

APRIL 2019
www.sth.nhs.uk

FREE!



Sheffield Teaching Hospitals
NHS Foundation Trust

Good Health

The newsletter for members of
Sheffield Teaching Hospitals NHS Foundation Trust



New aerial walkway to improve patient care

- Transplant patients honoured
- New Chief Executive appointed
- Could you be a Trust Governor?

Welcome to the latest edition of GoodHealth

I am delighted to be able to take this opportunity to introduce Kirsten Major as the Trust's new Chief Executive.

Kirsten has of course been serving as Interim Chief Executive since August, and prior to this she was Deputy Chief Executive and Director of Strategy and Operations. Kirsten is a huge talent who has been pivotal in taking forward the Trust's strategic and operational development over the last eight years.

We had a high calibre of candidates but Kirsten's vision for the Trust and wider system integrated working, coupled with an undoubted passion to deliver the best for patients and our staff is exactly what our organisation was looking for in a leader as we enter a new phase in the transformation of the NHS.

Dr David Hughes is also in post as our new Medical Director. David is incredibly knowledgeable about the organisation having been a Deputy Medical Director since 2013, and is well-placed to help us take on the challenges and opportunities that lie ahead.

You can also read about the start of work on the new walkway linking Weston Park Hospital and Jessop Wing,

which will enable patients to be transferred seamlessly between Weston Park, Jessop Wing and the Royal Hallamshire hospitals without the need for ambulance transfers.

Developments such as this are vital in helping us to further enhance care for our patients, and it is inspiring to read in this edition some of the stories of people who have been treated here, including a kidney transplant patient who has been selected to represent Great Britain at the World Transplant Games.

If you are interested in being a voice for patients and the public at the Trust, we have governor elections coming up and all the information about how to stand is included in this edition.

With best wishes,



Tony Pedder OBE, Chairman



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

Please return this form to Jane Pellegrina, The Foundation Trust Office, Clock Tower Building, Northern General Hospital, Sheffield S5 7AU

What's inside...

- Page 3** Care Quality Commission rates Trust as 'Good' with many 'Outstanding' areas.
- Page 4** Would you like to be a Trust Governor?
- Page 6** Work starts on new £2.4m aerial walkway at Weston Park Hospital.
- Page 7** Pioneering study could improve life for prostate cancer sufferers.
Football coach sets up group to help other cancer patients get fighting fit.
- Page 8** Couple welcome three babies against all odds thanks to innovative technology.
- Page 9** Sheffield bone marrow transplant survivor crowned Patient Champion of the Year.
Kidney Transplant Recipient to Compete in World Games.
- Page 10** Building work begins on ground-breaking MRI-PET scanner.
Health Secretary visits dedicated 24/7 stroke rehabilitation and assessment centre.
- Page 11** New activity coordinators enhance care at specialist stroke centre.
- Page 12** 2,000th patient treated at state-of-the-art cataract eye centre.

Kirsten Major appointed new Chief Executive and Dr David Hughes named as Medical Director



Kirsten Major has been appointed as the Trust's new Chief Executive.

Kirsten had been Interim Chief Executive since August following the retirement of Sir Andrew Cash. Prior to this she held the posts of Deputy Chief Executive and Director of Strategy and Operations at the Trust over the last 8 years.

Kirsten said: "I have had the good fortune to have been part of Sheffield Teaching Hospitals for the past 8 years and witness first-hand the amazing people who work within all areas of the organisation and the incredible things that they deliver collectively.

"To have the opportunity to lead the Trust into the next phase of its development is indeed a privilege. I believe that by working side by side with our partners across healthcare, social care, academia and industry and, most importantly, in collaboration with our patients, there is a real opportunity to continue that success for the benefit of our patients, staff and wider population."

Kirsten joined the Trust in 2011 from NHS North West where she was Chief Economist and Interim Director of Health System Reform. This followed posts at NHS Ayrshire and Arran as Director of Strategic Planning and Performance and Director of Health Policy.



Dr David Hughes has been appointed as Medical Director.

David took up the post February following the retirement of Dr David Throssell.

Dr Hughes was a Deputy Medical Director at the Trust since 2013, and prior to this was Associate Medical Director for Cancer.

He is a nationally renowned Consultant Histopathologist and began his consultant career in 1998 before moving to Sheffield in 2005.

Sheffield doctor announced as NHS National Medical Examiner

Dr Alan Fletcher, a Consultant in Emergency Medicine at Sheffield Teaching Hospitals NHS Foundation Trust, has been appointed as the National Medical Examiner for the NHS.

He will oversee the introduction of the medical examiner system in England and Wales, which will ensure that every death in an acute hospital is scrutinised by either a medical

Trust rated 'Good' by CQC

Many services found to be 'Outstanding'.

The Care Quality Commission (CQC) report published following last year's inspection rated the Trust as 'Good', with many services rated as 'Outstanding'.

The outcome means the Trust is rated as one of the top 20% of NHS Hospital Trusts and one of only a few to have achieved Good or Outstanding in every one of the five domains (Safe; Caring; Effective; Well led; Responsive) which the Care Quality Commission use to rate a NHS organisation.

The rating for providing responsive services has been raised to outstanding and almost half of the ratings from the Trust's previous inspection in 2015 have also gone up.

Critical Care, Maternity and Gynaecology, Community Health Services, Outpatients and Diagnostic Imaging plus Community Dental Services were all found to be outstanding.

Kirsten Major, Trust Chief Executive said: "We are delighted that the hard work and dedication of all our staff has been recognised but we are never complacent and we will be looking at any areas where we can do even better."

examiner or a coroner so that issues with patient care can be identified quickly to improve services for others.

Dr Fletcher will serve in the role on a part time basis alongside his roles as a consultant and Medical Examiner for Sheffield.

"Having worked on the system's first pilot for the last decade, I have seen first-hand the crucial role that independent medical examiners can play in giving those bereaved a voice, while ensuring that the necessary steps after their loss are as problem free as possible."

What Matters to You?

Thank you to everyone who responded to the 'What Matters to You?' questionnaire that was sent out in the August 2018 edition of GoodHealth.

The Trust aims to continuously improve the quality of patient care and experience, and new improvement goals are selected each year.

This year the approach to selecting improvement goals included wide consultation with patients, visitors, Foundation Trust members and staff. The questionnaire gave you the opportunity to comment on which priorities were most important to you, from safe and effective discharges to prompt patient communication.

Nearly 1,500 people responded to the questionnaire.

The responses will be used to help shape the selection of the Trust's quality objectives for 2019/20, and work is now underway to develop detailed quality objectives with clear aims and measurable outcomes.

These will be detailed in the Trust's Quality Report 2018/19, which will be featured in a future edition of GoodHealth.

Fifth Annual Members' Meeting a success

The Annual Members' Meeting is an opportunity for Governors to meet members and the general public, and we were pleased to welcome everyone to the fifth such event at the Northern General Hospital in September.

We heard from the Chairman and directors about how the Trust had performed over the previous year and aims for the coming year.

In addition to the formal proceedings there were stalls showcasing the exciting work and new initiatives taking place across the Trust. There was also the opportunity to visit the Trust's state-of-the-art laboratories.

Governors are now planning this year's meeting and we hope that you will join us again in September. Look out for more details in the next edition of GoodHealth.

Martin Hodgson, Governor



Notice of Elections

The Trust gives notice that it will hold Elections to the Council of Governors from 31 May to 20 June 2019. 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 West
One Vacancy

Public Constituency Sheffield North
Two Vacancies

Patient Constituency
Four Vacancies

Staff: Doctors and Dentists
One Vacancy

Nomination packs

Nomination packs with information about how to stand for Election will be available on 24 April 2019 from the Foundation Trust Office at the address below. Members wishing to stand for Election will be required to attend a short briefing session on either 16 April or 3 May 2019 prior to submission of their nomination form. Please contact Jane Pellegrina in the Foundation Trust Office (below) to reserve a place at one of the sessions or for more details.

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

Nomination papers must be received by the Trust's Returning Officer, Electoral Reform Services, at the address below by 12 noon on 10 May 2019.

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 31 May 2019. Completed ballot papers must be received by the Independent Scrutineer, Electoral Reform Services Limited by 12 noon on 20 June 2019. The results of the Election will be announced on 21 June 2019.

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

Do Governors need any special skills or experience?

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 support 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 **Kath Parker**
Patient Governor



I am in my third term of office as a Governor and am enjoying contributing with other Governor colleagues and Trust staff towards the efficient running of our hospitals. My term of office has coincided with a period of significant change in the NHS and I have seen at close quarters how these changes have impacted on the Trust and our patients.

As a Governor member of the Trust's Quality Board I know that our staff are dedicated to ensuring patients have good clinical outcomes and a positive experience. The Trust makes a difference to people's lives every day and I have witnessed the commitment of staff to provide the best possible care for patients while ensuring that the organisation remains sustainable.

There is no pressure on Governors to contribute more than they are comfortable with but it is a fact that the more you are prepared to put in the more rewarding the experience. I have always felt welcomed and valued in the various activities I'm involved with including the Nominations and Remuneration Committee, the Infection Prevention and Control Committee, Safer Surgery Steering Group and Sheffield Cancer Services Transformation Group and I enjoy working with like-minded people from all walks of life.

Governors work together as a team and have unlimited access to areas of the Trust and all staff from the newest recruits to very senior staff and directors. I would encourage Trust members to consider standing in this year's elections for Governors.



Governors visit the Princess Royal Spinal Injuries Unit

As a Governor of the Trust and a patient of the Spinal Injuries Unit I was very pleased to be able to arrange this visit for my Governor colleagues. Matron Sarah Browton and Dr Andrew Beechey welcomed us to the Unit.

They told us that there had been a Spinal Cord Injuries Centre in Sheffield, at Lodge Moor Hospital, since 1954 but that in 1994 the service transferred to the Princess Royal Spinal Injuries Unit, a purpose built unit at the Northern General Hospital. The emphasis of the service is on the provision of intensive specialist therapy and support in life-planning for people faced with a sudden decrease in ability level following injury, accident or neurological condition.

Of the 12 spinal cord injury centres in the UK and Southern Ireland, Sheffield has the largest catchment area in England covering South Yorkshire, Derbyshire,

Lincolnshire, Nottinghamshire, Leicestershire, Cambridgeshire and Norfolk and Norwich.

The Unit continues to evolve to meet the needs of its changing population and in addition to medical, nursing and therapy services we were told of the importance of psychological services and were interested to learn too about the range of activities for patients including gardening, education and physio sports sessions. We also heard about the patients' art group which recently collaborated with local artists with the art work first displayed in the Millennium

Galleries in Sheffield and now on display in the Unit.

We were impressed with the Unit; the staff are incredibly dedicated and provide first class care resulting in a positive experience for patients who are often coping with significant trauma and life changing circumstances. Our conversations with patients demonstrated that the positive ethos of the Unit and the care and support provided enables many patients to return to their community and go on to build positive lives in their changed situation.

Harold Sharpe, Governor

Work starts on new £2.4m aerial walkway at Weston Park Hospital

Chief Executive Kirsten Major was joined by staff to cut the first turf at the ceremony to mark the beginning of the construction work on a new aerial walkway.

The new glass walkway will enable patients to be directly transferred across to the Hallamshire Hospital and vice versa without the need to be transported by an ambulance. This will mean staff will not have to wait for transport to be available before they can transfer patients between the two hospitals.

The £2.4m investment is part of a wider programme to transform cancer services and facilities at the hospital, which has so far seen investment in a £7m ward refurbishment programme, the creation of a dedicated Weston Park Assessment Unit and a £1.64m interim outpatients department. Plans for a new £3.6m pharmacy aseptic unit have also been approved.

Kirsten Major said: "We already have a walkway linking the Jessop Wing with the Hallamshire Hospital and so the new link to Weston Park completes the connections across all three sites. It means we can transfer patients in a timely, convenient, dignified and safe way."



The walkway will enter on the second floor of Weston Park Cancer Centre and on the third floor of the Jessop Maternity Wing. The works are expected to be completed at the end of 2019.

Photo: Dr Trish Fisher (Clinical Director, Weston Park Cancer Centre), Kirsten Major, (Chief Executive, Sheffield Teaching Hospitals NHS Trust), Simon Carr (Managing Director, Henry Boot Construction) and Professor Robert Coleman (Trustee of Weston Park Cancer Charity)

Pioneering study could improve life for prostate cancer sufferers

A unique study involving the Trust and Sheffield Hallam University will seek to evaluate the effect of a supported exercise programme on the quality of life and side effects experienced by men who have undergone medical or surgical castration in their treatment for prostate cancer.

Funded by a £2.5m award from the National Institute for Health Research (NIHR) the STAMINA (supported exercise training for men with prostate cancer on androgen deprivation therapy) trial will be testing whether a longer-term supported exercise programme can counter the problems caused by androgen deprivation therapy (ADT).

ADT is the standard treatment for managing advanced prostate cancer but it is associated with significant side effects including fatigue, depression, sexual dysfunction, cognitive dysfunction, increased fat mass and loss of muscle strength.

If found to be clinically effective, STAMINA will be the first evidence-based service of its kind for improving the lives of those living with prostate cancer.

Study Chief Investigator and consultant urological surgeon Professor Derek Rosario said: "We have shown that specific targeted exercise training significantly reduces many of the adverse effects caused by ADT as well as improving quality of life in these men.

"So finding cost-effective ways of ensuring men on ADT continue with their training programme is essential if we are to reduce the side effects and provide sustained benefits."

In STAMINA, NHS staff treating men on ADT for prostate cancer will be able to prescribe a 12 month exercise programme with participants randomised to either NHS best practice (based on NICE guidance) or the experimental intervention.

To find out more visit:
www.stamina.org.uk



Professor Derek Rosario

Prostate cancer is the most common cancer in men in the UK, with around 46,700 men diagnosed each year.

More than 50% of men diagnosed with prostate cancer in the UK each year are aged 70 and above.

Football coach sets up group to help other cancer patients get fighting fit

A man who survived lymphoma as a 20-year-old is using his football coaching skills to run exercise classes for other cancer patients to help them in their recovery.

Keith Ward, 34, of Arbourthorne, Sheffield, was diagnosed with Hodgkins lymphoma (a type of blood cancer) in 2005, and subsequently underwent successful treatment at the Royal Hallamshire Hospital.

As part of his recovery he was encouraged to stay physically active, and his experience as a patient, together with his involvement in football and voluntary work, inspired him to establish the Fans Fighting Cancer (Fans FC) group.

Keith puts on sessions using football training drills that are adapted so anyone can take part, with one of the

aims being able to progress to taking part in a game of walking football.

The group now has helped more than 40 participants, aged from 17 to 80, and sessions are delivered at the English Institute of Sport.

After his own diagnosis, Keith was told early on by his consultant that being physically active was one of the things he could do to help with his recovery.

Keith, who works as the Health, Wellbeing and Cohesion Manager at the Sheffield United Community Foundation said:

"I wanted to do something to help people get active in their recovery in a sustainable and accessible way."

Consultant Haematologist Dr Josh Wright, who treated Keith, said: "It is great to

hear that Keith is doing so well now, and using his experience to help others.

"Physical activity can play an important part in recovery from illness and the benefits should not be underestimated."



Keith Ward

Couple welcome three babies against all odds thanks to innovative technology

A mum of three who feared she would never become a parent has praised a fertility unit for offering time-lapse technology to all their patients at no extra cost.

Kelly and Ed Lambe welcomed all of their children Freddie, 3, Archie, 2, and Rosie, 1, into the world through successful IVF treatments at Jessop Fertility in Sheffield with the help of the unit's first timelapse incubator.

Jessop Fertility purchased a second embryoscope to create enough capacity to enable them to provide innovative time-lapse technology to all their IVF patients.

Kelly, of Durham, said: "In 2014, we had been trying for a baby for five years and decided to have investigations to see why it wasn't working for us.

"Tests showed that I had very low Anti-Mullerian hormone levels which can make both trying for a baby naturally and with IVF less likely to be successful.

"I was referred to Jessop Fertility for specialist treatment where I had intrauterine insemination (IUI) treatment

and then IVF. As part of our care, our embryos went into a timelapse incubator which took photographs every few minutes which enabled the specialists at Jessop Fertility to monitor their development without having to move or disturb them."

The timelapse photographs enable embryologists to see how the embryos develop in great detail through the full course of their development without having to move them out of the safe environment of the incubator.

Time-lapse helped to select the best of Kelly and Ed's embryos and in 2015 the couple were over the moon to discover that Kelly was finally pregnant with their first son Freddie.

They returned to Jessop Fertility twice more and welcomed Archie and Rosie into the world in 2017 and 2018 respectively.



Kelly said: "It was truly amazing to hold my children for the first time. It was something I didn't think would happen so I was so happy once I finally got to do it. Every time I found out I was pregnant I was absolutely ecstatic. My care at Jessop Fertility was brilliant."

Rachel Cutting, Principal Embryologist at Jessop Fertility, said: "This technology really makes a difference and our patients are not charged any extra for using it. We are looking forward to welcoming many more babies in 2019."

Jessop Fertility offers treatment to both NHS funded and private funding patients. If you are interested in accessing help to conceive, visit: www.jessopfertility.co.uk



Sheffield Vision Centre

**Say goodbye to glasses.
Get the new SmILE[®]
laser eye surgery**

**Available now at
Sheffield Vision Centre**

www.sheffieldvisioncentre.co.uk/offers
Call us on 0114 2711561



Sheffield bone marrow transplant survivor crowned Patient Champion of the Year

A father-of-two whose life was saved by a bone marrow donor from Germany has won the Patient Champion of the Year award at the Anthony Nolan Supporter Awards.

Mark Ritson, 51, of Fulwood, who has had two transplants in the past five years, with the second one saving his life, received the award from the blood disease charity in recognition of his outstanding work to help ensure other bone and blood marrow transplant recipients have access to high quality, specialist care.

Inspired by the generous gift of Jacqueline Harfmann, a German teenager who twice donated her bone marrow to him after being found to be a match, and the "excellent" care he received at the Royal Hallamshire Hospital, Mark has since gone on to represent the views of patients at national level.

This includes giving his own personalised views of care to NHS England's specialist Blood and Marrow Transplantation group, a national group dedicated to improving outcomes for patients needing blood and bone marrow transplants across the country.

Mark said, "Sheffield is a major specialist centre for blood and bone marrow transplant patients, and I feel very lucky to have had my treatment there as the care was second to none. I want everyone to benefit from the same high quality care that I received in Sheffield."

Mark was diagnosed with severe aplastic anaemia, a rare and potentially life-threatening condition where the bone marrow does not produce enough blood cells, in 2008.



Mark Ritson receiving his award



Lee is pictured with her husband Ian (age 54), eldest son Liam (age 26) and Niall & Kieran (twin sons, age 22)

Kidney Transplant Recipient to Compete in World Games

A kidney transplant recipient is celebrating the one year anniversary of her life-changing operation while preparing to take part in the 2019 World Transplant Games.

Mum of three Lee Colclough, 52, of Rotherham, has earned a place in the UK Badminton team following a gold medal win at her first transplant tournament in December.

Lee had been having dialysis since 2014 after discovering she had only 4% kidney function, before her life was changed when she received a kidney transplant from a deceased donor in February 2018.

She said: "I never had much energy when I was on dialysis, but since having my transplant I feel much fitter and healthier."

"My three sons, husband and I have always enjoyed playing badminton and so when I saw a poster at the Sheffield Kidney Institute advertising Transplant Sport I made some of enquiries and a

few days later I was asked to enter a tournament in Oxford.

"I ended up winning gold for singles and silver for doubles which was very exciting, and I was asked to represent Great Britain in the World Transplant Games. It was an honour to be asked and I accepted straight away."

The games take place in August in Newcastle and Gateshead.

Consultant Transplant Surgeon Mr Ahmed Halawa, who performed Lee's operation, said:

"Organ donation is so important as it saves and changes lives. We are very grateful for Lee's donor's family and other like them who go through tragic experience and think about helping others at such a difficult time."

If you would like more information on signing the donor register visit www.nhsbt.nhs.uk

Artwork honours organ donors

A piece of art to raise awareness of organ donation has been installed in the Chesterman entrance at the Northern General Hospital.

The piece is based around the concept of the 'gift of life' and was designed by artist Stella Corral, who worked with the Trust's organ donation and Arts in Health teams.

The artwork was funded by Sheffield Hospitals Charity.



Building work begins on ground-breaking MRI-PET scanner

Construction of a ground-breaking MRI-PET scanner facility attached to the Royal Hallamshire Hospital has begun.

The University of Sheffield has raised £2 million to fund the purpose-built facility on the corner of B Road and Claremont Crescent.

MRI-PET scanners deliver the most advanced imaging technology to date, and will help to transform our understanding of serious diseases and the way we treat them in the future.

As the construction progresses, there will be some changes to routes and journeys around the hospital site. Visit www.sheffield.ac.uk/efm/estatesdevelopment/projects/mri-pet-scanner for the latest information.

For any enquiries please contact efmhelpdesk@sheffield.ac.uk or 0114 222 9000.



Health Secretary visits dedicated 24/7 stroke rehabilitation and assessment centre

The Secretary of State for Health and Social Care, Matt Hancock, MP, officially opened the new Stroke Pathway Assessment and Rehabilitation Centre (SPARC) at Norfolk Park.

The new centre ensures patients who are not able to be discharged straight home from hospital receive specialist rehabilitative support, 24 hours a day, at a critical point in their recovery.

Staffed by a team of stroke rehabilitation nurses, physiotherapists, pharmacists, dietitians, occupational therapists, speech and language therapists, psychologists, orthoptists and doctors, the centre is expected to reduce long-term dependence on acute hospital care and ensure patients receive the right rehabilitative support in the right setting at the right time of their recovery.

Mr Hancock said: "The integrated care I saw in Sheffield was fantastic. Having this sort of rehabilitation facility in the community gives stroke survivors the best chance at recovery, and it was great to see first-hand the different ways staff are supporting patients, from tai chi to cooking skills. It's the sort of thing we want to see lots more of in our NHS."

New activity coordinators enhance care at specialist stroke centre

Stroke survivors' recovery has been further enhanced with a dedicated activity programme by two new staff members paid for by supporters of Sheffield Hospitals Charity.

Therapists Margaret (Mags) Kelly and Christine Cryan (pictured) were recruited in to the Stroke Pathway Assessment and Rehabilitation Centre (SPARC) to provide activities for patients, which complement the specialist care already provided by the stroke team.

Their work – from art classes and baking to tai-chi and writing – aims to help patients to regain their confidence after a stroke by building up their socialisation and collaborative skills, and improving their sense of belonging, empowerment and mental wellbeing.

Mags said: "The activities are accessible for all stroke survivors. The effects of a stroke are very individual in nature, and each patient faces unique challenges, which can be of a physical, cognitive, social or emotional nature. Their ability to communicate can also be impacted.

"Many people struggle after having a stroke and can feel isolated and experience depression and anxiety; alongside the physical problems they may have which can hamper their recovery."

"Through patient feedback and our own experience, we have already seen what a difference these groups can make, with many patients citing a real difference in their mood and feeling uplifted by the end of the session."



Christine said: "Without funding from Sheffield Hospitals Charity our role would not exist. We work closely with the specialist stroke team to support recovery from both the physical, emotional and social aspects of a stroke.

"We aim to understand the patients and their family's needs and support patients to achieve their goals, both therapeutic and more personal ones.

"By encouraging them to engage in activities during their stay, we hope to inspire them to continue to be active once they leave here."

Sheffield Hospitals Charity funds improvements across all areas of care. To donate to enhance the care of patients, visit www.sheffieldhospitalscharity.org.uk/donate



Celebrate Head Start's 10th anniversary and raise life-saving funds for Neurocare.

Sunday 19 May 2019

Rother Valley Country Park

To sign up, visit neurocare.org.uk/events

Kindly sponsored by



Dates for your diary **2019**

30 April, 10.00 am

Board of Directors Meeting
in Public

Undergraduate Common Room Medical
Education Centre Northern General
Hospital

21 May, 10.00 am

Board of Directors Meeting
in Public

Seminar Room 1, R Floor,
Royal Hallamshire Hospital

25 June, 12.30 pm

Board of Directors Meeting
in Public

Undergraduate Common Room
Medical Education Centre
Northern General Hospital

25 June, 3.00 pm

Council of Governors
Undergraduate Common Room
Medical Education Centre
Northern General Hospital

30 July, 10.00 am

Board of Directors Meeting
in public

Undergraduate Common Room
Medical Education Centre
Northern General Hospital

Agendas and associated papers are
uploaded onto the Trust website seven
days prior to each meeting.

Council of Governors meetings

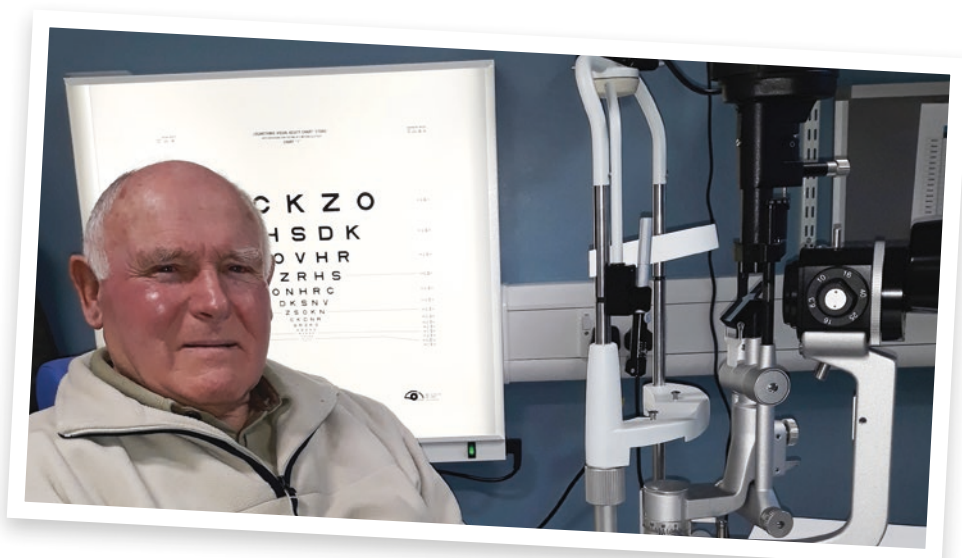
www.sth.nhs.uk/members/governors-council/governorscouncil-meetings

Board of Directors meetings

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

**These meetings are open to
members of the public, so please
come along.**

For more information about any
of these meetings please contact
jane.pellegrina@sth.nhs.uk or
ring the Membership Office on
0114 271 4322.



2,000th patient treated at state-of-the-art cataract eye centre

More than 2,000 patients have already been treated at The Northern General Eye Centre, following its opening in May 2018.

The 2,000th patient to be treated was Trevor Marshall, 82, of Shiregreen, Sheffield (pictured), who was referred for cataract surgery following a regular diabetes eye screening check at the Royal Hallamshire Hospital.

Trevor said: "As soon as I had my surgery I could notice an immediate difference, and my vision is really clear now."

"The staff were excellent, really cheerful and helpful. I would definitely give the centre ten out of ten."

The Northern General Eye Centre is a purpose-built centre providing dedicated care and treatment to NHS patients needing cataract surgery, the most commonly performed operation on the NHS.

Broadcaster Dan Walker, who presents BBC Breakfast and Football Focus, paid the centre a visit in October to perform the official opening.

Could you be eligible for free routine dental work?

Did you know the Charles Clifford Dental Hospital can offer free routine dental treatment to hundreds of people in Sheffield?

The treatments will be performed by trainee dentists and hygiene therapy students from the University of Sheffield, School of Clinical Dentistry. All work will be closely supervised by experienced dentists, consultants or hygienists and therapists.

For more information and to check eligibility please contact the Hospital on **0114 2717800**, or visit www.sth.nhs.uk/our-hospitals/charles-clifford-dental-hospital

Smoke Free Trust

The Trust is now a completely Smoke Free site, with smoking not allowed anywhere on the premises of our hospitals or community sites.

March 13 was national No Smoking Day, and the Trust is committed to supporting patients and staff to stop smoking.

The Yorkshire Smoke Free service has a range of support resources for anyone thinking of quitting. You can visit yorkshiresmokefree.nhs.uk for more information. You can also call **0800 6120011** (free from landlines) or **0330 6601166** (free from most mobiles).

If you are pregnant or thinking about having a baby, contact the Stop Smoking Specialist Midwives on **0114 226 5627**.