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

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Good HEALTH

Helping Young Patients move to Adult Care

For young people with long term conditions, making the transition from a children's hospital to an adult hospital can be a daunting time. After many years of regularly visiting the same place and staff, young patients often need support to feel comfortable in the new adult care environment.

Sheffield Teaching Hospitals who provide adult care, have special Transition Care Services in a number of departments across the hospitals to make the move as easy and positive an experience as possible. Sarah Jenkins Consultant Nephrologist and Transition Lead for Renal services, said: "Young people aged between 16-18 sometimes

feel anxious about the change in their routine before the move. We put plans in place to help make it a fun experience such as arranging trips to allow the teenagers to get to know fellow patients and staff they will meet on the wards or in clinic."

The teams in various areas also help young patients by increasing familiarity by visiting

them in the Sheffield Children's Hospital over a period of time, arranging meetings with staff from both hospitals and having visits to the adult setting before they move over. The design and decoration of treatment environments in which the young people are treated have also been taken into consideration, with staff creating dedicated spaces to cater to their needs.

Bradley's story

Bradley Bennett, aged 17, from Doncaster, was recently admitted to the state-of-the-art adult Cystic Fibrosis Unit at the Northern General Hospital for the first time. Having already been shown around the facilities and introduced to the Unit's staff, beginning his two week stay was not a daunting experience.

The Motocross Biker was diagnosed with Cystic Fibrosis (CF) when he was five months old and has been in and out of children's hospital for treatment or check ups for his condition throughout his childhood.

Bradley said: "I had already had an induction to the new Unit before I needed treatment and I was really impressed by the facilities. The ward is designed with young adults in mind with your own room, a gym, your own TV, internet and WiFi. Also things like being able to have a mate stay over with you or being able to play on the Wii is great. I feel the adult ward suits me better now I am older as it gives you more freedom to go out in the day when you want to. Yesterday I popped to Meadowhall and just came back in time for my IV antibiotics in the evening. I think it helped me feel more relaxed about coming somewhere new as I had met most of the staff who were all

really friendly."

Frank Edenborough, Consultant Physician at the Cystic Fibrosis Centre, said: "The work on transitional care for young adults transferring from the Sheffield Children's Hospital to the adult hospitals has used the CF model as something of an exemplar. We (the adult team) are introduced to Sheffield Children's Hospital patients from age 13 at their clinics where we sit in with their team. By the time patients are over the age of 15 we have seen many of them a couple of times. They then come to a clinic at the Northern General Hospital where we lead the consultation, but the Children's team sit with us. As

a result they are familiar with at least some members of the adult team and know that the Children's Hospital and Adult Centre do things in partnership and agreement so it reduces their anxiety about the quality of care they will receive when they leave the Children's."

A million pounds was donated by Sheffield Hospitals Charity to support the development of the young CF adult ward based at the Northern General Hospital. Supporters of the Charity made it possible to provide an extra level of comfort so the ward could offer a more welcoming and homely environment for patients.

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Motocross biker, Bradley Bennett who has Cystic Fibrosis

Welcome

Sheffield Teaching Hospitals have lots of facilities and services that are tailored to suit the needs of our younger patients. There are also services across the Trust that are dedicated to making the transition from the children's hospital to an adult care environment less daunting. This edition of Good Health will explore some of the care plans and facilities that have been designed especially for this purpose. This edition will also explain what the new Friends and Family Test will mean to patients and take a look behind the scenes in 'News from the Board'.

And finally, don't forget to check out how to get involved with the elections for new or existing trust governors on page 7. Maybe you could apply?

Jane Pellegrina

Foundation Trust

Membership Manager

Bradley's story (Continued from front page)

Join actress Jenny Agutter at fundraising concert

Sheffield Philharmonic Orchestra is holding a concert on 1 June at the Victoria Hall located on Filey Street. Actress Jenny Agutter will be narrating and the orchestra will perform a wide selection of music including the Young Persons' Guide to the Orchestra, James Bond, Wallace and Gromit and Dr Who.

Profits from tickets sales will be donated to help Cystic Fibrosis patients. Tickets for the event can be purchased from Dr Edenborough or from Sheffield Hospitals Charity (charity@shct.nhs.uk or 0114 271 1351)

Anyone interested in sponsoring the event should contact Dr Edenborough on 0772 203 2009 for more details



Jenny Agutter with Cystic Fibrosis patient at the opening of the new unit

Chelsea's story



Chelsea Breeze, patient at the Metabolic Bone Centre

One patient who has recently started to be treated at the Metabolic Bone Centre's young persons 'Hub' is student Chelsea Breeze, aged 18 from Gleadless. Chelsea suffers with Osteogenesis Imperfecta, a condition that makes the bones very brittle and easy to break. Due to her condition, Chelsea has undergone treatment since the age of six which involves going into hospital for two days every three months for an infusion of intravenous medication which helps her bones to be stronger. Chelsea had been having her ongoing treatment at the Sheffield Children's Hospital until the age of 17 when it was time

to make the transition to the Centre at the Northern General Hospital.

Chelsea explained her fears of the move to an adults hospital: "I was worried that the adult's hospital would be full of older people and I would feel uncomfortable. I also have a phobia of needles and I was scared that the new staff may not be as understanding being as I would now be classed as an adult."

The Transition service arranged for Chelsea to meet with the consultant who would be taking over her care, along with her consultant from the Children's Hospital for support. Chelsea was then invited over to the Northern General Hospital to visit where she would be having her treatment in the future. The centre has recently had a special room built for young patients that come in for their

treatment. The spacious 'Hub', as it is known, was decorated by young modern artists and has large comfortable settees and entertainment such as magazines and a music player to enjoy whilst undergoing treatment.

Chelsea explained why the dedicated service made her move a positive experience: "It was the personal touches that made such a difference. It was great for me to meet the staff beforehand so that there were familiar faces, and as soon as I visited the treatment room I couldn't wait to go! Its great to have your own space and the room is very relaxing. The staff are all really friendly which made the transition much easier for me - it's like visiting friends and family when I go in now. They have even helped me with my phobia of needles and I don't even need anaesthetic cream anymore!"

Ben's story

Ben Moore, from North Aston, has praised staff at the Northern General Hospital for helping his transition from the Sheffield Children's Hospital to the Adults Hospital less daunting.

Ben, now aged 22, has suffered from kidney failure since he was just three months old, having to have 3 kidney transplants and had to endure dialysis (a treatment to cleanse the blood of toxins which kidneys would flush out) three times a week for the 18 months he waited for his most recent transplant.

Ben explained how he felt about the transition before the service intervened: "I had been at the children's up until being 18 years old, and I was worried because I didn't know what to expect at the adults hospital."

The transition service set up a visit

to the Northern General Hospital so that Ben could meet the staff, have a look around where he would continue his care and answer any questions he may have. Ben was also invited to Centre Parcs, on adventure trips set up for young renal patients so that they could make friends and also gain support from each other whilst having fun and taking part in workshops. These trips are kindly funded by the British Kidney Patients Association.

Ben added: "It is a really good service. The staff and the team make the transition process much less daunting for adolescents - by the end of the adventure trips you feel much more at ease, it really helps."

Now that Ben is feeling much better after his transplant, he is 'giving back' to the hospital and is helping out on the adventure trips no longer as a patient, but as a member of staff.



Ben Moore is now helping other young people with kidney failure



Kay Bottrell Diabetes Specialist Nurse for Young People with patients / course attendees: Chloe Duff (18) and Acacia Larence (18)

'WICKED' Course Supporting Young Diabetes Patients

A 'WICKED' team from Sheffield Teaching Hospitals have created a pioneering new course for young adults with type 1 diabetes called: 'Working with Insulin, Carbs, Ketones and Exercise to manage Diabetes' (WICKED).

WICKED is delivered in informal settings and addresses everyday common issues that may affect diabetes management. The programme is already benefiting patients transitioning from paediatric to adult care in Sheffield and staff hope it can be evaluated across South Yorkshire in advance of a national trial to establish its effectiveness.

Chloe Duff, aged 18, from Gleadless, Sheffield, is a student at Castle College. She attended the course two weeks after being diagnosed with the condition. Chloe said: "I learnt a lot about all the things that can affect my diabetes that relate to my age group, it really put my mind at ease. It was

fun to learn with other young people – we had a good laugh and made new friends."

Kay Bottrell and Vanessa Whitehead, Diabetes Specialist Nurses for Young People, were shortlisted in the Child and Adolescent services category in the 2012 Nursing Times Awards for this innovative work.

Kay and Vanessa developed the structured education course around their understanding of the challenges and lifestyle decisions that young people with Type 1 diabetes face which often prevents them managing their diabetes effectively leading to serious long term effects on their health.

Following an in-depth

examination of the needs of young adults with Type 1 diabetes conducted by a team from the Dept of Psychology at the University of Sheffield, the nurses have developed an age specific course teaching the skills of diabetes self management for this age group. Rebekah Beer, adolescent dietitian helped to

develop the dietetic components and was also supported by Clare Gibson, Project Manager for CLAHRC-SY Diabetes and Resource Illustrator of WICKED, who designed age appropriate tools to help encourage the young people to engage with the service and take ownership of their condition.

Meeting the needs of young people at the Central Health Clinic

The Youth Clinic at Central Health Clinic is a drop in service for young men and women under 20, offering a full range of contraception, condoms, Chlamydia screening, testing and treatment for sexually transmitted infections, pregnancy testing, and psychosexual counselling. The Clinic has been recognised as meeting the 'You're Welcome' quality criteria as set by the Department of Health. This sets out the principles that help health services to become young people friendly. Some of the ways in which they aim to meet the needs of young people are:

- Opening times are 3.30 - 6pm Monday to Thursday and 11am – 1pm on a Saturday so that young people can attend outside of school/college hours
- The clinic operates on an open access basis so that young people can drop-in without an appointment
- The information leaflets and posters to advertise Youth Clinic were designed by young people, for young people

As well as this service at Central Health Clinic, Mulberry Street, in the city centre the clinic is also held on

Thursdays 3.30pm – 6pm at Firth Park Clinic, North Quadrant, Firth Park, S5 6NU. For more information visit: www.scash.nhs.uk



New area for young adults with Cancer

Thanks to the generosity of local supporters, Sheffield Hospitals Charity has been able to fund the renovation of rooms within the Royal Hallamshire Hospital to create a space for young adults diagnosed with a cancer, including Leukaemia's and Lymphomas.

The new area has been redecorated and funky artwork and large comfortable chairs added. A television, games

console and internet access have also been installed to help keep young patients occupied while they are waiting for an appointment or receiving treatment in the room.

22 year old Daniel from Stannington is one of the patients who has benefitted from having access to the new area.

Daniel was diagnosed with Leukaemia and had to undergo chemotherapy for six weeks. He was also given a bone marrow transplant. As a result

of his treatment his health has now improved, but he has to return to the hospital for his condition to be monitored.

"Coming back to the hospital is so much better now because of the new room. When you are not feeling one hundred percent it's nice to have a really comfortable place to sit in. More importantly, it has also meant that I've been able to talk to other people coming for treatment who are a similar age. This has really helped me. It's good to have someone to talk to who understands what

you are going through, because they are in the same position."

The application for funding for the area was submitted to the Charity by the Teenage and Young Adult (TYA) Service, which supports young adults, aged 16-25 years old as their needs are a little different to those of young children or adults. The TYA team aim to compliment the support already given by clinical teams by helping to ensure that young patients get all the help they need at such a difficult time in their lives.



Daniel Jones (patient) and Jan Siddall, Nurse Lead for the Teenage and Young Adult Service in the new room

Help make a difference by donating unwanted clothing

Sheffield Hospitals Charity is encouraging businesses, schools, colleges, community groups and groups of families and friends to gather together their unwanted quality clothing and donate it to the Charity for recycling.

The Charity will arrange a collection point and agree a date, to pick up the bags and take them away. The new "Bags for Change" scheme is an easy way to raise money and unlike similar schemes, the Charity receives 100 per cent of the profits from recycling the clothing, this means more money can be spent

on improvements that will benefit patients and their families.

Norton Free Primary School was the first school to sign up to the new fundraising initiative and managed to donate over eighty bags of clothing.

Helena Button, Head Teacher at Norton Free School, said: "So many people benefit from treatment provided by our local hospitals, so it's great that our staff and pupils can make a difference in such a simple way. Children grow so quickly and need their clothes replacing so this is the perfect solution as it clears space at home and helps others."

David Reynolds, Director of Sheffield Hospitals Charity said: "At a time when a lot of people are struggling with their finances this scheme is a really good way to help others in need, without having to part with any money. It's a small amount of effort, but it means we can help our hospitals to continue delivering high quality clinical care."

If you would like to organise a collection please email julian.fifield@shct.nhs.uk or call 07977 269 523.

Clothes collection bags should not be taken to any hospital sites, bags will only be picked up from agreed collection points.



Laura Morris with patient Irene Topham

Young volunteers dedicate time to patients

Under 25's make up the largest age group for volunteers at Sheffield Teaching Hospitals. Laura Morris, aged 18 from Wincobank in Sheffield, is one of hundreds of young people who use their own time to provide additional support to our hospital's patients.

Laura works as a Nutritional Assistant for three hours a week at the Northern General Hospital. She helps patients on Hunstman 6, an Orthopaedic ward with many

elderly inpatients, to eat their meals and encourages them to socialise. Laura, who is also an A level student at Longley College, hopes to be a nurse in the future. She said: "My favourite part of the role here is supporting the patients to eat as some of them cannot manage and my help frees up some of the nurses time. I can see my help really makes a difference on the ward at busy times and it also is great for me in gaining experience and confidence."

Gastroenterologist wins prestigious prize for outstanding clinical research

Dr Reena Sidhu, Consultant Gastroenterologist, has won the prestigious British Society of Gastroenterology Hopkins Endoscopy Prize for her dedication to care and research.

The annual prize is awarded to those who have produced the best clinical research in the field.

Dr Sidhu, based at the Regional Gastroenterology and Liver Unit at the Royal Hallamshire Hospital, is the first female doctor to be recognised with the award for

her work towards improving patient care in Endoscopy.

Professor Sanders, Consultant Gastroenterologist, congratulated Dr Sidhu. He said: "Everyone here at the Unit is very proud of Dr Sidhu's success; she is the most published Consultant in the UK in this field and thoroughly deserves this honour. Her success yet again ensures that patients in Sheffield have the highest standard of care in what is the largest small bowel endoscopy service in Europe."

The award winning unit have recently been awarded a £25K grant by Westfield Health to purchase further novel endoscopic equipment.

Dr Sidhu said: "I am delighted to receive this honour. We have a fantastic Unit at the Royal Hallamshire Hospital with a great team supporting our patients. Furthermore the unit have always been well supported by Westfield Health who have underpinned our success with their sustained investment."



New Strategy tackles Sexual Health Inequalities in Sheffield

A new sexual health strategy was published this Valentine's Day in a bid to improve the sexual health of our city.

The strategy for aims to reduce sexual health inequalities between the general local population and more vulnerable groups such as young people, ethnic minority groups and homosexual men.

The guidelines, produced by the Sheffield Sexual Health Network which is a partnership between Sheffield Teaching Hospitals NHS Foundation Trust, Sheffield City Council and NHS Sheffield, will provide a framework to shape a wide range of services over the next three years: from prevention and sexual health promotion through to treatment and care.

Steve Slack, Director of the Centre for HIV and Sexual Health at Sheffield Teaching Hospitals, said: "It is therefore vitally important that sexual health is not simply seen as an issue for public health professionals to address. All of our city's services can play a role in addressing sexual health inequalities and the significant impact that they can have on peoples' lives."

Would you recommend your care to relatives?

The new Friends and Family test is a way of gathering patient feedback about their experience and helping to drive further improvements in local hospital services.

When patients are ready to be discharged from hospital, they will be given a Friends and Family feedback card which asks the following question:

"How likely are you to recommend our ward/A&E department to friends and family if they needed similar care or treatment?"

They will be invited to respond to this question by giving an answer along a five-point scale ranging from 'extremely likely' to 'extremely unlikely'.

A simple follow-up question on the card asks why they chose the answer they did, so that the Trust can find out

a bit more about their experience and understand in greater depth what their care was like.

The patient will be asked to complete the feedback card before they leave hospital wherever possible so that they can pop it in a special postbox on the ward or in the A&E department before they leave.

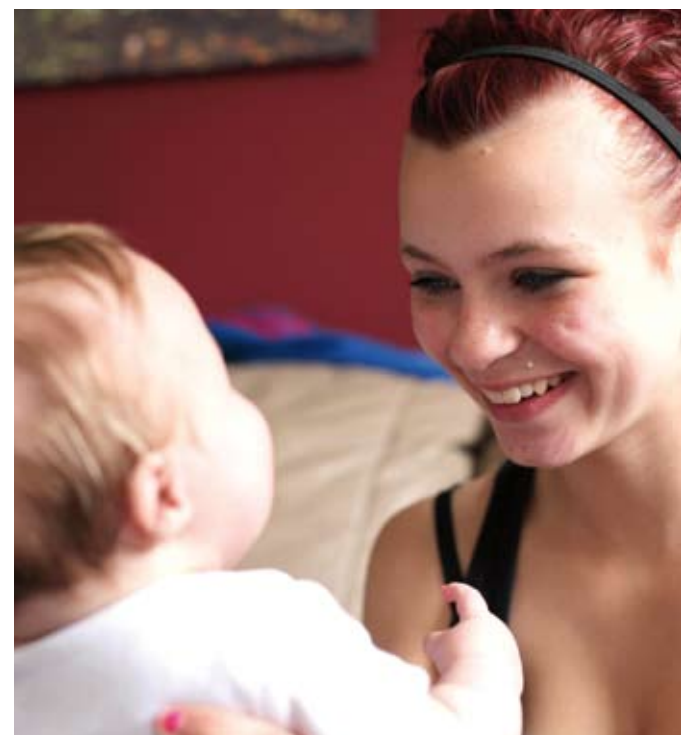
If they prefer, patients can choose to respond later either online, by Smartphone using a special QR code or on a postage paid card. The individual answers the patients give are confidential and staff will not be able to identify who they are.

Sir Andrew Cash, Chief Executive, said: "We already have a number of ways in which patients can feedback their views on our care and services and we have made numerous improvements as a result of patients' or visitors' suggestions. The Friends and Family Test will be

a particularly powerful indicator of where we are getting it right or where we have more work to do. This is because we are asking if a patient would recommend the ward or department to the people who matter to them most."

"The responses we will get back from patients will be combined with other sources of information, to help build on good performance and to make the improvements that patients want to see. We are expecting to collect more than 100,000 responses in a year and every month each ward will receive a summary of their feedback so that they can share it with their teams"

The Family and Friends Test will begin on all wards at the Northern General and Royal Hallamshire Hospital as well as the Accident and Emergency department from 1st April.



Getting to know your Governors



Joyce moved to Sheffield from Nottingham three years ago and was elected by Trust Members in July 2012 as a Public Governor representing South East Sheffield, prior to retiring

Joyce was a medical secretary to a consultant physician in another large teaching hospital.

What part of being a Governor do you most enjoy?

There is not one part of being a Governor I enjoy most as I enjoy every aspect. I do however enjoy being able to make a difference to patient care by being actively involved as a Governor in what is going on in our hospitals and, helping to implement the changes that are taking place to make our hospitals as good as possible.

What does your role involve?

I sit on various panels, the aim of which is to gain knowledge and improve patient care within our hospitals. I very much enjoy going around the hospitals to wards and outpatients departments talking to patients and getting their views on their treatment and care in order to continuously improve services, which I am passionate about.

What was the last thing that made me laugh?

Seeing my great granddaughter who is four years old sitting with one arm around her grandpa (my husband) and one arm around our dogs neck watching television. I don't see them very often as they live in Salisbury as her daddy is in the regular army.

Who do you admire and why?

Our doctors, nurses and staff who work relentlessly around the clock saving lives.

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

Somewhere warm and sunny visiting places of historical interest

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

Meryl Streep as she is a brilliant actress who cannot only make you laugh but make you cry

Governors in Action

Two of the most significant issues for us as governors in the coming year are the Francis Report and the new Friends and Family Test.



The Francis Report has already been published and the government response will be available by the time you read this. Sheffield Teaching Hospital NHS Foundation Trust in partnership with Governors, patients and staff developed their priorities for patient care just over 18 months ago. The 'Making a Difference' plan has high quality care, good clinical outcomes and the best possible patient experience at its heart and two recent very positive inspections by the Care Quality Commission have shown that staff are working hard to achieve this for patients. However there is no room for complacency and earlier reports to the Council of Governors had already alerted us to the failures at Mid Staffordshire NHS Foundation Trust. We will therefore be working with Trust Managers and staff to see what further actions might be required to implement some of the changes and improvements the Department of Health and others require the NHS to implement as a consequence of this important and far reaching report.

In particular we will be examining ways in which the culture changes envisaged by the Francis Report relate to Sheffield Hospitals and how we live by our PROUD values (Patients at the heart of everything we do, Respect and dignity, Ownership, Unity and Deliver). We will keep you up to date with developments in future articles.

The Friends and Family Test to be introduced in April will ask all patients and family members who use our hospitals to tell the Trust if they would recommend the hospital to others and to comment on their experiences. We will be watching the responses with keen interest.

At the Council of Governors meeting held on 29 January a presentation was given by the senior hospital managers on their plans for 2013/14. Transparency and listening to patients as well as high standards and safe care were all very prominent in the plans.

In an interesting presentation on the city wide health and social care transformation partnership called Right First Time, the move to develop more community health services to enable people to live independently for longer were discussed along with other plans.

Other matters on the agenda included capital projects, review of the Trust's Constitution and the Patient Experience report.

Don't forget that the Council of Governors meetings and the Trust Board meetings are open to the public and details can be found in 'Dates For Your Diary' on this page.

Governors have continued to be involved in the work of the Trust by meeting and listening to patients and visitors at all our hospitals. We have also been active at various meetings including the Council of Governors, Patient Experience Groups, finance briefings, strategy development groups – and many more working groups including those looking at how to further improve the hospital environments and hospital food. More details are available on the Sheffield Teaching Hospitals website: www.sth.nhs.uk/members/governors-council. As the year progresses governors will be attending Board meetings and sub-committees to keep in touch with how Trust policies are being applied.

John Warner

Public Governor West Sheffield

If you have any thoughts or questions on these or any other matters relevant to the Trust you can contact us by phone on 0114 271 4322 or by email at governors@sth.nhs.uk

Dates for your diary

DATE	TIME	MEETING	VENUE
17 April	9:15 - 11:00 am	Board of Directors Meeting	Undergraduate Common Room, Medical Education Centre, Northern General Hospital
30 April	5:00 - 7:00 pm	Council of Governors Meeting	Undergraduate Common Room, Need to confirm venue
15 May	9:15 - 11:00 am	Board of Directors Meeting	Undergraduate Common Room, Medical Education Centre, Northern General Hospital
20 May	11.00am - 2pm	International Clinical Trials Day	Look out for activities at the Northern General and Royal Hallamshire Hospitals
19 June	9:15 - 11:00 am	Board of Directors Meeting	Seminar Room 1, R Floor Royal Hallamshire Hospital
17 July	9:15 - 11:00 am	Board of Directors Meeting	Undergraduate Common Room, Medical Education Centre, Northern General Hospital
30 July	5:00 - 7:00 pm	Council of Governors Meeting	Venue to be confirmed
18 September	9:15 - 11:00 am	Board of Directors Meeting	Undergraduate Common Room, Medical Education Centre, Northern General Hospital
16 October	9:15 - 11:00 am	Board of Directors Meeting	Seminar Room 1, R Floor Royal Hallamshire Hospital
22 October	5:00 - 7:00 pm	Council of Governors Meeting	Venue to be confirmed
20 November	9:15 - 11:00 am	Board of Directors Meeting	Board Room, Fairlawns Health Centre, 621 Middlewood Road, Hillsborough
18 December	9:15 - 11:00 am	Board of Directors Meeting	Seminar Room 1, R Floor Royal Hallamshire Hospital

Members of the public are invited to attend all of the above meetings. Information is available on the Trust Website or you can telephone the Foundation Trust Office on 0114 2714322

For more information about Council of Governors meetings - <http://www.sth.nhs.uk/members/governors-council/governors-council-meetings>

For more information about Board of Directors meetings - <http://www.sth.nhs.uk/about-us/board-of-directors-meetings>



Would you like to be a Governor?

Elections to the Council of Governors will take place on 5 June 2013

Sheffield Teaching Hospitals now has more than 12,500 people, like you, registered as a Trust

Member and each one of them is eligible to stand in the elections to become a Governor. If

you are a Trust Member, are enthusiastic about the quality of patient care and safety, believe that public

and patient involvement in our hospitals can make a difference and want to be involved in the NHS in a

meaningful way then right now you can nominate yourself as a candidate in this year's elections.

How will the elections be run?

The Trust has engaged Electoral Reform Services (ERS) to run the elections on our behalf. In addition to ensuring we follow a robust election process (details available from the Foundation Trust Office) the involvement of ERS means that the elections are totally independent.

Do Governors need any special skills or experience?

You'll be working with a team of people from many different walks of life, with varied abilities and interests but with one significant thing in common- a passion for the NHS. No specific skills or experience of the NHS are needed but good communication skills will be important because you'll be engaging with a wide range of people both in the community and in the Trust. The role of Governor is very important and it is changing and growing. It is very interesting, can be quite demanding and, though you will be provided with support to carry out your role, Governors may have to undertake training to ensure they can fulfil all their responsibilities. Being a Governor can, however, be very rewarding if you are prepared to put energy into the role.

What do Governors do?

Governors have some key responsibilities including:

- Appointing and/or removing

the Chair and Non-Executive Director of the Trust

- Deciding the remuneration and terms and conditions of the Chair and Non-Executive Directors
- Helping the Trust to plan for the future
- Influencing decision-making by sitting on and contributing to various Trust committees
- Representing the views of patients and the public

How much time will it take?

You will need to attend four formal and two informal meetings each year of the Council of Governors. There is an expectation that you will get involved with at least one other Trust committee, take part in ward visits and attend information sessions.

You will also be strongly encouraged to attend Membership events and help recruit new Members. You will also need to be prepared to undertake training and development opportunities.

If you're interested why not come along to an

informal session to find out more?

Nominating yourself is really easy. Prior to submitting a nomination form, members wishing to stand for election will be required to attend an informal meeting on 22 April 2013 at the Northern General Hospital where you can meet some of our current Governors

to find out more about what they do and help will be on hand to support or advise you about the elections.

There's no time to waste this year's process starts on 29 April 2013 when the elections are officially announced and nominations must be received by Electoral Reform Services on 15 May 2013.

You'll find Governors are a friendly group and you'll be made very welcome. So if you'd like to find out more or would like help with any of the process please contact Jane Pellegrina on 0114 2714322 or email jane.pellegrina@sth.nhs.uk to book a place at the informal session on 22 April 2013.



Key contacts:

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

Electoral Reform Services Limited

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

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 | One Vacancy |
| • Patient Constituency | One Vacancy |

If you aren't sure which membership constituency you're in it's really easy to find out by calling the Foundation Trust Office on 0114 2714322 or by emailing jane.pellegrina@sth.nhs.uk

Key dates

- 22 April** Informal information session for members interested in becoming a Governor
- 29 April** - Nomination packs available from the Trust Foundation Office (see contact details below)
- 15 May** - All nominations to be received by Electoral Reform Services by 12 noon. Fax or email nominations cannot be accepted.
- 5 June** - Ballot papers distributed to qualifying members
- by **25 June** - Ballot papers to be returned to Electoral Reform Services by 12 noon.
- 26 June** - Election results announced.

Enhancing Dignified Care



Staff from Primary & Community Services organised a 'Dignity Roadshow' to help raise awareness around the importance of dignified and respectful care.

As part of 'Dignity Action Day' the team held the roadshows at different Community Services venues, including Manor Clinic, Jordanthorpe Health Centre, Firth Park Clinic, Lightwood and Beech Hill.

The team have also used funding from the Yorkshire & Humber Local Education and Training Board to raise awareness and

encourage the recruitment of local Dignity Champions. Champions to work in partnership with them to further improve the quality of services for patients.

Jan Blaylock, Modern Matron at Sheffield Teaching Hospitals NHS Foundation Trust, said: "We feel that ensuring patients are treated with dignity and respect is fundamental to the care we provide. The road shows were designed to gather the views of our own staff and patients about good practice and how we can further improve how we meet patient's needs so that we deliver dignified and respectful care at all times."



'Photo by Barry Richardson'

Kidney transplant patients Roy Simpson, John Methven, Deborah Reville and Iain Morley received gift of...

New Year, Fresh Kidney Transplant

The Sheffield Star and Radio Sheffield have backed a campaign to get 12,000 more people on the NHS Organ Donor Register before The Westfield Health British Transplant Games come to Sheffield in August.

Four patients who all received transplants at the Northern General Hospital between Christmas and New year 2013 have shared their stories as part of the campaign.

GRANDDAD John Methven was visiting Scotland when the call he'd been waiting for came - his chance at a new life was here.

Transplant surgeons at the Northern General Hospital finally had a donor kidney to replace John's, which had been 'destroyed' by his health disorder. And just hours later a panicked John had made it back to the hospital.

He said: "I got the call and the doctor said, 'Can you get to Sheffield quickly? Get down here as soon as you can'. But when I got there I had high potassium levels because I'd got so worked up on the way down and they had to wait a bit." John, of Staincross, Barnsley, had spent two months in intensive care after he was diagnosed with vasculitis, which causes inflammation of the blood vessels, in 2005.

He said: "The doctors told me that, as well as killing the nerve endings, it was destroying my kidneys.

"I spent two months in intensive care and was told there was a good chance I could last a few years without dialysis - and that lasted until 2008.

"From then I had to go to a mobile unit three times a week for dialysis treatment. It really ties you down and takes four hours a time. They say it takes five years off your life but now I've got a new kidney I should get some years back. Without the transplant my condition would eventually have been terminal."



Life this Christmas

Start for nt Patients

And the difference to John's life following the operation is marked. "It's fantastic," he said. "After dialysis I used to feel okay but then the following day you know you need it again. Now it's almost like I can forget all that."

But John and fellow kidney transplant survivors Deborah Reville, Roy Simpson and triple transplant survivor Iain Morley, of Lincolnshire, are the lucky ones. They all had their operations at the Northern General in the same few days, at the end of December, and are on the path to recovery, although they will have to take anti-organ rejection drugs forever.

Others are not so fortunate, like the five patients who have died waiting for an organ transplant in South Yorkshire since last April.

An emotional John, who is writing to the bereaved family of his kidney donor to say thank you, said: "Everyone should be signed up to the donor register.

"I think about the person and their family because they've given me this chance at life. I feel sorry for them but I am extremely grateful."

Signing up takes just minutes and can be done online at www.organdonation.nhs.uk or by texting SAVE to 84118 or by calling 0300 123 2323.

Do Your Bit for Weston Park Hospital charity campaign

It is estimated that one in three people will be diagnosed with cancer at some point during their lives, so having the best cancer research, treatment and care available locally is an important issue that affects almost everybody.

That's why Sheffield Teaching Hospitals NHS Foundation Trust has teamed up with the city's Lord Mayor and not-for-profit health insurance company Westfield Health, to support Weston Park Hospital Cancer Charity's £1.3million 'Do Your Bit' campaign to fund a new world-class Cancer Research and Treatment Suite at Weston Park Hospital.

The Hospital and the Lord Mayor are encouraging staff to 'do their bit' and get involved with the campaign. There are many ways to get involved, from taking part in one of the charity's events, or entering a sponsored run, walk or cycle ride, to volunteering, organising your own fundraising event or donating towards the cause.

The charity is also organising a 5-a-side football tournament, the Team of Steel, which will take place at Sheffield United's Bramall Lane on Sunday 26th May. Places are still available and teams will get the chance to play against legends teams from Sheffield United or Sheffield Wednesday.

Westfield Health will match any donations to the campaign pound for pound, up to £250,000.

Former Weston Park Hospital patient Petrina Drury, 39, is backing the campaign having overcome Hodgkin's Lymphoma – a cancerous growth of cells in the lymph system ten years ago.

She said: "Thanks to the wonderful treatment and care I've received at Weston Park Hospital I came through the cancer and I've been fortunate to go on to have children.

"The best part is being able

to have a normal life, just like anyone else. Getting the children ready for school and nursery, working, coming home, doing bath and bedtime – it's not exciting, but it is normal!"

Rachel Thorpe, Non Executive Director of Weston Park Hospital Cancer Charity, said: "We are delighted to welcome the support of the Lord Mayor and Sheffield City Council in helping to raise the profile of our biggest campaign in ten years, and we are urging people across the region to support us.

"Every single donation counts, no matter how big or small. The campaign is all about encouraging people to 'do their bit' and support us to help us reach the target of £1.3 million."

For more details on the Do Your Bit campaign please visit www.do-your-bit.org.uk.

Donations can also be made by texting ABIT01 followed by your chosen amount, eg £3, to 70070, or phoning the Cancer Charity office on 0114 226 5370.





Hospital Ward transformed to become Dementia Friendly

Research into creating dementia friendly surroundings has been put into practise on the recently refurbished Brearley 7 ward at the Northern General Hospital.

The new dementia ward was carefully designed to create a calming, less confusing environment for the elderly patients whilst helping them maintain their independence. The refurbishment also promotes socialising and interaction between staff and other patients.

The ward's day room has been re-decorated and turned into a comfortable 'Living Room/ Dining Room' hub, providing familiarity to the patients. Hospital staff have introduced reminiscent music, TV shows and artwork to create a warm and cosy atmosphere and spark stories and conversations.

Kerry Blackett, Arts Co-ordinator at the Trust, said: "New settings can be difficult for patients with dementia to feel comfortable in. We used principles from The Kinds Fund's Enhancing the Healing Environment scheme to completely transform the ward to cater to their needs. The new layout helps patients keep their independence as they are able to move around the ward, take

themselves to the toilet and find their way back to their beds more easily. As each bay is colour co-ordinated, patients are able to recognise the familiar area, this along with simple signage which uses images rather than words, prevents confusion."

The traditional nurses station has been taken away to open up the ward and create a social space for patients and staff. Staff can now work in the bay areas where there are chairs and a table for note taking, observations and handovers which makes patients feel more included.

Chris Morley Deputy Chief Nurse, said: "Patients on the whole seem calmer as there is more room to move around. The refurbished ward uses many techniques such as LED lighting to prevent falls and create a relaxing ambience. Staff now find it easier to encourage patients to eat away from their beds in the new dining room which is beneficial in getting patients moving and interacting. Previously patients were often drawn towards the ward exit and had to be persuaded back to their bay, this took up a lot of staff time and patients grew anxious when they found the door locked. The new design prevents this and now patients very rarely try to wander out of the ward."



Kerry Blackett, Arts Co-ordinator with Helen Litchfield Housekeeper in the revamped Brearley 7

Knee Surgery Trial to Begin in Sheffield

SURGEONS from Sheffield are to begin testing a set of digitally created surgical instruments which have the potential to significantly reduce the length of time patients spend having knee replacement surgery – improving accuracy and quickening recovery times.

The treatment, which is being trialled by Sheffield Teaching Hospitals NHS Foundation Trust, could eliminate up to a third of the surgical tools doctors use during complex knee replacement surgery and allow surgeons to produce all the instruments and artificial parts they will need in a virtual way, prior to the operation. This should, in turn, shorten the length of the operation, and make recovery quicker by aiding the return of motion and movement.

Knee operations typically take between one and one-and-a-half hours to perform, and involve surgeons replacing a knee joint that has been damaged or

worn away, usually by arthritis or injury.

Under the trial, which is being led by a group of orthopaedic surgeons from Sheffield, patients will have a MRI scan taken of their knee. Surgeons will then use this scan to perform a virtual knee operation – sitting down and working out exactly what equipment and parts will be needed to effectively undertake the operation in advance.

Through this virtual knee operation, surgeons will then be able to create ‘patient-specific instrumentation’ or tailor-made tools and parts needed to perform the operation successfully. At the moment the instruments used are not specifically tailored to match an individual patient’s needs and the exact sizes of the replacement have to be decided when the patient is being treated in the operating theatre.

Mr Paul Sutton, an orthopaedic surgeon from Sheffield Teaching Hospitals NHS Foundation Trust, said:

“Knee replacement surgery is a labour-intensive process, which involves a high degree of skill from the surgeon. But these new virtually created instruments are tailor-made to fit the patient’s exact anatomy, so they should reduce the amount of time surgeons have to spend working out which tools and parts will be needed to replace worn or damaged joints during knee surgery.

“They could also save time in the operating theatre. This technology has been used in a limited way already but the aim of our trial is to try and prove its theoretical benefits.”

The new technology is due to be tested on 60 patients being treated at Sheffield for arthritis.

As part of the trial, doctors will be looking to assess how successful the treatment is, whether it can be rolled out to the rest of the NHS, and if it can help correct and improve knee alignment after a knee replacement operation which is known to affect how well a knee replacement will work and how long it will last.



Join the Super Draw Lottery for just £1 a week

Sheffield Hospitals Charity has just launched its weekly Super Draw Lottery. Play for as little as £1 per week and help to improve the experience of patients, their families and the staff who care for them at Sheffield Teaching Hospitals. One lucky individual wins a jackpot of £2000 every week, plus there are a range of other fantastic prizes to be won.

All winners are notified, so there is no need to worry if you don't check the winning numbers. All prize money is paid by cheque and posted out to home addresses. To join go to SHC.superdraw.net or contact the team on 0114 271 1173 for an application form.



We would recommend Trust as a place to work or receive care

The majority of staff working in the Trust's Hospitals and in the community would be happy recommending the Trust to a friend or family member as a place to be treated, or work according to the latest NHS staff survey.

The majority of staff also said they were satisfied with the quality of work and patient care they delivered.

The results of this year's questionnaire, which was sent to over 800 members of staff employed at the Northern General, Royal Hallamshire, Jessop Wing, Charles Clifford and Weston Park

hospitals as well as community health services staff, showed that more staff would recommend the Trust than the national average.

The Trust has also shown improvements in how well it engages with staff and the survey particularly shows that more staff feel they are able to contribute towards improvements at work

compared to last year's score.

Chief Executive, Sir Andrew Cash said: "I am pleased that the survey shows further improvements in a number of areas and that the majority of our staff would recommend the Trust as a place to receive care or indeed work. However the survey also highlights

areas where we need to continue to support our staff particularly in the current challenging climate. Helping staff achieve a healthy work/life balance continues to be a priority, as well as doing all we can to ensure our staff are fully supported and encouraged at work."

