

News from Rotherham's hospital and community health services



Raising a cuppa on NHS 'Big Tea' day

The nation's two favourite institutions - the National Health Service and a cup of tea - have come together in the shape of the 'NHS Big Tea.'

NHS Big Tea party celebrations were held across Rotherham last month; teapots were brewed, cakes baked, volunteers assembled and invites distributed in preparation for tea parties at Carlton Park Hotel and Rotherham Hospital on Moorgate Road and at Lord Hardy Court Intermediate Care Unit in Rawmarsh.

They were part of thousands of tea parties taking place across the country as the nation came together in July to mark the 71st anniversary of the NHS, celebrate all the staff within it and to raise funds for NHS charities.

Martin Havenhand, Chairman of The Rotherham NHS Foundation Trust, said: "We were thrilled to bring our national pass-times of drinking tea and the great National Health Service together to celebrate the NHS's 71st birthday.

"It was wonderful to see so many colleagues, volunteers, patients and people who fundraise for the charity come together to celebrate the NHS's milestone and to talk about what the NHS means to us all."

"Thank you to everyone who volunteered their time or donated cakes and treats - you did us proud. We're looking forward to welcoming everyone back for more tea next year."

Teams and colleagues from across the Trust came together at Rotherham Hospital's NHS Big Tea party to raise funds for the charity and enjoy a well-earned cuppa alongside the Mayor and Mayoress of Rotherham, Councillor Jenny Andrews and Jeanette Mallinder, and the ambassador for the charity's children's appeal, Dr Ted.



Collectively, the NHS Big Tea parties at Carlton Park Hotel, Rotherham Hospital, Lord Hardy Court and Oakwood Community Unit have raised £573.97 for the Rotherham Hospital and Community Charity.

A big thank you to Trust volunteers and community ambassadors from Tesco in Maltby who came along and served tea

and cake. The event would not have been possible without them and the generous donations of cakes, biscuits, fruity snacks, tea and coffee from colleagues at Unison Rotherham and Tesco and Co-Op stores in Maltby.

Raise a cuppa for the NHS!

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Martin Havenhand
Chairman

Welcome

Welcome to the second edition of 'Your Health' – the quarterly publication from The Rotherham NHS Foundation Trust. In January the Care Quality Commission (CQC) published its report into the inspection of our Trust late last year which shows that we must continue to improve our healthcare services for the people of Rotherham. Since then, we have been working hard to make positive changes and improvements to services and will share some of these in this and future editions of 'Your Health'.

Leading the way

It has been a busy year for us so far, with participation in two national pilot projects designed to drive improvements right across the NHS. The first is about introducing the electronic prescribing of medicines. This will help make the process for prescribing more efficient, consistent and reliable.

The second project we're involved in is a review of access standards in our Urgent and Emergency Care Centre. At the moment, there's a national four-hour waiting time standard in A&E but we are working with NHS England to field-test a different approach. It's early days and we will report back on how this is going in subsequent editions of this magazine, but it's another example of how we are trying to make a positive difference here in Rotherham.

Making improvements

You will see in the following pages that the Trust is winning accolades for the successful and pioneering work of many of our teams. We are enormously proud of our colleagues, both for their day-to-day professionalism, and in striving to provide the very best for our patients by innovating and driving improvements in patient services.

Working with partners

This involves working much more closely with partner organisations than ever before. We do this both in Rotherham with our colleagues in the Rotherham Clinical Commissioning Group and at Rotherham Council and the voluntary sector but also as part of the wider, South Yorkshire and Bassetlaw Integrated Care System, working alongside our neighbouring NHS organisations in Sheffield, Barnsley, Doncaster and Bassetlaw. This not only helps to obtain good value from public investment, but also ensures a joined-up approach to the delivery of services for the benefit of patients everywhere.



Louise Barnett
Chief Executive

Annual Members' Meeting

18 September 2019

5:00pm to 7:00pm

Rotherham Hospital Lecture Theatre

Alongside the meeting we will showcase a range of our services



All are welcome to attend, RSVP before **6 September** detailing any special requirements you may have by email to rg-h-tr.foundation.trust@nhs.uk or call: **01709 427800** to confirm your place.





Ambitious Caring Together



The Trust's values; Ambitious, Caring and Together (ACT) seek to create a culture which supports delivery of our Vision and Mission, guiding the behaviour of colleagues across the organisation.

Every day our colleagues live our values and each year we celebrate this in our annual Values Week (1 July), when we share some examples of what our values mean and what they have helped us to achieve.

This year in Values Week we were celebrating the work we do and the positive difference we make for patients.

The Rotherham NHS Foundation Trust Chief Executive, Louise Barnett said: "For me, our values are at the heart of what we do and a daily motivation that we must always be ambitious in providing excellent patient care, caring in how we deal with patients and families – as well as each other in the Trust, and our commitment to work together as one team with shared goals."



“Our values are at the heart of everything we do”

Examples of just some of what our values have helped us to achieve include:

Ambitious: Our Trust has trained over 250 clinical and non-clinical colleagues on our LEAD Leadership programme – helping to ensure the very best leaders are proving health care for our future.

Caring: Our integrated discharge team has been recognised nationally for their approach to making sure patients have the care and support to return home from hospital as soon as possible.

Together: Eight of our innovative, forward thinking teams have been shortlisted for national awards over the last year.

Ambitious: We have developed a five year plan in collaboration with Rotherham Health and Social Care (Place) Partners.

Caring: In 2018/19 three of our compassionate, dedicated and expert nurses had the honour of receiving Queen's Awards for Nursing.

Together: A recently launched neonatal outreach team is working together with new mums and families to build confidence and to reduce hospital readmissions for premature babies.

Ambitious: Over the last year we have invested over £7.2m in our estate, facilities and digital equipment upgrades – supporting the healthcare we deliver in and out of hospital every day.



Caring: We have developed a new Gynaecology Assessment Unit to improve patient experience and waiting times.

Together: In 2018/19 we welcomed 110 nursing and midwifery colleagues who work across Rotherham Hospital and in or community.





Safe & Sound

Improving quality of care in Rotherham!

“It’s about treating patients with dignity and respect at all times”



In January, the Care Quality Commission (CQC) published its report into the inspection of The Rotherham NHS Foundation Trust which took place in September and October 2018.

The Trust’s overall rating remains at ‘requires improvement’ with a ‘good’ rating for being ‘caring’ and ‘responsive’ and the Trust’s Urgent and Emergency Services were rated as ‘inadequate’.

Louise Barnett, Chief Executive at The Rotherham NHS Foundation Trust, said: “We took immediate action to address issues raised during the inspection.

“Our action plan contains more than 130 specific responses to last autumn’s inspection. It is detailed and comprehensive and sets out the actions we are taking to improve our services for patients.





Over the last few months and immediately following the inspection, work has been undertaken right across the hospital and community services to address concerns raised by the CQC and the aim of improving the rating at the next inspection. Additional training has been carried out, assessment processes improved and an increase in specialist teams working together. Here are some of the initiatives that have been introduced.

Safe and Sound

Everyone who receives NHS treatment, whether for serious conditions or for a minor complaint, wants peace of mind and the reassurance they will receive the very best care. This is why we have introduced our 'Safe and Sound' framework.

Our Quality Improvement Strategy and Quality Improvement Plan sets out how we will improve the quality of care we provide across the organisation over the next 5 years. The 'Safe and Sound' framework supports the delivery of this ambition and the Trust's Vision to be an outstanding Trust, delivering excellent care at home, in our community and in hospital.

Based on the principles of patient safety, clinical effectiveness and patient experience, it is a new approach and puts quality at the heart of everything we do and each and every one of us has a part to play in continuously improving the quality of care the Trust provides.

Our Chief Nurse, Angela Wood, said: "In delivering our Quality Improvement Plan we will also address the concerns raised by the CQC in their recent reports. Safe and Sound is about listening to what patients and their families are telling us and acting on it. It's about improving communication, caring for patients and carers as individuals and as always, treating them with dignity and respect at all times."

"It is about encouraging all colleagues to think about all of the possibilities for quality improvement within their department, or the Trust as a whole, and share their ideas - quality improvements driven by our colleagues, who are caring for our patients and on the frontline of our services, every day."

Streaming in our UECC

The Urgent and Emergency Care Centre (UECC) has introduced a streaming method to ensure patients are seen by the right person for their needs as soon as possible.

Fiona Middleton, Head of Nursing for UECC, says: "Streaming has been instrumental in greatly improving patient experience in UECC. We have worked with the different specialties to ensure patients can be streamed to the right area of the hospital without having to wait to be seen by a doctor in the emergency department. This has significantly reduced our wait times and has made it a more efficient process."

Fiona adds: "Streaming has made it safer for patients. As soon as patients book in at reception, a Nurse makes an initial assessment and allocates them to the right specialty or healthcare professional. This helps us to identify those with the most urgent needs much sooner so that these patients can get the care they need quickly."

Rapid Assessment and Triage (RAT)

Also, as part of the improvements within our UECC, the team has introduced a

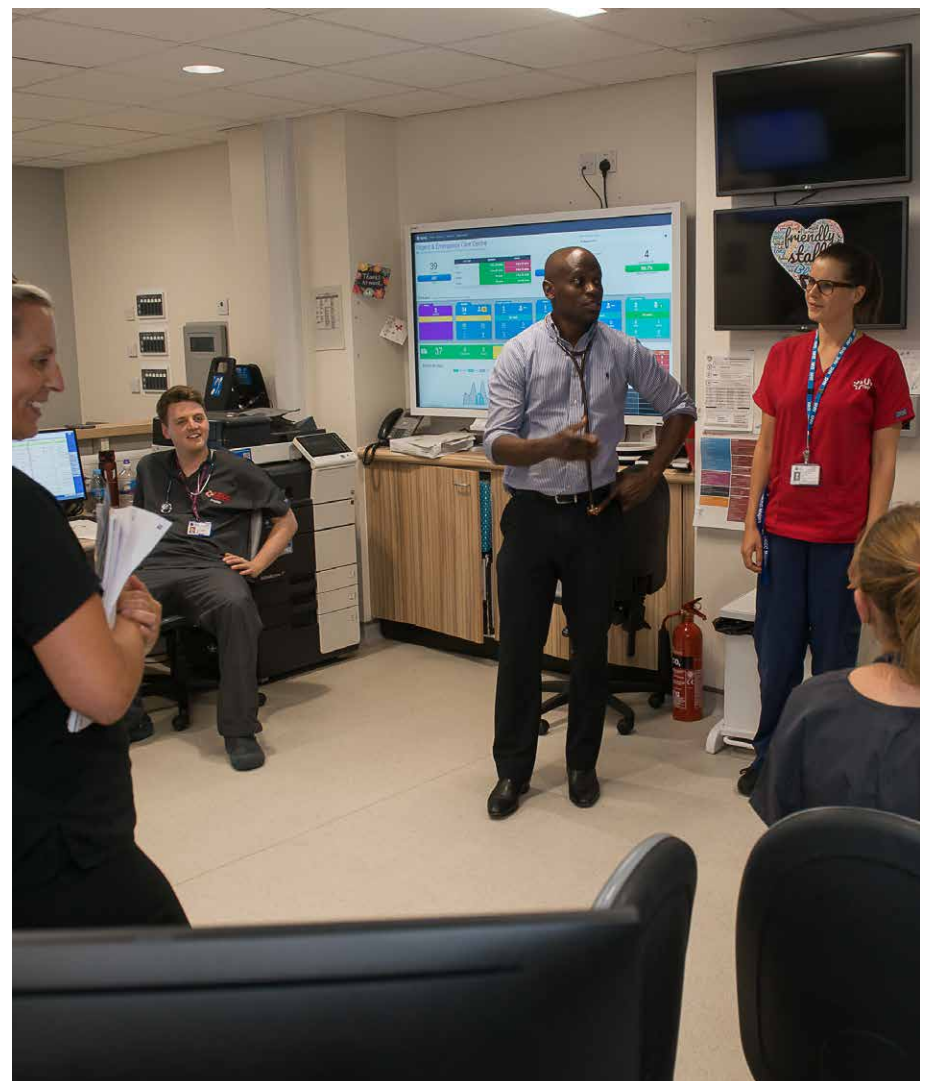
new Consultant led rota, 7 days a week, for the Rapid Assessment and Treatment of patients. This model aims to reduce the time that our more complex patients wait to be seen by a Consultant in our Emergency Department.

We have also worked with Yorkshire Ambulance Service to reduce the time taken for an ambulance crew to hand over a patient to care in UECC, meaning that ambulances are able to respond to other emergency calls sooner.

Louise Barnett said: "We want our patients, their family and friends to receive the very best care in Rotherham. We are all committed to improving our services, and we welcome feedback on how we are doing"

If you have any feedback or suggestions following a recent experience of care at the Trust that will help us to drive improvements, please get in touch with us at: rgh-tr.safeandsound@nhs.net.

We will share more about the improvements we are making to services across UECC and the hospital in our next issue.





THE STANDARD FOR HEALTHCARE EXCELLENCE

HSJ Winners in focus: Integrated discharge Team



Delays getting home from hospital can cause distress, heighten risk of infection and lead to loss of mobility and independence.

But, Rotherham's dedicated, multi-partnership-approach to health and social care means that delays are being minimised and getting patients fit, well and home, with the support they need, is a top priority.

The Integrated Discharge Team (IDT), based at Rotherham Hospital, was reconfigured in 2017 to bring together health and social care teams from across the borough. The team brings a personal approach to effectively managing the process of leaving hospital and short-stay care homes; ensuring patients and their families are supported and have suitable, sustainable care packages in place. The team is made up of colleagues from Rotherham Metropolitan Borough Council (RMBC) and TRFT staff, working alongside each other to bring expertise and knowledge from all aspects of health and social care.

The team's improvements in working better together for the benefit of the patient now means that delays in getting patients home have reduced and this work was recognised nationally earlier this year when the Integrated Discharge Team won the coveted Acute Service Redesign category of the 2019 Health Service Journal (HSJ) Value Awards.

No two days are ever the same for the IDT but here team member Paula O'Gram, an independent living officer, talks us through how she liaises with hospital and community care teams, using her knowledge of health and social care services to deliver excellent care to patients and their loved ones:

9am - I work for RMBC but am based at Rotherham Hospital from where I manage my case load – between me and three other colleagues we are usually managing the planned discharge of up to 40 patients at any time. This could be made up of patients staying on hospital wards and those in step-down facilities, which are an intermediary place between hospital and home, or care homes. I pick





up any referrals for discharge for that day, look at how we can enable the patient to gain strength or confidence to look after themselves at home or look at what additional support we might need to put in place, such as visits from carers, help with meal preparation, for example. We work with colleagues to carry out mental capacity assessments so that we can give support around decisions made by or on behalf of the patient – for all of these scenarios we'd work closely with medical and care teams and the patient and their families, guiding them through what is likely to happen next.

11am - It's time to meet with a group of health and care professionals to discuss our some of our individual patients' needs. We call this a multidisciplinary team meeting and it includes people like occupational therapists, physiotherapists and ward or care home staff. Together

we discuss the next steps for the patient and, where we need to, we make plans to involve other services, such as speech and language therapists or mental health services. It's all about making sure the patient is supported and that we plan ahead as much as we can to get the patient home or to a place where they can continue their care.

1pm - I meet with a patient and their family to update them on progress we have made with getting a care package in place. I often meet with patients and their families as a first port-of-call. We assess a patients own ability to look after themselves and use a decision support tool to ascertain the type of support a patient may need – this could be anything from helping to make financial assessments to make sure the patient is aware of what benefits they could be entitled to. I will stay in regular contact with the patient

and their loved ones to provide continuity of care. Sometimes it can be quite complex at first unpicking individual family situations and looking at how we can help. Having a family member in hospital is often a worrying time for patients so I am on hand to give advice and point them in the right direction.

3pm - It's time to catch up on some emails and phone calls – we get in contact with patients the day after they leave hospital to check how they are doing and, where appropriate, to check that their care package is as planned. We can also assess whether we need to engage the help of any other health and social care services.

5pm - It's time to reflect on my day, chase up any outstanding tasks and plan for the days ahead. I get a great sense of achievement from working with patients and seeing the support we have put in place benefit them. It can be really intense and fast paced ensuring every little detail has been thought about, so I always draw up a 'to do' list which helps me to offload mentally from the day and helps me to focus the next day. It's important to me that I am organised so that I can manage working full-time, studying for my social care degree apprenticeship and juggling general family life – it is hard work that pulls on your heartstrings but it's very rewarding too.





Award-winning apprentices aim high

You might typically associate apprenticeships with mechanical or engineering sectors but in fact we are reaping the rewards of growing our own workforce through our apprenticeship programme.

The Rotherham NHS Foundation Trust employs 128 apprentices covering roles from business administration to technical and clinical roles and here, award winning apprentice Angela Lambert, a trainee Cardiac Physiologist, tells us why an apprenticeship was an opportunity she couldn't refuse:

"I joined the Trust as an ECG technician 13 years ago after completing my GCSEs," she explains. "I trained on the job to become a Cardiographer and then hit a bit of a dead-end when family commitments and life in general meant it would be hard for me to leave my job to train to the next level."

But when she was approached about doing a degree apprenticeship, Angela jumped at the opportunity. "I'm now in my second year of a three-year Healthcare Science degree with a speciality in cardiology, respiratory and sleep science," she says. "It's meant I have

"I'm now in my second year of a three-year Healthcare Science degree with a speciality in cardiology, respiratory and sleep science. It's meant I have been able to stay in a wonderful job with amazing, supportive colleagues whilst studying and still earning a living – it really is the perfect package."



been able to stay in a wonderful job with amazing, supportive colleagues whilst studying and still earning a living – it really is the perfect package."

Day to day Angela works with patients to help test for and diagnose cardiac conditions and her on-going training means that she is now skilled to undertake specialised procedures, like analysing heart monitors and exercise tolerance tests. By the time she completes her third year she will be a fully-fledged Cardiac Physiologist and trained to help carry out cardiac catheterisation and support pacemaker implants, for example.

How do apprenticeships work?

The Trust pays Angela's University fees through their apprenticeship levy. This gives the Trust a fantastic opportunity to up-skill its members of staff and helps to secure the future of the NHS's workforce.

Did you know?

Rotherham Hospital is one of just two centres regionally to host a complex cardiac device service. Here, highly skilled medical staff insert more advanced cardiac devices such as implantable defibrillators and cardiac resynchronisation therapy devices – these can provide life-saving treatment to patients with poorly hearts.

In June, Angela was crowned winner in the Degree Level Apprentice category at the Rotherham Apprentice of the Year Awards 2019 and Dawn White, a Trust Healthcare Assistant Practitioner, took home the top prize in the Higher Apprentice category.

Trust colleagues Lydia Jackson, a Pharmacy Technician and Catherine Jay, an Assistant Practitioner in Occupational Therapy, were highly commended in the Advanced Apprentice and Higher Apprentice categories, respectively and Joanne Powell, Healthcare Support Worker, was also nominated.

Louise Barnett, Trust Chief Executive, said: "Apprentices bring so much value to our organisation and I'm so inspired by how hard these colleagues have worked.

"The recognition received by our apprentices is fully deserved and I would like to thank all of our apprentices and hope that they continue to thrive in their careers."

Apprenticeships take many forms whether someone is just starting out, looking to advance their career or looking to make a complete change. There are many options available.

Anyone who thinks they might be interested should contact Trust's Apprenticeship Manager, Graham Travis, on 01709 427284 or graham.travis1@nhs.net.



Where to get the right care...

We've all been there; pondering whether a trip to A&E is the right place to go. What other advice or treatment options are there in and around Rotherham?

HERE'S A GUIDE

Well stocked medicine cabinets at home can treat many common ailments and illnesses including minor cuts, sprains and grazes, cold and flu, a sore throat, stomach upset, headache and more.

Pharmacists can provide you with help and advice on a range of common conditions and minor injuries. Many are open late, also on weekends and Bank Holidays and most now have a private consultation area to discuss your issues and concerns in private.

GP appointments for injuries or illnesses that aren't getting better; such as a persistent cough, ear ache and stomach pains etc.

GP Hubs at evenings and weekend - appointments are available at a number of GP practices which are bookable by calling your own GP. The GP Hubs take place at the following locations;
Dinnington Group Practice
Monday: 6:30pm to 8pm
Saturdays: 8am to 12pm

Broom Lane Surgery
Monday to Friday: 6.30pm to 8:30pm
Saturdays & Sundays: 8am to 12pm

Magna – Kilnhurst Branch
Mon & Weds: 6:30pm to 8:30pm

Magna – Valley Health Centre (Dalton)
Saturdays: 8am to 12pm

Physiotherapy appointments - now available directly via your own GP; just ask your GP Practice.

Minor Injuries Units in Mexborough and Sheffield can provide care for less serious injuries, sprains, cuts, minor burns, bites etc. They can even arrange X-Rays for possible broken bones – usually much more quickly than A&E, no appointment necessary. Visit either;

Mexborough (Montagu Hospital), 9am – 9pm, 7 days a week except Christmas Day, anyone aged 1 and over (Tel: 01709 649157).

Sheffield (Royal Hallamshire Hospital), 8am – 8pm, 7 days a week, over 16's only (Tel: 01142 712071).

NHS 111; call 111 or visit www.111.nhs.uk if you're not sure what to do or the best service for you. The 24 hour service provides confidential health advice and if required, advisors are able to arrange out-of-hours appointments with a GP, which in Rotherham are usually at an allocated time in the Urgent and Emergency Care Centre in Rotherham Hospital.

Mental health problems are experienced by approximately one in four adults and one in ten children every year and there is always someone to talk to. If you need urgent help please call the crisis service on 01709 361717 or Samaritans on 01709 361717 (116 123 for 24 hour support).

Our Urgent and Emergency Care Centre at Rotherham Hospital for urgent care such as broken bones, severe burns and scalds, a serious wound etc.

999 in the case of an emergency, such as choking, chest pain and severe bleeding

For much more information and guidance on health, medicines and NHS services near to you, visit www.nhs.uk



NHS

From spring 2020
the law around
organ donation in
England is changing

To find out about your choices, including how to opt out, visit organdonation.nhs.uk or call 0300 303 2094

PASS IT ON



Our un-bear-lievable new charity mascot



We'd like you to meet Dr Ted – he's the new ambassador for the Rotherham Hospital and Community Charity's children's appeal.

The mascot, designed by the charity and Rainbow Productions, has been brought to life thanks to donations to the Dr Ted children's appeal, which he is named after.

The 6ft, furry yellow bear will support the charity's fundraising for resources, equipment and projects which benefit The Rotherham NHS Foundation Trust's youngest and most vulnerable patients and are above and beyond what the NHS can provide.

The charity also hopes individuals, schools and organisations organising fundraising activities will invite Dr Ted along to help raise awareness about the difference the charity makes.

Barry Mellor, Chair of the Charitable Funds Committee, said: "Thanks to your fundraising and donations, the charity has been able to fund a wonderful new teddy bear mascot, which we were delighted to unveil.

"It has been a real labour of love bringing Dr Ted to life. We wanted a friendly, cheerful, colourful and fun mascot who would instantly make patients of all ages smile and feel more comfortable during their hospital stay. From the wonderful reactions we've already had, I think we have definitely achieved that."

Dr Ted's first events included fundraising at Rotherham Hospital with the former Mayor and Mayoress of Rotherham, Councillor Alan and Sandra Buckley, followed by a visit to Ferham Primary School's Summer Fair. Dr Ted championed Rotherham's volunteers at Voluntary Action Rotherham's annual Volunteer Walk in June.

He will also be teaming up with business owner Jamie Baggaley of J&J Commercial Finance from August 2019. The finance firm has nominated Dr Ted as their charity of the year.

Dr Ted enjoys a great day a Parkgate

Shoppers and employees at Parkgate Shopping Centre had a great day raising money for the Rotherham Hospital and Community Charity's Dr Ted children's appeal.

The popular retail park was one of more than 100 shopping centres across the UK taking part in the annual 'One Great Day' fundraising event in June to raise £657.50 for Dr Ted and an equal amount for the Great Ormond Street Hospital Charity.

Janet Drury, Parkgate's centre manager, said: "Our One Great Day event is something which all the tenants look forward to because it's a great opportunity

for us to work together and to have some fun raising money for the children who are cared for nationally by the NHS and locally at Rotherham Hospital.

"It was wonderful to have Dr Ted at the event for the first time this year and he certainly got lots of hugs and high-fives from shoppers out enjoying the sunshine.

We'd like to thank all the traders and shoppers who supported us. We're really proud to have raised so much."

One Great Day was established in 2014 and has so far raised more than £500,000 for 110 different children's health charities across the country.





Special lights delivered for parents and babies

The Rotherham Hospital and Community Charity is lighting the way for patients and relatives attending the Delivery Suite and Special Care Baby Unit.

The charity has teamed up with sensory lighting specialists Visualite and YESSS Electrical in Rotherham to provide a brighter environment for patients, especially mothers in labour and for parents whose new-borns are cared for on SCBU.

June Lovett, Assistant Chief Nurse, Head of Midwifery and Professions at The Rotherham NHS Foundation Trust, said the specially designed skylights are already receiving positive feedback from patients and colleagues alike.

“The corridors on the Delivery Suite and SCBU were dark with no natural light. We wanted to provide an inviting and warm environment for the families we care for which reflects the compassionate care we provide,” she said.

“The lights have had a dramatic and breath-taking effect and we feel incredibly proud of the difference they have made. They look fantastic and we love how the blue skies and trees help to bring the outside in.

“Women coming onto the Delivery Suite or parents with babies on SCBU maybe understandably anxious, but the colourful lights have a calming effect and hopefully a positive impact on their mental health and wellbeing.”

The £16,800 lights took just three days to install and were made possible thanks to charitable donations. The charity has previously funded similar lights for the High Dependency Unit and Intensive Care Unit at Rotherham Hospital.

Barry Mellor, Chair of the Charitable Funds Committee, said: “We received such positive feedback about the charity-funded lights we funded for ITU and HDU that we knew the charity could really make a difference in other areas of the hospital too.

“Thank you to everyone who has donated or fundraised for the charity because it means we can sponsor worthwhile projects like this which will continue to make a difference for generations to come.”



Do you want to support Rotherham Hospital and Community Charity?

If you would like more information about supporting the Charity, arranging a fundraising event or how you can get involved further, please visit www.therotherhamft.nhs.uk/charity

You can also get in touch with Jessica and Suzanne in the charity team by emailing trft.charity@nhs.net or by calling 01709 426821.

Keep up with the charity's latest news on Twitter @TRFT_Charity and Facebook.

Donate now at www.justgiving.com/rhcg

**PLEASE DONATE
TED-DAY!**

Are you
Interested in working in health?
Do you
Want to know which
allied health profession
might suit you best?



Monday 14 October 2019

9am to 11:30am
Rotherham Hospital
main entrance

12:30pm to 3pm
University Centre, Rotherham

Interactive stands, posters, films,
videos, presentations, fun activities,
University links. Qualified and support
staff on hand to answer questions.

Speak to representatives from:

- Dietetics
- Podiatry
- Radiography
- Speech and Language Therapy
- Occupational Therapy
- Physiotherapy
- Orthotics
- Orthoptics
- Operating Dept Practitioners

**Reach for the stars with your
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Memory Café for patients, relatives and carers

On Wednesday (17 July), The Rotherham NHS Foundation Trust's Frailty Team launched its first Memory Café for patients, in the Rooftop Restaurant at Rotherham Hospital, with the support of the Mental Health Liaison Team and Alzheimer's Society.

The Memory Café is available to any patients, relatives, carers and members of the public who are affected by dementia; to support each other, share information and provide any help and advice.

Natasha Hinton, Frailty Lead Nurse, said: "The first café was a resounding success with good attendance from the public, colleagues and patients."

One of the attendees said; "We visited the memory café - what an amazing place. The dedication and compassion is wonderful. Looking forward to seeing everyone next time."

Natasha added: "Thank you to everyone who supported the Memory Café including RDaSH, the Trust Library, The Alzheimer's Society and Making Space – and to ISS in the Rooftop Restaurant for providing the use of the space and refreshments.

"The next café is planned for 21 August, and thereafter they will take place on the 3rd Wednesday of each month."

For more information, contact Natasha Hinton at natasha.hinton@nhs.net





Take care of your skin this Summer

In Rotherham we see over 1000 cases of skin cancer per year and, whilst not all of these cases are linked to sun exposure, there are some steps you can take to care for your skin during hot weather.

“Applying plenty of sun cream with a high factor rating can help to protect you from UVA and UVB rays but it is still wise to cover up and seek shade.” Says Rotherham Hospital’s Skin Cancer Specialist Nurse, Sarah Beldon.

“Factors such as genetics, skin type and having a weakened immune system can heighten the risk of developing skin cancers but it’s extremely important that we recognise the damage that can be done by UV rays from the sun.”

Ultraviolet B (UVB) rays are the main culprits of sunburn and skin cancer

and these rays are stronger during the summer months and between 11am and 3pm. Ultraviolet A (UVA) rays penetrate deeper into the skin and also cause premature ageing. UVA rays are present all year round and at any time of the day. The British Association of Dermatologists claim that 1 in 3 of us are still getting burnt every year whilst in the UK and 28% of us are getting burnt whilst abroad.

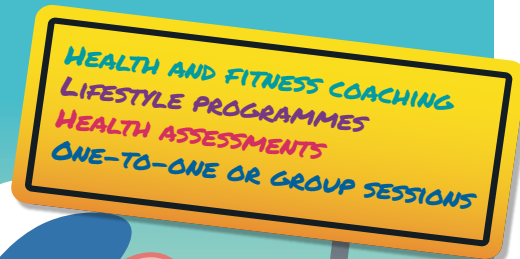
Follow these simple sun safety tips to protect yourself and your loved ones:

- Spend time in the shade between 11am and 3pm
- Make sure you never burn
- Cover up with suitable clothing and sunglasses
- Take extra care to protect children
- Use at least factor 30 sunscreen

For further information visit www.nhs.uk



@WHAM0_19
WHAMS0to19
07824 545 583



The Weight, Health, and Attitude Management Service and Rotherham United Community Sports Trust Healthy Lifestyle Programmes for 4 to 18 year olds starts in **September, November and January.**

The 6 week programme includes interactive workshops exploring the effects of food and drink on health and lifestyle, followed by fun family activity sessions including rounders, team games, relays and Zumba. Maximum fun factor with support to continue at home and at the local park.

Contact Jennie Swift
Programme Coordinator
07824 545583



Changes to Stroke Services in Rotherham

Receiving specialist treatment in the first 72 hours after having a stroke is vital for patients to survive, and to survive well. The NHS across South Yorkshire and Bassetlaw is now better able to provide this specialist care.

From Monday 1 July, anyone who has a stroke in Rotherham will be taken to one of two hyper acute stroke units in our region:

1. The Royal Hallamshire Hospital, Sheffield
 2. Doncaster Royal Infirmary, Doncaster
- All of these hospitals provide specialist hyper acute stroke care and clot-busting treatments 24 hours a day, 7 days a week and patients will be taken to the hyper acute stroke unit closest to them.

After being looked after in a specialist unit, patients will either:

- Go straight home with a rehabilitation and support package (if needed)
- Be taken to Rotherham Hospital for further support, rehabilitation and care until they are well enough to no longer need hospital care.

There are excellent teams working across all these stroke services and more stroke doctors, nurses and therapists have been recruited recently to support these new ways of working. These expert doctors, nurses and therapists work with each individual patient and their family or

carers to provide the care that is the best and most appropriate for them depending on their condition, where they are from and what on-going support needs they may have.

George Briggs, Chief Operating Officer at The Rotherham NHS Foundation Trust, said:

“This is a really positive development that will ensure stroke patients across Rotherham receive the very best care available, making use of the latest equipment, techniques and expertise during the critical first 72 hours after a stroke.”

“A lot of planning and consultation has gone into making use of the cutting edge facilities in some of our neighbouring hospitals to enhance the service and ensure the best outcomes for Rotherham stroke patients.

“After the initial 72 hours - and once their condition permits – Rotherham patients



will go home or transfer to Rotherham Hospital for the remainder of their treatment.”

Ambulance and patient transport services will work to make sure that every patient is taken to the place they need to be, when they need to be there.

For further information visit:
<https://www.healthandcaredtogethersyb.co.uk/what-we-do/working-together-network/regional-stroke-service>

New digs and DXA for Bone Health!

The Bone Health department (formerly known as the Rotherham Osteoporosis and Bone Health Service), has relocated to Level D of the Moorgate Wing at Rotherham Hospital.

The Bone Health Department is now also proud to be able to offer a new upgraded DXA scan for patients suffering from Osteoporosis. This is a condition in which the bones become thin, making them fragile and more likely to fracture, even in gentle falls from standing height. Any bone can fracture, but the most common are wrists, hips and spine.

Osteoporosis affects 1:2 women and 1:5 men, and is a major cause of pain, disability and even death. Fortunately, several effective treatments are available.

The DXA (Bone Mineral Density) scanner helps identify patients who are likely to benefit from treatment, aiming to reduce the number of fractures that those with the condition might suffer. The service is now receiving in the region of

3,000 new scan requests yearly and is also identifying many patients through case finding via the Fracture Liaison Service (FLS).

The department will continue to run the well-established Metabolic Bone Clinics

led by Dr Athavale and Sister Kath Thompson, Osteoporosis Clinical Nurse Specialist, as well as the Fracture Liaison Service led by Sister Diane Ramsden.

For the Bone Health department, patients are being advised to enter the hospital on

Level E in the Moorgate Wing and take the lift or stairs to Level D and follow the signs. If a patient enters in the main entrance they are advised to follow the signs for the Darshane Unit. New letters and a map have been sent to all patients.



Proud awards 2019

It's time to nominate your healthcare heroes

Patients, carers and colleagues are being urged to nominate their healthcare heroes for recognition in The Rotherham NHS Foundation Trust's 2019 Proud Awards.

The awards celebrate excellence in healthcare by recognising Rotherham's exceptional NHS colleagues who pull out all the stops to deliver first class community and hospital services across our borough.

Following the tremendous success of last year's awards, with over 460 nominations received, the Trust is again delighted to invite patients and members of the public to nominate the Trust's healthcare professionals for a 2019 Public Recognition Award.

The Public Recognition Award, which on average receives over 150 nominations, provides a fantastic opportunity for members of the public to nominate individuals and teams who have made a real difference, provided a high quality service and outstanding care.

The winner of the Public Recognition Award in 2018 was Kelly Guest from the Early Attachment Service.

The Early Attachment Service provides support for parents, babies and children under five who have been identified as having attachment and relationship difficulties.

Kelly's nominator said: "Myself and my son had the honour of accessing Kelly's support at the most traumatic time in our lives; during my post-natal depression illness. Look up the word outstanding in a dictionary and there should be a picture of Kelly.

"Accessing support from Kelly was one of the most difficult things I've ever had to do and I suddenly found myself receiving support from a service I didn't really know much about, the Early Attachment Service. Kelly offered me listening visits at times of crisis, when I couldn't access any others services and she makes you feel like you are the most important person there, like there are no other problems as important as yours. She takes the time to understand you as an individual and a family.

"Kelly held my hand as me and my son travelled a journey that no family wants to travel. She put my mind at rest and helped me fight my demons. She validated my concerns, worries and fears and understood them in a way I didn't think possible. I suddenly didn't feel like a failure and that there was help out there for me and my son."

"She understood my emotions as though she had watched my life as a fly on the wall, she felt my emotion as though it was her own. When I think of Kelly, I think of a person who gave me the most wonderful gift. She gave me my son back."

The Trust's colleagues, eligible to be nominated for awards, deliver services at Rotherham Hospital, Rotherham Community Health Centre, BreathingSpace, Park Rehabilitation Centre and at health centres across the town, and includes those working in people's own homes and communities such as school nurses and district nurses.



To nominate a member of staff for the 2019 Public Recognition Award, simply complete and return the nomination form overleaf. Postal details are available on the form.

You can also download a form at www.therotherhamft.nhs.uk/ProudAwards2019 or email details of your nomination to rg-h-tr.proud@nhs.net.

Please complete the form overleaf and specific examples of your experience - attach additional sheets if required.

**The closing date for nominations is
Wednesday 28 August 2019.**



The Rotherham NHS Foundation Trust



The Rotherham NHS Foundation Trust



Thank you for your nomination in our Public Recognition Award

Nominees may be clinical or non-clinical staff members, volunteers or whole teams, who you feel have provided a high quality service and/or patient care.

Please complete the below nomination form in full.

Nominations close at 5pm on Wednesday 28 August 2019

Please hand your completed form to a member of staff, or send to: **FREEPOST RLXB-HECA-KEBX**
D Level, Foundation Trust Office,
The Rotherham NHS Foundation Trust,
Moorgate Road, Rotherham, S60 2UD

E-mail: **rgn-tr.Proud@nhs.net**
Telephone: **01709 427286**

Name of the individual or team you wish to nominate:

The area or department they work in:

Their contact details (if known) :

Why are you nominating them?

What difference does this make to patients or colleagues? *(Please give specific examples of how they have demonstrated one or more of the Trust Core Values (Ambitious, Caring, Together) and attach additional pages if required)*

Your name:

Your contact details *(You may be contacted for further information if the applicant is shortlisted) :*

Please tick if you wish to remain anonymous



The closing date for nominations is Wednesday 28 August 2019