



Rotherham service leading the way

A team of specialist nurses from Rotherham have, for the past eight months, been travelling to Belfast, Northern Ireland, to help save two young children's lives by providing a therapy only available at a handful of centres in the UK.

The therapy, known as Extracorporeal Photopheresis (ECP), is the treatment of blood using ultraviolet light and has been used in Rotherham since 2009 when The Rotherham NHS Foundation Trust became the first centre in the UK to offer the treatment.

Maggie Foster, one of the team's Specialist Nurses, said: "We've been going over to Belfast to treat a young child for several months with Graft versus Host Disease (GvHD) and we are now in the process of teaching colleagues at the Belfast Hospital for Sick Children so they can deliver the service themselves. Prior to us being asked to help, the young child was travelling to Bristol every two weeks. We're also treating another child at the same hospital. Whilst it's a very tiring couple of days it's lovely to be able to help people who without our service would be

having an even more difficult time." Wendy Cutts, Service Manager said: "Rotherham has really been at the forefront of providing ECP since 2009. We were the first centre in the UK to offer this service and we're now seen as a Centre of Excellence, being able to provide training to other centres across the UK. We started the service here in Rotherham because some patients were too ill to travel and missing vital treatment. From there, the word spread about the service we offered and we started getting referrals from other hospitals and in 2012 we started outreach at the Royal Hallamshire Hospital in Sheffield. Our most recent contract in Leicester has seen colleagues travelling twice a week to the hospital to provide ECP. I really can't thank the team enough, I've never worked with a more flexible, hardworking and dedicated team, always putting the patient first. They work long days and it's a big commitment from both themselves and their families".

The team will stop providing ECP at Belfast once training is complete but they, alongside colleagues Elizabeth Bacon,



"We've been going over to Belfast to treat a young child for several months with Graft versus Host Disease (GvHD) and we are now in the process of teaching colleagues at the Belfast Hospital for Sick Children."

Cheryl Swift and Julie Ball, will continue to provide an outreach service for Leicester Royal Infirmary, Leeds General Infirmary, St James' Leeds, Sheffield Children's Hospital and Sheffield's Royal Hallamshire Hospital. They have even been asked to consider providing the service in Norway but had to regretfully decline! In addition to the outreach, the team, based on A7, provide the service for the whole of the Yorkshire and Humber region, receiving referrals from all local hospitals.

What is ECP?

Extracorporeal Photopheresis (ECP) is the treatment of blood using ultraviolet light. It is used to treat skin and other conditions where the white blood cells are thought to be the cause of the condition.

The therapy generally involves the patient being attached to a machine which temporarily draws blood from the body, is treated and then returned to the patient.

In Rotherham, ECP is used for the treatment of:

- Erythrodermic Cutaneous T cell Lymphoma (CTCL) also known as Sezary Syndrome
- Graft versus Host Disease (GvHD)

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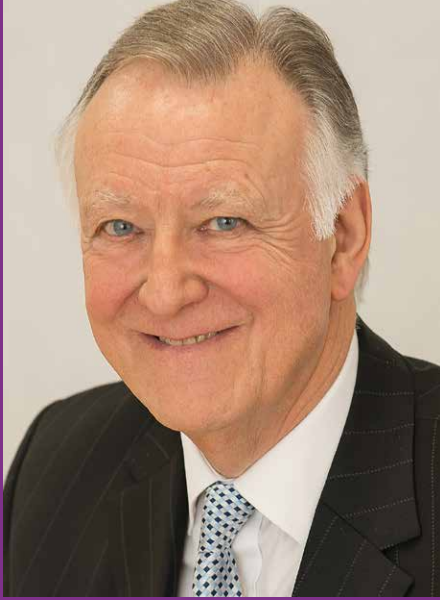
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Welcome



“We hope you all enjoy reading the first issue of ‘Your Health’ and find it a useful insight into the health services in your town.”

Martin Havenhand
Chairman

Welcome to the first issue of The Rotherham NHS Foundation Trust’s new quarterly magazine ‘Your Health’. In our new publication we’ll be sharing lots of updates about our health services at Rotherham Hospital and across the local community.

As well as the latest news and developments with health services in the town, you’ll also be able to read about our hard working teams, the great work they do every day and some of the experiences of our patients.

In this, our first issue, we have more information about one of our fantastic Therapy Support Workers who scooped a silver medal in a national competition, a £750,000 funding boost for electronic prescriptions as well as details about how you can get the right care, first time in Rotherham.

2018 was an important year for the NHS as it celebrated 70 years since its creation in 1948. Not only that, but it was the 40th anniversary of the opening of Rotherham Hospital. Throughout the year we held a number of events and celebrations to highlight both of these fantastic milestones, read on for more details.

At a time when health services across the

country are faced with many challenges and opportunities, it is important that we continue to transform and adapt the services we provide here in Rotherham. Whether this is responding to increasing levels of demand or exciting new developments and ways of treating people, it is an ever changing landscape. We will therefore be using this new magazine to keep you updated on how we are working closely with our partner organisations in Rotherham and across the region to make sure our services continue to provide high quality care, now and in the future.

In January we received our CQC inspection report which overall, highlighted a number of areas of improvement including our acute Children and Young People’s services which were rated as good. Our Urgent and Emergency Care services were rated as inadequate and actions were immediately taken by our teams. In the next issue we will feature more details about the report, the actions we have taken and the progress we continue to make for our patients.

We hope you all enjoy reading the first issue of ‘Your Health’ and find it a useful insight into the health services in your town. Thank you.



“In each issue you’ll find an insight into one of our teams or individual staff members, the latest fundraising news from the Rotherham Hospital and Community Charity as well as a range of health news and advice.”

Louise Barnett
Chief Executive

Abiola excels in World Skills competition



A talented Rotherham health worker scooped the silver medal at the UK finals of the World Skills competition in November following his successes in the regional heats earlier in the year.

Abiola Lugboso, aged 29 and lives in Brinsworth, works as a Therapy Support Worker at The Rotherham NHS Foundation Trust and helps provide rehabilitation treatment for elderly patients and those requiring intermediate care following a stay in hospital.

Abiola, who works at a variety of locations across the Rotherham community, including Lord Hardy Court and Davis Court care homes, is undertaking training with Rotherham College as part of an apprenticeship course.

During the regional heats and the finals, Abiola took part in a variety of healthcare based scenarios in which his skills, knowledge and ability to deliver excellent quality care was assessed by a panel of judges.

Abiola said: “Being involved in this process has allowed me to learn new skills and broaden my knowledge which I can now use in my role.

“I’ve got a passion for what I do, work with a supportive team, and I get lots of satisfaction knowing that I am able to help people get the rehabilitation they need to regain their independence and live at home. The recognition I’ve received is great as it has reaffirmed that I am doing the right thing for my patients.”



“I get lots of satisfaction knowing that I am able to help people get the rehabilitation they need to regain their independence and live at home.”

Angela Wood, Chief Nurse at The Rotherham NHS Foundation Trust, said: “We are all very proud of Abiola’s achievements and getting so far in the competition. He has a great passion for the work he does and it is great to see his hard work and dedication recognised in this way as he strives to do the best for his patients.”

Looking back on 2018 - a year of celebrations for the NHS and The Rotherham NHS Foundation Trust



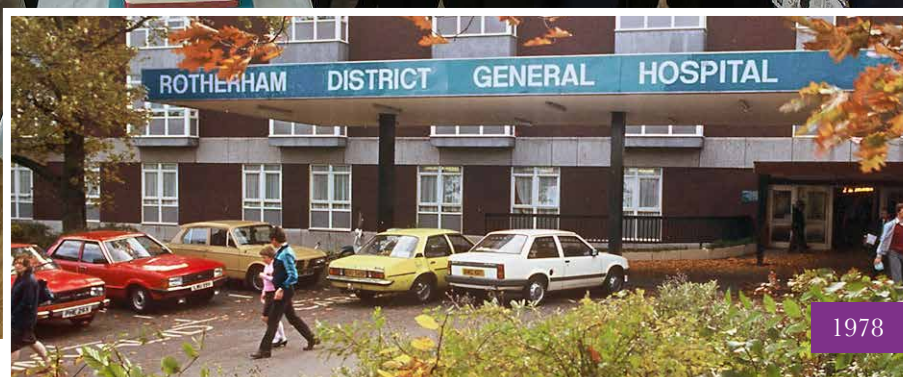
On Tuesday 6 March 2018, the Trust launched its 40 year anniversary celebrations. This day marked 40 years to the day

that Rotherham Hospital first opened its doors to patients on 6 March 1978. To highlight the fantastic work we do and how things have changed over the last 40 years, we were joined by many colleagues and teams from the Trust and the then Mayor of Rotherham, Cllr Eve Keenan, who helped us mark this special occasion by cutting the anniversary cake and visiting some of the Trust's long-serving colleagues in their place of work.

Throughout the year we also received some fantastic old photos and shared the memories of both patients and colleagues. Some of these can be seen on Twitter https://twitter.com/RotherhamNHS_FT and on Facebook www.facebook.com/TheRotherhamNHSFoundationTrust.

Our 40 year celebrations continued into the International Day of the Midwife and International Nurses' Day in May and on both occasions we took the opportunity to reflect on memories and showcase some of our long serving nurses and midwives.

Later in the year, we marked 40 years since the hospital was officially opened by the Duchess of Kent on 11 December 1978, which was a great opportunity to summarise our year of celebrations and share pictures of how the Trust has transformed over the last 40 years. Thank you to everyone who has got involved and shared their memories with us.



70
YEARS
OF THE NHS
1948 - 2018

On 5 July 1948, Aneurin Bevan, the then Minister for Health, launched the NHS in what is now Trafford General Hospital. At events across the country

and in Rotherham last year, people looked back at the incredible developments to healthcare over the last 70 years.

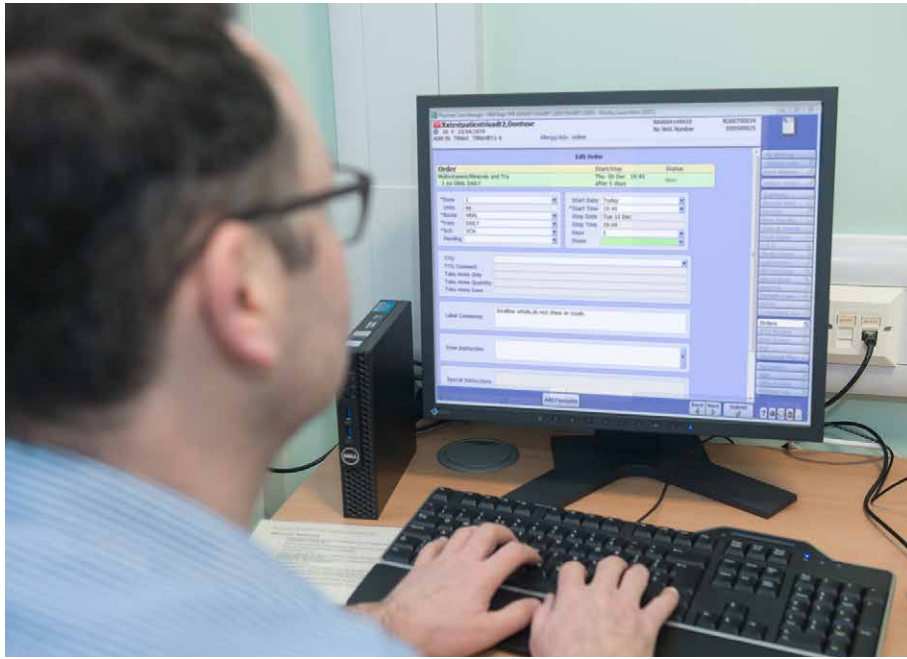
Throughout this time, millions of people's lives have been extended as a result of the continued development of diagnostic technology enabling illnesses to be found and treated much earlier, couples have been given the opportunity to create families thanks to the introduction of fertility treatments, and the whole country is now much more aware of how they can live long and healthy lives.

Something which most families will have experienced or come into contact with, is the incredible care available to those people living with chronic and terminal illnesses. The advances made for these patients has allowed them to spend much more time at home, with their friends and family being able to share many valuable moments with them.

At the Trust, a range of events and activities took place including a special visit from the Mayor and Mayoress of Rotherham, Cllr Alan and Sandra Buckley who celebrated with colleagues and visited some of our patients at our Community Hospital. There were also tea parties and other celebrations taking place in wards and departments across the hospital and community.



£750k funding boost for electronic prescriptions



Patients and healthcare workers in Rotherham are set to benefit from a £750k investment in technology to introduce a new electronic prescription system.

The Health Minister Stephen Hammond, recently announced that The Rotherham NHS Foundation Trust is one of an initial group of 13 Trusts who are receiving a share of £78million national funding. This will speed up the introduction of technology which aims to improve patient safety and provide better quality care.

The new electronic system, known as electronic Prescribing and Medicines Administration (ePMA), will see a move away from hand written prescriptions to electronic prescriptions and will help greatly with reducing medication errors. It will improve access to information on prescribed medication, at the point of patient care. It will support the choice of best medicines for the clinical condition, for the patient and for the NHS in terms of cost. It will also ensure greater consistency between primary and secondary care settings.

Health Minister Stephen Hammond said: "As part of the long-term plan for

the NHS, we not only want to harness technology to make it one of the most advanced healthcare systems in the world, but crucially to improve patient care.

"The funding provided for these trusts will help to drive these changes to the patient experience, but will also aid our hard-working and dedicated staff.

"The introduction of electronic prescribing is not only known to reduce medication errors, but also frees up time for staff by moving away from archaic paper-based systems."

Dr Callum Gardner, Interim Medical Director at The Rotherham NHS Foundation Trust, said: "This funding will enable us to continue improving the care and services we provide to our patients, whilst ensuring they are as safe and effective as possible.

"The new system will also see wider benefits being felt across our organisation with improved processes being implemented which will free up health workers' time which can be spent looking after our patients."

The Trust has committed to the aim of having 80% of inpatient prescribing and administration electronic by 2020.

Helping you get the right care, first time

Health services are very busy at the moment. Help us to help those most in need. Follow these steps for the right treatment, first time.

For more information, health advice and to find your local pharmacy visit the NHS website: www.nhs.uk

Self care

You can treat most common ailments and illnesses at home by keeping a well-stocked medicine cabinet. This should include:

- Pain relief e.g. paracetamol or ibuprofen.
- Children's paracetamol oral suspension and ibuprofen syrups.
- Mild laxatives to relieve constipation.
- Cold relief products.
- Rehydration mixtures to use if feeling dehydrated after a bout of sickness or diarrhoea.
- Indigestion remedy.
- A range of bandages, plasters, non-absorbent cotton wool, elastic bandages and dressings for minor cuts, sprains and bruises.



Many medicines are low cost and can be bought over the counter from pharmacies and also some other retailers.

Pharmacy

We all know pharmacies dispense medicines. But they do a lot more than that!

Many pharmacies are open until late and on weekends and bank holidays. You don't need an appointment, and can just pop in and get expert medical help from a qualified professional.

Most pharmacies now have a private consultation area where you can discuss your issues and concerns without being overheard.

Pharmacies can help with a range of common conditions and minor injuries. The pharmacist will be able to assess your needs, give you advice, suggest medicines to buy if appropriate and refer you to another service if necessary.



NHS 111

NHS 111 offers confidential health advice and information by telephone 24 hrs a day.

Ring 111 if you are ill and have questions about your health and where to get treatment.

Advisors are able to arrange out-of-hours appointments with a GP, for urgent access, when your practice is closed.



Children

All children get colds. This is a normal part of growing up and no medicines can prevent them. The best way to look after your child is to make sure they have plenty to drink and, if they have a temperature, some paracetamol will help. Doctors don't recommend cough medicines and antibiotics won't help a cold.



GP practices

Make an appointment at your local GP practice if you have an illness or injury that will not go away.

Evening and weekend appointments are available across Rotherham aimed at people who struggle to get an appointment during the working week. Ask about these appointments at your GP practice's reception.



Mental health support

Mental health problems are when there are disturbances in the way a person feels, thinks and behaves. One in four adults develop mental health problems in any one year. It's important to know there is always someone to talk to. If you are in need of urgent help please call:

- the crisis service on 01709 302670
- Samaritans on 01709 361717 or on 116 123 for 24 hour support





Radiology Team are top in the region

The Clinical Radiology Team at The Rotherham NHS Foundation Trust won the regional 'Team of the Year' award from The Society of Radiographers.

The team were nominated by Radiographer Brydie Shires, who had recently joined the team from another Trust.

For the purpose of the award, the UK is divided into five regions; Scotland, Wales, Northern Ireland and two in England.

Andy Brammer, General Manager for Clinical Support Services, said: "It's great that the Radiography team have won the region's Team of the Year award. It is particularly nice that the nomination came from a relatively new member of staff who joined us from another Trust; who on seeing all the great progress that had been made within the service and the spirit of teamwork inherent in the culture in the department here at The Rotherham NHS Foundation Trust,

decided to nominate the team. It's a really great thing for her to have done this for the team, and recognise everyone's hard work, raising the profile of the service and the Trust. Well done all."

Louise Barnett, Chief Executive at The Rotherham NHS Foundation Trust, added: "This is a fantastic achievement for the Radiology Team and it is great that a new colleague has recognised the hard work and dedication of the team she has joined. As a Trust, we are performing really well in diagnostics which is a credit to everyone involved. We are very proud of this team who make a real difference for patients."

The Radiography Team of the Year is an annual award and is an opportunity to recognise the hard work and dedication of radiography teams across the UK. The team also went on to be presented with the Chief Executive's Award at the Trust's 2018 Proud Awards.

Welcome to our new chief nurse



The Trust is delighted to announce the recent appointment of Angela Wood as its Chief Nurse. Angela joined the Trust in October 2018 as Interim Chief Nurse prior to taking up the permanent role. She has over 30 years' experience working in a variety of senior nursing roles at both local and national levels.

Angela said: "I am delighted to have been appointed to the role of Chief Nurse at what is both an exciting and challenging time for the NHS. There is some really great work happening in Rotherham and I am really looking forward to working with our dedicated teams as we continue to improve our services and make a real

difference to our patients' experiences with us."

Angela has already made a positive impact during her time with the Trust and makes sure she spends at least one day every month undertaking a clinical shift with our nursing colleagues in our hospital and community services.



"There is some really great work happening in Rotherham and I am really looking forward to working with our dedicated teams as we continue to improve our services and make a real difference to our patients' experiences with us."

The Rotherham NHS Foundation Trust

Proud 40 Years AWARDS 2020

More than 250 members of staff came together to celebrate some fantastic achievements at The Rotherham NHS Foundation Trust's Proud Awards ceremony in November.

The annual event was held at MAGNA and saw the Chairman, Chief Executive and other Directors presenting a range of awards to colleagues. The host of the event was Dixie from Heart Yorkshire's breakfast radio show and there were a number of other special guests including the Deputy Mayor and Deputy Mayoress of Rotherham, the Rotherham Advertiser and representatives from partner organisations including NHS Rotherham CCG and Rotherham Council.

Thanks to an incredible response from the public of Rotherham and staff at the Trust, over 460 nominations were received, including 152 for the Public Recognition category alone.

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

The Early Attachment Services 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 other 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."

Kelly was very surprised when she won this award. She said: "I was totally shocked when I won the Public Recognition Award. It was such a surprise to hear I

had been nominated. Like many others, I just go about my daily job and don't expect this level of recognition, which I am really grateful for.

"We are such a small service at the Trust, of only two colleagues and I never expected this. In my 14 years working for this service and the Trust, it has been the biggest highlight of my career."





Congratulations to all of our Proud Award winners:

Strategic Objectives Award - Patients

Winner: Immunisation and Vaccination Team, 0-19 Service

Strategic Objectives Award - Colleagues

Winner: Dr Kim Russon, Day Surgery

Strategic Objectives Award - Governance

Winner: Derek Stowe, Information Governance

Strategic Objectives Award - Finance

Winner: Lynette Evans, Dermatology

Strategic Objectives Award - Partners

Winner: The Winter Beds Project Team, Care Coordination Centre, CCG, Private care homes

Values Award - Ambitious

Winner: Paediatric Acute Rapid Response Outreach Team, Children's Community Nursing

Values Award - Caring

Winner: Jennifer Turedi, Learning Disabilities

Values Award - Together

Winner: Sitwell Ward, Urology

Outstanding Volunteer

Winner: Samina Nawaz, Macmillan Cancer Information and Support Service

Learning and Development

Winner: Mary Dougan, Chief Nurse Team

Unsung Hero

Winner: Janet King, Labour Ward

Runner up: Allen Blore, Estates

Our Top Leader

Winner: Sandra Whiting, Community Occupational Therapy, Single Point of Access

Team of the Year - Clinical

Winner: Acute Medical Unit

Team of the Year - Non-Clinical

Winner: Pharmacy Stores and Procurement Team

Public Recognition Award

Winner: Kelly Guest, Early Attachment Service

Runner up: Alcohol Liaison Service

Shining Star Award

Winner: Samantha Pritchard, Wentworth South District Nurses

Innovation Award

Winner: Joanne Cook and Midwives, Maternity

Chief Executive's Award

Winner: Radiology Team, Clinical Support

Chairman's Award

Winner: Alison Cooper, Anaesthetics

Lifetime Achievement

Winner: Dr Dave Harling, Critical Care





Lighting the way with ward refurbishment

Families visiting loved ones receiving critical care at Rotherham Hospital are benefitting from a colourful and uplifting environment thanks to new ceiling lights funded by the Rotherham Hospital and Community Charity.

The Charity teamed up with lighting specialists Visualite and Yesss Electrical in Rotherham to illuminate the entrance to the Intensive Care and High Dependency Units with blue skies and trees.

Janet Lockwood, Ward Manager, said: "The families of our patients spend a lot of time with us and they are understandably distressed and anxious.

"We wanted to change the dark, dull and unwelcoming corridor into an uplifting and serene space where relatives can appreciate the quiet time they need when their loved ones are ill.

"I'm sure that changing our surroundings in such a creative and thoughtful way will have a big impact on the wellbeing of our patients and their families."

The £10,000 project was possible thanks to funding from the Charity and Trust colleagues who entered a Visualite

competition to win £5,000 towards the cost of light panels to enhance their workplace.

The Charity has previously provided £20,000 funding for 11 Visualite ceiling and wall murals, which have transformed clinical areas at Rotherham Hospital into bright and positive spaces.

"We wanted to change the dark, dull and unwelcoming corridor into an uplifting and serene space where relatives can appreciate the quiet time they need when their loved ones are ill."

Barry Mellor, Chair of the Charitable Funds Committee, added: "Colleagues described the entrance to the unit as 'dull, dingy and claustrophobic' before the work was completed but it now feels much more serene and beautiful."



Green-fingered gardeners sought to support Dr Ted

Volunteers are being sought to help Rotherham In Root sow the seeds for a new fundraising initiative for the Rotherham Hospital and Community Charity's Dr Ted children's appeal.

Gardener Sally Moffett, a volunteer for The Rotherham NHS Foundation Trust, has been sowing sunflower seeds and growing plants alongside community growers' organisation Rotherham In Root for two years. They have raised £1,150 so far.

For this year's Spring campaign, Sally is looking for volunteers to help sow Teddy Bear sunflower seeds to sell and raise funds for Dr Ted.

Sally said: "It's been such a joy to sow our sunflower seeds and sell the plants for the Charity and we're really looking forward to this Spring when we can start to see our Teddy Bear sunflowers begin to flourish.

"But to ensure our fundraising campaign gets off to the best start we need gardeners of all abilities to help us pot sunflower seeds. It will be a simple but fun way of doing your bit for your community and local hospital."

Sally will be hosting two gardening sessions in the greenhouse at Rotherham Hospital on 11 March and 8 April, from 10.30am to 12pm.



The Rotherham 10k looking for runners

The Rotherham Hospital and Community Charity is looking for keen runners to participate in the Rotherham 10k

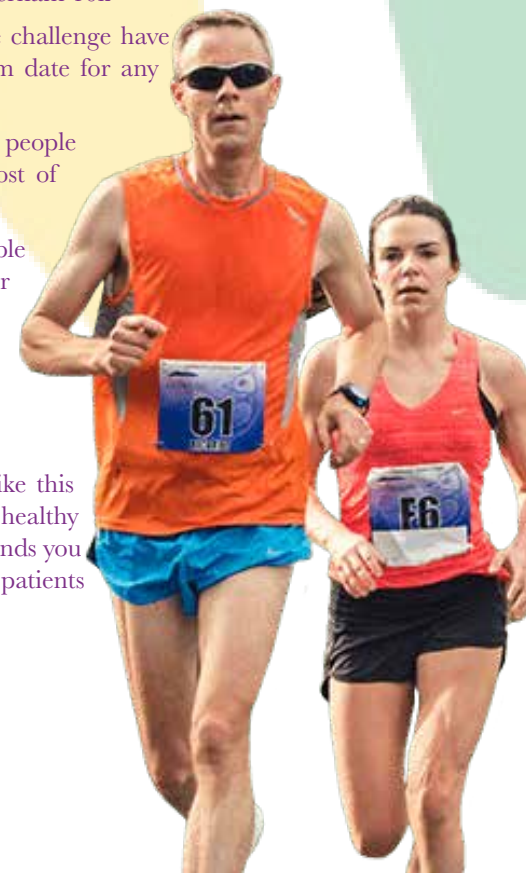
Details for next year's second town centre challenge have been released with Sunday 12 May a firm date for any fundraisers' diary.

Last year's inaugural event attracted 700 people and raised £2,410 for Age UK and a host of individual charities.

Barry Mellor, Chair of the Charitable Funding Committee, said: "Whether you're an experienced runner or someone who has been inspired by the New Year to don your trainers and shorts to get fit and healthy, we'd love to have you on our fundraising team.

"Committing to a fundraising challenge like this is a fantastic incentive to stick to your healthy resolutions and to continue to train. Any funds you raise will also make a big difference to our patients and their families."

For more information please contact us.



Charity funded calendars help hospital become more dementia friendly

The Rotherham Hospital and Community Charity has funded a range of dementia-friendly calendars to help patients feel less anxious during their hospital stay.

All five bays on Ward A2 at Rotherham Hospital have now been furnished with the calendars, which change daily to show the day, date, season and weather. They can also be personalised with a unique message to make patients feel welcome.

Carol Lilley, Deputy Ward Manager, successfully bid for £310 funding from the Charity for the calendars.

She said: "Staying in hospital can be an unsettling experience for anyone but for someone with dementia, memory loss or other complex care needs, being away from home can feel particularly stressful.

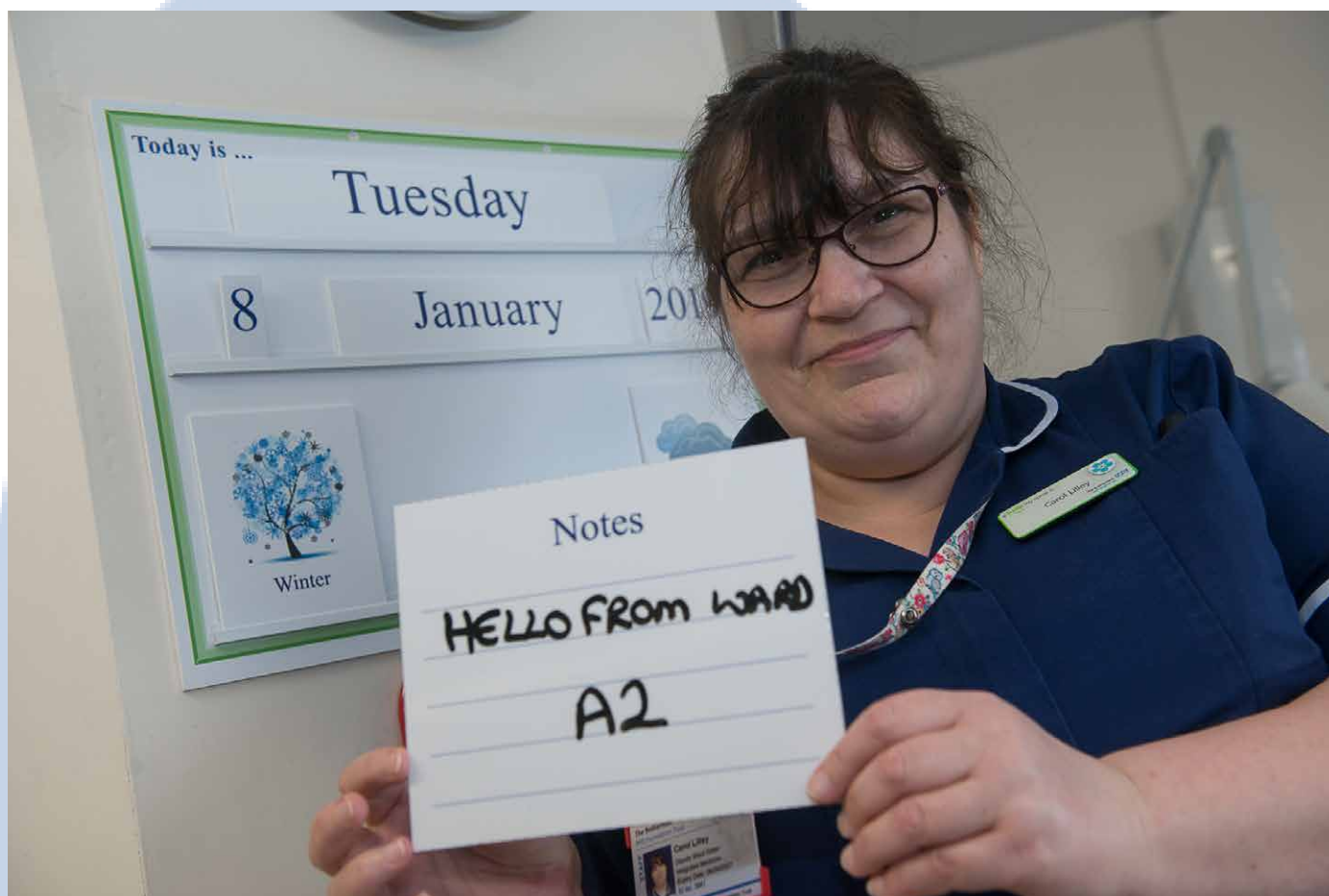
"We already have dementia-friendly clocks on each bay on Ward A2, which show pictorially whether it's day-time or night-time, so the calendars are the perfect accompaniment to those.

"The visual aids help patients feel less anxious, comfortable and aware of their surroundings which in turn can reduce any challenging behaviour and help them to recover quicker."

The Alzheimer's Society estimates that approximately one in four hospital beds are occupied by people living with dementia. Figures also show that three quarters of all people with a dementia diagnosis recorded in hospitals on admission were over 80. Their length of stay is often longer than for people without dementia and there can also be delays in supporting them to leave hospital.

The Rotherham NHS Foundation Trust currently has 33 dementia link nurses to help ensure holistic care is delivered to our patients living with dementia.

The Charity has supported this work by funding resources and equipment above



and beyond what the NHS can afford to help patients with dementia-related illnesses.

This included £28,790 funding for iPads loaded with digital reminiscent software and a touch-screen TV to help nurses, therapists and carers to engage with patients. The resources are used to access music, archive clips, photos, interactive games and photos which can trigger memories. The equipment is also used to engage patients in fulfilling activities, such as creating life stories or family trees. Workers' union Unison Rotherham also helped the Charity to fund dementia dolls for patients on wards across the hospital. The dolls are used to ease the anxiety dementia patients often feel when away from home and give them a sense of purpose.

Barry Mellor, Chair of the Charitable Funds Committee, said: "We are always

"The visual aids help patients feel less anxious, comfortable and aware of their surroundings which in turn can reduce any challenging behaviour and help them to recover quicker"

looking for ways we can enhance the compassionate care we provide to our patients and the new calendars on Ward A2 are such a simple but thoughtful idea. "They really make a difference to the wellbeing of patients who perhaps have been with us for longer periods or those who unfortunately aren't well enough to go outside and experience the change in weather.

"Thank you to everyone who supports the Charity because every donation, whether big or small, can make a difference."

Colleagues on Ward A2 are currently working towards achieving the Quality Mark for Elder-Friendly Hospital Wards - a quality-improvement programme for individual wards in acute and community hospitals which helps medical professionals to assess the needs of older patients and provide better care.

Dr Rod Kersh, Dementia Lead at The Rotherham NHS Foundation Trust, added: "We're really proud to have the new calendars on Ward A2 because they help us to reinforce the benefits of getting dressed and out of bed as part of the national 'End PJ Paralysis' campaign. This has seen a 20 per cent increase in elderly and frail patients wearing their own clothes in recent months, which creates a sense of wellbeing and normality."

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 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



Public living room comes to Rotherham Hospital

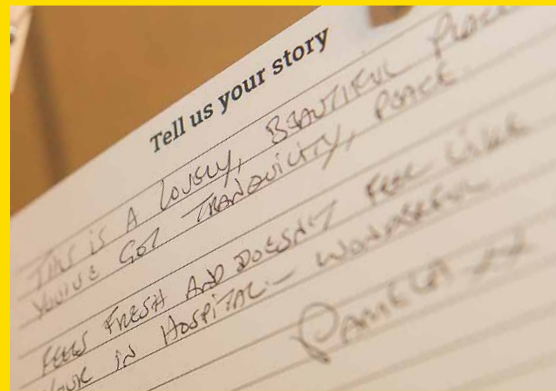
A new public living room has been installed at Rotherham Hospital with the aim of offering patients, visitors and members of staff a space where they can go to relax, chat and look out for each other during what can often be stressful times.

The living room is housed inside a teepee in Rotherham Hospital's main entrance and has been provided by social movement, Camerados. The teepee will be in place for three months until 27 April 2019.

George Briggs, Chief Operating Officer at The Rotherham NHS Foundation Trust, said: "We know that it can often be a stressful and worrying time being in hospital, whether as a patient, visiting friends and family or as someone who works here, and we wanted to provide people with a quiet space to go to.

"We're also building on the feedback we have received from our patients and visitors about how we can continue improving our services, and something which has been highlighted was the need for somewhere where like this that people can go to have some time to think, reflect and take time away from the day-to-day activities."

The project aims to return a balance to the busy hospital environment by encouraging a spirit of togetherness, camaraderie and fraternity where patients, carers and staff can step outside



of their day-to-day roles and routines and connect on a deeper, more human level than might otherwise happen.

Maff Potts, Founder of Camerados, said:

"In just three months, 15,000 people used the last public living room we placed in a hospital, and most of them were staff. It is just somewhere to escape, no fixing, no service, just being alongside and looking out for each other. We call it being a camerado, and camarados are popping up all over the country."

The teepee will be open 24 hours a day, seven days a week until 27 April.



Help shape NHS services: Become a Governor

On 6 March 2019 nominations for our Council of Governors Elections 2019 will open.

During that time, we will be looking for Members of the Trust who are passionate about healthcare and want to help influence the future of their local NHS Trust, to consider becoming Governors.

The constituencies where elections will be held in 2019 are:

Rotherham North, 2 seats

Rotherham South, 2 seats

Wentworth North, 2 seats

Wentworth Valley, 1 seat

Rest of England, 1 seat

Additionally elections will be held in the staff constituencies – 4 seats (applications from Trust colleagues only)

If you would like more information on the role, why not join us on Wednesday 13 March, at 5.30pm in the Board Room on D Level at Rotherham Hospital; please contact the Foundation Trust Office at rgh-tr.foundation.trust@nhs.net or telephone 01709 427800 to book your place.

Essential reading documents are also available on our website www.therotherhamft.nhs.uk/governors/.



Improving access to physiotherapy in Rotherham



Local people can now have a NHS physiotherapy appointment assessment in a Rotherham GP practice near them.

Do you have:

- Back pain?
- Neck pain?
- Shoulder pain?
- Elbow, wrist or hand pain?
- Knee, hip or ankle pain?
- A sprain or strain?

If so, the First Contact Physiotherapy service could help you to access excellent assessment and advice without needing to see a GP.

Physiotherapists are highly trained professionals that are experts in managing injuries and helping people with aches and pains that impact on their body.

To access the service all you need to do is speak to your GP receptionist.

We caught up with one of the physiotherapists in the service who gave us a quick insight into their average day at work.

“Hello my name is Joe and I’m a Physiotherapist in Rotherham.

Our profession is evolving as the wider health service is making the most of our skills in assessment, diagnosis and rehabilitation, in roles that traditionally weren’t completed by Physiotherapists. The First Contact Physiotherapy Service

in Rotherham is a perfect example of the trust placed in our skills, to look at helping people throughout the borough who have issues with pain or injuries.

A standard clinic for our team would start in one of the physio hub locations between 7am and 8am to ensure that those patients who are off to work have the opportunity to be seen before work, if possible. Clinics run across Rotherham throughout the day and into the late evening, again giving people the chance to attend later appointments if this suits them better.

One of the things I love about my job is the variety in the people, and also the conditions we are assessing on a daily basis. A standard day could involve seeing people in their teenage years with acute injuries from sports, and all the way up to people breaking the 100 barrier who have issues with osteoarthritis. Because of this diversity, we have all undertaken and are continuing to embark on training that ensures we have the knowledge and skills required to manage the health of Rotherham and all its residents.

At your first appointment with us we look to ask you about the condition, you and your general health, what hobbies you have and what you do as an occupation.

We look to complete a physical examination to look at assessing the problem and coming to a diagnosis. Most conditions that cause pain or are

related to an injury have great capacity to improve with simple advice and exercises which we will provide for you in the session.

Throughout a working day we regularly see people in quite severe pain or who are not fit for work due to the nature of the condition they have. When this happens, we have clinicians who can prescribe medications if required, and we can also arrange any medications or sick notes that are required through your regular GP surgery.

As a team we really enjoy the diverse nature of the work and no two days are the same. The First Contact Physiotherapy team are more than happy to help

We have clinicians who can prescribe medications if required, and we can also arrange any medications or sick notes that are required through your regular GP surgery.

patients to improve their condition.

Accessing the service is as easy as ringing your GP practice, speaking to reception who will ask you some simple questions about your problem / condition and then look to navigate you to the most appropriate person.”



Meet
the
team

0-19 Single Point of Access



The single point of access can provide the following support and advice for parents and carers:

- Maternal well-being
- Breastfeeding support
- Developmental milestones
- Infant feeding
- Weaning
- Dental
- Immunisations
- Behaviour
- Child mental health
- Weight management
- Childhood Measurement Programme
- Healthy eating and lifestyle
- Sleeping routine
- Daytime and bedtime wetting
- Bereavement

The 0-19 Single Point of Access (SPA) is a one-stop, quick and easy way to access the Rotherham 0-19 service. The 0-19 service cares for children from birth through to age 19 and supports families, education staff and other professionals to help promote and safeguard their health and wellbeing. All calls into the SPA are looked at by both administrative and clinical staff to ensure the most appropriate response can be provided first time.

The SPA phone lines are open from Monday to Friday 9am – 5pm and we endeavour to respond to calls within one working day. However, we would always encourage parents to contact their GP, 111, or A&E (Urgent and Emergency Care Centre) if their call is an emergency or they have significant concerns about their child's health.

Health visitors, school nurses, registered nurses, nursery nurses, Health Improvement specialists, dental nurses, Immunisation and vaccination team, breast feeding assistants and administrative staff.

The work is diverse – one moment you

can be working closely with the mental health team, health and social care early intervention, housing, schools or GPs and the next you can be supporting parents with breastfeeding, infant feeding, toileting problems, healthy eating advice, or bereavement. Working in SPA allows the staff to implement the Trust's core values and to be ambitious and caring, working together in a close team environment.

Our ultimate aim is to ensure that children's and families' healthcare needs are dealt with in an efficient and timely manner.

As a team we are proud of how far we have come since 2017. The SPA deals with many hundreds of calls each week from parents and professionals and feedback reflects that we are delivering our service to the highest standards. As a team we are forging strong links with other community and acute services including mental health services, social care, and nutrition and dietetics. We are

proud of the support and advice that we provide on a daily basis that really makes a difference to the health and well-being of children living in Rotherham.

We are looking forward to where technology may take us with the possibility of 'Skype' calls that would enable us to interact fully with callers. We will continue to promote our service amongst the community and encourage older children to contact us directly for health support and advice.



Share
your story

Do you have a great story you would like to share about your experience with any of our services? Do you want to say thank you to one of our members of staff or teams for the fantastic care you received? If so we'd love to hear from you.

Speak to our Communications Team on 01709 426460 or email rg-h-tr.communications@nhs.net

Other ways to get in touch or keep updated with our latest news.

For enquiries and information, contact our switchboard on 01709 4280000



www.therotherhamft.nhs.uk