

75 years of the NHS

Party hats at the ready – we're celebrating 75 years of the NHS!

The National Health Service (NHS) was formed on 5 July 1948. It was the first universal healthcare system of its kind - available to all and free at the point of delivery. As celebrations begin for the 75th anniversary, it's the perfect opportunity to reflect on the achievements, challenges, and lasting impact it has had on the lives of so many.

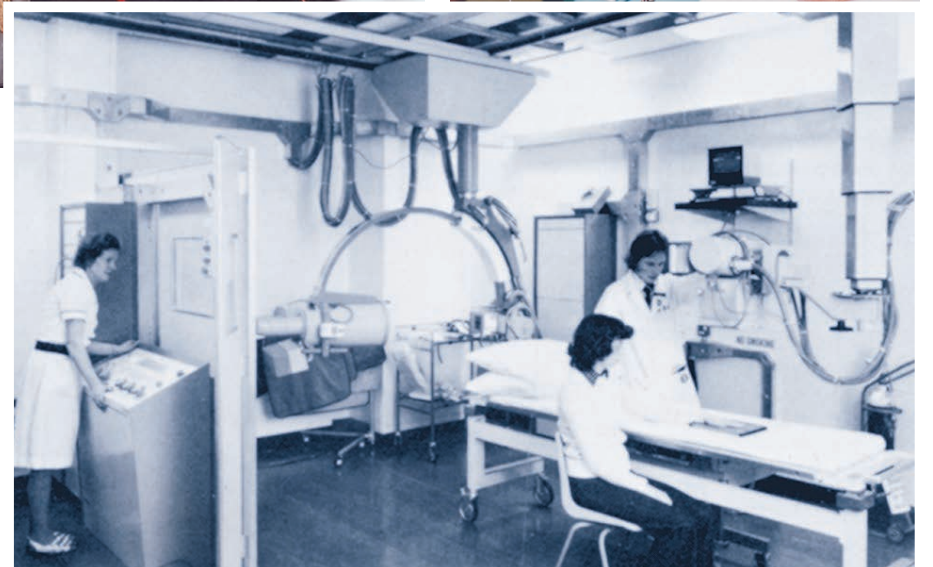
Not only is the NHS a source of immense pride for the people of Britain, it has been at the forefront of ground-breaking healthcare developments over the years. Through research, investment in new technologies, and the development of life-saving drugs, the NHS continues to develop new ways to deliver patient care.

But it's certainly faced challenges over the years, not least the COVID-19 pandemic. 2020 is a year none of us are ever likely to forget, and those on the frontline of the response certainly won't. But throughout the pandemic, and the ongoing recovery, NHS staff have demonstrated resilience and unwavering commitment.

In Rotherham, 2023 is a special year as it also marks 45 years of Rotherham Hospital. Many Rotherham residents will remember the hospital opening its doors in March 1978. Or when it got the royal seal of approval from HRH the Duchess of Kent at the official opening in the December of that year.

Since then, the hospital has grown and The Rotherham NHS Foundation Trust now incorporates multiple sites, such as BreathingSpace and the Rotherham Community Health Centre, delivering care to the people of Rotherham throughout the community and in their own homes.

The Trust has lots of celebrations planned, including burying a time capsule, hosting tea parties for patients,



a 'Wear it Blue' day to raise money for Rotherham Hospital and Community Charity, and a family fun day at Hooton Lodge. Keep an eye on our social media channels for a chance to see a very special video commemorating the big day too.

Whether delivering your baby, patching you up after a fall, holding your hand as you received difficult news, or keeping you smiling during tough times and tough treatments, the NHS touches us all.

The doctors, nurses, therapists, pharmacists, receptionists, administrators, midwives, domestics, porters, support workers and many, many more roles make up a workforce of incredibly dedicated staff. And there are endless

career opportunities in the NHS. In fact, if you're looking for a career change, the NHS probably has a role for you!

So, how are you going to celebrate this momentous milestone? Perhaps you could sign up to give blood? Or have the conversation with your friends and family about organ donation? You could, of course, donate to your local NHS charity - Rotherham Hospital and Community Charity do great work to fund those extra special touches.

Whatever you decide to do, we hope you join us in saying a very big "Happy 75th birthday, NHS!"

Inside this issue

Home chemotherapy
pages 3



Making Rotherham Proud!
page 4



Purple Butterfly Volunteers
page 6



Park Baby returns
page 7



Welcome from the Chairman

Welcome to the latest edition of **Your Health**. This is very much a celebratory issue as the NHS reaches its 75th birthday, and I'm sure you will join me in thanking all NHS colleagues across the country for the work they do and the care they provide.

After over nine years as Chair, I will be leaving the Trust shortly after being appointed as Chair of Yorkshire Ambulance Service. I have seen a lot of change during my time in Rotherham, and I am extremely proud of our colleagues, how they adopt change and

provide excellent care to the people of Rotherham.

The Trust has had some difficult times, but it is now in a much stronger position with improved finances and the recent lifting of CQC sanctions. This is testament to the dedication and hard work of everyone involved. I look forward to seeing how the Trust continues to develop in the coming years.

As a Foundation Trust, we have a Council of Governors who hold the Board accountable and appoint the Chair and Non-Executive Directors.

The Governors are elected by Members of the Trust – public and staff. This provides a valuable opportunity for the people of Rotherham to have a say in their local healthcare services. Members are invited to observe the quarterly Council of Governor meetings, with the next one taking place on 16 August.

Membership is free, open to anyone over the age of 16 and you can have as much or as little involvement as you like. Visit our website for more information about becoming a Member.

Martin Havenhand
Chairman



A message from our Chief Executive



celebrations, it has been fascinating to look back on the history of our hospital and all the incredible achievements over the years.

But it's important that we also look to the future and keep working hard to take more steps on our journey towards becoming an 'outstanding' Trust!

As we look forward, I'd like to take this opportunity to say thank you to our Chairman, Martin Havenhand, as he departs TRFT after over 9 years. His dedication to the development of the Trust has been so important and he has overseen lots of positive changes.

I speak on behalf of everybody at TRFT as we wish him all the very best for his new role at Yorkshire Ambulance Service.

Dr Richard Jenkins
Chief Executive

Following a difficult winter, it's wonderful to bring you lots of positive news stories from around the Trust.

It's a celebratory year as we mark 75 years of the NHS and 45 years of Rotherham Hospital. While planning the

Join us for our Annual Members' Meeting

Thursday 21 September 2023, 5.30pm

You can watch the meeting via the links on the Trust's website:
www.therotherhamft.nhs.uk



You will hear a summary of the successes and challenges faced by our Trust's healthcare services in 2022/2023 and a look ahead at our priorities for the future.



Home treatment first of its kind in Yorkshire

The last few months has seen the launch of the new Haematology Outreach Chemotherapy Service from The Rotherham NHS Foundation Trust.

This brand new service, the first of its kind in Yorkshire, brings day care treatment to the homes of cancer patients. This seemingly simple process means patients don't have to spend time travelling to and from the hospital, waiting for treatment or waiting for the transport service to take them home. Instead they can receive their treatment in the comfort of their own home and carry on with their day once it's over. All while being looked after by two very experienced haematology nurses!

Hannah Newell and Amy Kemp, Clinical Nurse Specialists, know each other well, having both worked on ward A7 for a number of years. Amy moved into community nursing but jumped at the chance to go for this new role. Talking of the role, she said: "It's like these roles were made for [Hannah and I], it's the perfect mix of acute and community service."

This new service is the brain child of Dr Joe Joseph, Consultant Haematologist and Trust lead for chemotherapy. Inspired by his friend who was receiving chemotherapy treatment at home in Birmingham, Dr Joseph was determined to set up a similar service here in Rotherham.

He enlisted the help of one of our suppliers, Janssen, who were keen to help. After many months of planning, and with the full support of our Executive Board, they finally secured approval for £80,000 of funding for a one-year pilot. Ms Suhani Ghia, chemotherapy lead pharmacist and sister Maddie Ward, lead chemotherapy nurse were also instrumental in getting the service in place.

The next step was making sure they had the right people in post. Dr Joseph said, "I was a little worried about recruitment

but we are so lucky to have employed two fantastic nurses [in Amy and Hannah]." Now Amy and Hannah are in place and delivering treatments in patients' homes. Their very first patient, John Fairchild, lives in Aston and is delighted with the service. John was going to the hospital twice a week for treatment with his wife, Kathleen, acting as chauffeur. And treatment which used to take hours out of his day, now only takes 20 minutes. He said,

"It's a blessing in all ways. The nurses are fantastic and have a brilliant sense of humour. I cannot fault anybody."

Kathleen agrees, saying: "It's made a big difference to us and I'm sure it will to lots of others." Although they were both full of praise for the team at the hospital too, describing the ward as "like going into a pub!" thanks to the camaraderie and caring staff.

Maddie Ward is immensely proud of where they are now, saying: "[Patients] still receive the high level of care at home that they would receive if they attended hospital and our experienced nurses mean that any problems that may occur will be dealt with appropriately.

I am extremely proud of everyone that has been involved and how Hannah and Amy have embraced the challenge of delivering a new service for the people of

Rotherham. Their enthusiasm, I'm sure, will ensure the success of the service and I am looking forward to the future."

Speaking of the future, Dr Joseph told us: "I hope we can take the service beyond this first year. I'm definitely keen for the Trust to continue with this service after the 1 year pilot."

Currently, there are two drugs available to patients -Velcade (Bortezomib), a weekly injection, and Daratumumab, an antibody treatment, both used in the treatment of multiple myeloma. But the team are keen to expand this and hope to include Azacytidine used in palliative treatment of patients with acute myeloid leukaemia soon. Dr Joseph doesn't want to stop there and can see the benefit for lots of patients on the future, saying:

"There are many other cancers which can be treated through the outreach service."

He's also keen for it to serve as the model for the whole region to help other Trusts in South Yorkshire to embed the practice. He recognises the benefit, not only to patients, for whom coming to hospital for treatment can often be stressful and take up most of their day, as well as that of their loved ones, but also for staff at TRFT. He said: "There is a huge demand on staff's time on the day ward. The Haematology Outreach Service allows us to free up chairs and staff. It means we have the capacity to treat more new patients."





Making Rotherham Proud!

On Friday 9 June, we got together for our annual Proud Awards.

The Proud Awards celebrate those who have gone over and above to deliver outstanding patient care in the last year, as well as to highlight the incredible work of teams and services throughout the Trust.

Liesl Soards from Hallam FM's Breakfast Show was on hosting duties to the 400+ crowd at Magna.

A very big thank you to our headline sponsor, Keepmoat, for their incredible support in making the event happen. Other sponsors include Bauer Media Audio, home of Hallam FM and Greatest Hits Radio, who sponsored the Public Recognition category; Softcat, Teal, and Meadowhall. Their generosity helped us make this year's ceremony extra special!

Your winners...

Chairman's Award

Lynsey Maton - Interim Head of Nursing (UECC)

Chief Executive's Award

Amy Mills - Head of e-Rostering

NHS75 Award for outstanding contribution to the NHS

Dr Bijoy Mondal

Public Recognition – in partnership with Bauer Media Audio

Stroke Therapy Team

Non-Clinical Team of the Year

Sterile Services

Inspiring Leader

Tom Nield - Head of Nursing (Surgery)

Diversity and Inclusion

Day Surgery Bespoke Elective Pathway



Learner of the Year

Benjamin Proctor - Healthcare Support Worker

Quality Improvement

Care Homes Team
Occupational Therapists

Unsung Hero

Julie Foster - Programme Office Manager

Clinical Team of the Year

Ward A1

Governors' Award for Living the Values

Hannah Hall - Engagement and Inclusion Lead

Outstanding Volunteer

Diane Schofield - Volunteer (Stroke Ward)

Excellence Award Team of the Year

Emergency Preparedness, Resilience & Response

Excellence Award Individual of the Year

Munazza Shah - Equality, Diversity and Inclusion Advisor

Excellence Award Public Excellence

Maternity





MEDIA GROUP



This year saw a special addition to the categories. To mark the 75th birthday of the NHS, we wanted to recognise somebody who has dedicated so much of his life to Trust, spending over 45 years putting patients first. Dr Bijoy Mondal, a name many readers will recognise, is the very worthy winner of the NHS 75 Award for Outstanding Contribution to the NHS!

Advanced Nurse Practitioner, Haley Read, honoured Dr Mondal at the awards, saying: "Over the past 5 decades, Dr Mondal has dedicated both his professional and personal time, often going over and above his appointed role to enhance and improve healthcare to the residents of Rotherham.

To say that Dr Mondal is an institution in this area would be an understatement. He appears to know everyone in Rotherham and all the patients know him.

A very modest, kind, thoughtful man who has had a career spanning 5 decades and tireless charity work for Parkinson's society and the South Asian community centre. He remains an active consultant within elderly community medicine."

The evening was also an opportunity to premier a special video that has been produced to commemorate 75 years of the NHS and highlight just how important the people of TRFT are in delivering care to patients. Keep an eye on our social media channels from 5 July and see how many familiar faces you can spot.



Purple Butterfly Volunteers



Photo: Hannah (third from left) and Cynthia (right) with the other Purple Butterfly volunteers.

supporting patients and loved ones

A new volunteer service at Rotherham Hospital is helping patients and their loved ones access support when receiving end of life care.

The specially-trained Purple Butterfly Volunteers are there to advocate for patients, listen and understand their needs and those of their families, friends or carers - helping them access the relevant support wherever possible.

Hannah Dutton, service coordinator, was tasked with setting up the service from scratch and is proud to see it come to life. By working in partnership with The Anne Robson Trust, a charity who specialise in

supporting people facing the end of their life, volunteers have been recruited and trained, and are now out and about on wards providing support wherever they can. Hannah said:

“It’s great to see volunteers out on the wards now. It’s important that people are supported and comfortable, and not feeling alone. The more patients we can support, the more we know are utilising what we can offer in the Trust.”

“We can assist them with things like parking or using the dedicated Purple Butterfly Rooms. Whatever their needs, we will go and find the support available. But the biggest thing volunteers can give is time. They are really good at making connections with the patients and their families to make them feel at ease. I’m so proud of the work they have done so far.”

Cynthia Arliss of Bramley is in the first cohort of purple butterfly volunteers to be recruited and is aware of just how important it is to be able to offer support to patients. She said: “It’s a privilege to be able to help somebody. I was worried I would feel like an intruder, but it hasn’t been like that.”

Thanks to the in depth training provided by Hannah, which covered techniques for approaching and leaving a patient’s bedside, emotional resilience, self-care and a number of scenarios to navigate, Cynthia is feeling confident. “Every aspect of the training was really good, well planned with a lot of thought. I feel proud of the service – it’s polished and professional.”

Hannah is equally as proud of her volunteers and is excited to recruit more. If you would like to get know more about becoming a purple butterfly volunteer, please email rgh-tr.rotherham.butterfly@nhs.net or call 07783 766226.



Big Latch On

On Friday 14 April, breastfeeding mothers, friends and family members gathered in Clifton Park for Rotherham’s Big Latch On!

The Big Latch On is a global celebration of breastfeeding and takes place at registered locations throughout the world. It is a chance for families to come together and helps to build lasting community networks.

The Rotherham NHS Foundation Trust’s Infant Feeding Team organised the event for the fifth year (the first time since Covid restrictions have been lifted) and were delighted when families didn’t let the rain put them off!

Infant Feeding Coordinator, Vicky Wilkinson, said: “We’re really pleased with the turn out, despite the weather being awful! Eight breastfeeding mothers joined us, bringing along their friends and family.

It was wonderful to speak to everyone who came along and hear about their breastfeeding experience. Events such as this are a fantastic opportunity for us to promote the benefits of breastfeeding and spread the word about the support that’s available for new parents.

Thank you for everybody who came down!”



Eight breastfeeding mothers joined us, bringing along their friends and family.

It was wonderful to speak to everyone who came along and hear about their breastfeeding experience.



Park Baby back by popular demand!

Last summer the Children's Public Health Nursing Service (previously 0-19 service) at The Rotherham NHS Foundation Trust brought young families together to socialise and support each other, whilst getting some fresh air at the same time.

The scheme, Park Baby, was a huge success with lots of little ones (and their parents) joining in for the six week run. Now the sun is shining again, Specialist Community Public Health Nurse, Steph Jones, is delighted to re-launch the project. Steph said: "When we consulted the community it was established that the impact of Covid-19 lockdowns upon child development was of greatest concern to the families of Rotherham.

"Outdoor play has a positive impact on child development, particularly within the first three years of life. It increases physical activity, gives children the chance to socially interact with other children, and has an overall positive impact upon child development in many ways...."

Many of our children had spent their whole lives in lockdown and, especially for some of our most vulnerable, premature or unwell babies, the first contact they had ever had with other children was in the open air at Park Baby."

And, thanks to a Tesco Community Grant, there's even more fun to be had! The £1500 awarded has been spent on outdoor play and activity equipment. And funding from Rotherham Hospital and Community Charity has allowed them to buy a pop-up gazebo too, meaning the fun won't stop come rain or shine!

Steph continued: "Park Baby is a community project developed to meet the expressed needs of our local parents. It aims to combine the principles of baby groups and pram walks with Forest Schools, physical activity, and sport concepts to create a unique way for local parents to get together. The Park Baby experience perfectly promotes sensory child-led outdoor play, providing a sensory-rich environment with many textures, temperatures, colours, smells and sounds which can aid child development and encourage movement in different ways."



They've already seen great numbers with 60 babies joining in for the first week back! The feedback from last year's event was fantastic with one mum saying: "Thank you for setting up this amazing session. We only managed to make it to two of them, but they were so good! My little one loves being outside and it is just perfect for him. There are so few groups that support a range of ages while being outdoors, and

it was nice to let him roam around and feel safe! Also lovely to get to chat to other mums!"

Park Baby meets every Thursday morning, 10am to 11.30am at the Band Stand at Clifton Park, until 13 July. See the 'Rotherham Park Baby' Facebook group for more information.





As celebrations begin nationally to mark the NHS' 75th birthday, Rotherham Hospital and Community Charity is challenging you to mark the incredible milestone too.

We hope our 75th celebrations will raise £75,000 in 2023!

Charities have played an essential role in supporting the NHS throughout its history, with 230 collectively giving over £1m to the NHS every day so that people can stay well for longer, patients can get better faster and to support staff health and wellbeing



So let the celebrations begin!

On Wednesday 5 July, we're encouraging schools, nurseries, workplaces, community groups and individuals to take part in our Wear It Blue Day.

You can go head to toe in blue or just wear one item as homage to the NHS - anything goes!

We're asking everyone who takes part to donate £1, or whatever you can afford. Donate online: <https://www.justgiving.com/campaign/RotherhamWearItBlueDay>

Don't forget to tag us in your photos!



Rotherham's Hooton Lodge Farm will be transforming its scenic campsite into one big birthday party and you're all invited!

Campervans and glamping tents will make way for fairground rides, inflatables, refreshment stalls, an outdoor cinema and family friendly activities on Sunday 9 July 2023, 11am to 4pm, for Hooton's Afternoon Tea Party and Family Fun Day.

The Hooton team are offering partygoers the opportunity to tuck into an afternoon tea, which costs £12.45 for adults and £6.96 for children (up to the age of 12.) Booking is essential.

There will be plenty of parking on site too (£2 per car). All the funds raised through parking will also help to boost Hooton's fundraising pot.

If you can't make it to Hooton on 9 July, why not host your own NHS Big Tea party instead?

We hope as many people as possible will put the kettle on and get involved in a national outpouring of love and thanks by hosting or taking part in an NHS Big Tea.



You could host a party with your friends or family at home, in your local community centre, church hall or your favourite coffee shop. Just don't forget the cake!

To join the brew crew and raise money for us, register your event online with NHS Charities Together - <https://www.nhsbigtea.co.uk/find> and choose Rotherham Hospital and Community Charity.



Let us inspire you

If you'd prefer to fundraise in your own way, we'd love to hear your ideas! Your fundraising celebrations could include:

- Requesting donations instead of birthday presents.
- Raising £7.50, £75 or £750. Host a bake sale, a dress down day at work, a pyjama party, a pub quiz, a gaming marathon or something unique.
- Completing 75 walks.
- Volunteering with us for 75 hours.
- Walking, jogging, running, hiking or swimming 75 miles.
- Taking on one of our BIG challenges – we're looking for skydivers, Sheffield Half Marathon runners, fire and glass walkers, golfers and much more.

There's something for everyone! Get in touch for more info.

