call **0845 600 6553** or visit **wrvs.org.uk**

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