



2

Council of Governor elections 2016.



3

Governors give hospital food the taste test



4

Which service is best for me?



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

FEBRUARY 2016 ISSUE 35

INSIDE

Good HEALTH

Innovative partnership begins to transform older people's care in Sheffield

A successful partnership between health services and social care is enabling older patients to be discharged home from hospital in a more timely way and with real time support to enable them to continue living independently at home.

The innovative model means that elderly patients are assessed at home rather than in hospital, a service known as Discharge to Assess, and provided with the support they need to be able to live independently by an Active Recovery team.

It has led to 9,000 older patients being discharged home in an average of 1.1 days rather than 5.5 three years ago. It has benefitted patients by enabling them to recover in the comfort of their own homes and reducing the risk of hospital acquired infections, whilst freeing up 30,000 hospital bed days for patients who do require acute care.

The partnership is between Sheffield Teaching Hospitals, which integrated with community health services four years ago, and local authority social care services, GPs and NHS Commissioners.

Professor Tom Downes, Consultant Geriatrician at Sheffield Teaching Hospitals, said: "Every day my patients tell me they don't want to be in hospital any longer than absolutely necessary and research shows that patients have a better chance of retaining independent living if they are discharged home as soon as they no longer need hospital care.

"We are fortunate in Sheffield to have hospital and community services within one Trust and to have excellent relationships with Sheffield City Council's social care services, GPs and commissioners which has enabled this step change in how we care for older people to occur."

Under the care model, patients are assessed at home within a day of being deemed medically fit for discharge. Assessments showed that patients generally coped well in the familiar environment of their own homes, and required less support than staff may have expected from seeing them in hospital. The process and refined and the roll-out extended.

Beryl Shepherd was discharged under Discharge to Assess after spending two weeks in hospital. She said: "The care I had in hospital was fantastic but I really just wanted to get home. I was told by the ward nurse that I would go home at lunchtime and when I arrived home with my husband, the Active Recovery team were already waiting for me. It was so easy and I felt really well supported. I am looking forward to getting back on my feet once again. There is no place like home!"

Inspectors visit the Trust

The Care Quality Commission has carried out an inspection of the Trust, visiting all of our hospital and community services and meeting patients and staff.

The inspection was an opportunity for us to highlight all the work we have to be proud of and the difference it makes to patients and their families.

The CQC is the independent regulator of health services, and was inspecting the Trust to check that it is safe, effective, caring, responsive to patients' needs and well led.

All NHS Trusts are inspected regardless of

their performance.

It will now produce a report on the findings of their inspection, and give the Trust a public rating of outstanding, good, requiring improvement or inadequate.



NOTICE OF ELECTIONS

Sheffield Teaching Hospitals NHS FT

The Trust gives notice that it will hold Elections to the Council of Governors on 25 April 2016

Elections will be held for the following positions
Public Constituency Sheffield South East - One Vacancy
Public Constituency Sheffield South West - One Vacancy
Public Constituency Sheffield North - One Vacancy
Public Constituency Sheffield West - One Vacancy
Patient Constituency - Two Vacancies

Nomination packs with information about how to stand for Election will be available from 17 March 2016 from the Foundation Trust Office at the address below. Members wishing to stand for Election will be required to attend a training session on the afternoon of 15 March 2016 prior to submission of their nomination form. Please call the Foundation Trust Office for details of the training session and for a nomination pack.

Foundation Trust Office
Sheffield Teaching Hospitals NHS Foundation Trust
Northern General Hospital
Herries Road Sheffield S5 7AU
Telephone: 0114 271 4322
Email: jane.pellegrina@sth.nhs.uk

All nomination papers must be received by the Returning Officer of Electoral Reform Services at the address below by 12 noon on 5 April 2016. Faxed or emailed nominations will not be accepted.

Electoral Reform Services Limited
The Election Centre, 33 Clarendon Road, LONDON N8 0NW
Telephone: 0208 889 9203

Elections:

Ballot papers will be distributed to qualifying Members on 25 April 2016. Completed ballot papers must be received by the Independent Scrutineer, Electoral Reform Services Limited by 12 noon on 16 May 2016. The results of the Election will be announced on 17 May 2016.

Free Event: Diet advice for people with dementia

Come along to an exclusive members' event talking about the benefits of a healthy diet for those with dementia. Hear from experts in nutrition and hydration and sample some of the delicious meals prepared for patients.



The event is at the Northern General Hospital on Wednesday, March 16, 4-7pm. To reserve a place contact Jane Pellegrina on 0114 2714322 or jane.pellegrina@sth.nhs.uk.

Another Successful Annual Members' Meeting

About 130 members, patients and staff attended the Annual Members' Meeting at the Northern General Hospital.

The audience heard from the Trust Chief Executive, Sir Andrew Cash, about the organisation's performance during the period under review and about plans for the coming year. The Director of Finance, Neil Priestley, provided a summary of the Annual Accounts, and Governor Kath Parker reported on the work of the Council of Governors.

There was also a presentation from Professor Basil Sharrack and his colleague Professor John Snowden about a new breakthrough in the treatment of multiple sclerosis. One of their patients, Steven Storey, talked about the life enhancing



Members browse the stalls

treatment he has received.

There was also an opportunity for members of the audience to put questions to the Board of Directors.

Following the formal proceedings

members enjoyed lunch which was provided by the Trust's catering team and took the opportunity to look at a range of exhibits showcasing exciting research studies and new initiatives from across the Trust.



130 people attended the event

Governors get a taste of what it takes to produce 5,000 healthy meals every day

The Governors visited the Central Production Unit (CPU) to learn how the Trust catering team provides meals for thousands of patients, staff and visitors every day.

The benefits of good nutrition to patients are well-known, and food is a topic that patients are often keen to talk about with Governors. To improve their understanding of how hospital food is produced, the Governors visited the CPU at the Northern General Hospital and sampled some of the food for themselves.

They learned about the regulated temperature, food safety regulation and hygiene standards that are adhered to

throughout the production process, from storage to preparation and distribution.

They met members of the catering team and spoke to them about the time and thought that goes into providing 5,000 nutritional meals every day, while accommodating a wide range of dietary requirements. Locally sourced fresh ingredients are used wherever possible with 62% being grown or produced in the UK, and the department has been awarded a Bronze Catering Mark under the Soil Association's Food for Life scheme. The award is an independent endorsement that the food served at the Trust uses fresh ingredients, is free from unhealthy additives and trans fats and meets nutritional and animal welfare standards.

Joanne Foster, Catering Assistant





Jessica Ennis-Hill with patient Jackie Gauton

Stars visits region's cancer hospital and lend support for future plans

World Champion Heptathlete and Sheffield's very own, Jessica Ennis-Hill made a visit to Weston Park Cancer Hospital in support of the cancer charity of which she is a patron.

Jessica was shown around the new Clinical Research Unit and the Day Case Unit, both of which have been recently refurbished and expanded thanks to funding from Weston Park Hospital Cancer Charity.

During her visit, Jessica chatted to some of the patients receiving treatment, heard about the specialised services they benefit from and learned how the hospital is preparing for increasing demand in the future.

Jessica said, "It was an absolute honour to visit Weston Park Hospital and see just how many improvements have been made to the facilities since last time I was here.

"As Patron of Weston Park Hospital

Cancer Charity, the visit was not only a chance for me to see the ongoing need for the charity's support, but also an opportunity for me to meet some of those who are fighting cancer in our region.

In 2014, the cancer charity,



Strictly Com Dancing Stars Ainsley Harriott, Len Goodman and Mel Giedroyc with patient Patricia Stansbury.

together with partners Westfield Health and Yorkshire Cancer Research collectively raised the £1m needed to establish the new clinical research unit at Weston Park Hospital through the Do-Your-Bit campaign. The new unit aims to increase the number of people recruited to clinical trials by 20% in the first two years alone.

The stars of the Strictly Come Dancing tour also surprised patients when they dropped in for a visit. Len Goodman, Ainsley Harriott and Mel Giedroyc turned up to show their support for Weston Park Hospital Cancer Charity during a tour of the hospital where they met staff and patients.

Charity Director, Samantha Kennedy said, "We are incredibly grateful to Jessica and the stars of Strictly for taking time out of their busy schedule to visit the hospital and see first-hand how donations made to the cancer charity by our loyal and dedicated supporters are having a direct benefit on cancer patients in the region."

Final treatment in sight for pensioner who has had 100 radiotherapy sessions

A determined pensioner who has been undergoing cancer treatment since 2005 has racked up more than 100 radiotherapy sessions in his fight against the illness.

Jack Young, 80, of Heage, Derbyshire, had his 100th treatment having been cared for at Weston Park Hospital since 2005 after he was diagnosed with skin cancer and subsequently non-Hodgkin's lymphoma.

But the regular trips to the hospital could finally be coming to an end as he is receiving what it is hoped will be his final batch of treatment, although he will continue to have check-ups to ensure the cancer hasn't returned.

Resolute Jack, who has also endured chemotherapy and two operations, is one of very few patients to undergo so many radiotherapy treatments.

He said he has coped thanks to the support of his family, an active lifestyle and the care he has received at Weston Park Hospital.

"I would like to thank my wife and three daughters for their outstanding support, because family and friends share the ordeal and the stress, and the hospital staff for their dedication and expertise.

"The hospital is excellent in all departments, and you are always greeted with a smile and a 'how are you?' That helps to give you the motivation you need.

"Cancer treatment has come on so much and is very different

to how it used to be. I have got some resolve and if you fight and hang in there it can be overcome. I have tried not to let it interfere with my life more than I have to. I have carried on playing golf and watching Chesterfield play football, and in 2009 I raised £560 for Weston Park by doing a charity walk."

Jack's wife, Lilian, said maintaining a positive outlook had helped them to get through the years of treatment.

"Jack has carried on with his gardening and building, we have gone on holiday and he still insists on driving to the hospital," she said.

Superintendent Radiographer Paula Rusby said: "It is most unusual to have more than 100 radiotherapy treatments. Jack has a type of cancer can affect any part of the body but responds really well to radiotherapy.

"I have worked here for over 35 years and I don't remember anyone having that amount of visits previously. Jack is a shining example of the positive effects of radiotherapy combined with an active life style and an optimistic outlook."

Jack said he was proud to have made his own contribution to the hospital, when he suggested extra room could be freed up in the car park by removing a tree stump. His suggestion was picked up by a matron and the stump removed to create some extra space.

"It gives me a real buzz to see that space being used and how it has made a small difference," he said.



Jack Young

Have your say on how we can provide an eXtra eXceptional eXperience

As part of their involvement in a scheme to deliver improvements for patients, the Trust's Operating Services, Critical Care and Anaesthesia (OSCCA) team are asking people for their say on what would make their time in hospital an eXtra eXceptional eXperience.

OSCCA is taking part in Listening into Action, a Trust-wide scheme designed to bring staff together to discuss and implement improvements to the patient experience. The eXtra eXceptional eXperience is OSCCA's project to deliver the best possible experience for all patients it cares for.

As part of its scheme, it is holding two focus groups to hear from

Listening into Action

patients about what was good about their care, and what could be done better. The focus groups are on April 20th and September 28th. They will start at 11am and last for one hour.

If you are interested in attending a focus group, please e-mail patientexperienceoscca@sth.nhs.uk or call 0114 226 6861.

Quick Guide to alternatives to Accident and Emergency

Ring your GP - if the surgery is closed your call will be diverted to the out-of-hours GP service.

NHS 111 - phone **111**

Available 24 hours a day 365 days a year.

Sheffield NHS Walk-in Centre (Adults and children)

Phone **0114 241 2700**

Rockingham House, 75 Broad Lane
Sheffield, S1 3PB

Open 8am - 10pm, 365 days a year.

Sheffield NHS Minor Injuries Unit (Adults only)

B Floor, Royal Hallamshire Hospital,
Glossop Road, Sheffield, S10 2JF

Open 8am - 8pm every day - no appointment needed.

Emergency eye care service (Adults only)

Phone **0114 271 2495** (eye casualty)

Available Monday - Friday 8am - 4.30pm
Except Wednesday 9am - 4.30pm

Royal Hallamshire Hospital,
Glossop Road, Sheffield, S10 2JF

Children (under 16) requiring emergency eye treatment should be taken to the Sheffield Children's Hospital Emergency Department.

Urgent Dental Care line (Adults and children)

Phone **111**

Available day and night, 365 days a year for urgent dental care.

REMEMBER!

The Accident and Emergency department is for people needing **emergency** medical attention or **who have had an accident**.

An **emergency** is a situation where someone is experiencing a loss of consciousness, heavy bleeding, suspected broken bones, chest pain, breathing difficulties, an overdose, has swallowed something harmful, poisoning or has a deep wound.

Before you go to A&E THINK!

- Is this an emergency / accident?
- Can I wait and see my GP?
- Could another GP help me?
- Would an alternative service be better and quicker?

Alternative services are listed in this leaflet.

If you need this leaflet in a different language, audio, large print or braille please email us on sheccg.comms@nhs.net or call 0114 305 1398.









www.nhs.uk

www.sheffieldccg.nhs.uk

 /SheffieldCCG  @NHSSheffieldCCG

Which service is best for me?

A guide to choosing the right NHS service if you become ill or are injured.

Self-care	
NHS 111	
Pharmacist	
GP	
Walk-in Services	
A&E or 999	



Hangover.
Grazed knee.
Sore throat.
Cough.



Unsure?
Confused?
Need help?



Diarrhoea.
Runny nose.
Painful cough.
Headache.



Unwell.
Vomiting.
Ear pain.
Back ache.



If you cannot
get to see
your GP and
it's not getting
any better



Choking.
Chest pain.
Severe
bleeding.
Blacking out.

Self-care

A lot of illnesses or symptoms, such as coughs, colds, sore throats and upset stomachs and aches and pains can be treated in your home by using a well-stocked medicine cabinet and by getting plenty of rest.

Some self-care essentials:

Stock your medicine cabinet with: paracetamol, aspirin, ibuprofen, anti-diarrhoea medicine, re-hydration mixtures, indigestion remedies, plasters and a thermometer.

For further information visit NHS Choices www.nhs.uk.

NHS 111

NHS 111 is a free to call service which will help you when you need to access medical and dental help fast but it is not an emergency. It is available 24 hours a day, 7 days a week to help you access local urgent health care services. Call **111** free from a landline or mobile. To access the NHS 111 service via telephone call 18001 111.

Pharmacist (Chemist)

Your local pharmacist is a highly trained healthcare professional, and can give you advice on common illnesses and the medicines you need to treat them.

Most now have a quiet area where you can speak to the pharmacist more privately and many are open during the evenings and weekends.

To find your nearest pharmacy visit NHS Choices www.nhs.uk/service-search or call **111**.

GP (Doctor)

If you have an illness or injury that won't go away, make an appointment with your GP.

They provide a range of services by appointment, including medical advice, examinations and prescriptions.

For urgent GP out-of-hours just ring your GP's normal number.

To find your local GP surgery opening times and out-of-hours service go to NHS Choices www.nhs.uk.

NHS Walk-in Services

Walk-in services treat minor illnesses and injuries that do not need a visit to A&E.

Sheffield's walk-in services are open 365 days a year.

You do not need an appointment and will be seen by an experienced nurse or doctor.

Sheffield NHS Walk-in Centre (adults and children) for minor illnesses and ailments. Broad Lane, Sheffield S1 3PB. Open 8am - 10pm.

Sheffield NHS Minor Injuries Unit (adults over 16 only) for less serious injuries, such as sprains, cuts and grazes.

Royal Hallamshire Hospital, Glossop Road, Sheffield S10 2JF. Open 8am-8pm.

A&E or 999

Accident and emergency departments and the 999 ambulance service should only be used in a serious or life-threatening situation. A&E provides immediate emergency care for people who show the symptoms of serious illness or are badly injured. If you telephone 999 the telephone advisor may send a response vehicle to your location.

Emergency services are very busy. **They should only be used in very serious or life-threatening situations.**

In Sheffield there is an **A&E for adults only (age 16+)** at the Northern General Hospital and a separate **A&E for children (under 16 years)** at Sheffield Children's Hospital, Western Bank, Sheffield S10 2TH.

Women of South Yorkshire and Bassetlaw urged to attend their smear tests

A new campaign is aiming to dispel myths about cervical screening tests, also known as smear tests, and encourage women to take up their appointments.

The 'Fear or Smear' campaign has been launched to provide information about the smear test and address any concerns women may have.

In South Yorkshire and Bassetlaw approximately three in four eligible women attend their cervical screening appointments. It is estimated that early detection and treatment through cervical screening can prevent up to 75% of cervical cancers from developing, so it is important that women attend.

If you are aged 25-49 years old and haven't had your smear test in the last three years, or are between 50 and 64 years old and haven't had a smear test in the last five years, you can visit the new Fear or Smear website, fearorsmear.dbh.nhs.uk, which will help answer any concerns you may have, dispel any myths or fears, and provide you with the information you need to

make an informed decision.

Tracey Turner, NHS England Screening and Immunisation Coordinator and lead on Cervical Screening for South Yorkshire and Bassetlaw, said: "It is incredibly important that all women of eligible age attend their smear appointments. Research shows that younger women aged 25-49 in South Yorkshire are less likely to attend a smear test which is obviously a concern, as cervical cancer is the most common cancer in women aged under 35, with eight women a day being diagnosed with the disease in the UK.

"It can be prevented and the best way for women to protect themselves against cervical cancer is by taking up their cervical screening appointments."

Cervical screening is not a test to find cancer. It is a screening test to detect changes to the cells of the cervix or neck of the womb. These are called cervical abnormalities or pre-cancer cells. So if you have missed your cervical screening appointment you are encouraged to contact your GP to book an appointment.

Yorkshire and Humber joins the genomic medicine revolution

The Yorkshire and Humber region will be playing a key role in the development of personalised medicine through the establishment of a new NHS Genomic Medicine Centre (GMC).

NHS England has announced that our region has been given approval to set up the centre as part of the national 100,000 Genome Project.

The groundbreaking project involves looking at the genomes of patients with certain rare diseases and patients with certain cancers. By comparing the genomes from lots of people, the NHS Genomic Medicine Centre (NHS GMC) will help to give a better understanding of the diseases, how they develop and which treatments may provide the greatest help to future patients.

The successful bid for the Yorkshire and Humber NHS GMC was led by Sheffield Teaching Hospitals NHS Foundation Trust, Sheffield Children's NHS Foundation Trust and Leeds Teaching Hospitals NHS Trust.

It was supported by the other 11 acute trusts in the region along with the Yorkshire & Humber Academic Health Science Network and our major Universities. It was also supported by direct input from patients and the public, which places the people of Yorkshire and Humber at the heart of crucial developments and improvements in healthcare.

Andrew Cash, Chief Executive of Sheffield Teaching Hospitals NHS Foundation Trust, said: "This is fantastic news for our region and we are proud to be involved in the project to transform healthcare not only in our region, but to lead some fantastic developments internationally.

"We are already home to some of the world's most advanced genetics services and have teams of world renowned experts leading clinical and academic research into understanding how DNA can not only predict and prevent disease but provide accurate diagnosis and treatment of conditions not only now but in the future."

Specialist nurse wins research award

A specialist stoma care nurse has won a £500 research award for her department thanks to work she has done on removing stents more quickly following bladder surgery.

Nurse specialist Diane Leach, who works in the urology department at the Royal Hallamshire Hospital, was awarded the prize by the Association of Stoma Care Nurses UK (ASCN), supported by the Urostomy Association.

It recognises her research into removing ureteric stents from patients following a urostomy (an operation to create a stoma following bladder surgery).

Diane's research has shown that in many cases the stents could be removed more quickly, which would negate patients having to return as a day case and mean they could be assessed on the ward rather than by a community nurse follow-up.

**Nurse Specialist
Diane Leach**



Diane said: "At the moment, stents usually stay in for a standard period of ten days.

"When I looked into it I realised there was no reason that it couldn't be done sooner with no complications if the patient is

medically well.

"It would help to reduce length of stay and improves hospital efficiency, and mean that patients don't have to travel back to hospital to have the stents removed."

Trust first in the country to adopt pioneering 3D heart surgery which halves patient's recovery time

Sheffield Teaching Hospitals NHS Trust is the first hospital in the UK to offer less invasive keyhole heart valve and atrial cardio fibrillation surgery using a new ground-breaking 3D camera system.

The Chesterman Cardiac Centre at Sheffield Teaching Hospitals NHS Foundation Trust is already recognised as a leader in heart surgery but the revolutionary 3D "Einstein System" by B. Braun Medical Ltd will allow surgeons to perform minimally invasive heart surgery which often results in patients having improved surgical outcomes, a shorter recovery time and a reduced hospital stay.

The Trust started using 2D minimal invasive cameras over two years ago, and implementing 3D technology is the next development. The development has been made possible thanks to the generous support of Sheffield Hospitals Charity. The camera is ten times more accurate than the human eye and with specially designed instruments. The surgeon

can perform complex surgery through small incisions with precision, this means that bleeding is minimised, and patients often go home after two days as opposed to an average of seven days.

The operation takes less time than the traditional surgery and therefore the risk of infection is also lower. There is also a reduction in scarring and potentially less post-surgery complications. The equipment will predominantly be used for patients who need mitral valve repair but it can also be used for other procedures.

Traditionally surgeons have carried out the procedure by making a large chest incision to reach and operate on the heart. However with suitable patients the new surgery will now be minimally invasive. This means the surgeon will make a few small incisions in the patient's chest and use specially developed instruments to reach the heart.

Patients across Yorkshire and Humber region, including



Patient Karen Tromans

Doncaster, Rotherham, Barnsley, Chesterfield and Sheffield are expected to be among the first to benefit from the new procedure.

Karen Tromans, mother of two, was one of the first patients to benefit from the new surgical equipment. She received mitral valve replacement surgery and is well on her way to recovery after a matter of weeks.

Karen, 39, from Hackenthorpe in Sheffield, said: "I am awe struck by the treatment I've had and the jaw dropping speed of my recovery.

Great care recognised at Thank You Awards



Leadership Award winner Sue Cooper

The Thank You Awards are held annually to recognise the contribution of excellent staff who go above and beyond to deliver exceptional care and services. They are kindly supported by the Sheffield Hospitals Charity.

I have been one of the Thank You Award judges for seven years. Six years ago the Council of Governors welcomed the opportunity to sponsor the Governors' Award for Leadership, to "encourage, support, and value leadership in all areas of the Trust, and at all staff levels."

What I feel is really important is that the nominees for awards are chosen by fellow workers, who recognised their valuable work within the Trust.

Each year, as I judge the

"It is always an honour to present this award and I feel this ceremony is a special way of rewarding the winners and thanking all our excellent staff for their hard work caring for patients, their families and carers."



Public governor
Anne Eckford

nominations. I am aware of all the variety, innovation and hard work that is taking place within the hospitals and community, and often feel that all are worthy of an award.

I have presented the Leadership Award twice now, and welcome the opportunity to thank ALL staff for their hard work, recognising that leadership occurs at all times and in all guises, needing help, encouragement, and support.

It is always an honour to present this award and I feel this ceremony is a special way of rewarding the winners and thanking all our excellent staff for their hard work caring for patients, their families and carers.

These are difficult times and our staff deserve these awards, and our thanks for their services.

Anne Eckford, Public Governor



Invite a friend or relative to support their local hospital

We want to increase our membership so that more people can hear about the hospitals and what’s going on in their NHS. Please pass this form on to a friend or relative and encourage them to join us. These are your hospitals and we want everyone to be involved.

As a member you can play a role in the Trust 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 Council of Governors that will help set priorities and aims for the hospitals.

Eligibility To become a public member, you must live in Sheffield. To become a patient member you must have been a patient in the last 5 years.


Trust members can:

- participate in the election of Governors
- have the opportunity to stand for election to the Council of Governors
- provide feedback and opinion about services and possible developments
- receive information about the Trust on a regular basis
- attend special functions which may include open days, tours and healthcare seminars

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

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

Sheffield Teaching Hospitals 
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

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 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, STHFT, FREEPOST NAT9274, Sheffield S5 7ZZ

Dates for your diary 2016

Date	Time	Meeting	Venue
9 March	5:00 pm	Council of Governors	Undergraduate Common Room, Medical Education Centre, Northern General Hospital
16 March	4:00 pm	Diet Advice for People with Dementia	Medical Education Centre, Northern General Hospital
16 March	TBC	Board of Directors in Public	Seminar Room 1, Clinical Skills, R Floor Royal Hallamshire Hospital
20 April	TBC	Board of Directors in Public	Board Room, Northern General Hospital
18 May	TBC	Board of Directors in Public	Seminar Room 1, Clinical Skills, R Floor Royal Hallamshire Hospital
1 June	5:00 pm	Council of Governors	Undergraduate Common Room, Medical Education Centre, Northern General Hospital
15 June	TBC	Board of Directors in Public	Board Room, Northern General Hospital
13 September	5:00 pm	Council of Governors	Chatsworth Suite, Rivermead Training Centre, Northern General Hospital
6 December	5:00 pm	Council of Governors	Undergraduate Common Room, Medical Education Centre, Northern General Hospital

Trust members and members of the public are invited to attend these meetings. For more information please telephone Jane Pellegrina in the Membership Office on 0114 2714322

For more information about Council of Governors meetings please see <http://www.sth.nhs.uk/members/governors-council/governors-council-meetings> Agendas and associated papers are uploaded onto the website seven days prior to the appropriate meeting.

For more information about Board of Directors meetings please see <http://www.sth.nhs.uk/about-us/board-of-directors-meetings> Agendas, associated papers and meeting times are uploaded onto the website seven days prior to the appropriate meeting.

Would you like to receive GoodHealth by email ? Just send your email address to jane.pellegrina@sth.nhs.uk and you’ll receive the next edition electronically