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SPRING 2014 ISSUE 31

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# Good HEALTH



## WORKING TOGETHER TO IMPROVE YOUR HEALTHCARE IN AND OUT OF HOSPITAL

In 2010 Sheffield's NHS Community Health Services joined Sheffield Teaching Hospital NHS Foundation Trust to become one big team. This has enabled staff providing care in our hospitals to work more closely with those who provide care in the community.

This edition of Good Health focuses on some of the many different

services available in the community from Care of the Elderly to Sexual Health and looks at how things are changing.

Patients of all age groups have benefited from this joined up working but, in particular, the elderly and frail.

Penny Brooks, Clinical Director of Community Services, said: "During the last 18 months, there have been some fantastic developments in

care and improvements to services for patients as a direct result of community and hospital staff working together.

"These developments are also beginning to have a positive impact on reducing patient's length of stay in hospital which we know is an important factor to limit the chance of acquiring infection, being at risk of falls or suffering a loss of independence."





# WORKING TOGETHER TO IMPROVE IN AND OUT OF HOSPITAL

<p>As well as partnership working within the Trust, Sheffield Teaching Hospitals along with all the NHS organisations in the city and the City Council have recently come together as part of the Right First Time (RFT) partnership and invested several millions of pounds in developing additional rehabilitation and reablement services including extra nursing and social care places which can be used for short term</p>	<p>rehabilitation or in exceptional cases longer term care.</p> <p>The Right First Time partnership is also focussed on reducing the time patients need to stay in hospital once they no longer need hospital level care and having community support in place to help people remain independent and well in their own homes.</p> <p>Also over the past two years, we have been working in partnership</p>	<p>across acute, primary and community health services to make changes which deliver the appropriate care in the community rather than patients having to come into hospital. These developments have received very positive feedback from patients using the services.</p> <p>Fantastic progress has been made but those colleagues involved in delivering the services feel there is</p>	<p>still more we could do. The Trust is therefore taking the next step by bringing together staff working in community health services and the Hospital's Geriatric and Stroke Medicine (GSM) departments into an integrated Community and GSM Clinical Directorate from April 2014.</p> <p>This will remove some of the current organisational boundaries which sometimes slow progress</p>	<p>or innovation.</p> <p>Penny Brooks added: "This next step will really allow us to put patients and particularly the frail elderly at the centre of our care and build on the improvements which have been achieved to date."</p> <p>Patients have already seen improvements in the timeliness or quality of care they receive in the following areas:</p>
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## Discharge to Assess

When frail patients are medically fit to go home after a stay in hospital, a series of checks must be carried out to see how they cope with day to day tasks (such as climbing stairs, washing and making a cup of tea) and if they need additional support. These assessments were traditionally performed in a hospital setting meaning the patient often stayed longer than they needed to. The new 'Discharge to Assess' programme allows patients to safely go home as soon as they are medically fit and receive the necessary assessments in their own home. This new system gives the assessor a more realistic indication of how the patient can cope at home and what, if any, changes to their home are required. It not only enables the patient to be discharged from hospital sooner and return to their home which patients tell us is what they want. It also ensures hospital beds are available for the sickest patients to receive care.

Patients are often supported by the Active Recovery (see below) service during the assessment period.



## Active Recovery

The Active Recovery Service provides short term care and rehabilitation to people at home who have experienced a period of ill health or have been in hospital. The service aims to enable people to regain their independence and reduce the need for ongoing support with tasks, such as washing and dressing.

The service encompasses a large multidisciplinary team (including nurses, physiotherapists, occupational therapists, support workers, speech and language therapists, clinical psychologists, dieticians, podiatrists, pharmacists and geriatricians and social workers) to ensure patients receive all the care and rehabilitation they need at the right time.

As part of Right First Time, the Trust's Community Intermediate Care Service (CICS) works in partnership with the Sheffield City Council's Short Term Intervention Team (STIT) to deliver the service. Before the partnership, the CICS and STIT teams operated independently, resulting in the duplication of work and the missed opportunity for patients to benefit from the skills and knowledge of staff in both services working together.

Penny Brooks, Clinical Director of Community Services, said: "The alignment of the teams has enhanced our holistic approach to care in the community and helps those who can, to recover more quickly."

## Assessment and Rehabilitation Centre (ARC)

The ARC Community Rehabilitation Centre supports patients in the community to prevent unnecessary admissions to hospital or long term residential care.

The day rehabilitation service is for adults with any condition that affects daily functioning such as those who suffer from stroke, Parkinson's disease or those prone to or at risk of falls. A multidisciplinary team provides assessment and rehabilitation treatment during the day to help improve patient's ability to carry out normal daily activity and also to prevent any further decline.

The Centre, in Netheredge, recently became the city wide rehabilitation 'hub' for patients with these long term conditions, bringing together the multi-disciplinary rehabilitation services from across Sheffield. The service consists of a team of Consultants, Nurses, Physiotherapists, Occupational Therapists, Speech and Language Therapist and a Psychologist who tailor care to the individual's needs.

Diane Tenbuuren, Lead Physiotherapist at ARC, said: "Patients who visit ARC really get a lot out of the social aspect of the centre as well as the rehabilitation care. They come to us for one full action packed day a week and often form great friendships within their groups over an eight week programme. They exercise in the morning and have education and relaxation sessions in the afternoon. The exercise sessions include working on balance and strengthening and also confidence building. The education sessions differ every week from falls awareness, home safety, healthy eating, health promotion and anxiety management."

# DOVE YOUR HEALTHCARE



## Sheffield leads the way in delivering seven day NHS services

Sheffield's Right First Time(RFT) programme is one of 13 initiatives from across England to be recognised by Professor Sir Bruce Keogh, NHS Medical Director for England, for work to deliver NHS services, seven days a week.

The RFT partnership between GPs, local hospitals, mental and community health teams, the City Council and voluntary organisations, aims to give Sheffield residents the best possible health services particularly focusing on transforming and improving the way older people receive healthcare and also those patients who have long term illnesses such as diabetes, heart failure and dementia.

Part of delivering the 'Right Care, at the Right Time, in the Right place' is ensuring good quality care is available seven days a week and that actions, such as patients being discharged from hospital when they are ready, are not disrupted or delayed over the weekend.

## Sheffield Community Nursing Services

The Sheffield Community Nursing Service operates 24 hours a day, 365 days a year. The purpose of the service is to promote independence and self care wherever possible.

Penny Brooks, Clinical Director of Community Services, said: "Community Nursing is an essential service which supports patients to maximise their independence and quality of life in the context of their own lifestyle. The promotion of independence and involvement of family members/carers is always key to ensure control and self-care can remain with the patient where appropriate."

"We have a changing population - people are surviving longer and a greater proportion of people are living with chronic illness and frailty. We have therefore recently undertaken a review of our services. The review gave us the opportunity to discuss how we could develop teams and individuals and equip them with the necessary skills to deliver future care.

As well as involving community nursing teams we also sought the views of our partner organisations and in particular GPs.

## Supporting patients to avoid hospital admission

During the last year a 'risk stratification' tool has been introduced in over 95% of all GP practices within Sheffield. The tool allows practices to identify patients with long term chronic conditions who are most likely to require admission to hospital in the near future if their condition gets to a crisis point and becomes unmanageable. This information then allows GPs to plan what support could be put into place to keep these patients healthy and independent at home. The aim is to help them avoid getting to a crisis point in their health.

So far 3,500 people have been identified and will be offered support from the GP led care planning service who will work with professionals from across Health and Social Care in Sheffield to coordinate the support that individual needs.

This might include assisting patients with the self management of their own long term conditions, signposting to public community resources i.e. health trainers, health champions, healthy walks, lunch clubs, benefits advice or referring the patient to NHS community services, mental health or social services.



## Sexual Health Sheffield offers more choice at new 'One Stop Shops'



**Getting sexual health advice or treatment has become easier than ever before with the launch of two 'one stop shop' centres provided by Sheffield Teaching Hospitals Sexual Health Sheffield service.**

Health specialists in all aspects of sexual health are now based at both the Sexual Health Sheffield clinic at the Royal Hallamshire Hospital (previously GUM clinic) and the Sexual Health Sheffield Central Health Clinic in the city centre.

Before the changes, the Central Health Clinic dealt

with contraception advice and treatment, and the GUM centre at the Royal Hallamshire Hospital provided advice and treatment for sexual infections and HIV.

From 3rd March all sexual health needs can be met at either Centre. At the Hallamshire Hospital Sexual Health Centre people simply need to book an appointment which is usually within 48 hours of your call. Or people can use the 'walk in' service at the Central Health Clinic and no appointment is necessary.

Matron Kirsty Ellis, Sexual Health Sheffield said: "We

have made our service more convenient for our patients needs by catering to all sexual health at either the walk-in clinic at the Central Health Clinic, which opens until 7pm most nights, or booking an appointment at the clinic at the Royal Hallamshire Hospital.

We are always looking for ways we can improve our services and part of our work is going out to see what people want from sexual health services and we will endeavour to tailor our services to their needs."

Dr Christine Bowman, Consultant in Genito-

Urinary Medicine, Sexual Health Sheffield, added: "We want to breakdown the stigma attached to sexual health and make going for a check up as routine as possible. So the easier we make it for people to get advice and treatment the more comfortable people will feel about looking after their sexual health. We are also exploring what services we can offer in community settings to make it as convenient as possible for people to access the information or support they need. Our focus on prevention and sexual health promotion remains

a priority for us particularly to prevent STI's, HIV and unintended pregnancies in the first instance.'

Details of opening times, how to book appointments and information about sexual health can all be found by visiting the website [www.sexualhealthsheffield.nhs.uk](http://www.sexualhealthsheffield.nhs.uk) For appointments relating to contraception please call 3054000, for appointments relating to sexually transmitted infections (STI's) please call 2713528 and for general inquiries please call the 'Information Line' on 3054016.



## Working Together with other Trust's

Seven hospital Trusts in South Yorkshire, Mid Yorkshire and North Derbyshire have formed a partnership called 'Working Together'.

Working together on a number of common issues will allow the Trusts to deliver benefits that they would not achieve by working on their own.

The aims of this innovative partnership are to strengthen each organisation's ability to deliver safe, sustainable and local services to people in the most appropriate care setting, meet commissioner intentions to improve the health and wellbeing of the people being served in the most efficient and effective way and make collective efficiencies where the potential exists.

The Trusts involved are:

- Barnsley Hospital NHS Foundation Trust



- Chesterfield Royal Hospital NHS Foundation Trust
- Doncaster and Bassetlaw Hospitals NHS Foundation Trust
- The Mid Yorkshire NHS Trust
- The Rotherham NHS Foundation Trust
- Sheffield Children's NHS Foundation Trust
- Sheffield Teaching Hospitals NHS Foundation Trust

## Sheffield's joined up approach to mental and physical health



**Sheffield health partners are encouraging people to take care of their physical wellbeing to protect and improve their mental health. The call follows a recent local study which found that, while nearly three quarters of people with severe mental illness (SMI) enjoyed exercise, only a third could access the activities they enjoyed.**

The drive is part the city-wide Right First Time initiative, which sees the city's mental health services, hospitals, NHS commissioners, GPs, community healthcare professionals

and Sheffield City Council working in partnership with the aim of transforming health and social care.

A recent Right First Time consultation into improving the physical health of people with SMI found that exercise was popular with the majority of respondents. But a high proportion of people also admitted to barriers preventing them, including being overweight and/or unfit, transport issues, cost and lacking the confidence to exercise alone.

Fiona Goudie, Consultant Clinical Psychologist and Clinical Director for Strategic Development at Sheffield Health and Social Care,

said: "It is widely acknowledged that mental health and physical health often go hand in hand, so physical activity levels in Sheffield, as with other areas of the UK, need to rise to reduce the risk of disease and chronic illness.

"In parts of the country where healthcare staff are already working in integrated multi-disciplinary teams, it has led to improved, more inclusive services and fewer people ending up in hospital or long-term residential care.

"We hope the next stage of our Right First Time strategy will also lead to similar results here in Sheffield."



### Did you know?

Over 7,000 babies are delivered at the Jessop Wing every year.

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# New Mums give Sheffield Hospital's Maternity services the thumbs up

A comprehensive review of NHS maternity services has found that over 95% of mothers that gave birth at Jessop Wing Women's Unit last year said they were treated with respect, kindness and dignity.

The detailed review of 66 UK Hospital Maternity Units published by the Care Quality Commission, showed women giving birth at the Jessop Wing were pleased with their care.

The review covered the care provided from the time pregnant women first access maternity services to their sign-off by the midwife - usually around 10 days after the birth.

#### Sheffield's survey is based on a sample of 243 mothers who gave in February 2013:

- Over 95% of the women said they were treated with respect and dignity during labour and birth,
- around 95% said the hospitals were very clean or fairly clean,
- and over 96% had confidence and trust in the staff caring for them during your labour and birth.

Mum of three, Katy Cavell, age 26, gave birth to baby boy Alex on 19 August. Katy, a Medical Dispenser

from Southey, said: "My care was brilliant. My baby was breech so I had a team of very experienced midwives on stand by and the care I received was fantastic. The midwives catered for everything, they were really attentive to all my needs and were so friendly. I had a lovely room and the hospital seemed very clean. I can understand why it received good reviews in the survey."

The survey, which was carried out by Picker Institute Europe, took into account staffing levels, numbers of midwives and consultants, the mothers' own views about standards of care, and the welfare

of mothers and babies.

Hilary Chapman, Chief Nurse at Sheffield Teaching Hospitals NHS Foundation Trust said: "I am delighted that new mums and the Care Quality Commission have rated our services so highly. All of our maternity staff are passionate about the care that they give to mothers, fathers and their babies and the Unit prides itself on giving a professional high quality caring service. Despite our results showing that overall our women receive excellent care, the survey highlighted a few areas in which we will look to improve on such as postnatal care."



Happy mum Katy Cavell and baby Alex who was born at the Jessop Wing this year

## Smoke Free Mums



A new initiative has been launched by midwives in Sheffield and help reduce the number of pregnant women and mothers who smoke.

Protecting your baby from tobacco smoke is one of the best things you can do to give your child a healthy start in life. It's never too late to stop smoking. Every cigarette you smoke contains over

4,000 chemicals, so smoking when you are pregnant harms your unborn baby. Cigarettes can restrict the essential oxygen supply to your baby, so their heart has to beat harder every time you smoke.

The campaign called 'Smoke Free Mums' was developed with local women for local women.

#### How to get support

**It's never too late to stop smoking! To get the support you need you can:**

- Get in touch with our team directly to book an appointment with a stop smoking midwife on 0114 226 5627.
- You can get in touch with us through the Sheffield stop smoking service on 0800 0684490.
- You can also ask your community midwife, or GP to refer you to the Stop Smoking in Pregnancy Service.

## Hospital Baby Clinic recognised for work with Community Midwives

A dedicated group of staff at the Jessop Wing Hospital have been shortlisted in the 'Team of the Year' category of the Royal College of Midwives Awards 2014.

The team developed the Rapid Access Clinic for Babies (RAC) to make it quicker and easier for Community Midwives to access support for families of newborn babies who have lost weight or are jaundiced.

Before the clinic was set up in 2011, babies that required assessment were re-admitted to a ward to wait to see a doctor. This resulted in a high number

of unnecessary readmissions of mothers and babies.

Community Midwives now work closely with the Rapid Access Clinic and can refer any baby for a full assessment by an Advanced Neonatal Nurse Practitioner on the same day. After the baby is assessed, the team work with the parents to develop a full feeding and follow up plan and in most cases mother and baby are able to return home within a couple of hours.

Caryl Skene, Consultant Nurse in Neonatology, said: "We are delighted to be recognised for our work to improve our service for babies and parents. It can be a

worrying time for families if their newborn baby has lost weight and/or are jaundiced and we want to offer reassurance and support as quickly as possible to eliminate that anxiety and make sure the baby is well."

"In the last year only 29.5% of babies with weight loss and/or jaundice were readmitted.





## Jessop's Buggy Push

**Support babies at the Jessop Wing hospital and take part in our 5k Buggy Push**

**Rother Valley Country Park, Sunday, 11 May 2014**

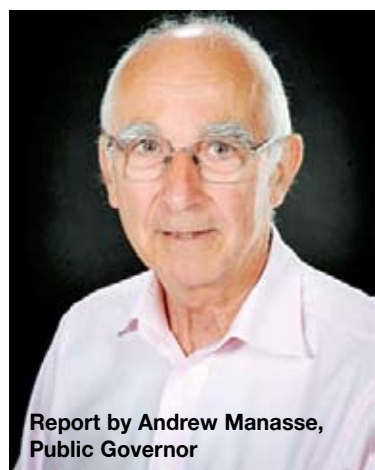
**Find out more:** visit [sheffieldhospitalscharity.org.uk](http://sheffieldhospitalscharity.org.uk), call 0114 271 1351 or email [jessopsguggypush@shct.nhs.uk](mailto:jessopsguggypush@shct.nhs.uk)

**Making life better for patients**

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# Record turn out for Annual Members' Meeting



Report by Andrew Manasse,  
Public Governor

The Annual Members' Meeting was the first of its kind and replaced the Annual General Meeting (AGM). As it was a new venture, we were feeling our way. At previous AGMs, members could attend if they wished but few usually did.

This year's meeting was intended to be much more member centred. Members were invited through the

pages of GoodHealth and by post, and 125 attended.

The purpose of the meeting was to bring members up to date about events in the Trust during the past year, and to say a little about future plans and prospects.

There were presentations from the Chairman, the Chief Executive, the Director of Finance, and from a Governor.

These were followed by question time; the meeting then closed and there was an opportunity to go on a very interesting

conducted tour of the new laboratory block at the Northern General Hospital.

A few days after the meeting, all those who attended were sent an evaluation form so that we could learn what had been good and what could be improved for this year's meeting.

Suggestions included having a larger venue, improved disabled access and better sound quality. The visit to the laboratories was picked out as a highlight and something to be repeated.

Overall, we thought that this was a good first meeting.

It would be good to have a larger venue next time, because we would like more staff to attend.

The visit to the laboratories was definitely a success.

We are now about to plan this year's meeting and hope to build on the helpful suggestions in the feedback. We depend upon the feedback and would encourage all those who attend to complete a feedback form this year.

## Beech hill visit

In September seven governors made a second visit to Beech Hill Intermediate Care Home, the first visit having been about a year before. Intermediate care facilities provide support and rehabilitation for patients who no longer need to be treated in an acute hospital setting but are not yet well enough to return home.

Andrew Manasse led the visit: "Our main impression was of a very professional, patient focused happy unit," he reported "The home is clean, well and tastefully

decorated and has the advantage of being an attractive building in lovely grounds. The disadvantage with the building is that it is listed so no significant alterations or improvements are possible and it cannot be enlarged".

Governors met two patients who both seemed very content and had only good things to say about their time in the unit and about the staff.

Governors noted that meals take place in the communal dining rooms, patients are dressed in day clothes and are served by support workers who know them well and accommodate their needs. For many this is a welcome social occasion.

Staff facilities are very good, with peaceful sitting rooms, and proper changing rooms.

One thing they noticed that has changed, and they agreed for the better, is that there is now a full time mental health worker – in fact normally two, who also cover the Intermediate Care beds in the private homes.

"All in all this seems to be a unit with excellent teamwork and happy staff and patients," said Andrew, "Beech Hill is a good example of patient centeredness in action and is accepted as the gold standard for other intermediate care homes in Sheffield."



**The Trust's plans for the future – Governors would like to hear from you**

**See Back page for more details.**

## Fruity Fun at Support Group

Governors Jo Bishop and Kaye Meegan arranged a special session at the last Atrial Fibrillation (AF) group to promote healthy eating. Kaye's husband, a retired chef, showed the group novel ways to present healthy foods in some very

interesting shapes. AF is a common condition which affects the rhythm of the heart which is often caused by high blood pressure. The group, which is one of only four dedicated to supporting AF sufferers in the country, helps patients come

together and learn from, and support each other to manage their condition and live their lives as healthily as possible.

In the UK, atrial fibrillation affects up to 800,000 people, and is

most common in those over 55 years of age. It causes a fast, irregular pulse, which can cause a persistent heart flutter.

Sheffield Teaching Hospitals has a dedicated nurse led AF clinic

at the Northern General Hospital and treats around 1500 patients every year.

To join the group or for more information, call 0114 3052122.





## Did you know?

Domestic Assistants cleaned 273,124 square metres of the Trust last year.

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# Governors wanted for Sheffield Teaching Hospitals



Elections to the Council of Governors will take place this year from 24th April

**Governors are volunteers who want to be involved with the NHS in a meaningful way by representing the views of patients and the public. If you would like to volunteer and you are registered as a member of Sheffield Teaching Hospitals NHS Foundation Trust, you are eligible to stand for election as a governor. If you're not already a member you can register by contacting the Membership Office (see key contacts below).**

Seats available:	
Patient Constituency	3 seats
Public Constituency in North Sheffield	2 seats
Public Constituency in South West Sheffield	1 seat
Public Constituency in West Sheffield	1 seat
Public Constituency Outside Sheffield	1 seat
If you're not sure which Constituency you're in it's really easy to find out by calling the Membership Office on 0114 2714322 or you can email jane.pellegrina@sth.nhs.uk	

## Do Governors need any special skills or experience?

Governors have an important role that involves working as part of a team of people from many different walks of life and with varied abilities, but with one significant thing in common ..... a real interest in the NHS. Although no specific skills or experience are required, governors need to be able to work well with others, listen to other people's views, give their own views and take part positively in group decision making. An ability to understand complicated issues and recognise priorities is important but just as important is the ability to engage with a wide range of people both in the community and in our hospitals.

The statutory duties of the Council of Governors were expanded in 2012 and the role of individual governors continues to grow. It is an interesting role and in the current challenging environment for the NHS it can be quite demanding. If you have some time to give and an enthusiasm for the role we will provide you with training and support to help you fulfil this rewarding role.

## How much time will it take?

You will be expected to attend four formal and two informal meetings of the Council of Governors each year. You will probably join at least one other Trust committee, take part in ward visits and attend information, training and development sessions. That's about 3 or 4 meetings per month.

You will also be asked to help recruit new Members, particularly at special Membership events. One way or another, a Governor should be able to keep in touch with public views and patients' experience of the Trust's services.

## 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 Membership Office) the involvement of ERS means that the elections are totally independent.

## What do Governors do?

Governors have some key responsibilities including:

- Representing the interests of patients and the public
- Helping the Trust to plan for the future

- Holding the Non-Executive Directors to account for the performance of the Board of Directors

- Appointing (and/or removing) the Chair and Non-Executive Directors of the Trust

- Influencing decision-making by sitting on and contributing to various Trust committees

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 .....the formal process starts on 24 April 2014 when the elections are officially announced and nominations must be received by Electoral Reform Services on 12 May 2014.

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.

## If you're interested why not come along and meet us at an informal session to find out more?

Nominating yourself is easy. We're holding an informal meeting 17 April 2014 at the Northern General Hospital where you can meet some of our current Governors to find out

Key dates:	
17 April 2014	Informal information session for members interested in becoming a governor
24 April	Nomination packs available from the Membership Office (see key contacts)
12 May	12 noon deadline for receipt of nominations by Electoral Reform Services
2 June	Ballot papers distributed to qualifying members
20 June	Ballot closes
23 June	Election results announced
1 July	Governor's period of office begins

Key contacts:	
STH Membership Office	Sheffield Teaching Hospitals NHS FT Clocktower Building Northern General Hospital Herries Road SHEFFIELD S5 7AU Telephone 0114 2714322 Email: jane.pellegrina@sth.nhs.uk
Electoral Reform Services	The Election Centre, 33 Clarendon Road LONDON N8 0NW Telephone 0208 889 923

## Patient & Public Involvement in Research: 7 April, The Circle

The Clinical Research Office is hosting its first ever public & patient involvement in research event.

Come along to the event to:

- Talk to our patient advisory groups about their experiences of setting up a patient advisory group and learn more about how our panels can help shape research
- Find out more about reviewing grant applications
- Learn more about the role of our Clinical Research Facility
- Find out how to get involved in research

The event will take place from 1pm to 3pm, with lunch provided. Drop in anytime.

## International Clinical Trials Day: 20 May

**International Clinical Trials Day provides a key focus for clinical research. It is an annual global event to celebrate the day that James Lind began his famous trial which led to the prevention of scurvy.**

This year the Clinical Research Facility will be opening its doors as part of the UK Clinical Research Facility Network Annual Open Day to showcase research taking place at our hospitals. So, please come along to the Clinical Research Facility at the Northern General Hospital and the Royal Hallamshire Hospital to find out more and take part in some of the interactive demonstrations and a tour of our facilities.

For information on either of these events, or patient & public involvement in research, please email [getinvolved@sth.nhs.uk](mailto:getinvolved@sth.nhs.uk) or call Lydia Harris, Research Manager, on 0114 2265911.

## Dates for your diary in 2014

DATE	TIME	MEETING	VENUE
19 March	1:15pm	Board of Directors Meeting	Undergraduate Common Room, Medical Education Centre Northern General Hospital
16 April	Afternoon*	Board of Directors Meeting	Seminar Room 1, R Floor, Royal Hallamshire Hospital
6 May	5:00 pm	Council of Governors Meeting	Undergraduate Common Room, Medical Education Centre Northern General Hospital
21 May	Afternoon*	Board of Directors Meeting	Seminar Room 1, R Floor, Royal Hallamshire Hospital
18 June	Afternoon*	Board of Directors Meeting	Seminar Room 1, R Floor, Royal Hallamshire Hospital
16 July	Afternoon*	Board of Directors Meeting	Board Room, Clocktower, Northern General Hospital
2 September	5:00 pm	Council of Governors Meeting	Undergraduate Common Room, Medical Education Centre Northern General Hospital
17 September	Afternoon*	Board of Directors Meeting	Undergraduate Common Room, Medical Education Centre Northern General Hospital
15 October	Afternoon*	Board of Directors Meeting	Seminar Room 1, R Floor, Royal Hallamshire Hospital
19 November	Afternoon*	Board of Directors Meeting	Seminar Room 1, R Floor, Royal Hallamshire Hospital
2 December	5:00 pm	Council of Governors Meeting	Undergraduate Common Room, Medical Education Centre Northern General Hospital
17 December	Afternoon*	Board of Directors Meeting	Undergraduate Common Room, Medical Education Centre Northern General Hospital

\* Please see Trust website for exact times nearer to the date.

Members of the public are invited to attend these Meetings. For more information you can telephone Jane Pellegrina in the Foundation Trust Office on 0114 2714322

Information is also available on the Trust Website:

For more information about Council of Governors meetings - <http://www.sth.nhs.uk/members/governors-council/governors-council-meetings/2014>




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



## Choosing the right NHS service

**Feeling poorly?** The Choose Well guide can help you get the most appropriate treatment for your illness or injury quicker NHS Sheffield Clinical Commissioning Group (CCG) has launched the 'NHS Sheffield Service Finder' FREE app which will help people choose the best service. It will explain what each NHS service does, when it should be used and uses location settings to pinpoint the nearest service.

The app is available for iPhone <https://itunes.apple.com/us/app/nhs-sheffield-service-finder/id816108692?mt=8> and Android devices [https://play.google.com/store/apps/details?id=com.myoxygen.servicefinder.sheffield&hl=en\\_GB](https://play.google.com/store/apps/details?id=com.myoxygen.servicefinder.sheffield&hl=en_GB)

 <p><b>Hangover. Grazed knee. Sore throat. Cough.</b></p>	 <p><b>Unsure? Confused? Need help?</b></p>	 <p><b>Diarrhoea. Runny nose. Painful cough. Headache.</b></p>	 <p><b>Unwell. Vomiting. Ear pain. Back ache.</b></p>	 <p><b>If you cannot get to see your GP and it's not getting any better</b></p>	 <p><b>Choking. Chest pain. Severe bleeding. Blacking out.</b></p>
<p><b>Self-care</b></p> <p>A lot of illnesses or symptoms, such as coughs, colds, sore throats and upset stomachs and aches and pains can be treated in your home by using a well-stocked medicine cabinet and by getting plenty of rest.</p> <p><b>Some self-care essentials:</b></p> <p>Stock your medicine cabinet with: paracetamol, aspirin, ibuprofen, anti-diarrhoea medicine, re-hydration mixtures, indigestion remedies, plasters and a thermometer.</p> <p>For further information visit NHS Choices <a href="http://www.nhs.uk">www.nhs.uk</a>.</p>	<p><b>NHS 111</b></p> <p>NHS 111 is a free to call service which will help you when you need to access medical and dental help fast but it is not an emergency. It is available 24 hours a day, 7 days a week to help you access local urgent health care services. Call <b>111</b> free from a landline or mobile. To access the NHS 111 service via textphone call 18001 111.</p>	<p><b>Pharmacist (Chemist)</b></p> <p>Your local pharmacist is a highly trained healthcare professional, and can give you advice on common illnesses and the medicines you need to treat them.</p> <p>Most now have a quiet area where you can speak to the pharmacist more privately and many are open during the evenings and weekends.</p> <p>To find your nearest pharmacy visit NHS Choices <a href="http://www.nhs.uk/service-search">www.nhs.uk/service-search</a> or call <b>111</b>.</p>	<p><b>GP (Doctor)</b></p> <p>If you have an illness or injury that won't go away, make an appointment with your GP. They provide a range of services by appointment, including medical advice, examinations and prescriptions.</p> <p><b>For urgent GP out-of-hours just ring your GP's normal number.</b></p> <p>To find your local GP surgery opening times and out-of-hours service go to NHS Choices <a href="http://www.nhs.uk">www.nhs.uk</a>.</p>	<p><b>NHS Walk-in Services</b></p> <p>Walk-in services treat minor illnesses and injuries that do not need a visit to A&amp;E.</p> <p>Sheffield's walk-in services are open 365 days a year. You do not need an appointment and will be seen by an experienced nurse or doctor.</p> <p><b>Sheffield NHS Walk-in Centre (adults and children)</b> for minor illnesses and ailments. Broad Lane, Sheffield S1 3PB. Open 8am - 10pm.</p> <p><b>Sheffield NHS Minor Injuries Unit (adults over 16 only)</b> for less serious injuries, such as sprains, cuts and grazes. Royal Hallamshire Hospital, Glossop Road, Sheffield S10 2JF. Open 8am-8pm.</p>	<p><b>A&amp;E or 999</b></p> <p>Accident and emergency departments and the 999 ambulance service should only be used in a serious or life-threatening situation. A&amp;E provides immediate emergency care for people who show the symptoms of serious illness or are badly injured. If you telephone 999 the telephone advisor may send a response vehicle to your location. Emergency services are very busy. <b>They should only be used in very serious or life-threatening situations.</b></p> <p>In Sheffield there is an <b>A&amp;E for adults only (age 16+)</b> at the Northern General Hospital and a separate <b>A&amp;E for children (under 16 years)</b> at Sheffield Children's Hospital, Western Bank, Sheffield S10 2TH.</p>

## Praise for the minor injuries unit

Last Christmas Debbie Haynes of Totley tripped and fell down stairs. She landed awkwardly and the pain in her arm told her something was wrong. It was a Sunday afternoon so her husband Andy took Debbie to the A & E Department at the Northern General Hospital (NGH).

After an initial assessment and grading the seriousness of Debbie's injuries against other patients in A&E, staff gave Debbie the choice of waiting in A&E for treatment which could be approx. 2 hours or to visit the Minor Injuries Unit (MIU) where the wait would be much shorter.

A receptionist helpfully called the MIU and confirmed that there was no queue and Debbie could be seen straight away.

So Debbie and Andy went over to the MIU. The staff found a minor fracture, dressed Debbie's wrist temporarily and asked her to attend the Fracture Clinic (at NGH) the next day for a full assessment. This she did and the

X-ray showed that the temporary dressing had brought the fractured bones together exactly right, so the fracture was already healing. The dressing could stay in place.

Debbie and Andy went home very grateful they had been given the right advice at A & E, and that staff at the MIU had done such a good job. They report that at subsequent visits to the Hand Clinic at NGH they had the same high level of help and support. They wanted their thanks passed on – to all the staff involved in Debbie's care.

The nurse-led Minor Injuries Unit treats adults with most minor injuries. These include cuts, burns and fractures to the hand and lower arms, lower legs and feet. (The Unit cannot treat injuries to the chest, back, hips and thighs.) It is open from 8.00a.m. to 8.00p.m., seven days a week, and can be found at the side of the Royal Hallamshire Hospital, off Claremont Crescent. Normally patients do not have long to wait for treatment. For more information contact 0114-271-2071.







## Walk, swim, bike, run ...

**Whatever you decide to do this year, do something extra special and help support local patients.**

Make life better for patients and their family at the most difficult time in their lives. Your support makes anything possible, whether its treatment for an emergency, an acute condition or a long-term illness, your help will ensure everyone receives the highest quality of care.

Do something wonderful for the people of Sheffield and help to fund vital equipment, pioneering research, patient and family support services and the transformation of your local hospitals into more comfortable and welcoming environments.

Sheffield Hospitals Charity helps thousands of patients being treated for almost every type of condition in the Northern General, Royal Hallamshire, Weston Park, Jessop Wing and Charles Clifford Dental hospitals.

To find out more about fundraising  
call: 0114 271 1351  
email: [charity@shct.nhs.uk](mailto:charity@shct.nhs.uk)  
visit:  
[sheffieldhospitalscharity.org.uk](http://sheffieldhospitalscharity.org.uk)  
Registered Charity No: 1059043



## How far can you make £100 go?



**The Master Cutler's Challenge is one of the largest and most exciting charity fundraising events in our region.**

Tony Pedder, Chairman of Sheffield Teaching Hospitals and Master Cutler, has chosen to support two local charities through the Challenge this year. This includes Whirlow Hall Farm Trust and Sheffield Hospitals Charity. Money raised for Sheffield Hospitals Charity will support the Jessop Wing, neonatal intensive care unit and maternity hospital.

We are now looking for companies, groups, associations, schools and individuals to take part in the Challenge and to organise a fun event to help raise funds. In previous years, participants have taken part in spinathons, talent shows, space hopper races, race nights and even a mankini bike wash!

The Challenge creates a fantastic opportunity for you to make a real difference in your community by raising money to improve care for premature and sick babies born in your local hospital, and to

give inner city children and young people an educational experience they will never forget.

Sign up for the Challenge online at [www.mastercutlerschallenge2014.co.uk](http://www.mastercutlerschallenge2014.co.uk) or by emailing [info@mastercutlerschallenge2014.co.uk](mailto:info@mastercutlerschallenge2014.co.uk) or calling Sheffield Hospitals Charity on 0114 271 1351. You and your team will then be given £100 and over the following six months, you will need to use your business, entrepreneurial and fundraising skills to generate as much money as you can for the Master Cutler's charitable causes. This obviously needs to be legal, but you can be as creative as you like.

So what are you waiting for? Make the decision to be part of something great and sign up today!



## Kidney transplant mum encourages more people to join the organ donation register in 2014

Sheffield Teaching Hospitals are suggesting joining the Organ Donation Register as one of your New Year's resolutions to support the thousands of patients that hope 2014 will bring their life changing transplant.

There are currently 356,972 people on the NHS Organ Donor Register in South Yorkshire but only 37 received a transplant last year.

One of these patients, Fiona Charlesworth aged 53 from Sheffield, received a kidney transplant at the Northern General Hospital in September after a two-and-a-half year wait.

Fiona, who works at Sheffield College and has a 28 year old son, suffers from polycystic kidney disease which gradually lowered the function of her kidneys until she had to rely on dialysis (a process that cleans kidney patient's blood and is done between 3 and seven times a week at home or as an outpatient at a dialysis unit)

After six months on dialysis, Fiona was called with the news that a kidney had become available and she could come into hospital for her transplant.

**Fiona said:** "I was very emotional when I received that call. Before my transplant my energy levels were very low. I also felt tied to a machine and planning things like holidays was a lot of trouble and we never got round to it. Luckily my transplant was successful and began working immediately. **I feel like I have been given a new lease of life, I have a new found freedom and my energy levels have soared. It's great just to be able to do normal things like go for a walk or do**

**the housework and a holiday will definitely be on the cards in 2014! I hope people realise what a gift organ donation is, it really does dramatically change and save lives."**

Andrew Davidson, Lead Consultant for Organ Donation at Sheffield Teaching Hospital NHS Foundation Trust, said: "Sheffield Teaching Hospitals are committed to saving and improving lives through transplantation and since last April, the Trust has retrieved 44 organs to help sick patients across the country. We are asking people to think about joining the organ donation register as part of their New Year's Resolutions. It really could be the most

important resolution you make. Please show your support to help the thousands of people who desperately need an organ to survive or improve their lives. As well as signing up to the register it is also important to make your wishes known to your family. If more people had a discussion about their support for organ donation many more families would feel comfortable that they are following the wishes of their loved one if they needed to."

**To join the NHS Organ Donor Register, visit [www.organdonation.nhs.uk](http://www.organdonation.nhs.uk) or call 0300 123 23 23.**



## Free Dental Care

**The Charles Clifford Dental Hospital is offering 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 and after an initial assessment appointment, further straightforward treatments could be offered.

**Before we can accept you for this service:**

- You must not be under going a course of treatment with a local dentist.
- Understand that treatment will take longer
- Must be available in office hours
- Understand that all treatment dates are dictated by student availability

If you feel you would like to access this service please contact the Hospital on 0114 2717992.





## Thank you Weston Park Hospital for saving my mum

**Those are the words of eight-year-old Lilia Smith, who has taken part in fundraising for Weston Park Hospital Cancer Charity as a thank you to the hospital that helped her mum fight cancer.**

In 2010, and at just 37, Heather Smith from Oughtibridge, Sheffield, was told she had bowel cancer. This devastating news would mean she would need surgery and specialist hospital care.

Last year, three years later and after receiving lifesaving treatment from Weston Park Hospital, Heather, joined by her daughter Lilia took part in Weston Park Hospital Cancer Charity's sponsored night walk, 'Light the Night'.

Heather, a call handler tutor with South Yorkshire Police, said: "Before being diagnosed with bowel cancer, I led a busy life where I was working and looking after Lilia. But something wasn't right when I experienced abnormal bleeding, which worried me, so I went to my local GP.

"I was then referred to the Northern General Hospital for an examination and within days, I was told I had bowel cancer and that it had already spread my lymph nodes.

"But after receiving surgery (at the Northern General Hospital) and chemotherapy at Weston Park Hospital, I was able to start leading my normal life again. I received excellent care from Weston Park – and without their incredible care and specialist knowledge I wouldn't be here today.

"I've named the staff at the hospital my 'comfort blanket' as they are always there when I need them, even now two years on."

Heather, who is married to John, aged 42, added: "When I was told the devastating news that I had cancer, my life turned upside down. I was also faced with the task of breaking the news to Lillia – that was the hardest part.

"I explained to her there was something bad in my tummy which needed to be taken out and I needed to have an operation."

Lilia, who attends Oughtibridge Primary School, said: "When my mum told me she had cancer I felt sad and didn't feel too good.

Both Heather and Lilia have vowed to continue supporting the Cancer Charity to say thank you for the admirable care received from staff in the hospital.

Weston Park Hospital Cancer Charity will be celebrating its 20th Anniversary in 2014 and the need for our work has never been greater.

Weston Park Hospital Cancer Charity is the only dedicated charity for Weston Park Hospital and exists to raise funds to help pay for world class cancer research, cancer treatment and cancer care at the hospital.

From donations to fundraising, there are many ways that people can support the work of the charity. For more information, visit the website at [www.wphcancercharity.org.uk](http://www.wphcancercharity.org.uk) or call the charity office on 01142265370.



## Diabetes Care across our Services

Diabetes, it is one of the most common long term conditions – in Sheffield there are nearly 30,000 people living with this illness.

There are two main types of diabetes known as type 1 and type 2.

Diabetes can cause a range of complications including kidney failure, nerve and eye damage. It is known that the risks of these complications can be reduced by good management and care. Nationally 10% of hospital beds are occupied by patients with diabetes.

A couple of governors with a keen interest in diabetes understand how important getting the right care is when you are in hospital – no matter which ward you are in or service you are receiving.

For this reason they are working, with the staff responsible, to investigate how our Trust can ensure it delivers good and consistent care

across its services to people living with diabetes.

The Diabetic Foot Clinic is an excellent examples of how the team are always looking to develop services which support patients to stay healthy.

Diabetes can cause damage to the nerves and blood vessels in the foot which may lead to complications such as the formation of foot ulcers. Patients with damage to the nerves in their feet may not feel pain, so ulcers can go undetected for some time if the feet are not inspected on a regular basis. It is essential that foot ulcers are treated promptly and appropriately in order to prevent further deterioration because if ulcers are left untreated, it may lead to gangrene and possible amputation of the limb.

A clinic is held twice weekly at the Northern General Hospital and once a week at the Royal Hallamshire

Hospital. Both are very busy with a large number of patients coming through the doors each week. The clinics are led by a team of staff which includes: Podiatrists, Doctors, Vascular and Orthopaedic Surgeons, Nurses, Patient Educators, Orthotist (who gives advice and provides special footwear), Plaster Technician, Photographer, Receptionists and Clerical Staff, Porters, Phlebotomist, X-ray service and the Pharmacy.

Patients can access a wide range of services on the same visit saving the patient time and inconvenience.

Dr Rajiu Gandhi, Consultant Diabetologist at the Trust, said:

"Diabetic foot ulceration if not treated appropriately can lead to devastating complications such as major amputation. It requires the input of many different specialists and Sheffield Teaching Hospitals has a fantastic team to offer high quality care."

## Getting screened is as easy as ABC



**A group of patients who have been affected by bowel cancer and were treated in Sheffield are hoping to increase awareness of the disease during the Bowel Cancer Awareness Month, this April.**

The ABC – Awareness of Bowel Cancer – Group was set up in 2009. The group consists of patient's carers and nurses who meet every quarter to discuss ways in which they can improve awareness of bowel cancer and the Bowel Cancer Screening programme. The members of the group are keen to share their experiences and give advice to other members of the public. They regularly host information points in shopping centres and community events

Bowel cancer is the third most common cancer in the UK, affecting both men and women equally. It is also the second highest cause of cancer related deaths after lung cancer. Although death rates have dropped by around 14% over the past 10 years, around 43 people die from the disease every day.

Screening for bowel cancer is now easier than ever, a test kit will be automatically posted out to both men and women aged between 60 and 74 and can be completed in the comfort and privacy of your own home. Once the kit has been completed you simply send it in the post for testing, you will then receive the results in the post within two weeks.

Alan Osborne, from Ecclesfield is a member of the ABC group and said:

"We hope to give people we speak to something which they can relate to. We've had our own first-hand experience and can speak about that, and then we know the professionals are always on hand to offer help and advice."

Bethan Bowskill, Screening Centre Administrator at Sheffield Teaching Hospitals NHS Foundation Trust said:

"What we hope to achieve with this group is to make people aware of the signs and symptoms of the disease and how important it is to get tested early. We provide the testing kits so it couldn't be simpler. Many people think that it won't happen to them or don't like to think about it, but with the help of the group members we can show them that it can happen to anyone but most importantly the chances of survival are greatly improved if it is caught early enough."

To find out more about the group you can contact Sadie Pickford or Bethan Bowskill on 0114 2269555.

If you are aged 60-74, registered with a GP and would like to take part, or if you are over 75 or over, you can request a free kit by calling the free phone helpline on 0800 707 60 60.

For more information about the NHS Bowel Cancer Screening you can visit your GP, Pharmacist, local health clinic or [www.cancerscreening.nhs.uk/bowel](http://www.cancerscreening.nhs.uk/bowel).



# Better Care for Dementia Patients

Any new environment can be a daunting place for people suffering with memory problems and coming into hospital is no exception. These people often have trouble communicating their feelings to the staff looking after them which can lead to confusion and anxiety.

The Trust has therefore developed a new booklet to help staff provide a better experience for patients with dementia. The

'All About Me' booklet has been designed to help patients keep their identity whilst in hospital and help staff to provide care tailored to an individual person.

Rob Ghosh, Clinical Lead for Dementia Care at the Trust, said: "The patient's family or carer can fill out the booklet to create a picture of all the patient's likes and dislikes. We can capture personal details such as what makes the person anxious and what comforts them. It allows us to have a guide to ensure all the patients' needs are met.

This is very important when it comes to nutrition as some patients are unable to express their preferences including what foods they enjoy or how they have their tea. This can lead to them avoiding food or drink and them becoming malnourished. The great thing about the booklet is that it can help people who may struggle to express themselves through a variety of conditions such as delirium or learning difficulties. It's not only people suffering with dementia who can be helped".

The innovative booklet was developed by a multi-disciplinary team at the Trust including the Evidence Based Council, Nurses, Doctors, Dieticians, Therapists as well as carers. The local Alzheimer's Society branch in Sheffield has also had input into the booklet advising on the questions, layout and wording. It has been successfully piloted across a number of wards at the Trust, receiving excellent feedback, and will be launched across all the adult hospitals in March 2014.

## History of the Northern General Hospital 1878 – 1930

The Clocktower building was the Sheffield Union Workhouse in 1878 and was said to be 'set in beautiful countryside, well away from the sights, smells and sounds of the town'. It was officially opened in 1881 and provided care for paupers whether they were able bodied, sick or infirm, men, woman and children, vagrants and

those unable to look after or provide for themselves. In 1882, a Training school for Nurses was established and in 1887 a Midwifery School followed.

The Workhouse consisted of a main building which could accommodate up to 1,800 inmates and an asylum to the south for 200 in two pavilion

wings, men at the east, women at the west.

On admittance whole families would be separated from each other though children under 3 years would be kept with their mothers. Life was harsh for those unfortunate enough to need help in this way. Yet without it many would have died.

## Women's ward early 1900s

The photograph shows Ernest Burgess, Master of the Workhouse 1902 – 1908, and, in the dark clothes to the left of him, Matron Amelia Lawson.

We know that in the 1901 census Amelia Lawson was

the Infirmary Superintendent and by the 1911 census she was Hospital Matron. As Nurse Lawson, Amelia took up her post in Sept 1896 with a salary of £100 a year plus room and rations. In April 1906 she became Matron and her salary

increased to £115 a year and by 1914 she was earning £140 a year plus residence.

Note how close the beds are and the flowers, plants and pictures on the walls. All very different from today's hospital environment.



## Members event hears latest developments in dementia care

More than 170 people attended the Trust event about dementia held in partnership with Sheffield Health and Social Care Trust (SHSC) and the University of Sheffield.

People with dementia suffer from symptoms including amnesia, difficulties understanding or finding the right words, slowed processing, co-ordination and failure to recognise things.

At the event, held at the Medical School at the Royal Hallamshire Hospital, Consultant physician

and Clinical Lead for dementia, Dr Rob Ghosh told the audience how people with dementia find the hospital environment challenging and explained more about plans to improve services and wards including training, care pathways and environmental developments.

SHSC consultant psychiatrist and clinical director Dr Peter Bowie talked about the development in drug therapies, how they target the condition and the sometimes lengthy and complicated process of approval.



# Healthwatch Sheffield - Voice of the People

Healthwatch Sheffield provides adults, children and young people a powerful voice to influence the delivery and design of local health and social care services.

Part of the role of Healthwatch is to provide evidence and feedback to organisations responsible for commissioning or delivering local

health and social care services, and to work with the NHS Clinical Commissioning Group to make sure that services really are designed to meet local people's needs. It also represents the views of service users, and all local citizens, on the Sheffield Health and Wellbeing board.

Following initial engagement with Sheffield citizens and partner

organisations (as well as looking at the legacy work of Sheffield LINK), Healthwatch Sheffield has identified a number of priority work areas to work on in the coming months. These are:

- mental health services;
- homecare services;
- access to GPs;
- engaging with Children and Young People;
- contributing to Sheffield's Health and

Wellbeing Strategy and the CCG's 2014/15 plans;

- complaints and compliments processes;
- the impact of the 111 Service.

Work on all these areas is progressing well, with key issues identified within these priority areas on which to focus upon. Regular updates on progress are posted on the Healthwatch Sheffield's website,

and information on the team's work is highlighted in a monthly newsletter. To sign up, please email [info@healthwatchsheffield.co.uk](mailto:info@healthwatchsheffield.co.uk)

For more information on Healthwatch Sheffield, or to find out how you can get involved:

Visit: [www.healthwatchsheffield.co.uk](http://www.healthwatchsheffield.co.uk)  
Email: [info@healthwatchsheffield.co.uk](mailto:info@healthwatchsheffield.co.uk)  
Call: 0114 253 6688

## The Trust's plans for the future – Governors would like to hear from you

Every year Sheffield Teaching Hospitals NHS Foundation Trust identifies its priorities for the year ahead by talking to patients, members of the public, staff and other city organisations. As Governors one of our jobs is to discuss the Trust's plans for the future with the Board and it is important to us that our Members thoughts on what would make a difference to the services provided to patients are incorporated in our discussions.

Governors are meeting with the Trust's Directors in April to hear more about the future priorities, to discuss

and then to share our views. Themes from previous years have included:

- Providing patients with safe care and treatment
- Improving the environment on wards where needed
- Maintaining a strong financial position
- Improving how we communicate with patients and GPs
- Reducing the time patients wait for their treatment

So, to help us and to make a difference we are asking our Members to contact us either by email at [governor@sth.nhs.uk](mailto:governor@sth.nhs.uk), or by using the space below to write your views on what you would like the future priorities for the Trust to include.

### Suggestions

When complete please cut out and then send to:

NHS Foundation Trust Office  
Sheffield Teaching Hospitals NHS FT  
**FREEPOST NAT9274, SHEFFIELD S5 7ZZ**

You will be able to find out more about this in future editions of GoodHealth.

Please let us have your views by 1st April

## Invite a friend or relative to support their local hospital

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

As a member you can play a role in the Trust in the future and will be able to get more involved in your hospital. You will be able to vote for, or even stand for election as a Governor on the Council of Governors that will help set priorities and aims for the hospitals.

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


Trust members can:

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

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

To be eligible to become a Governor, individuals must:

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

Sheffield Teaching Hospitals   
NHS Foundation Trust

MEMBER REGISTRATION

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

My details are:

Title

☐ Mr ☐ Mrs ☐ Ms ☐ Dr ☐ Prof ☐ Other

Family Name

First Name

Address

Postcode

Telephone:

Email

Date of Birth

/   /

I would describe my ethnic background as:

☐ White British ☐ White Other (non British) ☐ Asian or Asian British

☐ Black or Black British ☐ Mixed/ Multi heritage ☐ Other ☐ Not stated

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

☐ Yes ☐ No

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

☐ Public member ☐ Patient member

Signed

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