

goodhealth

The members' newsletter of Sheffield Teaching Hospitals NHS Foundation Trust Winter 2008 Issue 18

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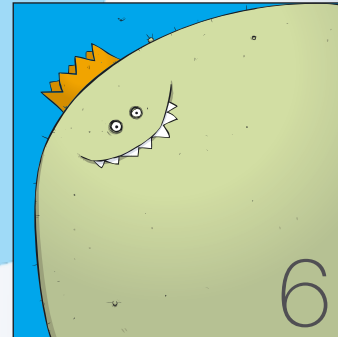
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Trust of the Year

The Trust has been named Hospital Trust of the Year for the second time in three years in the Dr Foster Good Hospital Guide.

The award recognises the Trust's excellent contribution to quality care in the NHS which the Health Minister Lord Darzi focused on in his NHS review earlier this year. The Trust, the largest foundation trust - was assessed in the independent Dr Foster Hospital Guide across ten categories including patient satisfaction, hospital mortality and waiting times. Most of the Trust's clinical outcomes were above average and it was praised for its strong clinical services and effective communication with patients.

The Trust was also successful in a second, teaching hospital category thanks to the pioneering work in diagnosing brain disorders which showed how new technologies can be put into practice.

Patient Jean Allott from Sheffield, had just retired from her job as a secretary at the Royal Hallamshire Hospital, when she began to experience deafness. After seeing her GP and then being referred to specialists at her previous place of work, she was told the devastating news that she had a tumour the size of a small apple in her ear canal.

Jean was told she only had six months to live unless she underwent extensive surgery

which involved intricate skull surgery. The 20 hour operation involved six surgeons supported by a large team of anaesthetic, nursing and other healthcare staff. The operation was a success and Jean has also had amazing reconstructive surgery to rebuild her face and ear. Thanks to the specialist teams, Jean is now looking forward to seeing her four young grandchildren grow up.

Jean explains: "All of the staff at the hospitals deserve every bit of this accolade, the expertise, kindness and care I received was second to none. Even now when I visit the hospital, the staff give me a big hug and bend over backwards to help me. My surgery was very specialised but I saw the same compassion and level of

"I am delighted that everyone's hard work and dedication has been recognised"

professionalism shown to patients simply coming to clinic for check ups. From the receptionists, to the surgeons, nurses and cleaners, the staff at the hospitals are very special."

Andrew Cash, the Chief Executive said:

"I am delighted that everyone's hard work and dedication

has been recognised by being named the top performing hospital trust in the UK. It is particularly pleasing because the title of 'Hospital Trust of the Year' is independently assessed and only awarded to an organisation which demonstrates excellence in the things which really matter to patients including safety, quality of care, waiting times, cleanliness of the hospitals, prevention of hospital acquired infections such as MRSA. It is the icing on the cake for us, as it comes just a few weeks after receiving a 'double excellent' rating for the quality of our services and financial management in the Healthcare Commission's Annual Health Check. However, healthcare is a joint effort across a number of organisations and so this award is also

testament to the excellent staff who work for the other health and social care partners across this region."

A copy of the criteria used to assess the Trust of the Year is available at www.sth.nhs.uk. For more information about the Dr Foster Good Hospital Guide visit: www.drfoosterhealth.co.uk





Imaging on Demand

Making improvements in diagnostic waiting times

Scans and x-rays (images) can form an essential part of a patient's diagnosis and waiting for weeks whilst a slot becomes available can be a source of frustration and anxiety for patients. However, like many other areas of the hospital, the Medical Imaging and Medical Physics department have been working really hard to look at ways in which delays can be cut from the system to speed up this essential part of patient care.

Matron Andy Wood explains; "Previously, patients would see their doctor or hospital consultant and then have to wait many weeks for their scan or x-ray. However this is now becoming a thing of the past as many inpatients and outpatients have their tests on the same day unless there is a special reason for not doing so such as requiring

special preparation.

"Known as imaging on demand, the patient can be offered their scan straight away in most cases. If their scan or x-ray is more complicated and they need some preparation beforehand, or of course, if the patient does not want their scan that day, they will be able to book their appointment for a time convenient for them. This is a much more efficient way of doing things as it helps us utilise every available appointment and gives the patient more choice and control over their care."

The current government target for scans is to wait no longer than 6 weeks for a scan or x-ray which has been a major factor in the Trust achieving the 18 week referral to treatment target.

Planning nutritional care through screening

It is estimated that malnutrition costs the UK over £7.3 billion per year, (more than double the projected costs for treating obesity) with almost £3.8 billion of this coming from hospital budgets. It has long been acknowledged that malnutrition can be both a cause and consequence of ill health. Despite this, malnutrition continues to be under-recognised and under-treated in the NHS. The publication in 2006 of the NICE guidelines on the provision of nutrition support and recent campaigns such as Age Concern's 'Hungry to Be Heard' are helping to increase awareness of the importance of nutrition in hospitals and moving this vital issue up the healthcare agenda.

Earlier in the year, the Trust's dietetic departments took part in a national nutrition screening survey organised by BAPEN (British Association of Parenteral and Enteral Nutrition). The aim of the survey was to identify

the number of patients who were at risk of malnutrition on admission to hospital. We collected data on all patients admitted over a three-day period. The results showed that 1 in 3 patients admitted were at risk of malnutrition.

At the same time, of the BAPEN survey, the nutrition screening process was audited. Our audit discovered that although some wards in the Trust do very well with nutrition screening, it is not being consistently performed on every patient admitted to hospital.

Why does it matter? It will come as no surprise to many of you that malnutrition delays recovery from illness. Malnourished patients stay in hospital for longer, are at greater risk of developing complications during surgery, and are more likely to succumb to infections. They can suffer impaired function of the heart and lungs, decreased muscle strength and depression. However malnutrition can be treated effectively

but to do this we need to identify which of our patients are at risk and plan the nutritional care they personally need through the screening process.

Over the last year, dieticians have been working with the Trust's Nutrition Steering and the Nursing Documentation Groups to plan ways of improving the nutritional care of patients. They aim to simplify the nutrition screening tool which when completed will guide staff to new nursing care guidelines on managing at risk patients. The dieticians are also working with the catering department to improve the provision of suitable meals, snacks and nutritional supplements and ward staff can also get involved through 'releasing time to care' by introducing protected meal times.

We need to ensure that no patient is starved of screening so that all our patients receive the nutrition they need for good health!

New Stoma Nurse

Katy Timms is the new stoma care nurse specialist based at the Royal Hallamshire Hospital. Katy is one of five stoma nurse specialists from across the Trust but her work will be mainly focussed around patients in urology and gynaecology.



Protecting patient's meal times are an important part of patient care.



Support worker Claire Smith and Staff Nurse Ellie Slack with patient Ray Mitchell.

Bladder cancer and reconstructive surgery

Each year about 10,000 people in the UK are diagnosed with bladder cancer, It's the fourth most common cancer in men, and the tenth most common cancer in women. Bladder cancer is rare in people under 40; the average age at diagnosis is 65.

Treatment for bladder cancer will depend on the type of cancer. A non-invasive cancer affecting the lining of the bladder (the mucosa) can usually be treated without the need for major surgery. In around 25 per cent of patients, the cancer is an invasive one and involves the entire wall of the bladder. For this type of cancer, major surgery, involving removal of the entire bladder, is often the best course of action. The rate of bladder cancer, particularly invasive bladder cancer, is very high in South Yorkshire and probably reflects our industrial heritage as well as the high rate of cigarette smoking.

How is invasive bladder cancer treated?

The traditional surgical approach to invasive bladder cancer involves removal of the bladder (cystectomy) and diverting the urine stream into a bag worn on the surface of the abdomen (stoma). An option that is becoming increasingly popular with patients and surgeons is cystectomy with formation of a 'new bladder' (bladder reconstruction). The procedure most commonly used was developed in Switzerland and is now widely practiced in major centres all over the world. The Department of Urology at the Royal Hallamshire Hospital offers this option among others within the North Trent Cancer

Network region (which covers South Yorkshire, Bassetlaw and North Derbyshire) and further afield. Radiotherapy (X-ray treatment) and chemotherapy are also options used for the treatment of this condition.

So what does bladder reconstructive surgery involve and how can it benefit patients?

Bladder reconstructive surgery involves surgeons taking a piece of the intestine and making it into a balloon-shaped sac that is connected to the ureters (urine tubes), so replacing the function of the original bladder. Unlike other types of surgery performed to treat bladder cancer, reconstructive surgery make it possible for most people to learn how to pass urine normally through the urethra, rather than needing to wear a stoma bag or use a catheter.

Derek Rosario is a Consultant Urologist;

"The treatment of high-grade bladder cancer involves a multi disciplinary team of staff working together to provide the best care. We are pleased to be able to offer the option of bladder reconstructive surgery and give patients an alternative to other procedures available. We ensure all our patients are fully aware of what it involves and have been informed of all options."

Ray Mitchell from Doncaster found out he had cancer in

April this year:

"Unfortunately reconstructive surgery isn't offered in Doncaster so I was referred to Sheffield where I was able to consider other options. I was given lots of information and support and I was even given a stoma bag to wear for a trial period so I would know how it felt if I were to need one after surgery.

"Mr Rosario and his team offered a light at the end of the tunnel. Everyone who has been involved in my care and treatment has done a brilliant job."

What are the symptoms of bladder cancer?

One of the most common symptoms of bladder cancer is blood in the urine (haematuria) It usually happens suddenly and may come and go. It's not usually painful. Sometimes the blood in your urine can't be seen and is picked up by a urine test. If you ever see blood in your urine you should always go to your GP and get it checked out.

If you notice changes in your bladder habits for example a burning feeling when passing urine or the need to pass urine more often or urgently, most likely these symptoms will be due to an infection rather than cancer. However if you develop any of these symptoms it's important to get them checked by your doctor.

More information about bladder cancer can be found at www.cancerbackup.org.uk

Are you interested in volunteering?

Volunteers play an important role in hospital life with over 700 people from across the community giving a little bit of their time to help patients at Sheffield Teaching Hospitals with those little added extra's. People don't realise that hospitals the size of ours are like a small town so there are a wide range of volunteering opportunities in both ward and non ward based services. Earlier in the year, the Trust appointed 50 new volunteers from different walks of life who chose to volunteer by helping on wards and departments, fundraising, arts and environmental projects, meeting and greeting, communications, therapy services and in administrative services. These volunteers are already making new friends and learning lots of new skills.

Throughout the month of February we will be holding our first recruitment drive of the New Year where we will be looking for new volunteers between 1st February 2008 and 28th February 2008 to be placed in areas across the Trust. We have lots of opportunities available so if you are interested why not give us a call? You can contact the Voluntary Services Team by telephone on; (0114) 2715735 or 2266045 or by email at volunteer@sth.nhs.uk or you can write us at; Voluntary Services, Patient Partnership Department, Ground Floor, Clock Tower, Northern General Hospital, Herries Rd, Sheffield S5 7AU.

We look forward to hearing from you.

Voluntary Services Team



Winter Wonder at the Clock Tower Gallery

The Clock Tower Gallery at the Northern General Hospital is currently holding a fantastic Winter Wonder exhibition which lasts until 7th January 09 so perfect for that last minute Christmas gift!

The exhibition involves a selection of 30 different artists and hosts with some incredible talent including Sheffield artists, community art groups, a trust governor, patients, staff, visitors, and members of the public. With an assortment of styles and media, this diverse exhibition is sure to keep people interested with a vibrant piece on every turn.

Winter Wonder really symbolises the feeling of community spirit we hold dear within Sheffield Teaching Hospitals and the Clock Tower Gallery is key to celebrating the talent we have in Sheffield. The Winter Wonder has so far been a huge hit with two sales in the first three days so you'll be pleased to know that the exhibition continues right up into the Clock Tower dining room with a beautiful selection from the Brush Strokes art group.

As well as art work, the Gallery has a wide range of beautiful handcrafted jewellery, glass and woodwork on sale which would make that ideal gift so why not pop along; you might be able to solve all your Christmas headaches all in one go with the added bonus that a percentage of all sales help support Arts in Health!

The Clock Tower Gallery is open 8.30 am - 4.00 pm, Monday to Friday.

Operation Christmas Child

Kind hearted staff at Sheffield Teaching Hospitals NHS Foundation Trust have once again shown great generosity by donating dozens of gift-filled boxes to underprivileged children.

A total of 120 shoeboxes were donated to Samaritan's Purse Operation Christmas Child (OCC) which will be shipped out to children in Belarus in time for Christmas. The boxes were filled with all sorts of exciting goodies including toys, sweets, toiletries, hats, scarves and arts and crafts equipment.

The Trust's Operation

Christmas Child Co-ordinator Helen Briggs said; "We're delighted to have been able to send so many boxes to the children this year. Our staff really love getting involved and put a lot of effort into making sure the boxes are packed with fun filled gifts which will hopefully bring a smile to a child's face this Christmas".



The Trust's Operation Christmas Child co-ordinator Helen Briggs with the shoeboxes.



Trust's annual thank you awards yet another great success!

An estates officer who invented a widget which saved the Trust millions of pounds, a domestic services assistant who offers a warm welcome to everyone as well as applying exceptional cleaning standards and a volunteer who after forty years of service returned to work voluntarily on the reception desks at the Trust are just a few of the stars awarded for dedication to patient care at the Trust's annual Thank You Awards.

Among the winners were Estates Officer, Trevor Drabble who collected the Chief Executive's Award for his work to invent an adapter which ensures that the current medical gases system is compatible with a new British standard design without the

need to close wards or theatres saving the Trust literally millions of pounds. A team of electronics engineers, electricians and plumbers who make up the Radiotherapy Equipment Maintenance Service were also commended for their work to repair and maintain some of the most highly sophisticated, radiotherapy equipment at the Trust ensuring that patients receive their cancer care quickly and safely.

Glynn Wilson leads the Radiotherapy Maintenance Service Team;

"We had a fantastic night and it was really great to win this award which is a testimony to the hard work and dedication of the team. We all come from different occupational backgrounds and trades but

together we make a formidable line-up helping, learning and supporting one another so that the patients always receive the best possible care."

Celebrity entertainer Debbie Mc Gee hosted the evening, which took place at the Holiday Inn Royal Victoria in October to celebrate the achievements of staff from across the Trust. Over 220 members of staff attended the event with teams and individuals nominated by their colleagues and managers for awards ranging from patient care to lifetime achievement.

The winners and highly commended nominees each received a piece of specially commissioned commemorative glassware from local glass artist and designer Penny Smith.

STH Volunteers visit the Lord Mayors Parlour

During October Sheffield Lords Mayor, Councillor Jane Bird invited a group of 20 volunteers from the Trust to visit the Town Hall and the Lord Mayor's Parlour in recognition of their work and support for the benefit of patients and visitors at our hospitals. Volunteer representatives from across the Trust were invited and enjoyed speaking to the Lord Mayor about their experiences. The Lord Mayor gave the group a tour of the Parlour including artwork and interesting artefacts including the Lord Mayor's robes and chains.

Scott Avery is a volunteer on E1 at Royal Hallamshire said, "I volunteer as I see it as a good way of doing something



to help others; you get a great deal of personal satisfaction and it is a great addition to my CV!"

The Mayor kindly put on a luxurious afternoon tea with delightful cakes and sandwiches. Afterwards Councillor Bird gave a short speech thanking all the volunteers for the hard work that they do and said how much she appreciates the time and effort they give to their volunteering role.

Irene Murfin who has worked and volunteered at the Sheffield Teaching Hospitals for forty years said; "everyone is really friendly and I love it! As well as helping others it is lots of fun and we all have a good laugh. I've always wanted to see inside the Town Hall so it's marvelous to have this chance".

Councillor Bird completed the visit by presenting each volunteer with a personally signed book mark.

Dates for your diary in 2009

Wednesday 14 January, 6.00 pm
Health Lecture
"Trying for a Baby"
Jessop Wing (see page 7 for more details)

Tuesday 3 March, 5.00 pm
Governors' Council Meeting
Chatsworth Suite,
Rivermead Training Centre,
Northern General Hospital

Tuesday 2 June, 5.00 pm
Governors' Council Meeting
Chatsworth Suite,
Rivermead Training Centre,
Northern General Hospital

Tuesday 29 September, 5.00 pm
Governors' Council Meeting
Undergraduate Common Room, Medical Education Centre, Northern General Hospital

Tuesday 1 December
Governors' Council Meeting
Undergraduate Common Room, Medical Education Centre, Northern General Hospital

All members are welcome to attend these meetings, for more information call Jane Pellegrina on 0114 2714322

Neurocare Visit by Governors

To coincide with its recent 21st birthday, Sheffield Teaching Hospitals charity Neurocare welcomed Governors to look at just some of their vital work in support of patients with neurological disorders. The charity was proud to show examples of equipment bought through kind donations from the public. Technician Kevin Linsley demonstrated the new Sonowand machine; one of three purchased by Neurocare which uses real time ultrasound pictures to guide the surgeon during brain surgery. The Governors also heard patient,

Tom Wainwrights' moving account of his illness and treatment for epilepsy using telemetry equipment also paid for by the charity.

Neurocare Chairman, Heather Burrell, said;

"I'm delighted that the Governors have shown such an active interest in the work of Neurocare. They were really impressed by our work and some of them even offered to help out in the future. I was also particularly pleased to welcome two of the charity's founder Trustees Consultant Neuroanaesthetist, Jan Mundy, and Consultant Neurosurgeon, Robert Battersby who joined

the Governors for a slice of birthday cake and a toast to the next 21 years.

Neurocare helps patients who have suffered head injury, strokes or have cancers of the nervous system. They also help those with brain tumours, diseases of the nervous system, Multiple Sclerosis, Parkinson's Disease, Motor Neurone Disease and Epilepsy. As well as funding equipment the charity is keen to improve facilities for patients and their carers at the hospital.

For more information about the charity see www.neurocare.org.uk



Q on UA

Remember that ubiquitous clip in just about every James Bond film where Q reveals all his latest inventions to 007; invisible cars, exploding pens and laser beam wristwatches? The slightly eccentric Q proudly displaying the next gadget or sophisticated tool which will help 007 save the world?

Well, little did you know that the Trust has our very own 'technical wizardry' department in the guise of the Medical Device Innovation Group (part of the Medical Physics and Clinical Engineering Department) situated on UA floor of the Royal Hallamshire Hospital. On entering the department you can't help but notice the uncanny resemblance to the Bond movies; strange, unfamiliar bits of plastic, metal and wood in various stages of construction lying around.

But forget the Bond stuff and down to the serious bit. The group are actually responsible for designing and producing a range of bespoke aids and equipment to support patient care and help staff to do their jobs better. 'Bespoke' is key to what the team is about as just about everything they manufacture is unavailable on the open market or if it is, it is more expensive or doesn't quite do the job.

Good Health went to meet with our very own Q, one of the Technical Managers, John Wilson to find out more about what goes on in the Group.

"Generally clinical staff, particularly consultants, come to us with a problem and ask us to provide a solution. 'Inventions' include bespoke apron or glove holders, adapted wheelchairs, workstations, surgical frames which secure the head ready for brain surgery, operating table accessories, bespoke surgical tools, physiological monitoring systems through to complex electronic devices.

"One of our recent success stories was a situation where a four year old child required traction to their neck for two weeks before undergoing spinal surgery. The child was very distressed and as one would expect, wasn't feeling very positive about their surgery. The team came up with the brilliant idea of adapting a wheelchair so that traction

could be applied whilst sitting down. This way, the child could go and feed the ducks and do many of the things four year olds like to do. This resulted in a happy child and an even happier mum and dad which helped to ensure that the surgery was a complete success."

On the mechanical side the team can make virtually anything whether out of wood, plastic or metal – they even have their own welding apparatus. On the electronic side, the team is at the cutting edge of electronic developments and innovations include a wide range of micro-processor controlled medical devices. However it is their inventiveness, ingenuity and enthusiasm which is the most striking.

"We really like a challenge", said John. "Imagine being faced with a problem where a gentleman with one arm wanted to fly a plane or another wanted to play golf in national tournaments. This is where we can make a difference. We built adaptations which enabled both gents to continue with their hobbies and enjoy a fulfilling life.

"It's not just about the more intricate designs either, we are also asked to make bespoke holders for all kinds of equipment and consumables such as dental tools, glove and apron dispensers. We have also developed tailor made drip stands, storage boxes and even theatre tables. Some of the designs have gone to commercial production such as our 'blood hoover' which is used to dispose of blood waste from theatres. This is currently in production and all profits will come back into the Trust to help even more patients."

The electronics group have designed and built complex electronic systems that are either now sold internationally or undergoing clinical trials subsequent to commercial production. These range from new electro-diagnostic systems to equipment to give early warning of the development of cancer.

"We are a small team but like to think we are pretty multitasked, we can make or mend just about anything," laughed John.

The group is certified by BSI to design and manufacture medical devices and laboratory equipment.

Telephone interpreter Service

The Trust provides a professional service, for patients from a range of diverse backgrounds, to ensure that all users of our service are cared for equally. To ensure that patients who have a limited understanding of English have access to interpreter services during their care and treatment, the Trust has expanded its range of interpreting services. With the help of the company Language Line, we can now provide both telephone and face to face interpreters.

For the vast majority of patients, telephone interpreter services is the appropriate way to fulfil their needs as it provides easy, instant access to a wide range of languages, including some of those which are more uncommon. The service provides complete anonymity and is cost effective, being charged at 78p a minute rather than £42 by the hour for face to face. This means that the Trust just pays for the time that it is used. Many departments have been using this service successfully for the past 18 months and feedback from patients has been very positive. If you would like to know more about the interpreter services please call 0114 271 1992.

STH End of Life Care Pathway

Supporting people through their final days of life can be an extremely difficult time especially for family and friends. Great comfort can be sought from the fact that those who are dying, are cared for in an appropriate and sensitive way.

A new care pathway, based on the well recognised Liverpool end of life care pathway, has been developed to support people and their carers through this final phase in their lives. The pathway helps multidisciplinary teams to provide care that is less medicalised and more focused on providing good symptom control, comfort and maintaining dignity.

The pathway is currently being used on 42 wards at the Trust with each ward having a champion who is responsible for promoting the pathway and providing education and support to their colleagues as well as answering any queries. This is to ensure that all dying patients receive high quality care, comfort and dignity.

All wards are undergoing a programme of education run by Shirley Thompson, End of Life Care Pathway Facilitator and Shirley is in the process of contacting wards to arrange this.

In the coming months, Shirley will be working with key people in Sheffield to help provide high quality care to the dying in a variety of care settings. In January 2009 her role will extend out into the wider Sheffield community to help support specialists in the community and St Lukes Hospice.



Sheffield Teaching Hospitals NHS Foundation Trust

Don't bring unwanted gifts to your family or friends!

NOROVIRUS

is an unpleasant stomach bug that causes diarrhoea, vomiting and fever and is more common during winter months

Visiting Hospital?
Then help us to protect your relative or friend by keeping bugs out.

It spreads easily so:

- Please do not visit if you or people close to you have suffered diarrhoea or vomiting in the past 48 hours
- Wash your hands with soap and hot water and/or use the alcohol hand rub when entering or leaving the ward

Thank you for your co-operation

Help us to keep Norovirus out this Winter!

As the season of winter bugs approaches, the Trust is asking visitors to the hospitals to consider whether they are well enough to visit sick patients in a bid to reduce the spread of common bugs including Norovirus.

Each year up to one million people across the country are affected by Norovirus. It's the most common cause of infectious gastroenteritis in England and Wales and can affect people of any age. It is very contagious, is spread from person-to-person and is more likely to spread where people are in close proximity, such as in hospitals, schools and on cruise ships.

Whilst this condition, sometimes called 'winter vomiting'

virus (because of its tendency to affect people during colder months when people spend longer indoors) is an unpleasant experience, the infection tends to only last between 12 and 60 hours and most healthy people will just need to drink plenty of fluids and rest up. However, the illness can have a worse effect on patients in hospital by making them weak and dehydrated and interfering with the effectiveness of the medicines they are taking. This year the Trust is asking visitors to the hospitals to following these simple steps in a bid to reduce the spread of the bug among patients:

■ **Always wash your hands** with soap & hot water and/or use alcohol hand rub when entering and leaving the ward.

■ **Do not visit if you feel unwell.** If you, your family or close work colleagues have experienced vomiting and diarrhoea in the last 48 hours please contact the ward for advice before visiting.

■ **Do not sit on the patient's bed.** If you intend to visit your friend or relative please do not sit on their bed or the patient's chair. Visitors' chairs are provided – please ask the nurse if you need one.

■ **Ask staff to wash their hands.** Do not be afraid to check that staff have decontaminated their hands either by washing them with soap and water or using the alcohol hand rub – they do not mind and expect patients and visitors to ask.

Wishing a **Very Merry Christmas** and a **Happy New Year** to all our readers!

Foundation News

Phone a friend - and ask them to become a member! Telephone 0114 271 4322
or email: jane.pellegrina@sth.nhs.uk for more information.

New! Head and neck cancer support group

A cancer diagnosis is extremely traumatic for any patient. When the area of the body affected is visible; for example involving the head or neck, this can be even more devastating.

Health professionals from the Head and Neck directorate recently held a 'fact finding' day to look at the possibility of establishing a support group with the aim of providing better information and support to patients suffering from head and neck cancer. Former and current patients were invited along with members of the multi-disciplinary team to explore the merits of a group and to chat through just how it might help patients better manage their condition.

Louise Marley is the nurse specialist and one of forces behind the new support group;

"We listened to patients' views and came up with the idea of a support group. However, we

were really keen to make sure that it met patients needs so we involved patients from the outset so that they could shape exactly how they wanted it to run.

"There were some really good ideas particularly around increasing awareness and understanding of their disease and treatments as well as some of the ingenious ways we have of disguising disfigurements through cosmetic camouflage techniques.

"The patients also wanted representatives from companies who supply aids and devices such as communications aids and tracheostomy equipment so that they receive first hand information to help them make the right decisions about their future care. Information on financial support

was also top of their list."

Meetings will be held bi-monthly with the first one in January 2009 at the Burton Street Project, Hillsborough. The venue is easily accessible by car, tram or bus and has ample free parking. Patients and carers are very welcome.

If you would like to attend the group or would like any further information please contact:-

Tracy White/Louise Marley-0114 226 8776

Jane Thornton/Karen Jackson-0114 271 2676

The next support group meeting is on Friday, 16th January, 2pm-3pm.

Venue: Burton Street Project, 57 Burton Street, Hillsborough, Sheffield, S6 2HH.



Trying for a baby?

Members Event

30 years after the birth of the first 'test-tube' baby Louise Brown; millions of couples across the world are celebrating the amazing technologies which have enabled them to experience the wonderment of having a child. In-vitro fertilisation techniques have been perfected over the years and now national figures show that 1 out of 4 women undergoing IVF go on to give birth to a healthy baby. Sheffield's Assisted Conception Unit at the Jessop Wing' part of Sheffield Teaching Hospitals NHS Foundation Trust is at the forefront of development and has an excellent success rate.

However for couples going down the assisted conception route, the road can be a tumultuous one and having the information required to make an informed choice is an essential part of their care. Therefore we are pleased to present fertility experts, Consultant Dr Jonathan Skull and Embryologist Rachel Cutting who will be speaking about infertility, the causes, treatments available and some of the new developments around the corner to help infertile couples.

The Members Event will take place at 6 pm on 14 January 2009 at the Jessop Wing. A light buffet will be served from 5.30pm it's free to attend so for further information or to register your interest, please contact Jane Pellegrina on 0114 271 4322, who will reserve your place and give you details of the lecture venue.

Catch it, Kill it, Bin it

Don't get caught out with flu this winter!

Good hygiene is the single most important way of stopping the spread of diseases especially colds and flu. 'Coughs and sneezes spread diseases' is an old saying but it is true that viruses can survive for several hours when in the atmosphere or on surfaces. Inhaling droplets or touching a surface contaminated by the virus can transfer it to our nose, eyes, or mouth and this can lead to infection and illness.

Seasonal flu is a common infection in the UK, especially during the winter months affecting between 5% and 15% of the UK population and costing up to £4.5 billion a year. Most adults suffer between two and five colds every year and babies and pre-school children an average of four to eight. It goes without saying that viruses are most likely to spread in places where large numbers of people are in close proximity to one another such as schools, hospitals and public transport.

So what can you do to prevent the spread of colds and flu this Christmas?

- Always carry tissues and bin them immediately after use
- Use tissues to cover your mouth and nose for coughs and sneezes
- Wash your hands frequently especially after using a tissue
- Regularly clean surfaces that are touched frequently such as door handles or computer key boards

And.....

- Keep a stock of basic flu remedies at home just in case!



Reader's Projects

Many of our patients, especially those on the elderly care wards long for company on a day to day basis. Hospitals often act as a welcome temporary relief for those who's every day life lacks social contact as patients can enjoy day to day interactions with doctors, nurses and other health care professionals. The Trusts 'Readers Project' enhances this further by giving patients the opportunity to interact on a more social level via group workshops.

Former ward sister, Judy Parker runs the Trust's Reader's Project in conjunction with the Arts in Health team; "The Readers Project provides an opportunity for patients who have few or no visitors to come together and have stories read to them offering an escape from the humdrum clinical environment. It encourages patients to interact with one another, share experiences and talk about topics unrelated to hospital or illness.

STH volunteer Cressida Brennan volunteers with Judy and has been involved in the

project for over two months and loves the experience;

"Even in the short space of time I've been on the reader's project I have witnessed a real difference in some of the patients. It's quite amazing how the project can boost a person's confidence. I have met some fascinating people and the patients, the staff and fellow readers have all been so supportive."

The readers' project currently holds weekly sessions every Wednesday 11 - 12noon at the Stroke Unit at the Royal Hallamshire hospital and every Tuesday 1-2pm on Osborn 4 at the Northern General hospital.

Due to its popularity, Judy is now looking for a volunteer to support the project at the Northern General hospital. So, if you enjoy interacting directly with patients and want to make a difference to their stay in hospital, then the reader's project could be for you.

For further information or if you are interested in getting involved please contact Kerry Blackett on 0114 2714949.

A unique art experience

Visit the Clock Tower Gallery

17.11.08 to 09.01.09
Winter Wonder

Come along and see if you can find that unique Christmas gift. (See page 3 for more details).

12.01.09 to 18.02.09
Competition Winners

The 4 selected artists from the Summer Open return to display more of their fantastic work. Artists Glynn May, Lidia Digman, Pamela Marshal and Irene Wiffen will

choose from old favourite and new artwork for this diverse exhibition showcasing, photography, landscapes, portraits, florals and more.

23.02.09 to 02.04.09
Pain'tings – Ground Floor

This exhibition look into an account of using creativity as medicine. It is a very personal conformation of the benefits of a creative focus during recovery. Using motifs and colour combinations this exhibition features

painting, printmaking and digital imagery.

23.02.09 to 02.04.09
Hazel Money – Upper Floor

Painting mostly in oils and acrylics, Hazel's work depicts her constant source of inspiration, the landscape. Hazel paints "en-plain-air" whenever possible; preferring the freshness and spontaneity it provides.

For more information on the exhibitions please contact Kerry Blackett on 0114 271 4949.

Wartime drama performance for patients

Local performing arts students have been helping elderly patients at the Northern General hospital reminisce about their wartime experiences by treating them to a drama and musical extravaganza at the hospital. The show; 'Fragments of War' commissioned by community group Sheffield Popular Arts is part of the 'Off the Shelf' festival project, which will tour other venues and perform to community organisations across Sheffield.

The performance forms part of the tribute to the 90th anniversary of World War I and gives patients the opportunity to reflect on their own wartime experiences in a group setting. Using historical fact, the performance captivated an audience of patients, family, friends and even a few staff as original writing together with well known poems, news reports and stories of the soldiers who fought and returned home and those who were sadly left behind. The show was packed with precious memories, sad stories of bravery, courage and heartbreak; the

effects of war on those abroad and on the home front unfolded in a recital of jubilant songs and poignant poetry.

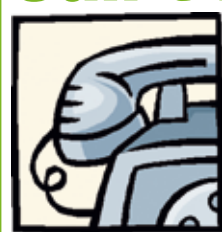
Arts in Health Coordinator Kerry Blackett said;

"Patients and their families really enjoyed the opportunity to leave the ward for an hour and spend time with others that have been through similar experiences. It really did provoke some painful but joyous memories which became apparent as some of the patients broke into some of the old wartime favourite songs on their way back to the ward."

The performance was brought to the hospital by Sheffield Teaching Hospitals Arts in Health programme kindly supported by Sheffield Hospitals Charitable Trust.

The Arts in Health team are constantly scouting for local talent to bring into the hospital from music, drama, dance and arts; if you would like to be involved in this innovative and worthwhile scheme please contact Kerry Blackett on 0114 271 4949.

Can't Face It?



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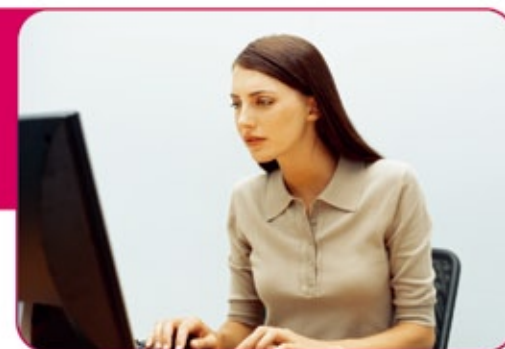
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Condition Management Programme

Are you receiving Incapacity Benefit?

Do you want help to return to work?



What is CMP?

The Condition Management Programme (CMP) is a voluntary programme, developed to help people better understand and manage their health condition and develop self confidence and practical skills to help them back towards returning to work. The scheme is delivered by NHS health practitioners and is a significant part of the Pathways To Work initiative provided by Jobcentre Plus which offers support to people who are out of work and are on incapacity benefits, to help them look at returning to some form of employment now, or in the future. Attending the programme does not affect your benefits in any way whatsoever.

Why should I join?

From a health point of view, we know that being in work is good for your physical and mental health, boosting self esteem and quality of life for you and your family. CMP is an innovative project demonstrating a successful partnership between the NHS and Jobcentre Plus. Through CMP we are helping local people understand and manage their health in relation to their own individual capabilities and abilities to work. CMP has already had many successes, with more than 5000 people across South Yorkshire having volunteered since the programme started and more than 1900 in Sheffield. Many of those people are now either back in work or well on the way to improving their lives by better understanding their health condition.

I'm interested...

What do I need to do now?

All CMP volunteers attend an initial assessment at the Jobcentre, and then you'll join a seven week core programme at a community venue very close to where you live. All travel expenses are paid for, all childcare provision / carer responsibilities will be paid for and each participant receives a three-month leisure pass to their local leisure facilities to encourage participation in a range of healthy activities as part of the programme.

Free three month leisure pass for all volunteers!

For further information please call to make an appointment to see a Personal Adviser at:
Bailey Court: 0114 2033189, Cavendish Court: 0114 2590710,
Eastern Ave: 0114 2608087 or Hillsborough: 0114 2033241
Or visit: www.elphin-barnsley.org.uk

Helping People to Overcome Barriers to Work

