

August 2023
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FREE!

NHS

Sheffield Teaching Hospitals
NHS Foundation Trust

Good Health

The newsletter for members of
Sheffield Teaching Hospitals NHS Foundation Trust

INSIDE:

Would you like to be
a Governor?

Inside the
Minor Injuries Unit



NHS 75

'Secret Garden' opens on
NHS 75th anniversary

Welcome to the Summer edition of Good Health

Welcome to the summer edition of the Good Health members' magazine and as I write this, I do hope you have been able to take advantage of the good weather and managed to get some time away or have plans to do so in the coming weeks.

In this edition you will find information about the upcoming elections to the Council of Governors. If you are interested in being a voice for patients and the public at the Trust, please do have a look at how you can nominate yourself for election.

Steve Barks, one of our Governors, gives an insight into a day in the life of the Minor Injuries Unit and we also feature the Princess Royal Spinal Injuries Unit Garden, which was awarded 'Best in Show' at Chelsea Flower Show.

On the 5 July, we celebrated the 75th Anniversary of the NHS, and you can see how we marked this momentous occasion.

We are pleased to confirm that this year's virtual Annual Members' Meeting will be held on Thursday 28 September 2023. We have found that the virtual format enables many more members to take part in the meeting and I hope you can join us on the day.

It has been another busy few months for the Trust as we continue our 'Getting Back on Track' programme and respond to the ongoing industrial action. Please be assured that we remain committed to providing the very best care for our patients, their families and carers.

I do hope you enjoy reading about our inspirational activities in this edition of Good Health.

Annette Laban, Chair



NHS 75

Did you know you can read Good Health online?

Find the current and previous editions at:
www.sth.nhs.uk/members/good-health-news

Find us on Facebook
[@SheffieldTeachingHospitals](https://www.facebook.com/SheffieldTeachingHospitals)

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[@SheffieldHosp](https://twitter.com/SheffieldHosp)

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Dates for your diary: Council of Governors meetings 2023

The Council of Governors meets throughout the year. The meetings are held in public and Trust members and members of the public are welcome to come along and observe the meetings. The dates for the remainder of 2023 are listed below. The agenda and meeting papers are posted online one week before each meeting and can be accessed here: <https://www.sth.nhs.uk/members/governors-council/governors-council-meetings>

Or you can email jane.pellegrina1@nhs.net for more information.

Date 2023	Time	Venue
19 September	12 noon–2pm	Undergraduate Common Room, Medical Education Centre, Northern General Hospital
12 December	10am–12 noon	

Annual Members' Meeting

Find out more about the work of the Trust at our on-line Annual Members' Meeting being held on 28 September 2023. Email jane.pellegrina1@nhs.net to register your interest and we will contact you with further details.

Princess Royal Spinal Injuries Garden awarded best-in-show



An accessible garden designed for patients at the Princess Royal Spinal Cord Injuries Centre at the Northern General Hospital has been awarded the coveted 'Best in Show' title at Chelsea Flower Show. Designed by Charlotte Harris and Hugo Bugg for Horatio's Garden – the UK-based charity that nurtures wellbeing after spinal injury in vibrant sanctuaries in NHS spinal centres – Horatio's Garden Chelsea is an adaptive garden that puts the priorities of all those with different mobility needs at its heart.

The garden will be relocated to the Spinal Injuries Centre in 2024.



Check out our new fortnightly Jobs Bulletin

We now have a jobs bulletin which gives details of jobs available across the Trust each month including apprenticeships.

The bulletin can be found on our website:

<https://brilliantplace.sth.nhs.uk/vacancies.html>

and on our Facebook page

[@SheffieldTeachingHospitals](https://www.facebook.com/SheffieldTeachingHospitals)

STH Carer's Passport

We know that unpaid carers are an extremely important part of a person's care team. We want to ensure that we work in partnership with unpaid carers and so we are currently running a pilot of a new Carer's Passport.

This is a booklet which includes information for unpaid carers when the person they care for is in hospital. It also includes a Care Partnership Agreement to ensure the patient, their unpaid carer, and the staff all know who is providing what support to the patient.

We are currently piloting this on several of our inpatient wards and collecting feedback from the people who are using it. We would also be grateful to anyone who is or has a carer, as well as to healthcare staff, for their feedback on the passport itself. You can view the passport and give feedback online at

<https://tinyurl.com/5mksubzn>

or email sth.engagement@nhs.net



Do you have a learning disability or Autism, or care for someone who does?

We are collecting feedback from our patients with a Learning Disability or with Autism who have used our services at Sheffield Teaching Hospitals and their carers. You can either complete an online survey at <https://tinyurl.com/j6f2tren> or email feedback to sth.engagement@nhs.net



NHS 75

75 years of our NHS

On 5 July 2023, we celebrated a momentous milestone in history as the National Health Service marked 75 years of service. At Sheffield Teaching Hospitals we take immense pleasure in sharing some of the remarkable achievements that have propelled our healthcare system to new heights, transforming lives and inspiring hope in our communities. To mark the anniversary, we have been sharing some of our fantastic STH colleagues' stories.

First get a recommendation from your family doctor that your eyes need testing. Then hand that recommendation to any doctor with special qualifications (lists will be available) or to any ophthalmic optician taking part in the new service. If you need glasses, these will be provided without charge. For re-testing you can go direct to any of the doctors with special qualifications, or to an ophthalmic optician.

The National Health Service will provide several kinds of spectacles of different types. For specially expensive types you will have to pay the extra cost.

Deafness Specialist ear clinics will be established as resources allow. At them you will get not only an expert opinion upon deafness but also, if necessary, a *new hearing aid* invented by a special committee of the Medical Research Council. Production of these aids is now going on, but will not meet all demands at once. They will be supplied free, when ready, together with a reasonable allowance of maintenance batteries.

Home Health Services Your local County or County Borough Council will, as soon as it can, make special provision for: (1) advice and care of expectant and nursing mothers and children under five (for particulars ask your doctor, health visitor, or Welfare Centre); (2) midwifery (ask your doctor or Welfare Centre); (3) home nursing where there is illness in the family (ask your doctor); (4) all necessary vaccination or immunisation (through your doctor or Welfare Centre); and (5) a health visitor service to deal with problems of illness in the home, especially tuberculosis.

Health Centres Special premises known as Health Centres may later be opened in your district. Doctors may be accommodated there instead of in their own surgeries, but you will still have "your own doctor" to give you personal and confidential treatment. He will still come to your home as necessary. At the Health Centre he will be able to use equipment supplied from public funds. These Centres may also offer dentistry and other services on the spot.

WHAT TO DO NOW

1. Choose your doctor.
2. Get application forms from him or from the Post Office, Public Library, or office of the local Executive Council.
3. Fill one in for each member of the family.
4. Hand them to the doctor.

ACT AT ONCE



THE NEW NATIONAL HEALTH SERVICE

Your new National Health Service begins on 5th July. What is it? How do you get it?

It will provide you with all medical, dental, and nursing care. Everyone—rich or poor, man, woman or child—can use it or any part of it. There are no charges, except for a few special items. There are no insurance qualifications. But it is not a "charity". You are all paying for it, mainly as taxpayers, and it will relieve your money worries in time of illness.

Choose Your Doctor Now You and everyone in your family will be entitled to all usual advice and treatment from a family doctor. Everyone aged 16 and over can choose his or her own doctor. A family need not all have the same doctor, but parents or guardians choose for children under 16.

Your dealings with your doctor will remain as they are now: personal and confidential. You will visit his surgery, or he will call on you, as may be necessary. The difference is that the doctor will be paid by the Government, out of funds provided by everybody.

Choose a doctor now—ask him to be your doctor under the new arrangements. Many will choose their present doctors. Any doctor can decline to accept a patient. If one doctor cannot accept you, ask another, or ask to be put in touch with one by the new "Executive Council" which has been set up in your area (you can get its address from the Post Office).

If you are already on a doctor's list under the old National Health Insurance Scheme, and if you do not want to change your doctor, do nothing. Your name will stay on his list under the new Scheme.

But for your family, and for yourself if you are not already in the old National Health Insurance Scheme, now is the time to decide. Get an application form for each member of the family from the doctor you choose, or from any Post Office, Executive Council Office, or public library. Fill in the forms and give them to the doctor.

Later, your local Executive Council will send a "medical card" to everyone who has been accepted by a doctor. If you want to change your doctor, you can do so at any time without difficulty. If you need a doctor when away from your own district, you can go to any doctor who is taking part in the new arrangements. You will not have to pay.

Help to have the Scheme ready by 5th July by choosing your doctor at once.

For any further information about these arrangements, ask at the offices of the local Executive Council.

Maternity Services An expectant mother can have the services of a doctor who undertakes maternity work (whether he is her usual doctor or not), and of a midwife, as well as general care before and after confinement. If her usual doctor does not undertake maternity work, he, or the Welfare Centre, will put the expectant mother in touch with another doctor. It will be the doctor's responsibility, with a midwife, to give all proper care and (if he considers it necessary or is called in by the midwife) to be present at the confinement.

Hospital and Specialist Services You will also be entitled to all forms of treatment in general or special hospitals, whether as an in-patient or as an out-patient. These include, for instance, maternity care, sanatorium treatment, care of mental health, and all surgical operations.

The help of consultants and specialists of all kinds will be made available to you at national resources allow, whether at hospital, at special health centres, or at your home.

Your doctor will arrange this help when you need it.

Hospital charges will cease on 5th July. Where accommodation permits, however, you can pay something for greater privacy (for example, in single rooms or small wards). Or, if you do not want to use the new service itself, there will be private pay-bed accommodation for which you can make your own private fee arrangements with doctors.

Medicines, Drugs, and Appliances Your doctor will give you a prescription for any medicines and drugs you need. You can get these free from any chemist who takes part in the Scheme. In some country areas the doctor himself may dispense medicines.

The same is true of all necessary appliances. Some of them will be obtainable through hospitals: some your doctor can prescribe for you. There will be no charge, unless careless breakage causes earlier replacement than usual.

Care of the Teeth A dental service will be provided, but at present there are too few dentists to make a full service available to all without delay.

After 5th July you can go to any dentist taking part in the new arrangements (there will be a list at your Post Office). You need no application form. Just call, by appointment, on the dentist of your choice when you need him. At his surgery you and he will sign a form for your treatment under the new arrangements. All necessary fillings and dentures will be supplied without fee, but if you want anything specially expensive, and beyond what is necessary, you will pay the extra cost yourself.

Until a full dental service, without delays, can be made available, a special priority service for expectant and nursing mothers and young children is being organised by local authorities (in addition to the school dental service). Full information about this priority service can be obtained at Welfare Centres.

Care of the Eyes Care of the eyes will be undertaken by specialists at hospitals, or at special clinics which will be part of the hospital service, as fast as these can be organised. Meanwhile, a Supplementary Eye Service will be available after 5th July.

Where it all began

On the 5 July 1948, the brave new world of the Welfare State came into being – a pioneering healthcare system available to all, solely based on clinical need, regardless of ability to pay.

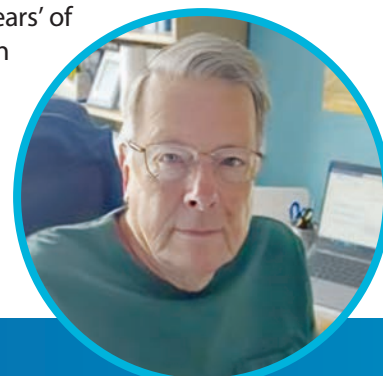
The contents of a simple leaflet, distributed to every household, outlined a transformative vision that would have revolutionary impact on post-war Britain and forever change the healthcare landscape.

You can contact the Sheffield Hospitals History Group at: sheffhbg@gmail.com

Colleague born same year as NHS celebrates 55 years' service

Malcolm Littlewood, Interim Head of Procurement Projects, will be celebrating an amazing 55 years' of NHS Service whilst also celebrating his own milestone 75th birthday. Malcolm started his career in 1969 at the age of 20 as a Clerical Officer in Supplies for Middlewood Hospital in Sheffield.

"Back then the hospital was a like a little village with its own butchers, car wash and gardens. I stumbled into the job as a young man looking for work but enjoyed it so much I continued to work in NHS Procurement across the region for the next five decades. I've been around as long as the NHS and I'd like to think that I have always kept the patients we serve in mind throughout my roles."



Three generations remember life before the NHS

Maureen Kirby, 84, from Hillsborough, was the first of three generations to have NHS careers. Maureen worked in the Theatre Surgical Sterile Unit (TSSU) at the Royal Hallamshire Hospital for 22 years and spent six years working at Middlewood Hospital in Laundry before that. Her daughter, Susan, who has over 40 years NHS service, also spent time working at the TSSU at the Hallamshire before going on to become a Consultant Anaesthetist. Maureen's three granddaughters Laura, Emma and Amy also work at STH in Critical Care and Communications and have almost 40 years of service between them.

Other people in Maureen's family who work in the NHS include her grandson Karl, an Operating Department Practitioner, her niece Debbie, PA to a Consultant, her daughter-in-law, Sue, who worked as a Receptionist, her son-in-law, Andrew, a Professor Nephrologist and her grandson-in-law, Rob, who is a GP. Maureen said:

"I can remember being a little girl and my mam having to pay a shilling for me to have a check-up – if you didn't have the money you had to go without, so I can fully appreciate what the NHS does for us all. It's absolutely marvellous that we have these fantastic services which have saved the lives of my loved ones many times over the years, for which I am truly thankful."



Intensive care baby returns to thank staff 18 years on

Thomas Newton, from Dronfield, commemorated his 18th birthday this year by returning to the hospital where he was cared for during the first four months of his life.

Thomas's mother, Fiona, was admitted to hospital in May 2005 with pre-eclampsia, a condition that causes high blood pressure and resulted in Thomas being delivered by emergency caesarean at just 27 weeks. Born prematurely weighing just 2 pounds and 1 ounce, he spent a total of 102 days on the neonatal intensive care unit.

Now 18 years old and with plans to go to university later this year, Thomas visited the Jessop Wing alongside his father, Richard Newton, to thank staff and see the place where he was born. Richard said:

"We really got to know the staff at the Jessop Wing whilst Thomas was in hospital and that made our experience so much easier. We became friends and eventually it didn't even feel like we were in hospital, it felt like we were with family. 18 years later and we still keep in touch with some of the team that looked after Thomas."

During their visit, Thomas and Richard met Tracey Burton, Senior Sister at the Jessop Wing, and Lisa Lincoln, who cared for Thomas when he was born.



Colleagues praised after hospital worker becomes patient

Gemma Aktekin, aged 41, found herself becoming a patient this year after having a stroke whilst on shift at the Northern General Hospital. The mum of three was carrying out her duties as Operational Business Manager in Active Recovery when she was found mid stroke by colleagues who called for an ambulance. Gemma said:

"My colleagues switched from my team mates to my nurses in an instant. They treated me with the same dignity they give our patients, and it was clear that all the team really care about people and their experiences. When I became a patient, I saw what makes the NHS great from more than just a staff perspective."





Northern General Eye Centre celebrates fifth birthday milestone

The £6.7m centre has played a pivotal role in helping to provide leading NHS cataract surgery in a dedicated, state-of-the-art facility, having performed over 15,600 cataract operations since first opening on 21 May 2018.

Staff from the centre celebrated with balloons and commemorative speeches, recognising the achievements and efforts of the team over the years. This included the facility's role in supporting the Covid-19 pandemic.

'Light touch' heart valve replacement service offers hope to hundreds of elderly patients

The new, streamlined transcatheter aortic valve implantation (TAVI) service enables patients aged 75 and over to have heart valves replaced without the need for a general anaesthetic or open-heart surgery.

Heart specialists say the new minimally invasive service – which is about to hit its landmark 500th patient – could transform outcomes for elderly patients living with severe aortic stenosis whose advancing age, multiple health problems and frailty often mean they are unable to have conventional open-heart surgery.

To perform TAVI, cardiologists first make a small incision in the top of the leg to guide a small tube known as a catheter through to the arteries and into the heart. The new valve can then be positioned on top of the existing faulty valve which is simply pushed aside.

For elderly patients, having TAVI under light sedation has been shown to have many benefits including reducing their risk of serious complications from having a general anaesthetic, and a shorter post-operative recovery time compared to open-heart surgery. Patients undergoing TAVI typically go home 2–3 days after their procedure and have a shorter recovery period. Dr Muhammad A. Rahman, Interventional Cardiologist, said:

"TAVI is a relatively newer advancement in heart valve replacement treatments so we don't yet know how the long-term benefits compare to open-heart surgery beyond 10 years, but what we do know is that if a TAVI is given to elderly patients, it can add another 10 to

15 quality years to their life whereas if we don't treat it, patients are unlikely to survive for more than 1 to 2 years."

John Stoner, who underwent a 'light touch' TAVI at the Northern General Hospital in May, said:

"I still can't believe how painless it all was. I could feel the difference straight away. An extension to my life at my age means a lot. I've been pretty lucky all my life, so the outcome of this, it's just the icing on the cake."



TAVI service patient, John Stoner, and family celebrate his 90th birthday – and, above, a replacement valve

Minor Injuries Unit for me and you

Last week Steve Barks, Public Governor, visited our Minor Injuries Unit at the Royal Hallamshire Hospital. He shared more about what happens in a day at the unit:

"It is 8am and Lizzie and her team are ready to welcome their first patient of the day. It is the recommended service if you have a minor injury, wounds or wound infections, bites, scalds and minor burns, sprains, dislocations and fractures. It will also deal with minor eye injuries should you miss the emergency eye clinic which closes at 4.30pm.

"After booking in at reception you will be seen by one of the Emergency Nurse Practitioners who, like Sister Lizzie, are all experienced A&E staff and you will be seen in one of their cubicles. They even have an Antarctic medicine expert – a hobby for Emergency Nurse Practitioner Ben, but certainly useful to the citizens of Sheffield coming a cropper on those icy winter hills!

"Thank You letters are proudly displayed in the small rest room, including one from an A&E doctor himself who was treated after a cycling accident – praise indeed! Another heartfelt thank you is from a son for the patience and understanding given to him as well as his 96-year-old mum brought in with a hand injury, made worse by confusion due to dementia.

"And suddenly it is 8pm and the MIU closes for another day – they are open every day except Christmas day. Eighty patients sorted today which is about average – that is over twenty thousand in a year! It has been a busy, but rewarding, day for Lizzie and her team."



Steve Barks, Public Governor, with Lizzie and Ben, both Emergency Nurse Practitioners at the Minor Injuries Unit

Spotlight on our Healthcare scientists

Healthcare scientists play a big role in patient care and are involved in 80 per cent of all clinical decisions made in the NHS. We have been celebrating the work and achievements of some of the many valuable but 'out of sight' roles in the profession. Hamda Suleiman is a Clinical Scientist in Audiology. Her role involves testing and managing hearing and balance function and their associated disorders in both children and adult patients. Hamda explains:

"I see patients to test their hearing and to fit hearing aids. The work I do in the vestibular (balance) assessment clinic involves analysing eye movements to get information about how the vestibular organs are working. This can help to diagnose balance disorders. Hearing and balance are two important senses that we rely on for our daily lives.

"As audiologists we have important roles in diagnosis and interpreting test results. We also play important roles in rehabilitating patients with hearing and balance problems. In research, we contribute to researching new techniques and developing our services to keep the NHS at the cutting edge of medicine. I think a lot of people don't realise that there are over 50 different scientific roles within the healthcare science and healthcare scientists are involved in 80% of all clinical decisions affecting the patient journey in the NHS."



Dietitian wins Rising Star of the Year award

Kushboo Naik, dietitian in the catering department, has won the Hospital Caterers Association's Rising Star of the Year in recognition of her exceptional contribution to hospital food and patient nutrition. She uses her specialist dietary knowledge and skills to provide recipe analysis and advice on menu balance, including for patients on textured modified diets.



Kushboo at work in the catering department

Professor Ashley Blom joins the Board

Professor Ashley Blom joined the Board of Directors as the University of Sheffield representative in April. He is the Vice-President and Head of the Faculty of Medicine, Dentistry and Health at the University of Sheffield, and from 2019–2022 was Head of the Medical School at the University of Bristol. He trained as an orthopaedic surgeon and is a Fellow of the Academy of Medical Sciences, an NIHR Senior Investigator and past-President of the European Orthopaedic Research Society.



Professor Ashley Blom

Council of Governors elections 2023

It's election time at Sheffield Teaching Hospitals and the Trust is looking for people to stand for election to become Trust governors. There has never been a better time to support your NHS. If you have a passion for the NHS and can spare some time, becoming a governor could be for you.

What is a Governor?

Governors represent the views of patients and members of the public. 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?

Civica Election Services Limited (CES) will run the elections for the Trust. CES are totally independent and ensure that a robust process is followed. The Trust gives notice of the election and invites Trust members who wish to nominate themselves to register their interest. Eligible Trust members will receive voting papers and after the ballot closes CES will count the votes and the Trust will announce the results.

Will support be available?

Governors receive support to help them to undertake the role and must attend an induction session on 26 October 2023. Additional training and development events will also be provided. 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?

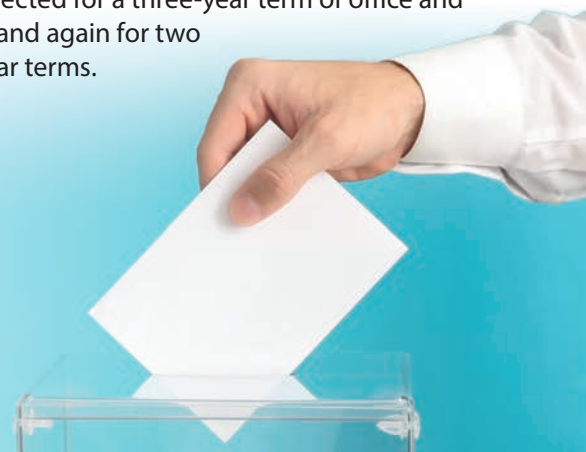
As a minimum governors must attend the quarterly Council of Governors' meetings; the Annual Members' Meeting and quarterly Governors' Forum meetings and time will be needed to read meeting papers. Governors are also offered other involvement opportunities throughout our Hospitals; this additional involvement 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 three-year term of office and are eligible to stand again for two further three-year terms.



Why become a Governor?

I was first elected as a Public Governor four years ago and am now in my second term of office and am finding the role to be very rewarding. The NHS has recently turned 75 and is there for us when we need it and makes a difference to people's lives every day. Being a Governor gives me the opportunity to feed in the patient and public voice to the Trust and to give something back.

I have been involved through a period of momentous and continuing challenges in the NHS, not least managing and recovering from the pandemic. I have seen first-hand how changes have affected the Trust and our patients and I've witnessed the hard work that is required to enable Sheffield Teaching Hospitals to continue to provide the best possible care for everyone effectively and efficiently.

As a Governor I receive information on the performance of the Trust and have regular opportunities to ask questions of, and provide feedback to, the Chair, Chief Executive and the Trust senior leaders. I feel welcomed and valued in the various roles I undertake and am enjoying the friendship of a group of like-minded people from many backgrounds on the Council of Governors.

Whilst I have not felt any pressure to contribute more than I'm comfortable with, it is true that the more you put in the more you get out of the experience of being a Governor, and the better you can be as a voice of patients and public.

I would encourage Trust members to consider standing in this year's Governor Elections.

Steve Barks

**Public Governor
South East Sheffield**



NOTICE OF ELECTIONS

The Trust gives notice that it will hold Elections to the Council of Governors from 29 September to 19 October 2023

Elections will be held as follows:

Post	Number of vacancies
Public Constituency Sheffield North	Two Vacancies
Public Constituency Sheffield South West	Two Vacancies
Public Constituency Sheffield West	One Vacancy
Patient Constituency	Four Vacancies
Staff Constituencies	
Administration, Management and Clerical	One Vacancy
Allied Health Professionals, Scientists and Technicians	One Vacancy
Ancillary, Works and Maintenance	One Vacancy
Medical and Dental	One Vacancy

Information about how to register your interest and details of the online nomination process will be available from **24 August 2023**.

Members wishing to stand for Election will be required to attend a virtual information session via Microsoft Teams on **30 August 2023** prior to submitting their nomination.

Please contact Membership Manager, Jane Pellegrina, for more information about either of the above.

Nominations

Nominations must be received by the Trust's Returning Officer, Civica Election Services, online or at the address below, by 5pm on **11 September 2023** in the following ways:

www.cesvotes.com/STH2023

Civica Election Services Limited

The Election Centre
33 Clarendon Road
London
N8 0NW

0208 365 8909

ftnominationenquiries@cesvotes.com

Should any nominee wish to withdraw their nomination they must put this in writing to the Returning Officer by 5pm on **14 September 2023**.

Elections

Ballot papers will be distributed to qualifying Trust Members on **29 September 2023**. Completed ballot papers must be received by Civica Election Services Limited by 5pm on **19 October 2023**. The results of the Election will be announced on **20 October 2023**.

Don't delay

If you're interested and would like to find out more, please contact our Membership Manager:

Jane Pellegrina

jane.pellegrina1@nhs.net

0114 271 4322

Foundation Trust Office

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



Message from Beth



Sheffield Hospitals Charity

A big welcome to Beth Crackles who has joined Sheffield Hospitals Charity as their new Chief Executive. Beth is a leader with extensive experience in strategic fundraising, having worked for local and national charities. Beth said:

"It's a huge privilege to lead Sheffield Hospitals Charity. Few things are more important than the health and wellbeing of those we love. I'm looking forward to working with colleagues across the Charity and NHS, as well as the generous individuals and organisations in and beyond Sheffield, to improve the experience that patients have. I can't wait to get going with the team and help to provide more support for the NHS in the city I'm proud to call home."

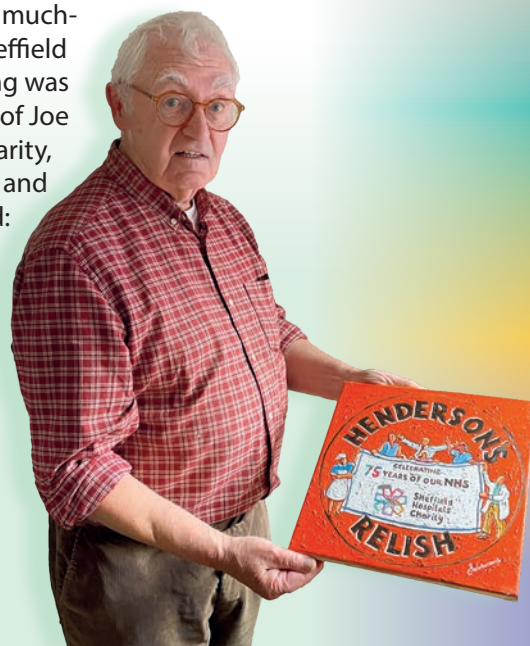
Pop-up art to relish

A new partnership between Meadowhall and Sheffield Hospitals Charity was launched on the the 75th anniversary of the NHS, and was marked with limited edition, commemorative bottles of Sheffield's much-loved Henderson's Relish. The bottles featured a label designed by renowned Sheffield artist and charity ambassador Joe Scarborough (pictured). The original oil painting was also on display for purchase in a new pop-up shop in the shopping centre. Prints of Joe Scarborough's art were also on sale. Proceeds from sales were donated to the Charity, which provides funding for the Sheffield Teaching Hospitals and Sheffield Health and Social Care Trust. Beth Crackles, Chief Executive of Sheffield Hospitals Charity said:

"We're delighted to have been selected as Meadowhall's new charity partner, particularly during the NHS' 75th anniversary year. The work done by our colleagues in hospitals across Sheffield is incredible and we are proud to be able to fund the things which allow them to go the extra mile for patients. This was the first of several events taking place at Meadowhall between now and December. Thanks to Meadowhall's fundraising drive, people in our local community who receive care in our hospitals can get involved and give back easily to make a difference to others like them."

You can donate to Sheffield Hospitals Charity at Meadowhall or via:

www.sheffieldhospitalscharity.org.uk



Secret Garden opens on NHS 75th anniversary

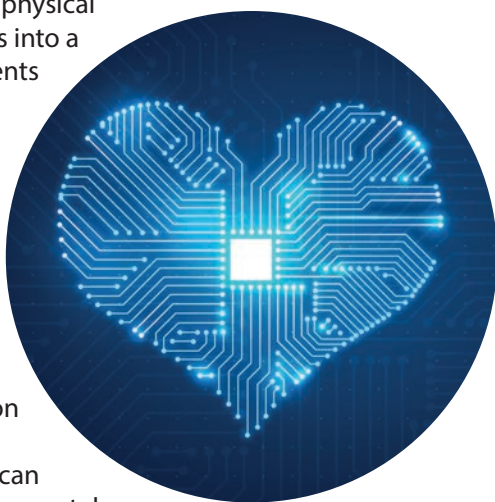
A brand-new, 'secret garden' at the Northern General Hospital was declared 'officially open' with a celebration tea party on 5 July, providing a much-needed sanctuary for hardworking hospital workers. Funded by Sheffield Hospitals Charity, this two-year garden project has transformed a piece of previously derelict land close to Vickers Corridor and the Peter Moorhead Dialysis Unit into a stunning outdoor sanctuary. It is already available to enjoy and provides a safe, quiet, relaxing space where staff can take breaks and recharge during their busy shifts.



Smart technologies to support recovery of heart attack patients

The Trust is one of three trusts nationally to trial a new digital care platform which will enable cardiac rehabilitation services to be delivered to patients in their own homes through mobile apps, Fitbits and novel digital technologies.

The technology, known as the Digitally Enhanced Rehabilitation in Cardiac Patients (DERIC) care platform, uses a Fitbit smartwatch to help patients measure heart rate, rhythm and physical activity and plugs into a mobile app. Patients are also able to enter additional health data (such as blood pressure and weight) and answer questions about diet and other health information in a mobile app. This information can then be accessed remotely by doctors, nurses and other health professionals as part of the patient's care plan.



New study of dietary supplement from tomatoes for men with fertility issues

Fertility experts from Jessop Fertility have teamed up with world-leading male infertility scientists at the University of Sheffield to look at the effect of a dietary compound called LactoLycopene on sperm quality in men attending fertility clinics.

Lycopene can be found in some fruits and vegetables, but the main source in the diet is from tomatoes. The 12-week pilot study will involve 80 volunteers aged 18 to 50 and could transform the outlook for men with fertility issues.



Mr Jonathan Skull, Ms Lucy Wood
and Dr Helen Clarke at
Jessop Fertility

New treatments for fast-growing brain tumours

Sheffield researchers are to use pioneering technology to exploit DNA repair in brain tumour cells to explore new treatments for fast-growing brain tumours.

The cutting-edge research aims to find weaknesses in the ability of glioma cells, or cells found in the brain, to repair their DNA and survive treatment.

Glioblastoma is a rare, but devastating form of brain cancer, affecting 3,000 patients in the UK each year. The standard treatment for glioblastoma is surgery, where surgeons remove as much of the tumour as possible, followed by a combination of chemotherapy and radiotherapy.

Study lead, Dr Ola Rominiyi (pictured) said:

"We hope that by understanding the different cells within a tumour, as well as the cells which spread to nearby brain tissue, we can find ways to effectively switch off DNA repair in the cells, which will help to re-route the cancerous cells and improve patient outcomes and survival."



Birds of Northern General Hospital

It's not only in the Secret Garden that you might find wildlife at the Northern General Hospital. With large expanses of grassland and trees, many creatures enjoy living here including foxes, badgers and squirrels, but birds are a particular pleasure.

Take the path through the wooded area alongside Barnsley Road and you'll see or hear most common species such as Goldfinch, Chaffinch, Blue Tit, Great Tit, Blackbird, and Robin. Wrens abound and you might even catch a Blackcap in summer. Near the Barnsley Road entrance early arrivers on a winter's morning are likely to hear a Mistle Thrush singing loudly above the traffic noise or a Tawny Owl that's been calling through the night!

In the more open spaces, there'll be plenty of Woodpigeons all year round, along with Feral Pigeons, Magpies and Carrion Crows. And make sure to look up. When you hear a piercing squawk, it will be the resident Ring-necked Parakeets. And an aerial honking noise in winter could mean a skein of Pink-footed Geese passing over on the way to their feeding grounds.



One of Britain's commonest birds, the House Sparrow, is quite rare at NGH, apparently confined mostly to the area around the Physiotherapy building. But a bird which has been hit hard by disease in recent years, the Greenfinch, has a very healthy population and can be found near the Clock Tower and the Palliative Care Unit. Listen out for its wheezy single note call or its bubbling flight song.

If you have that spare moment or two, open your eyes and ears and enjoy what the birds of NGH have to offer.

Martin Hodgson
Patient
Governor



Become a Member of the Trust

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

Title Mr ☐ Mrs ☐ Ms ☐ Dr ☐ Other:

Family name: First name:

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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: Public Member ☐ | Patient Member ☐

Signed:

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

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

Or register online at: <https://www.sth.nhs.uk/members/become-a-member>