



New MRI scanner hits the target

The Rotherham NHS Foundation Trust successfully completed a 'dummy run' to scan ventilated patients in the newest MRI scanner last month, meaning it is officially open for business.

The Radiology Team have been using the MRI scanner since it was introduced in May 2022, when it doubled the Trust's scanning capacity. But last month's trial run was a big step for critical care patients at Rotherham Hospital. Historically, ventilated patients under general anaesthetic who needed an MRI scan were transported to the Royal Hallamshire Hospital in Sheffield. This presented a huge logistical operation with lots of safety considerations.

The introduction of a second MRI scanner gave the team an opportunity to bring this service in-house. There were many months of collaboration between the teams in medical imaging and intensive care, and close working with the Estates team. Introducing the

new scanner was a huge milestone for MRI Imaging Lead, Richard Gillott, who could retire happy knowing he was leaving a legacy.

Richard, who retired last year, said:

"The culmination of my twenty years plus service at TRFT was the installation of the second MRI scanner prior to retirement. This state-of-the-art MRI system will future-proof the service at Rotherham, increasing capacity, driving down waiting times and facilitating new service developments for the people of Rotherham."



As work started on the Trust's second MRI suite, the intensive care team had input into the design, meaning the area was able to accommodate the new service. Consideration was given to the layout, placement of oxygen ports, and the patient journey through the suite, including a separate bay to allow for the transfer of patients and necessary safety checks.

Alongside the benefits to critical care patients, the additional scanning capacity is helping the Trust reach its targets. Since August 2022, 100% of patients are receiving diagnostic tests within 6 weeks. We are also exceeding the target for MRI inpatient referrals (within 48 hours), regularly reaching 90%, 20% more than the target.

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Welcome to Your Health

Your quarterly magazine bringing you all the latest news from The Rotherham NHS Foundation Trust (TRFT).

I'm very happy that we have relaunched 'Your Health' magazine so we can bring you the latest updates from The Rotherham NHS Foundation Trust. We have some wonderful stories in this edition that make me very proud to be a part of this hard-working team.

The NHS is facing challenging times right now and this Winter has been one of the toughest I have seen in my 30 year career. A combination of factors has increased pressures on our emergency care services; a rise in cases of Strep A and flu on top of the usual winter respiratory illnesses, the impact these have on staff absence, and an increase in the number

of acutely unwell patients being admitted to hospital has resulted in a difficult few months. Influenza and Covid-19 together has been termed a twindemic; and although the influenza component will subside, we expect Covid-19 to remain and fluctuate in severity throughout the year.

Thankfully, some of these pressures have started to ease as we come towards the end of Winter and we can begin to look forward to more 'normal' service delivery.

Although Winter has been tough, we have lots to be positive about; our elective recovery programme sees us continue

to treat our longer-waiting patients faster than most organisations; thanks to fantastic cross divisional working, we have extended our MRI service to include ventilated patients (cover story); and we have opened nominations for our annual Proud Awards (more on that on page 8).

I would like to take this opportunity to thank my colleagues at Rotherham for their continued hard work and dedication to our patients.

Dr Richard Jenkins
Chief Executive

Welcome from the Chairman

Welcome to the first edition of Your Health in 2023. We look forward to bringing you news and updates from the Trust each quarter so you can see some of the fabulous work being undertaken throughout the hospital and in the community.

Our colleagues at the Trust continue to do all they can to ensure that we are delivering the best possible care for patients, even under very challenging circumstances. I would like to thank each and every one of them for their tremendous efforts, particularly over the busy Winter period.

As a Foundation Trust, it is crucial that we engage with you, the public of Rotherham and district so we can better understand the needs of the community we serve.

Martin Havenhand
Chairman

Read more about how to get involved, whether that is through our Council of Governors, or by becoming a Member of the Trust



Council of Governors

The voice of our community

At The Rotherham NHS Foundation Trust we have a Council of Governors made up of staff, partner organisations and the general public. These Governors act as the voice of our community and help set the direction for the future of the Trust.

Governors have statutory powers (meaning they are underpinned by legislation). They provide an important link with the community. By listening to the views of our patients and service users, they act as ambassadors and can influence the improvement of health services within Rotherham.

We hold regular Governor Surgeries in the hospital and our community sites, where patients and service users are encouraged to share their views and experiences. Next time you visit one of our sites, keep an eye out for these surgeries and drop in if you can. Or, why not come along to one our Council of Governors meetings?

Our Council of Governors meet quarterly, and members are invited to observe.



DATES FOR MEETINGS:

- 16 August 2023
- 15 November 2023

KEEP AN EYE ON OUR WEBSITE FOR DETAILS.

www.therotherhamft.nhs.uk

Get involved - We'll soon be releasing details of our next Governor election. If you would like to stand for election, or vote for your preferred candidate, you must first register as a Member of the Trust.

People from all walks of life can become Members. Membership is free and you can have as much or as little involvement as you like.

Anybody over the age of 16 can join by:

- applying online
- emailing rgh-tr.foundation.trust@nhs.net
- filling in an application form next time you visit the hospital





Understanding UECC

Our Urgent and Emergency Care Centre (UECC) provides care for those who need urgent medical attention. The department provides clinical care to people of any age, for a range of problems, from life-threatening conditions to injury and illness.



If you visit our UECC, you will be asked to use the NHS 111 self-assessment screens. These screens help us to ensure patients are in the right place for their care needs. You will also be assessed at the front door by our team of clinicians. They will place you into one of our 'streams', based on what care you need. Streams help us to ensure patients are seeing the most suitable clinician. If your condition does not require urgent treatment, you will be signposted to an alternative service such as your GP, pharmacist, or other community care provision.

We have five streams in UECC

For all streams, we see patients in priority order. This means that you may be waiting longer than others who need more urgent attention.

TRIAGE

In Triage, an emergency department nurse will get an understanding of your reason for attending. They will undertake observations (for example, blood pressure), arrange for appropriate investigations (such as blood tests) and decide which clinician you should see (such as a doctor or advanced nurse practitioner).

MINOR INJURIES

This is for injuries that are not critical or life-threatening. In this stream, we treat injuries such as broken bones, sprains, wounds, burns and scalds, and minor head injuries.

URGENT PRIMARY CARE

This stream is for those who need urgent access to general practice services. It runs from 8:00am until 10:00pm daily.

EMERGENCY CARE

This stream is for urgent conditions that are not suitable for any other streams (for instance, heart attacks, strokes etc.) Patients will be put on priority code and seen by an appropriate emergency department clinician.

PAEDIATRICS

Our paediatric department treat patients from 0 to 18 years of age. Patients are seen by a triage nurse and put in the relevant stream between minors, emergency care and urgent primary care.

UECC MYTH

Arriving by ambulance means you are seen more quickly. This isn't true. Patients arriving by ambulance are triaged in exactly the same way as those who walk through the front door.



An update on the Green Plan



In October 2020, the NHS made a commitment to become the first health service in the world to commit to delivering a net zero national health system. The aim is to reduce harmful carbon emissions and invest in technologies that remove greenhouse gases from the atmosphere.

Trusts nationwide have been drafting and executing strategies to reduce their emissions and improve energy performance. Here is an update what The Rotherham NHS Foundation Trust has been doing to meet these goals.

Our Green Plan

The Green Plan is written with an ambition of exceeding the current NHS commitments towards environmental sustainability.

We want to:

- Achieve at least an 80% reduction in emissions from on-site sources by 2032
- Achieve a further 5% reduction in general waste, based on 2020's levels
- Reduce patient service mileage by 25% (based on 2020) by 2032, by delivering care closer to home and in community settings
- Stop use of all single use plastics in Trust settings
- Reduce water consumption by 10% by 2025

Green Plan partners and funding

In 2020, we partnered with Veolia in an Energy Performance Contract (EPC) procured by the Carbon Energy Fund (CEF).

The CEF specialise in helping fund and facilitate energy upgrades for the NHS through EPCs.

As part of the contract, Veolia will also provide a comprehensive 20 year maintenance service. The contract will save the Trust £1M and cut almost 50,000 tonnes of carbon per year.

We were also the recipient of a grant by the Public Sector Decarbonisation Scheme. Provided by the Department for Business, Energy and Industrial Strategy, the grant will go towards work across different projects.



Ongoing and upcoming projects

We are looking to implement a wide range of improvements, including upgrading our energy provision, reducing CO2 emissions and building long term energy resilience.

So far, over 7000 smart LED lights have been installed replacing old, energy inefficient lighting throughout the Trust. 380 single glazed, wooden windows are being replaced by double glazed windows and work around insulating pipes and valves is ongoing.

Other energy savings projects have been undertaken on site at Rotherham Hospital. The Combined Heat and Power Plant (CHP) and primary heating

boilers were replaced marking significant progress towards our Green Plan.

The CHP is a dual generation facility. Powered by natural gas, it can potentially generate upwards of 66% of on-site base electrical demand. It retains and redirects the waste heat it generates into a system which supplements our heating and hot water supplies.

Further projects are planned for this year.

We are installing a heat pump in one of our external buildings to decarbonise gas heating, cavity wall insulation will be fitted in on-site accommodation buildings and a battery energy storage system will also be established throughout the Trust.

We're all in it together when it comes to going green and colleagues are being supported in making greener choices in their travel to and from work.

A cycle-to-work scheme provides access to affordable bicycles and the 'Bike Doctor' workshop helps keep them maintained.

Colleagues are encouraged to car share to reduce parking costs and charging ports are also available in the staff and public car parks at Rotherham Hospital for those who drive electric vehicles.





Whether they are patient facing or working in an office, administrative colleagues keep NHS services ticking over.

Most administrative roles have no set entry requirements and will offer comprehensive training.

This usually includes an introduction to the service you work in, learning from a standard operating procedure, education on how to use IT and phone equipment, and mentorship from a peer mentor and training manager.

So, if you have no prior office or NHS experience, don't worry. You won't be expected to know everything on day one and will get the support you need to succeed.

To tell you all about life in an admin role at The Rotherham NHS Foundation Trust (TRFT), are Kirsty Wright and Lauren Saxton.

Kirsty works in Children and Young Peoples Services as a Therapy Administrator. She assists physiotherapists and occupational therapists by providing clerical support. Therapy Administrators support their clinical colleagues by putting through equipment requests, managing work diaries, taking calls and messages from colleagues and patients, and adding letters and forms to patient records.

Lauren joined the Trust as a Clinical Coder, later taking on further responsibilities as a Clinical Information

Assurance Lead in 2019. Administrators who work in coding will often manage a patient's hospital medical record, accurately recording data that is used for all manner of functions such as managing waiting lists, managing patient referral to treatments, and sending information to NHS England to be used in national statistics.

Both Kirsty and Lauren benefitted from on the job training but also accessed further learning and development opportunities alongside their work.

In Kirsty's case, she has completed a Business Administration Level 3 apprenticeship. For Lauren, she is currently undertaking a Leadership and Management Level 3 apprenticeship. She has also accessed a functional skills course that means she now has the equivalent of a B in GCSE Maths, a qualification she didn't previously hold.

Through a partnership with RNN Group, who include Rotherham College, North Notts College, Dearne Valley College and University Centre Rotherham, the Trust offers a wide range of apprenticeship opportunities for professional development. Functional skills, like those attained by Lauren, are also amongst the qualifications available to colleagues.

Are you interested in joining the Trust in a clerical role like Kirsty or Lauren and progressing professionally? Visit jobs.nhs.uk and search 'Rotherham' to find our current vacancies.

All about administration

You will have heard about frontline heroes but do you know about some of the behind-the-scenes heroes in the NHS?



Are you interested in joining the Trust in a clerical role like Kirsty or Lauren and progressing professionally in The Rotherham NHS Foundation Trust? Visit jobs.nhs.uk and search 'Rotherham' to find all our current vacancies.

Start your smoke free journey



Did you know...? Whether you are an inpatient at the hospital, attending one of our outpatient clinics or receiving treatment in your home, you can access support to quit smoking from our Tobacco Treatment Advisors.

The South Yorkshire and Bassetlaw QUIT programme, developed in partnership with Yorkshire Cancer Research, was established to ensure that the management of tobacco addiction becomes routine care offered to all patients who smoke. Our Tobacco Treatment Advisors can provide behavioural support and nicotine replacement therapies to help patients begin their smoke-free journey.

Health Improvement Manager for the Tobacco Treatment Team, Bev Farnish, said:

“Stopping smoking is one of the best things people can do to improve their health. We know that smoking is an addiction rather than a lifestyle choice and we have very effective treatments to help people quit.”



“Some of our patients just want to stop while they are staying in hospital, but many go on to stop smoking long term. We work closely with our community-based stop smoking services to continue to provide support for patients once they have been discharged from the hospital.”

We also offer stop smoking support during pregnancy. Our Specialist Midwives provide weekly sessions, free nicotine replacement treatment and support throughout your pregnancy and postnatal period. Simply ask your midwife, doctor or health professional to refer you to the smoking in pregnancy team.

Have you had your mammogram?

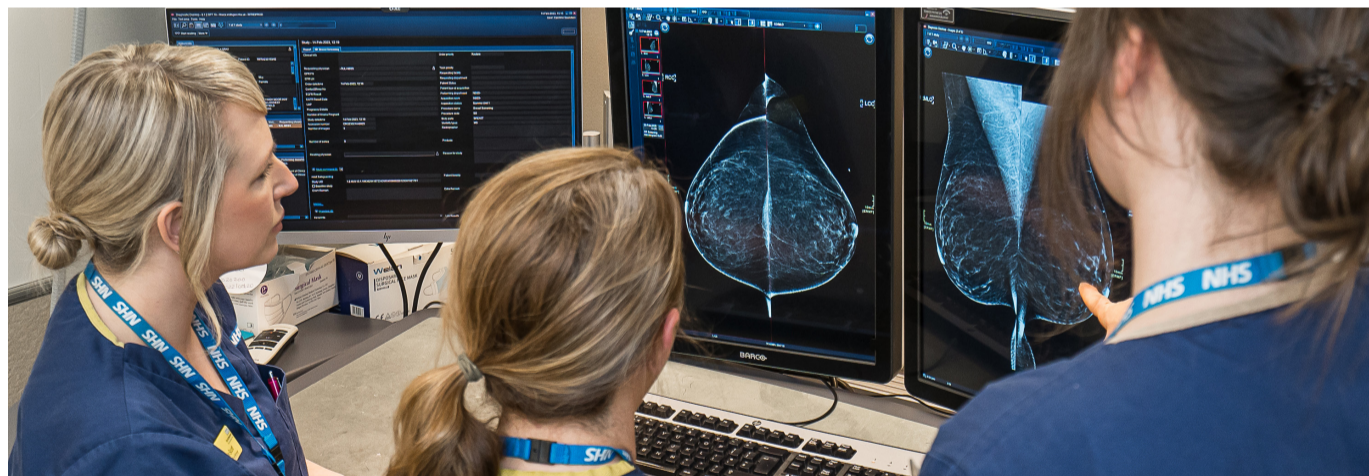
The breast screening team at The Rotherham NHS Foundation Trust are encouraging all women who have been invited for a mammogram within the last six months to make an appointment.

Women are first invited for mammograms between the ages of 50 and 53. They are then routinely invited every three years until the age of 71. It's easy to make an appointment. Simply follow the instructions in the letter and book in at your local screening service.

Programme Manager for Breast Screening, Holly Scotson, said: “It's so important that women continue to book in for their mammograms. It's a simple process and only takes a few minutes.

There are very effective treatments for breast cancer but it's important that we catch it early and start treatment as soon as possible.

I know some people can feel quite nervous about coming for breast screening, especially if it's their first time, but we have a friendly team of experienced, female mammographers who are great at making patients feel at ease.”



Identifying breast cancer early often means less treatment and a greater chance of a positive outcome.

As well as regular mammograms, it's important that women check their breasts and get to know what 'normal' looks and like for them. Advice Holly is keen to stress, saying: “We encourage women to understand their own bodies and how they can change at different times



of the month. Changes can happen for many reasons, and most of them are not serious. However, if you notice anything unusual for you, speak to your GP.”

The breast screening team can be contacted by email: rgh-tr.breastscreening@nhs.net or telephone: 01709 424807.



Rotherham Hospital
& Community Charity

Support your charity

Rotherham Hospital and Community Charity has been running for over 20 years. We aim to enhance patient care throughout the Trust by supporting those extra touches that really make a difference.

Thank you for your recent support - We know times are hard for everybody right now, which is why we are so grateful for all the incredible donations recently.

A very big thank you to the generous customers of Canklow Meadows' Dunelm, who helped bring a smile to patients, young and old. Customers donated presents to people who might otherwise have gone without, as part of their 'Delivering Joy' campaign.

They weren't the only ones digging deep. Customers and staff from the Wellgate branch of Lloyds Bank organised a toy appeal for patients spending time on our Children's Ward and hosted regular book sales to raise funds for our charity.

Keepmoat got us one step closer to our new outdoor play area for our Children's Ward with a whopping £5000 donation! This goes a long way towards the (more than) £30,000 we need to give this space some much needed love.

And we can't forget the fabulous bakes sales, raffles, fun runs, coffee mornings and all the other wonderful ways you have been fundraising. They all add up to make a huge difference

Thank you!



Leave a Legacy

'Purple Butterfly - In Memory Giving' enables families who have sadly lost a loved one the opportunity to donate in their memory. Funds raised will be used where there is the greatest need, to enhance the care provided to all our patients. This includes the upkeep of the Purple Butterfly Rooms, a comfortable private space for patients receiving end of life care to be with their families.

Celebrating the life of a loved one is a way to continue their legacy for years to come. There are many ways you can support The Rotherham NHS Foundation Trust in memory of a loved one. Donations from funeral or memorial services, taking on one of our charity events, setting up a tribute fund or investing in an engraved leaf for our Snowdrop memory tree are all ways to celebrate your loved one's life.

If you would like to donate in honour of somebody you have lost, please get in touch **01709 426821**

Have you seen our new logo?

We've recently worked with Sheffield-based company, 'Make a Brew', to design our brand new logo. We think it's a wonderful representation of our work and values.

Fancy a challenge?

We have some exciting adventures coming up and we're calling on all budding fundraisers to get involved! If climbing mountains, jumping out of a plane or slipping and sliding around a very muddy 12k? If you want to push yourself in 2023 and earn some money for your local Trust charity along the way, sign up for one of our big three challenges!

Yorkshire Three Peaks Sat 13 May. Trekkers will be tackling the summits of Pen-y-ghent, Whernside and Ingleborough over 26 miles in 12 hours. You'll be supported by a team of experienced mountain leaders.

There is a £25 registration fee and your fundraising target is £225. Use the QR code <https://eliteadventures.co.uk/>



Skydive - Take your fundraising to new heights with this bucket list experience. You'll be in good hands with the team at Skydive Hibaldstow. A 30 minute training session will be given before you jump strapped to a qualified instructor as you fly through the clouds from 15,000ft.

The two available dates are **Saturday 24 June** and **Sunday 17 September 2023**. It costs £209 and your fundraising target is £400. Scan the QR code for more information - www.therootherhamft.nhs.uk/Fundraising/Charity_Skydive_2023/



Total Warrior - Are you brave enough to take on 25 gruelling obstacles over this muddy 12k course? Join our team at Bramham Park in Leeds on Saturday 1 July as they run, swim, crawl and slide their way to the finish line.

It usually costs £90 to enter but we have a limited number of places available for just £30. Your fundraising target for this is £225. Scan the QR code to learn more about Total Warrior. Please get in touch for details of the discounted places.



We have lots of fundraising opportunities. Keep an eye on our social media channels for details!

- trft.charity@nhs.net
- [RotherhamHospitalCommunityCharity](https://www.facebook.com/RotherhamHospitalCommunityCharity)
- [rhcc_charity](https://www.instagram.com/rhcc_charity)
- [@RHCC_Charity](https://twitter.com/RHCC_Charity)
- [The Rotherham Hospital and Community Charity](https://www.linkedin.com/company/the-rotherham-hospital-and-community-charity)



Our annual Proud Awards, kindly sponsored by Keepmoat, are a chance to celebrate incredible colleagues who are dedicated to providing the best care possible for our patients. Whether that is on the wards or community settings, in patients' own homes or behind the scenes, we want to know who has made a difference to you!

The Public Recognition Award, sponsored by Bauer Media Audio, is your chance to tell us who you think deserves an extra special thank you for their dedication and hard work.

Simply fill in the form below, making sure you give us as much detail as possible, and look out for the shortlist announcement before the big day!



To submit this form, please hand it to one of our colleagues. Or you can post it to:

FREEPOST RLXB-HECA-KEBX
D Level, Communications Team,
The Rotherham NHS Foundation Trust,
Moorgate Road,
Rotherham,
S60 2UD



**GREATEST
HITS
RADIO**



Public Recognition Award

Nominate your healthcare heroes today!

This nomination form can be completed by patients, carers, families, visitors or other members of the public.

Nominations must be submitted by 5pm on Thursday 23 March 2023.

Please provide as much information as possible.

1. Name of the individual or team you would like to nominate:

2. The area or department they work in:

3. Where did you/the patient receive care?

Please select one

- | | |
|------------------------------------------------------------|---------------------------------------------|
| <input type="checkbox"/> BreathingSpace | <input type="checkbox"/> Kimberworth Place |
| <input type="checkbox"/> Park Rehabilitation Centre | <input type="checkbox"/> Patient's own home |
| <input type="checkbox"/> Rotherham Community Health Centre | <input type="checkbox"/> Rotherham Hospital |
| <input type="checkbox"/> Other (please state): _____ | |

4. Why do they deserve to win the Public Recognition Award?

5. Your name:

6. Your contact details:

7. Please select one of the following options

- I am happy for my nomination to be shared with nominees
- I do not wish for my nomination to be shared with nominees



**The Rotherham
NHS Foundation Trust**