

goodhealth

The members' newsletter of Sheffield Teaching Hospitals NHS Foundation Trust

Summer 2009 Issue 19

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You're hired!

Hospitals take on 88 local apprentices

Joe Duncan, 17 from Hackenthorpe, is one of 88 local students who are currently earning while learning at Sheffield Teaching Hospitals NHS Foundation Trust.

The Trust's 'Apprentice in Care Scheme' is one of the first of its kind in the UK and works in partnership with the Sheffield College to provide training for local young people.

60% of the trust's apprentices have either gained employment, entered nurse training, returned to college to access a higher level course or used the programme as a stepping-stone to another career pathway.

Joe started his Health Care Apprenticeship in September last year and is currently working in the Acute Neuro Medicine Unit at the Royal Hallamshire Hospital where he supports staff who care for patients with conditions such as Parkinson's Disease, Multiple Sclerosis and Motor Neurone Disease.

Joe said: "I chose to do my apprenticeship at Sheffield Teaching Hospitals NHS Foundation Trust because I have always wanted to work in care. Doing the apprenticeship scheme has increased my knowledge by working with the staff and patients and gaining qualifications also allows me to progress into higher education and a future career in healthcare management."

The scheme is part of a pledge by Sheffield Teaching Hospitals has made to help young 'Raising Attainment and Aspiration in Sheffield' pledge that aims to help young people in the city to achieve highly in education and develop strong aspirations for their lives.

Sheffield Teaching Hospitals NHS Foundation Trust, the second largest employer in Sheffield, also offers apprenticeships in Pharmacy, Business, Administration and Estate services.



Meet your new Governors

Hospital Governors are your link to the hospitals which care for you and your family. They represent your views and can influence decisions about how hospital services are provided and developed.

Recently Shirley, Yvonne, Michael, Danny and Andrew were all appointed as new Hospital Governors and they are keen to hear from you by email at governors@sth.nhs.uk. Or why not sign up to become a Member of the Hospital Trust (free membership) and find out more. Simply complete the application form at the back of this magazine.



Shirley Lindley – Patient Governor

Shirley is a relatively new Member of the Trust, and when the opportunity arose earlier in the year to put herself forward as a Governor, she jumped at the opportunity. As a seasoned advocate with almost 30 years experience of helping people in the community to voice their views, Shirley is keen to seek new ways of doing this within health, possibly using new media channels such as the internet and texting.

Shirley commented “I think it is important that people of all ages and from all walks of life are represented as Governors to give a balanced input into services, and to represent patients’ views. I am keen to get involved in the different Governors’ groups and to visit various departments to gain a better understanding of the running of the different services”.



Yvonne Challans – Public Governor, South East Sheffield

Yvonne has been a Member of the Trust since 2004 and in June was elected as a Public Governor.

Yvonne has worked in the NHS as a nurse since 1967 and came to Sheffield in 1975 as a ward sister at the Royal hospital. She continued to work in Sheffield until her retirement earlier this year, during which time she held various senior clinical, managerial and education posts.

After her retirement she did not want her years of experience to be wasted and made the decision to stand for election, hoping to build on this experience with the strategic focus of the Trust. She is pleased that Public Members of the Trust in the South East showed their confidence by voting for her and she wants to ensure that there is an effective two-way communication between Members and the Trust.



Michael Warner – Patient Governor

Michael was born and has lived in Sheffield most of his life. He became a Member of the Trust in 2009 and decided to stand for election as he believes that local people should have a voice in the way their health services are provided. He has always cared about health issues and wanted to have the opportunity to serve local people by helping to promote excellent local health services. He has had a varied career including working in banking, NHS administration and charity work, including involvement with St Luke’s Hospice and more recently in the development of the Bluebell Wood children’s hospice.



Andrew Manasse – Public Governor, South West Sheffield

Andrew was elected as a Public Governor in July 2009. He lives in Lodge Moor, has 4 children and 5 grandchildren. He is a retired GP who was also a member of the Community Health Council and was active in postgraduate medical education. Since retiring, he worked for some years at the Cavendish Centre and now does some teaching and is involved with Surehealth, a charity in the north of Sheffield. His main concern is in the quality of patient care, recognising that this is also directly related to staff satisfaction and well being. He is, as well, interested in clinical governance and in medical education. He is keen to be involved in some of these areas, and will gain some general experience as a Governor before focussing on anything particular. He enjoys growing his own vegetables, mending clocks and carving in wood and stone, and also the amazing experience of watching his grandchildren grow and develop.



Danny Roberts – Public Governor, South East Sheffield

Danny has lived in Sheffield since 1979 and has been a Member of the Trust since 2008, his university education and first jobs were in the fields of biology and psychology, but for the large part of his working life he worked in the metals industry, one of his particular interests being replacement joints. Danny is currently on the board of local charity Financial Inclusion South Yorkshire and is a director of Sheffield Credit Union.

As a new Governor, elected in July this year, he is looking forward to learning about the operation of the Trust, with a view to focussing his attention in areas of specialisation to help him represent the public in South East Sheffield. A lifelong believer in the NHS Danny is proud of Sheffield’s hospitals and would like to help the Trust meet the challenge of maintaining its position in the top ranking during the ‘credit crunch’, while adopting further best practice from hospitals in this country and abroad.

Re-elected governors

Beryl Wilson – Public Governor

Beryl has lived in Sheffield all her life and has been a Member of the Trust since 2004 when Members in West Sheffield first elected her as a Governor. In 1997 Beryl retired from a long career as a hospital medical secretary, having spent a number of years typing post mortem reports. Beryl feels that one area people are not always comfortable discussing is palliative care and bereavement but as she feels this is a very important area for the Trust she has been working with the Bereavement Services Group. Her experience of a variety of administrative roles in the NHS and having been a patient of the Trust originally motivated Beryl to stand for Election to the Governors’ Council. Since being elected Beryl has built on her previous experience of the NHS and has gained a good understanding of the challenges facing the Trust going forward. She is keen to represent the views of patients and is looking forward to helping patients to voice their concerns.



John Holden – Patient Governor

John is a director in a national planning, environmental and engineering consultancy and lives with his family in Matlock, Derbyshire. He has been a Governor for five years having first been elected by Patient Members in 2004. John says Sheffield Teaching Hospitals NHS Foundation Trust has been recognised for its high standards but the high standards should not be taken for granted and he is keen to help the Board of Directors keep in touch with the views of patients. The Trust is performing really well at present but there are big challenges ahead and John is keen to help the Board and senior managers respond to patients’ views and question major new proposals to ensure these lead to the best possible services for patients. John is Vice-Chairman of the Governors’ Council Nominations Committee, the group of Governors which addresses the appointment and remuneration of the Non-Executive Directors and the Chair of the Trust. He is also involved with improving links to the Trust’s Members and is currently on the committee reviewing the re-organisation of acute medical and surgical services in the trust.



Governors' Council Election Results 2009

Once again the election had an excellent turn out and we would like to thank everyone who took the time to vote.

The elections were conducted for the Trust by Electoral Reform Services in accordance with the rules set out in the Trust's Constitution. Congratulations to the successful candidates:

Sheffield South East.

Yvonne Challans elected
Danny Roberts elected

Sheffield South West

Andrew Manasse elected

Sheffield West

Beryl Wilson re-elected

Patient:

John Holden re-elected
Shirley Lindley elected
Michael Warner elected

Staff: Allied Health Professionals, Scientists & Technicians

Vivien Stevens elected

Staff: Managerial, Administrative & Clerical

Mark Hattersley re-elected

Staff: Medical & Dental

Frank Edenborough

Staff: Nursing & Midwifery

Rose Bolland re-elected
unopposed

Patient and Public Governors

Sheffield North

Georgina Bishop
George Clark
Kaye Meegan

Public South West

Charlie Khan
Andrew Manasse
Philip Seager

Sheffield West

Anne Eckford
John Warner
Beryl Wilson

Sheffield South East

Yvonne Challans
Richard Chapman
Danny Roberts

Patient Governors

Joe Abson
John Holden
John Laxton
Shirley Lindley
Graham Thompson
Tina Wakefield
Michael Warner

Staff Governors

Rose Bolland – Nursing & Midwifery
Frank Edenborough – Medical & Dental
Mark Hattersley – Managerial, Administrative & Clerical
Vivien Stevens – Allied Health Professionals, Scientists & Technicians
Vacant - Ancillary, Works & Maintenance

Diane Ward with son Chris Ward and Consultant Transplant Surgeon, Badri Shrestha and Clinical Director for Renal Services, Will McKane



First 'Blood Type Incompatible' Kidney Transplant in Sheffield

Christopher Ward, 22 from Wombwell is the first person in Sheffield to receive a kidney transplant from a donor with a different blood group.

Christopher's mother Diane Ward, 55, has given the ultimate gift to her son after three years of watching his life being restricted by kidney failure and daily dialysis.

Christopher has shown no signs of rejecting the kidney, seven months after the successful transplant at the Northern General Hospital of Sheffield Teaching Hospitals NHS Foundation Trust.

"I feel as if I have been given another chance at life," said Christopher. "I'm so grateful to

my mother and the doctors who took such good care of us both.

"My life has improved so much since the operation; I got engaged to my girlfriend Lindsey on Christmas day last year and I've been able to up my hours at work as I have so much more energy now - before the transplant I would get so tired that I sometimes fell asleep at my desk."

Christopher's blood group is A – whereas his mother, Diane, has the blood group AO. In the past this difference in blood type would have resulted in Christopher's body rejecting the kidney.

Mr Badri Shrestha, Consultant Transplant Surgeon at Northern General Hospital, performed the operation said "Normally, a kidney donor has to have

the same blood group as the recipient or a blood group that is acceptable," he said.

"Most people have natural antibodies against blood groups other than their own. Kidney transplants into patients with a different blood group have previously resulted in very rapid severe rejection and destruction of the kidney within hours or days by a process known as acute rejection."

Dr William McKane, Clinical Director for Renal Services at Sheffield Teaching Hospitals NHS Foundation Trust said: "Careful measurement and monitoring of the patient's antibodies and the use of new medications, combined with techniques to remove antibodies from the patient's blood were important ingredients in our success."

In the spotlight:

Knighthood for Hospital Boss

Sheffield Teaching Hospitals NHS Foundation Trust's Chief Executive Andrew Cash has been awarded a Knighthood in the Queen's Birthday Honours List. The knighthood is in recognition of his services to the NHS. Andrew is one of the most successful, nationally prominent and longest serving Chief Executives in the NHS. He has made a major contribution to health policy, system reform and healthcare delivery.



Chief Nurse helps shape new quality standards for healthcare

Sheffield Teaching Hospital's Chief Nurse, Hilary Scholefield has been appointed as an expert member of the National Quality Board (NQB) which will provide strategic oversight and leadership in quality across the NHS.



Your invitation to a members event The Gift of Life

Dispelling the myths around organ donation and transplants

6pm Tuesday 8th September 2009



Everyone is welcome to attend this Member's Event which will take place at the Royal Hallamshire Hospital. Teas and Coffees will be available from 5pm. For further information or to register your interest, please contact Jane Pellegrina on 0114 271 4322 or email jane.pellegrina@sth.nhs.uk, who will reserve your place and give you details of the lecture venue.

The Sheffield Hospitals Charitable Trust

Is an official NHS charity that receives donations from patients, families and community groups, and uses these to improve services and facilities at the hospitals.

Last year, with this generous support, the charity was able to fund over £2.5m of research, equipment and other projects at the Royal Hallamshire, Northern General, Jessop Wing, Charles Clifford Dental Hospital, and Weston Park.

Both large and small donations can make a real difference. For example, a generous legacy from Edith Harvey of Bakewell, recently enabled the charity to fund a endobronchial endoscopic system, which allows a much less invasive diagnostic test for patients with suspected lung cancer. The Sheffield respiratory unit will be the first in the country to have this equipment. A pound dropped into one of the charity's collecting tins can help towards the purchase of a microwave for patients to use, or brighten up a waiting area.

In recent years, the charity has also run the Sheffield Leukaemia and Blood Disorders Appeal, which raised over £400,000 to support the refurbishment of Ward P3 at the Royal Hallamshire.

Nick Perks, Director of the charity has a special message for Good Health readers:

"We know many people across South Yorkshire and beyond are keen to support the vital services that the hospitals provide. One practical way that members of the public can help is by supporting the charity, either by making a donation, holding a fundraising event or offering time as a volunteer."

The charity is keen to be in touch with any members who are interested in helping to support their work, or who would simply like to be kept informed. In this issue of Good Health you should find a special reply postcard. Simply fill in your name and address and pop it in a post box (no stamp required).

If any reader would like to contact the charity's fundraising team we would be happy to take your call on 0114 226 355. Alternatively, please visit the charity's website at www.shctonline.org.uk. You can also make a donation to the charity via the website, or at the cashiers office of any hospital in Sheffield.

£450,000 for new medical research in Sheffield

Sheffield Hospitals Charitable Trust have recently agreed nine grants, totalling approximately £450,000, for new medical research projects in Sheffield hospitals. Eight of the grants were awarded to projects led by staff within Sheffield Teaching Hospitals. The projects approved for funding include both laboratory and clinical research, in connection with a variety of conditions, including rheumatoid arthritis, Parkinson's Disease and chronic obstructive pulmonary disease (COPD).

Charity news



Club of the Year supports Cystic Fibrosis Centre Appeal

The University of Sheffield Sabres American Football Team is supporting the new Fundraising Appeal by Sheffield Hospitals Charitable Trust to help build a new Cystic Fibrosis Unit at the Northern General Hospital.

Simon Dwyer the team Coach has a 1 year old son Clayton who has Cystic Fibrosis and this prompted Simon to divide the £2134 the club raised between the Sheffield Cystic Fibrosis Appeal and the Paediatric Cystic Fibrosis unit in Leeds.



Conner swims to help sister Lauren

Conner Doherty, aged 10 years, was so keen to help raise funds for the spinal unit treating his sister Lauren, he vowed to swim 80 lengths of his local baths and then did another 3 lengths for fun. Conner's challenge raised £1,532.80 for the Sheffield Hospitals Charitable Trust fund for the Princess Royal Spinal Injury Unit at the Northern General Hospital in Sheffield. Lauren 20 years, has been cared for by the Spinal Injuries Unit for 8 months, after being hit by a delivery van while she was on her way home after a night out in August 2008. Like Superman actor, Christopher Reeve following his horse riding accident, Lauren is tetraplegic, but following 3 operations on her heart, leg and to reset a bone in her neck, she can now come off her ventilator for up to 9 hours at a time and hopes to eventually manage without it. Lauren's father, Vincent Doherty paid tribute to the staff: "I cannot speak highly enough of the staff and the care Lauren has received."



Back Dr K M Mathew Associate Specialist in Spinal Injuries, left to right Sister Jill Carter, and staff nurses, Stacey Holmes, Angela Teece, and Linda Drabble. Front Lauren Doherty, Conner Doherty

Kathy Chadwick, Abigail Chadwick, Julie Haines, Kate Haines, Karen Reynolds and Isobel Chadwick.



Young Dancers Thank Sheffield Teaching Hospitals

Sheffield dance troop, KD Dance, performed a fabulous show to thank the hospitals closest to their hearts.

Isobel Chadwick, aged 5 from Stannington is one of the 105 dancers who helped to raise the money - half of which will go to the Jessop Wing's neonatal unit which saved the life of her little sister, Abigail.

Now a lively 2 year old, Abigail spent

the first 4 ½ months of her life in the neonatal unit at the Jessop Wing after she was born 16 weeks early, weighing only 1 pound 7 oz.

"The staff at the Neonatal unit were superb in saving Abigail's life, the care and dedication was inspiring," said mum, Kathryn Chadwick.

The other half of the show's proceeds will go to the Weston Park Hospital.

Isobel's fellow dancer, eleven year old Kate Haines from Ecclesall, is keen to raise money for the hospital which is currently treating her mum, Julie, who has breast cancer.

Julie, who danced alongside her daughter in the show said: "The care I have received at Weston Park has been excellent so I'm glad to be giving something back."

Printing money for Ward P3

Local print company Northend have given an unusual donation to the hospitals charity - a £5,500 note! Staff at the company used their design and print skills to produce the giant note, as a novel alternative to the normal presentation cheque.

Over the past year the company have organised a number of events including a rubber duck race and a custard pie fight, to raise money for the Sheffield Leukaemia and Blood Disorders Appeal. Handing over the £5,500 note, Northend's Production Manager, Roger Oldfield said:

"As a Sheffield company, we are delighted to support such a worthwhile local cause. It has been a great team effort to raise the funds".



Nick Perks, Director of Sheffield Hospitals Charitable Trust with Roger Oldfield, Production Manager of Northend

Thanks to You

Here are some of the latest equipment and services supported by Sheffield Hospitals Charitable Trust. These grants are only possible because of the generous ongoing support of donors and volunteer fundraisers.

£126,393

Olympus endobronchial ultra-sound guided fibervideoscope (EBUS)

EBUS sets a new standard for diagnosis and staging in lung cancer. This equipment will provide a significant clinical benefit to patients as it avoids the need for more invasive tests. Sheffield will be the first unit in the country to have this specific equipment on site. The purchase was made possible by a generous legacy.

£67,085

Welfare advice for patients with cancer

A cancer diagnosis can mean increased costs, such as extra heating at home, and reduced income. The Weston Park Cancer Information Centre provides advice on a full range of financial matters, including benefits, tax credits, debt and employment. Sheffield Hospitals Charitable Trust have recently made a grant to support this service for a further two year period.

£40,000

Palliative Care Centre

SHCT has made two grants, totalling £40,000, to continue valuable additional services at the Palliative Care Centre at the Northern General Hospital. The oral history project supports patients to capture and pass on their thoughts through letters, art work and photographs. A separate grant makes complimentary therapies, such as reflexology, available to patients on the unit. The palliative care fund, number 5363, urgently needs new donations to enable these vital services to continue beyond the current grant.

£20,350,

Neurosurgical microvascular anastomosis bypass instrumentation

This equipment will enable further development of highly-specialised neurovascular surgical procedures at the Royal Hallamshire hospital. The procedures concerned are well established internationally but still rarely undertaken in the UK. As well as direct patient benefit, the grant will also contribute to the development of the Hallamshire as a leading centre for neurovascular surgery.

Barbara helps shape stroke services

Dr Barbara Rosario Consultant Physician, with an interest in Stroke has joined Sheffield Teaching Hospitals.

Dr Rosario said. "I am very keen to take part in the development of Stroke services within the city and I am really enjoying my new role."



Living With Dementia – Creative Workshop

Arts in health joined forces with the University of Sheffield recently and helped support their Dementia Creative Arts Exhibition at the School of Nursing and Midwifery. The arts in health team held a one-day creative workshop which proved to be a huge success. The purpose of the event was to showcase work by people living with dementia, exploring the importance of relationships to good dementia care.

David Reid, Lecturer, School of Nursing & Midwifery, Sheffield University said; 'The objective of the Exhibition is to encourage a heightened understanding of what it means to walk in the footsteps of all people living with dementia.'

Lunch time serenade

Patients on Osborn 4 were treated to a fantastic music performance by talented porters Kevin Staniland and Dave Hanstock. Dave and Kevin who kindly gave time during their lunch to play an acoustic set of well known songs to bring a vibrant and exciting atmosphere to the usual lunch time routine.

Toni Hayward, Staff Nurse on Ward Osborn 4 at the Northern General Hospital said; 'Patients and staff all enjoyed the music which brought a wonderful atmosphere to the ward; we'd love to see Kevin and Dave again soon and can't thank them enough!'

For further information about the Arts in Health project or to get involved please contact Kerry Blackett. Tel: 0114 2714949 Email: Kerry.Blackett@sth.nhs.uk

How a pump buried in your tummy fat can end chronic pain for good

Chronic pain affects more than seven million people in Britain and particularly patients with spinal injuries. One of the latest treatments being used at Sheffield Teaching Hospitals is a drug pump implanted in your body. Mike McKeever, 43, a company director from York, continues the story:

Two years ago, I was involved in a terrible motorbike accident while racing at a circuit in Lincolnshire. When I woke up in hospital 24 hours later, doctors told me I had fractured my spine in four places.

Over the next six months, I had three operations to put metal plates around my spine, and a bone graft to strengthen it, but the day came when doctors told me I'd never walk again.

I spent six months in a spinal unit learning to adapt to life in a wheelchair. It was a very low time - I missed my family and wondered if things would ever improve.

By the time I went home, I had started having involuntary muscle spasms which were powerful enough to throw me from my chair - my body just convulsed. The spasms were almost constant throughout the day, with just short gaps between them. And they were really painful - it felt as though someone was locking my legs in a vice.

I was prescribed powerful painkillers and muscle relaxants to control the spasms, but over the next six months the pain went from bad to worse.

I spent 80 per cent of my time in bed - it was the only thing that seemed to give me any relief. I couldn't even drive my stepson Jack to school because getting into the car was too painful, and my partner Sam was left to do all the shopping and cooking. The thought of spending the rest of my life like that was really frustrating.

By last December, I was taking 28 pills a day and was still in pain, so my spine specialist Mr Martin McClelland at the Northern General Hospital suggested an operation to implant a pump which would deliver painkilling drugs direct to my spinal cord.

He explained that the spinal cord

Spinal Injuries Consultants - Martin McClelland and Pradeep Thumbikat with life changing pump



encloses the nerves that cause spasm and pain, so sending medication straight there would tackle the problem directly.

The other good news was that the pump would deliver pain relief constantly instead of me having to wait between doses, as I had to with the pills. And with the pump I would need smaller doses as the drugs would go directly to the problem area rather than through my digestive system.

I was told the operation involved implanting a plastic container roughly the size of a deck of cards near my belly button - this would hold the painkilling drugs. A thin plastic tube would take the medication up to

my spinal cord. Mr McClelland said he also could programme the pump with a computer, so it could deliver higher doses when necessary.

When I woke from the operation, there was no pain and the spasms had stopped, it was amazing. I went home five days later.

I'll have to go back to the hospital every four months to have the drug container re-filled. But it's really easy. A nurse simply injects more medication into it through my skin.

Now I feel like I've got my life back. Two months after the op I have started work as a business consultant, and can cook, shop and socialise again.



Happy patient Kitty Batty with Sister Joan Barton

Patient satisfaction among the best in the country

Short waiting times, quality care and high standards of cleanliness are just some of the reasons why patients have placed Sheffield Teaching Hospitals in the top 10% of the UK's best performing hospitals according to the Annual NHS patient survey.

Kitty Batty, 93, from Intake in Sheffield is just one patient who believes the care she received after suffering a fall was second to none.

"I must admit I was nervous about going into hospital but I had no need to be worried because the staff were very friendly, the ward was always clean and everyone had time to talk to me.

"The nurses were all smashing; I don't know how they provide that level of care every

single day."

In the survey, coordinated for health watchdog the Care Quality Commission, the Trust was rated above average for overall experience and nursing care. It was also as well as featured in the top 20% of hospitals in more than half of the categories including:

- The quality of care provided for patients
- Treating patients with respect and dignity
- Confidence in the doctors and nurses
- Doctors and nurses working well together
- Short waiting times to be admitted to hospital
- Doctors and nurses washing their hands regularly
- Having enough nurses on duty

- Being given information and having the opportunity to talk to doctors/nurses
- Pain relief
- Answering bedside call buttons
- Giving information about medication

Hilary Scholefield, Chief Nurse at Sheffield Teaching Hospitals NHS Foundation Trust said: "We are pleased with the results which clearly reflect the efforts and excellence of our dedicated staff. Most of our patients gave the care they received the highest possible rating placing us in the top 10% of NHS hospital trusts for overall performance across a wide range of issues including quality of care, short waiting times, treating patients with dignity and high standards of cleanliness and infection control."

Professor receives 'Highest Honour' from Royal College of Nursing

Professor Roger Watson has become a Fellow of the Royal College of Nursing - the highest honour the college can bestow.

Professor Watson is an active member of the Trust's Evidence Based Council, a role which involves getting research projects off the ground and supporting new and existing researchers.

Professor Watson said: "Naturally, this is honour for me but it is also a reflection on the people I have worked with over the years and the supportive and vibrant research culture in nursing at the University of Sheffield and Sheffield Teaching Hospitals."

As a result of his work on nutrition and dementia, Professor Watson has been propelled into playing key advisory and developmental roles for the NHS. He has also been involved in numerous government and charity funded projects to investigate a range of nursing workforce issues, including stress, competence, and the contribution of older nurses to the NHS.



Phone messages pilot saves 900 hours of wasted appointments

A new messaging service which confirms patients' appointments has been a great success - saving hundreds of hours of wasted clinic time.

The service, which has been run as a pilot since March, enables patients to receive a confirmation message about their outpatient appointment by text or an automated voice message.

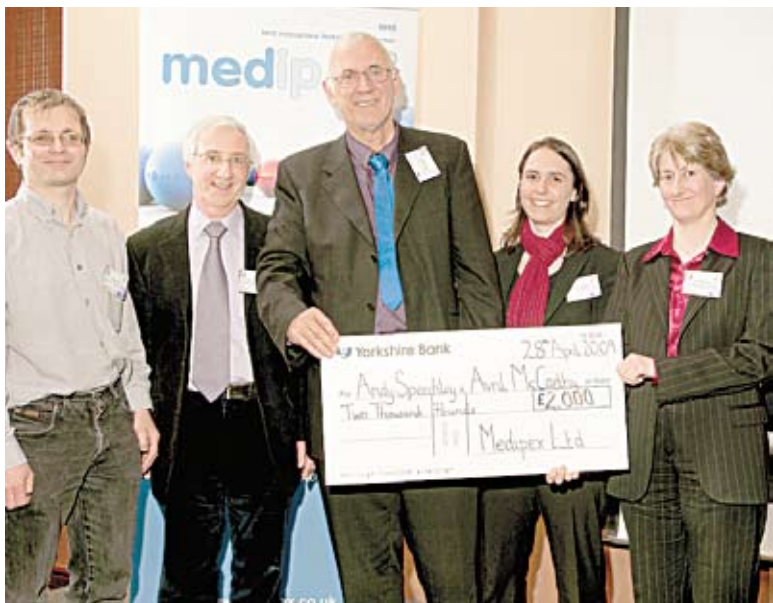
The trial has been running at the Charles Clifford Dental Hospital as well as the Ophthalmology, Neurology, Neurosurgery, Hearing Services and the Ear, Nose and Throat clinics at the Royal Hallamshire Hospital.

Since its start the scheme has saved more than 900 appointment slots which in the past would have been wasted. If the trend continues annually it could amount to around £450,000 saved in these departments alone.

It will now be rolled out to cover the rest of the hospitals departments by the end of the summer.

More than 77,000 patients did not turn up for their appointment last year, which could have been used to see other patients if the hospital had been told they could not attend. The 77,000 missed appointments works out to over £7.5 million pounds wasted.





Andy Speechley of Independent Care Products Ltd with Avril McCarthy from D4D and the "Dignity" mobile bidet/dryer commode



John Wilson and his team who invented the Operating Theatre Fluid Waste Disposal System



Tom Darton and his team who pioneered the blood screening test

Bright sparks scoop innovation awards

The Medipex Innovation Awards proved to be a big night for Sheffield Teaching Hospitals staff who scooped numerous awards. The competition provides a platform to showcase new technology developed by the NHS staff from around the Yorkshire and Humber Region.

The big winners on the night were Tom Darton and his team for their 'blood testing tool for antibiotics' which reduces the time it takes to screen potentially infected blood from 1-2 days to four hours, significantly improving the prescribing of antibiotics and reducing the cost, duration and side effects associated with excessive antibiotic use. The impact of this diagnostic test

will be that patients will receive the most effective antibiotic therapy at least 24hrs earlier than by current conventional methods. Avril McCarthy and the Devices for Dignity team also won an award for their work with local innovator Andy Speechley who has designed the "dignity" mobile bidet dryer commode. The Commode enables disabled and elderly people to clean themselves after using the toilet, improving their independence and dignity. John Wilson from Medical Engineering was also recognised for his Operating Theatre Fluid Waste Disposal System which enables the disposal of fluids that have been flushed through the body in an operation to be disposed of safely directly to the sewage system rather than

having to pay for costly special waste collection and disposal. Kevin Channer from the Hospital Trust was a runner up in the training and publications category for ecgskills.net, which is an online training resource for training a wide range of medical staff in how to carry out, interpret and report on electrocardiograph (ECG) traces. Last but not least Speech and Language Therapist Kirsty McDonald was a runner up in the Software and ICT category for developing NOWCOM which is a touch screen device to help patients communicate important decisions and feelings around medical treatments, discharge planning and palliative care.

Congratulations to all!!!

Solomon and Marios given National patients' award

Consultants Professor Solomon Tesfaye (Diabetologist) and Dr Marios Hadjivassiliou (Neurologist) have been awarded the 'Dawn Ind Memorial Chalice' to acknowledge their contributions towards helping patients with painful neuropathy. Over 4.7 million people are affected by peripheral neuropathy in the UK alone. It can be triggered by many conditions including diabetes, vitamin deficiencies and gluten sensitivity.



Marios Hadjivassiliou, Consultant Neurologist with Joyce Keen, Trustee of Neuropathy Trust and Professor Solomon Tesfaye, Consultant Physician and Diabetologist

Kirsty Macdonald innovator of NOWCOM





Dean with Nurse Consultant Amanda Jones

Snooker star on road to recovery after stroke

Snooker star, Dean Reynolds is recovering well after treatment at the Northern General following a stroke.

The stroke caused Mr Reynolds - the one-time seventh best snooker player in the world, to lose all feeling in his left side including the hand he used to play his beloved sport. The 46-year-old, dad of one collapsed at his home in Sheffield. "It all started when my hand started to feel numb that morning," explained Mr. Reynolds. "Later on, the sensation got worse and soon I wasn't

able to lift myself up. When my landlord found me I was taken to the Northern General Hospital."

Sheffield Hospitals stroke services have recently been placed among the best in England for clinical care in a national report published by the Royal College of Physicians.

Mr. Reynolds said: "I have made a great deal of progress because the treatment has been excellent and the exercises that I have been working on with the physiotherapist have helped me get some movement back."

Mr. Reynolds is more determined than ever to get back to the table as the World Snooker

Championship, held in Sheffield, came to an end this week.

"I do hope that in time I will be able to play snooker again, although it may be like starting from scratch if I have to use my right hand rather than my left which has been most affected by the stroke."

Amanda Jones, Stroke Nurse Consultant based at the Hallamshire Hospital said:

"Sheffield continues to provide a high quality service for its patients and carers. We are fortunate to have a highly specialist Multi Disciplinary Team whose skills and dedication really make a difference in patient recovery."

Bowel cancer screening programme saved my life

Christopher Searle, 65, from Totley in Sheffield was diagnosed with early stage bowel cancer after taking part in the NHS Bowel Cancer Screening Programme.

As the cancer was caught in the early stages, Christopher was able to receive treatment at the Northern General Hospital and has now been given the 'all clear'.

Bowel Cancer is the third most common cancer in the UK, and the second leading cause of cancer deaths, with over 16,000 people dying from it each year.

Christopher, a university lecturer, was the first patient to be diagnosed and successfully treated in the South Yorkshire & Bassetlaw region, through the NHS Bowel Cancer Screening Programme which is available to anyone aged 60-69 and registered with a GP.

Christopher said: "You could say the programme saved my life - I had no symptoms and actually felt quite fit. If I hadn't of taken the test that came through my letter box, I probably wouldn't have been diagnosed until the cancer had progressed and become much more difficult to treat."

"I had the operation 3 weeks

after diagnosis and could not be more pleased with the quality of treatment that I received from all the staff that cared for me at Sheffield Teaching Hospitals."

Dr Stuart Riley, programme director and Consultant Gastroenterologist at the Northern General Hospital said: "Not everyone who has an abnormal screening result has cancer. A number of people who have already taken part in the bowel screening programme were found to have polyps. These are harmless growths in the bowel that have the potential to turn cancerous over time. Polyps can be removed during screening, thus reducing the risk that cancer will develop."

The NHS Bowel Cancer Screening Programme is sending out free home based test kits through the post to everyone aged 60-69 who is registered with a GP. People over 70 can opt in by calling 0800 707 60 60 to request a kit. People under 60 should visit their GP if they have any concerns. Anyone with symptoms of bowel cancer such as bleeding from your back passage or changes in bowel habit that persists for more than 6 weeks should visit their GP.



Bowel Cancer Screening Team

New technology helps patients air their views



Volunteer Ben Lambden with patient William Haslam

Patients at Sheffield Teaching Hospitals NHS Foundation Trust will now be able to give immediate feedback about the care they receive at a touch of a button.

The Trust has trained a team of 50 volunteers to use hand-held digital devices to collect the thoughts of patients about their care.

This information is then analysed and reported back, providing patient feedback.

Jo Bishop, Public Governor said: "This is a great tool to provide continual feedback on the experiences of our patients and their visitors. It's good that people like Governors, volunteers and Patient Representatives

are providing an independent contact point for the project."

Volunteers have been chosen as they are independent of the patient's care and treatment, which has been found to be the best way of receiving open and honest feedback.

Sue Butler, Head of Patient Partnership at the Trust, said: "Anything which helps us fully understand the experiences our patients have when we care for them is great."

"The new devices will help us have more frequent and up-to-date information from patients and their families, as part of our strategy for engaging people in how we make continuous improvements."

Ben Lambden, who was one of the first volunteers trained

to use the new devices, said "As a volunteer I have the time to sit and chat with the patients. They really seem to enjoy the idea that they are helping to give feedback so the hospital can continue to improve the care they give. They know it will benefit them and their families in the long run."

William Haslam, a patient at the Royal Hallamshire Hospital, also had praise for the new scheme.

He said: "I think this scheme is essential, its good to know that the hospital want to find out what patients want, and if there are any criticisms they can be taken on board, I have been well cared for at the Hallamshire Hospital and I was glad to be given the opportunity to feed this back."

Would you like to become an Expert Patient?

What is the Expert Patients Programme?

The Expert Patient Programme is designed for anyone who lives with a long-term health condition. It is a training programme that is geared to help people develop new skills to help them manage their condition on a day to day basis and improve their quality of life. The course is different to many delivered by the NHS in that it is run by volunteers who themselves live with a long-term condition. The aim that participants will see the course facilitators self-managing, and feel more able to do the same in their own lives. Each session lasts 2 ½ hours over a period of 6 weeks and is free to participants.

What can the course do for me?

The programme is designed to encourage people to share how they manage from day to day with their condition. It includes ideas on how to: deal with emotions such as anger, fear and frustration; it helps you deal with fatigue; shows how relaxation and exercise can work for you; helps you work in partnership with your healthcare team; enables you to share ideas about medication usage; depression; nutrition; and how better to communicate with friends and family. Everyone learns from each other.

Does it work?

The simple answer is yes!

Research has shown that people who have attended Expert Patient courses make fewer visits to their GP, have greater confidence in dealing with the impact of their illness, experience less pain, fatigue, depression and breathlessness, report higher energy levels and are more likely to continue with exercise and relaxation techniques. Some people have gone on to become volunteer tutors themselves.

Sue Andrew, aged 59 from Penistone, joined the Expert Patient Programme after being diagnosed with Parkinsons Disease 18 months ago. Clare Keeley, Specialist Nurse at the Royal Hallamshire Hospital's neurosciences department, recommended the programme to her.

"I really enjoyed the course," said Sue. "It is difficult to come to terms with the diagnosis of a chronic illness. The group taught me ways to help cope with pain, improve my health and self manage my illness. It was nice to speak to others in similar situations and we have all kept in touch which is lovely."

What else is available?

As well as the EPP course, NHS Sheffield are also able to offer a Supporting Parents Programme, plus a programme for Carers - a course delivered by and for adult carers, plus they have just completed a very successful pilot for people with mild to moderate learning disabilities.

Who do I contact for more information?

Jane Fenelon or Helen Mulholland can be contacted on 0114 305 1123 or 0114 3051122

Helen.mulholland@sheffieldpct.nhs.uk

Jane.fenelon@sheffieldpct.nhs.uk



Expert Patient Sue Andrews with Specialist Nurse Clare Keeley.



Gift from the heart

Sheffield Master Cutler Martin Howells joined patients, staff and young fundraisers from St. Bernard's Catholic High School to officially open a newly refurbished day room at Weston Park Hospital.

The day room was only made possible thanks to a generous donation of over £12,000, which

the pupils had raised after their teacher, Brian Storey, lost his wife Barbara to breast cancer in 2005.

"Barbara and my family received nothing but excellent care from the staff at Weston Park's Ward 4," said Mr Storey. "It's great to give something back to the hospital."

The pupils aged from 11-16,

raised the cash in a variety of ways including designing and selling Christmas cards and having school discos and non-school uniform days.

During the official opening, the children surprised Sister Margaret Shutt with a further donation of £2,000 for Ward 4. The money will go towards transforming a hospital bathroom into a modern wet room.

Weekend and evening appointments for scans

Patients at Sheffield Teaching Hospitals will now be able to have non-urgent imaging investigations outside normal working hours thanks to a new flexible system.

The Sheffield Teaching Hospitals NHS Foundation Trust has extended the times the majority of imaging investigations can be done after listening to feedback

from patients - with some investigations now available in the evenings and at weekends. Along with the extended opening hours for investigations, which include CT and MRI scans, Ultrasounds and X-rays, patients will also be able to benefit from a new Imaging on Demand service.

Patients who attend their clinic appointment and who need an imaging investigation are

now offered a convenient appointment date or, in many cases, are offered the option to have the required scan on the same day.

The Imaging on Demand service also means patients will be able to have a face-to-face conversation with hospital staff about issues surrounding the investigations and what to expect, allaying any fears they might have.



Helen is a Real Life Angel

A brain tumour can affect anyone old or young. It not only has an impact on the life of the patient, a brain tumour can affect the lives of everyone around them.

Since Helen Lee started her role as Macmillan Clinical Specialist Nurse in 2003, she has made a huge difference to the lives of many patients and their families. Helen is part of the Neurological Oncology team and as well as treating patients from across South Yorkshire, North Derbyshire and Lincoln, people have been known to travel from as far as India to be treated at the specialist unit in the Royal Hallamshire Hospital.

Helen's role involves accompanying the patient through their journey from initial diagnosis and beyond, offering psychological support and answering questions along the way. Helen not only gives information and education to the

patient and their family, she also educates health professionals and has spoken at conferences both nationally and internationally.

"When a brain tumour is diagnosed it is like a rock being thrown into a pool. The ripples spread far and wide," Helen explains. "It isn't just the patient that feels the impact, everyone around them is affected - particularly the patient's main carer which can be a partner, a parent, a son, daughter or sibling."

Last October, Helen worked alongside Karen Holmes, Manager of the Cancer Support Centre to successfully launch the Brain Tumour Support Group which runs fortnightly to support brain tumour patients and their carers.

"It has been a great success," said Helen. "As much as my team can empathise with patients and their carers supporting them, we cannot appreciate fully what they are going through. The support

group is an opportunity for them to support each other and provides a safe environment to share experiences and concerns."

"The group discusses everything that impacts on their everyday lives. We offer advice on maintaining a positive lifestyle, as a tumour can restrict many aspects such as driving, working and relationships. The sessions are varied - one week a guest speaker could be offering financial or occupational advice and another week we may have physiotherapy or complimentary therapies."

Dwynne Percival, a Stagecoach Yorkshire bus driver from Parson Cross can't drive a bus for at least another ten years because of epilepsy brought on by the tumour, said: "The Brain Tumour Support Group and my wife Claire have been so supportive and I just couldn't have coped without them. "Weston Park hospital and the Brain Tumour support group are very special."



Helen (second right) receives a cheque for Weston Park from grateful patient Dwyne



Luck of the Irish



Mary Gregory, had the shock of her life when she heard her Yorkshire partner Chris, singing a loud rendition of 'Danny Boy' in a strong Dublin accent.

Chris Gregory, born and bred in Sheffield, surprised nurses at the Royal Hallamshire Hospital when he awoke from brain surgery with a distinctive Irish twang.

Chris, aged 30 from Freshville had spent three days on a life-support machine in the High Dependency Unit following emergency surgery after a blood vessel ruptured in his brain.

"I was just so happy that he was getting better and the operation had been a success," said Mary.

"At one point he looked at me and said: "You're da fabbest gal oi know!!" with a perfect Irish lilt in his voice. It's not as if Chris has any Irish relatives. He has no connection with the country and he's never been there - that's what makes it all so strange."

"It didn't matter to me; it was just great to have him back in one piece after such a traumatic time. His Yorkshire accent returned the following day and he went from strength to strength from then on."

When Chris and Mary got married last November, they decided to donate a quarter of their wedding money to Neurocare, the charity which funds world-beating technology for the Neurosciences Department at the Royal Hallamshire Hospital.

"We wanted to give something back to the neurosurgery ward where Chris was treated. The £517 we donated will go towards new technology to help others in situations like Chris," explained Mary. "We also want to thank the nurses who were fantastic and had a good giggle with me about Chris's day as an Irishman."

Specialists have linked the phenomenon to a condition called Foreign Accent Syndrome - which can affect the control of the lips, tongue and vocal cords in extremely rare neurological cases.

Much more than prayers

The Chaplaincy team play a key role within our hospitals. They provide a confidential service offering spiritual and pastoral support for patients, visitors and staff of all faiths, and also for those of no formal faith. The service is headed up by Martin Kerry Chaplaincy Manager who explains:

"Chaplains are not only here for those with a practising religious faith. We're also here to help people approach the really big questions in life about meaning, hope and belief - questions we all share as human beings, and which come sharply into focus in hospital.

"Coming into hospital, for both patients and visitors can be a daunting and bewildering experience. As well as for religious practice, there are other reasons a patient may benefit from seeing a Chaplain.

Many need someone to give them quality listening time as they try to make sense of what is happening and discover meaning in life's uncertainties. Some may require support with decision making and help working through difficult news."

Mark Newitt, a chaplain at the Royal Hallamshire, says

"As chaplains we often meet with people who have suddenly been brought face to face with ultimate questions about life

and meaning. Through listening to the stories of patients we help them to seek meaning and hope, connect with what really matters in their lives, and mark changes and important moments."

As well as providing a frontline service the Chaplaincy team also help to mark significant hospital events; for example, memorial services for staff or the Carol Service at the Cathedral and the remembrance of the Hillsborough Disaster.



Invite a friend or relative to support their local hospital

We want to increase our membership so more people hear about the hospitals and what’s going on in their NHS. We’re now asking each existing member to help us and try and sign up one other person if they can. If they join soon they can vote in the next round of Governor elections so it’s a great time to get involved in Sheffield Teaching Hospitals. Please pass this form on to a friend or relative and encourage them to join us! They’re your hospitals, we want you and the wider community to be involved!



NHS Foundation Trust - membership registration

Members will play a key role in the NHS in the future and you 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 Governors Council that will help set priorities and aims for the hospitals. Eligibility criteria are shown below.

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 Tel. No

Email address:

Date of Birth: ☐ Male ☐ Female

I would describe my ethnic origin as:

A White <input type="checkbox"/> British <input type="checkbox"/> Irish <input type="checkbox"/> Any other white background	D Black or Black British <input type="checkbox"/> Caribbean <input type="checkbox"/> African <input type="checkbox"/> Any other black background
B Mixed <input type="checkbox"/> White and black Caribbean <input type="checkbox"/> White and black African <input type="checkbox"/> White and Asian <input type="checkbox"/> Any other mixed background	E Other ethnic groups <input type="checkbox"/> Chinese <input type="checkbox"/> any other ethnic group
C Asian or Asian British <input type="checkbox"/> Indian <input type="checkbox"/> Pakistani <input type="checkbox"/> Bangladeshi <input type="checkbox"/> Any other Asian background	F Not Stated <input type="checkbox"/> Not stated

This section is optional but allows us to ensure that our potential membership reflects the diversity of our community.

I would also 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

This data will only be used to contact members about NHS Foundation Trusts or other related issues and will be stored and processed in accordance with the Data Protection Act.

Eligibility

To be eligible to become a public member, individuals must live in Sheffield.

To be eligible to become a patient member you must have been a patient in the last 5 years.

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

Under the new constitution of the NHS Foundation Trust our members will:

- Be able to participate in the election of representatives to the Governors council of the NHS Foundation Trust
- Have the opportunity to stand for election to the Governors Council themselves
- Be able to provide regular feedback and opinion about services and possible developments
- Receive information about the Trust on

a regular basis

- Be able to attend special functions which may include open days, tours and healthcare seminars
- Have access to a Members Only section of the Trust's website for discussion and further involvement.

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

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Sheffield Teaching
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Bigger and Better than ever!

On 1st March 2009 the Carlton Park Hotel re-opened its doors following the major fire at the hotel in August of last year, which is no doubt a relief to its thousands of loyal customers. On Friday 1st August 2008, Moorgate awoke to the sound of fire engines attacking the flames of the popular three star hotel in an attempt to minimise the damage. Seven months on and the Carlton Park Hotel is back Bigger and Better than ever.

Carlton Bar

Deep rich cherry panelling adorns the drastically improved Carlton Bar which retains its warm welcoming fire and wide range of cask ales at competitive prices. Why not pop in after work and take advantage of the happy hour from 5pm – 6pm every weekday featuring an impressive range of drinks at discounted prices? The brand new bar menu features everything from light bite options perfect for lunchtime to hearty evening meals, served until 10pm. Live sporting events are shown on the new 50" flat screen televisions throughout the year.

Restaurant

The popular restaurant offers a more formal affair including a three course 'Table D' Hote menu which changes daily and an extensive A La Carte menu which changes to reflect the season. Booking is essential as the restaurant is usually flowing with residents eager to sample such delights as Gateaux of Lobster and Prawns and Slow Roasted Belly Pork. Sunday Lunch is served from the carvery in true traditional fashion with a choice of two roast joints carved by the Chef and a range of seasonal vegetables.

Carlton Park Spa

Now open to the public, the Grecian themed Carlton Park Spa offers a little bit of paradise away from the buzz of the hotel's restaurant and bar areas. Slip into the calm, warm waters of the starlit swimming pool, treat your skin to an hour in the sauna and steam room or spend the afternoon chatting with friends in the Jacuzzi after your workout. The gymnasium area features a range of cardio-vascular equipment which is ideal for shedding those unwanted pounds along with multigym and LCD televisions with a choice of channels. Membership is available from as little as £25.00 per month. Please call for more details.

Accommodation

The hotel's eighty bedrooms have also benefited from the refurbishment programme and now boast brand new 32" flat screen televisions and DVD players for guests, which represents something of a modern twist on a traditionally styled property. Complimentary WiFi is also available throughout the hotel. Credit crunching rates as low as £ 19.00 per person, room only are available when booked in conjunction with a party night, cheaper than a taxi! (price subject to availability, single supplement applies)

Calendar of Events

The Carlton Park Hotel is renowned for its themed party nights which are back with a bang. Our current Calendar of Events which runs to the end of June has an array of events to suit all tastes including themed buffets and cabaret entertainment. Bookings are also now being taken for christmas parties.

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