

TALKING POINT

July
2017



First patients use
the Friarage's new
MRI scanner!

Pages 12&13



Intensive care scoops student nurse placement award

THE Intensive Care Unit at James Cook has been recognised by Teesside University as offering the best student nurse placements in the area.

Student nurses were full of praise for ICU2, describing it as having "amazing, talented and knowledgeable staff" and providing "an incredible level of learning".

Ward Manager Lesley Taylor was delighted when Teesside University presented them with the winner's certificate.

"It's great for us as a team as the last few months have been really busy. The staff are working extra hard so it's fantastic to get this special recognition. It really is a great place to work."



Good news: Jessica Bell indulges in a spot of reading at Playdays

'Good' Ofsted rating for Playdays

PLAYDAYS Day Nursery at James Cook has been rated 'Good' after its most recent Ofsted inspection.

The nursery, which was visited in January, was rated as 'Good' in all four areas of inspection, these being: effectiveness of the leadership and management; quality of teaching, learning and assessment; personal development, behaviour and welfare and outcomes for children.

Inspection activities included joint observations with the nursery managers, talking to staff, children and parents, and reviewing a number of documents including self-evaluation, safeguarding, staff performance files and risk assessments.

Comments directly from the report included:

- 'Teaching is rooted in the experienced and well qualified staff's secure knowledge and understanding of child development and how children learn best. Staff make the most of every opportunity to promote children's learning through purposeful play and carefully planned challenging activities.'
- 'Staff provide children with a

stimulating, exciting and well-organised learning environment. The children are confident and motivated and develop extremely positive attitudes towards learning in readiness for school.'

- 'Staff are excellent role models and play alongside children to teach them how to share and take turns. All children consistently make good progress and acquire a good range of skills, abilities and attitudes that prepares them well for future learning and the eventual move onto school.'
- 'The partnerships with parents and other professionals are very good.'

Nursery Manager Michele Tullius, speaking on behalf of the nursery management team, said: "We're pleased that the bond between all of the staff, children and parents has been recognised in our latest report from Ofsted and that the quality of teaching was recognised to be good and sometimes outstanding.

"We will now be striving to achieve a rating of 'Outstanding' the next time Ofsted arrive by addressing the areas where we can make further improvements, including building on our programme of continuous professional development and the high quality practice which already takes place at the nursery."



Pictured are Jo Williams, Maria Duncan, Julie France, Lesley Taylor and student nurse Abbey Linguard

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Celebrating our best year in R&D!



A MASSIVE 'thank you' is being issued to 3,457 patients and more than 200 staff who made 2016 to 2017 the Trust's most successful year in research and development to date.

The number of patients involved in clinical trials at the Trust increased by 17% compared with the previous year, following the successful recruitment of 3,457 across 195 different research studies.

This also compared to a national average of just 10%, putting South Tees at the leading edge of research in England's hospital trusts.

The Trust also recruited the very first patient in one global and five UK studies.

Dr Caroline Wroe, the Trust's Director of Research and Innovation, said: "In 2016/17 we increased the number of patients involved in research by 17%, compared to the 10% national average.

"So we'd like to say a massive thank you to the thousands of patients and over 200 staff involved in clinical trials in 2016 to 2017."

The 195 trials South Tees took part in during the last financial year include the Mini Mitral trial, comparing the gold standard sternotomy (or open heart)



STAMPEDE Trial patient Ken Bashford with, from left: Lynne Naylor, Cancer Clinical Trials Assistant, Lisa Peacock, Cancer Clinical Trials Co-ordinator and Sarah McAuliffe

procedure for treating a leaky heart valve with a keyhole technique, and the STAMPEDE Trial, which is investigating different drug treatments to prevent prostate tumour regrowth.

The Trust has also recruited 44 women to the PRE-EMPT trial, looking at treatments for women with potentially debilitating and fertility-threatening endometriosis, while the Checkmate 227 trial, led by James Cook oncologists Dr Talal Mansy and Dr Louise Li is looking into new lung cancer treatments.

James Cook is one of just 10 centres in the world taking part in the global Checkmate 227 study investigating the potential benefits of combining two immunotherapy drugs or immunotherapy with chemotherapy for lung cancer patients.

Another highlight for the year included the cardiothoracic team at James Cook, led by Consultant Cardiologist Dr Mark de Belder, being commended by the New York University-based leaders of the ISCHEMIA trial, set up to determine the best way to manage stable ischemic heart disease, for the high quality of its data and for being one of the top recruiting teams in the UK.

R&D staff from across South Tees joined the National Institute of Health

Research's (NIHR) #IamResearch campaign, celebrating their year of success as part of International Clinical Trials Day.

Staff shared the unique reasons they find research so rewarding on Twitter via @SouthTees.

For more information on R&D at South Tees, visit www.southteeslri.co.uk/research-and-development



Dr Caroline Wroe, Director of Research and Innovation



Helen Cuthbert, Lead Research Nurse on PRE-EMPT for South Tees, with her #IamResearch thoughts



together we do the amazing



Kelly Rowe (right) with nominator Alison Murray, picked up three awards, including overall Nightingale winner



Michelle Jefcott (right) is presented with her award by Head of Midwifery Yvonne Regan



Lynne Paterson (left) presents Corporal Natasha Balycky with her first of two awards

Nursing Heroes honoured at 14th annual Nightingale Awards

NURSING heroes were honoured at the 14th annual Nightingale Awards for South Tees at Middlesbrough FC's Riverside Stadium.

Kelly Rowe's exemplary service to paediatric care since 1996, and the many innovations she has introduced as a specialist diabetes nurse saw her named overall winner of the Nightingales, as well as the best Senior Nurse and winner of the Paediatric Award.

Other notable winners included Allerton Ward at The Friarage Hospital, which picked up the team of the year and Friends of The Friarage gongs and Ruth Hodgson, Neurosurgical High Dependency Sister, who picked up two awards – the Sister and Matron Awards. Cpl Natasha Balycky also picked up two awards, the best Staff Nurse and the McCormack Award. All three of these awards followed heartfelt nominations by patients.

Overall Nightingale winner Kelly said she was "overwhelmed" by her triple win, but former colleague Alison Murray, also a Paediatric Diabetes Specialist Nurse, said it was well-deserved for the "passion" she has shown in her role over many years.

"Something big always comes out of the simplest idea she thinks of," Alison said.

"One of the children was having problems managing diabetes at their senior school and out of that, Kelly developed a massive project in which she got the children to develop an information leaflet about diabetes.

"It was eventually presented at a diabetes conference and the change in those



Lifetime Achievement Award for retiring nurse Jackie Tough (centre) from Director of Nursing Gill Hunt and colleague Dr Mike Stewart, Medical Director in Specialist Care

young people – the confidence they got from doing it – was amazing."

Alison is sad to say Kelly has now left the Trust to work as a lecturer at Teesside University.

But it is a role Kelly sees as helping the nurses of the future be the best they can.

Kelly, who started her own nurse training in 1993, said: "I only left James Cook because I want to inspire the next generation of nurses.

"I am just over the moon to receive these awards."

Jeanette Cramer Sister in Gastroenterology took the Mentor Award, as student nurses praised her "motivating, inspiring and enthusiastic



Yasmin Osbourne (right) was named our best Student of the Year pictured with Practice Placement Facilitator Mel Gannon



Jeanette Cramer, (left) was named Mentor of the Year

nature, which makes her a nurse that they themselves “aspire to be like”.

Yasmin Osbourne was named Student Nurse of the Year for her mature approach to work on the paediatric day unit during her second year placement.

Clare Elstob was named Healthcare Assistant of the Year for the “care, empathy, patience, support, respect and compassion” she shows “every single patient” on the Ward 9 medical respiratory team at James Cook, where she is an “asset”.

And Michelle Jefcott received the honour of being named Midwife of the Year for the “unquestionable dedication and passion she still has after being a midwife since 1988”.

Lance Corporal Hayley, a Healthcare Assistant with the Queen Alexandra’s Royal Army Nursing Corp received a special military award highlighting her excellent clinical leadership performance within Critical Care in the past year.

Gill Hunt, the Trust’s Director of Nursing said she was “proud” and “delighted” to be able to present our exceptional nurses with their awards.

She said: “These awards recognise those nurses who go above and beyond the call of duty as they strive to provide the highest standards of patient care across our Trust - and we are proud to call them our colleagues.”

 Full details of all the award winners and all their pictures can be found at www.southtees.nhs.uk/about/awards/nightingale/nightingale-awards-2017/



Allerton Ward picked up Team of the Year and The Friends of The Friarage Award

Allerton Ward is toast of The Friarage as nursing teams honoured

HEARTFELT patient nominations saw Allerton Ward become the toast of the Friarage, after picking up both the Team of The Year and Friends of The Friarage Award at this year’s Nightingales.

The Northallerton hospital ward received numerous nominations - all pointing out the welcoming environment and genuinely kind and compassionate care offered by its “exceptional” nurses.

One lady described the palliative care provided to her partner, highlighting the patience and understanding with which he was cared for during his final days.

She added: “The team were very good to me too, with the healthcare assistants allowing me to use a shower and providing towels. I even had an offer to launder my clothes.”

Another patient said the whole team, including Domestic Staff, Ward Hostesses, Clerical, HCAs, Nurses, Ward Sisters, Junior Doctors and Consultants, came together to make patients feel comfortable and reassured and as a team they formed “something very very special”.

Community Matrons across Middlesbrough, Redcar & Cleveland also picked up the Community Award as a team, thanks to



Community Matrons win the Community Award

their pivotal role in a pilot project aimed at preventing inappropriate admissions to hospital for patients living in a care home.

The pilot also aims to ensure people are able to live in their own homes with community care for as long as it is safe for them to do so.

The team embraced this with passion and enthusiasm on top of their usual workload at a particularly busy time and have achieved very positive results.

Cardiac Rhythm Management Specialist Nurses were also named as providing the best placement/learning environment for students, due to their welcoming nature and clearly set out guidance and expectations on what students would learn and achieve throughout their placement.



Cardiac Rhythm Specialist Nurses win the Best Learning Environment Award



Acting fast in the fight against sepsis

Greg's story

AT FIVE months old he received a heart transplant, at five years old he battled non-Hodgkin lymphoma, then at 24, **Greg Rodgers** found himself fighting for his life again.

Greg feared his lymphoma had returned when he found a lump on his neck. He knew he would have to face weeks of chemotherapy, but what he had not been prepared for was the battle he was about to have against sepsis - a potentially life-threatening complication of an infection which can lead to tissue damage and organ failure.

Greg's immune system was so low following his chemotherapy that as soon as he picked up an infection it developed into sepsis. Luckily for Greg, the team on ward 33 at James Cook were fast to spot the signs and responded immediately.

"I was on my last run of chemo and I just got really tired. I did not want to do anything else but sleep," said Greg, 26, of Great Ayton. "The next thing I knew I was waking up and everyone was around me and I panicked and thought what was wrong.

"I had heard of sepsis before but I was just too out of it at the time to know what was happening. My heart function had dropped right down so the only option was to put me on the high dependency unit (HDU)."

Sepsis Nurse Jacqui Jones said: "His blood pressure decreased, his breathing was rapid, he needed more oxygen, so the staff screened him for

sepsis and called in the critical care outreach team.

"Immediate life saving treatment was started on ward 33 and then he was taken to the hospital's HDU where he was isolated and closely monitored."

After three days Greg, who works as a trauma admin clerk at the hospital, was well enough to return to ward 33 to complete his recovery.

"The treatment I received was phenomenal," he said. "I was definitely in good hands!"

Speeding up sepsis tests

SEPSIS must be treated as a medical emergency - for every hour that essential treatment is delayed when sepsis is suspected, the risk of death is increased by 7.6%.

As soon as sepsis is suspected a number of blood samples must be requested and this can now be done at the touch of a button at James Cook thanks to a new improved system inspired by Vicky Burton, an Assistant Practitioner on the Haematology Day Unit.



Vicky Burton with her Sepsis poster

Vicky helped create a sepsis collection button on Web ICE, the Trust's test ordering system. Now when sepsis is searched, all of the required blood tests for sepsis are automatically requested in one go.

"This speeds up treatment and ensures all the appropriate tests are completed straight away," said Vicky. "This improves patient outcomes as well as making it easier for staff to request the blood tests."

What is sepsis?

Sepsis occurs when the body's response to an infection damages its own tissues and organs. It can lead to shock, multiple organ failure and death, especially if it is not treated quickly.

Signs and symptoms

If you have a suspected or diagnosed infection and show any of the following symptoms, then it is likely that you are suffering from sepsis:

- New confusion and lethargy
- Difficult or rapid breathing
- Low blood pressure
- Low urine output
- Mottled or discoloured skin

How is it treated?

Management of sepsis after admission to hospital involves a set of interventions known as the "sepsis six". These should be initiated by the medical team within an hour of diagnosis. It includes taking blood samples, blood cultures and other relevant specimens, giving antibiotics, intravenous fluids and oxygen and close monitoring of vital signs and fluid intake and output to be able to assess progress and severity of sepsis.



Greg Rodgers pictured with some of the staff from Ward 33



Daisy Carter with patients Ethel Smith of Berwick Hills (right), Margaret Eve of Great Ayton, Mary Robinson of Northallerton (left) on Ward 34

Hip fracture project aims to save 100 lives

SOUTH Tees has teamed up with five other NHS Trusts from England and Scotland in an ambitious two-year project aimed at improving the care of hip fracture patients and decreasing mortality rates.

The HIP QIP Scaling Up improvement programme is being led by Northumbria Healthcare in partnership with the British Orthopaedic Association (BOA).

South Tees was invited to take part in the programme after being identified as one of the trusts leading the way in hip fracture care:

- Our dedicated hip fracture unit has reduced the average patient's hospital stay by five days since its advent in 2012
- Our 30 day mortality rates are already below the national average
- We received excellent feedback from a peer review conducted in December 2016 by the BOA.

The hip fracture unit on ward 34 at James Cook prides itself on looking after the patient as a whole – and not just the fractured hip, covering everything from nutrition to falls prevention. This aims to speed up recovery and reduce the risk of re-admissions.

Specialist Nurse Anne Tate said: "We care for the whole person and not just the fractured hip because these patients are usually complex and very frail. There is often a medical reason why they have fallen and we can give them a medical

'MOT' while they are in and help improve things before they are discharged."

The HIP QIP Scaling Up improvement programme provides the opportunity to further enhance services and share best practice. Thanks to funding from the programme, Ward 34 have recruited Nutritional Assistant, Daisy Carter, to help increase nutritional support to patients following surgery.

Part of Daisy's role involves providing snack rounds between meals, arranging ward tea parties, offering supplement drinks and completing food diaries.

"It's just about having the time to go round and encourage people to eat rather than placing it in front of them and leaving them to it," said Daisy.

Ward 34 are also working closely with accident and emergency colleagues to speed up access to pain relief. A&E now administer targeted pain blocks directly to the patient's hip on admission so that they receive faster, more effective pain relief and require less opioid pain medication such as morphine which in turn reduces unwanted side effects.

As part of the programme the team will also be collating improvement data, feedback from patient experiences and participating in further peer review visits.

Trauma Lead, Julie O'Hara, said: "I think it's a fantastic opportunity to showcase what this Trust is able to do for this very vulnerable group of people."

Organ donation team praised for high consent rates

FOR the past three years South Tees has consistently achieved the highest consent rates in the UK when it comes to families considering organ donation after brain death.

As a result the Specialist Nurse Organ Donation Team were delighted to welcome Sally Johnson, Director of Organ Donation and Transplantation at NHS Blood and Transplant (pictured centre), to James Cook.

The aim of Sally's visit, as well as commending the Trust's achievement, was to see what lessons could be learnt to improve consent rates throughout the country.

Dr David Reach, Clinical Lead for Organ Donation, gave Sally a tour of the hospital before she enjoyed lunch in the HDU seminar room with the Specialist Nurse Organ Donation Team and the ITU consultants.

Specialist Nurse Jill Featherstone said: "Sally congratulated and thanked the teams for their part in achieving outstanding results for consent for organ donation. She was keen to explore how this Trust has such a positive approach to organ donation as a whole."



Thank You South Cleveland Heart Fund!

SENIOR staff at South Tees Hospitals said a special “thank you” to South Cleveland Heart Fund (SCHF), following a successful £1m appeal.

Members of the SCHF attended James Cook’s Radiology Department to view new and upgraded MRI scanners paid for with the £1m they raised in 18 months – with a little help from their friends in the local community.

Last year, as a result of their fundraising efforts, the charity signed a cheque for £450,000 to upgrade an existing cardiac scanner so that it now produces top level imaging, enabling cardiac consultants across North and South Tees to carry out a full Cardiovascular Magnetic Resonance (CMR) imaging service for patients.

The remainder of the £1 million, raised by hundreds of supporters of SCHF across Teesside, was invested in the installation of a brand new

high-powered 3T Scanner, freeing up scanning time to enable an extended cardiothoracic service to patients on the newly upgraded machine.

Siobhan McArdle, Chief Executive of South Tees, presented Adrian Davies, Chairman of South Cleveland Heart Fund, with a framed photograph marking the end of the appeal, as a special ‘Thank You’ gift.

Mr Davies said the support of the public had been fantastic in helping SCHF reach its £1m target.

“We’re providing more scans than we previously did and we’re able to offer scans to a greater breadth of patients than we previously could.”

“It’s a fantastic day for South Cleveland Heart Fund, now it’s all come to fruition in collaboration with the Trust in the form of this fantastic 3T machine and the newly upgraded cardiac scanner,” he said.

“The £1m was raised in just 18 months through various initiatives including a Middlesbrough Rotary Club draw and The Gazette’s Help Save A Life Appeal.

“Donations were also received from



The new 3T scanner was demonstrated to members of the South Cleveland Heart Fund Committee

grateful patients; and then you have the ripple effect of more donations coming in.”

Dr Neil Maredia, Consultant Cardiologist at James Cook, said: “The £1m appeal has enabled us to install this completely new scanner and upgrade the existing cardio scanner.

“We’re using them to provide a wide range of cardiac and general MRI scanning for patients from Teesside and the wider region. We’re providing more scans than we previously did and we’re able to offer scans to a greater breadth of patients than we previously could.”

South Cleveland Heart Fund is continuing to raise money for other developments in cardiac care across Teesside.

Earlier this year, SCHF also provided a £20,000 donation to fund new resuscitation manikins, which will be used on a daily basis to provide all levels of life support training to 5,000 staff across South Tees.

You can find out more and get involved with fundraising efforts for SCHF at www.schf.org.uk



A video on this story is also available at www.youtube.com/southtees



Members of South Cleveland Heart Fund including Chairman Adrian Davies, receiving a commemorative photo from Trust Chief Executive Siobhan McArdle (centre). Also pictured (far right) is Dr Michael Stewart, Medical Director of Specialist Care, and Dr Neil Maredia, second from right

1,000 patient voices heard

THE 1,000 Voices patient experience programme reached a milestone in May when it captured feedback from its 1,000th patient.

Rebecca Morgan, a patient on Ward 37 at James Cook, became the 1,000th person to be interviewed by the team about the care she received while staying in hospital.

The programme was launched in January this year and has been very positively received.

Rebecca Phillips, Patient Experience Facilitator, said: "I don't think we could ever have imagined just how well the project would be welcomed by both staff and patients. The patients are delighted to be able to provide timely feedback and know their comments make a difference."

The team has four patient experience facilitators who visit in-patient wards across the Trust to gather patient feedback.

Patients answer a number of questions about the ward and the quality of care they have received with an opportunity



Patient Rebecca Morgan with Patient Experience Project Manager Lucy Tait and Patient Experience Facilitators Jemma Peacock, Rebecca Phillips and Bethany Radigan

to give any other comments.

Reports are then generated from these interviews within 24 hours and each ward is given a score out of 10, highlighting areas for improvement and also many areas of excellence.

The 1,000 Voices patient experience

programme is on a phased roll out with all wards taking part by the end of July 2017.

For more information, contact the patient experience team on **01642 835964 (ext 55964)** or email **patient.experience@stees.nhs.uk**

Plaque marks world first for Trust

A NEW plaque adorning the entrance to the cardiothoracic outpatients department at James Cook has been installed to commemorate a world-first for cardiologists at the hospital.

The bold metal plate, presented to the Trust by the pacemaker's manufacturer EBR Systems Inc, recognises the Trust as the first in the world to use a tiny pacemaker the size of a grain of rice, outside of clinical trials.

An initial three patients benefited from the device last year, and since then, the Trust has fitted more

patients with the tiny WiSE Technology wireless device.

Simon James, Consultant Cardiologist at James



Dr Andrew Turley, Dr Simon James and Professor Andrew Owens (left to right) who completed the first WiSE pacemaker surgery in the world, outside of clinical trials

Cook said: "We're very pleased to be able to offer this new treatment option to patients.

"Because the pacemaker is implanted directly into the innermost layer of tissue that lines the left chamber of the heart, it can treat heart failure more effectively than conventional pacemakers or defibrillators, and without the need for wires and the risk of complications that come with them.

"Patients are responding well to this new type of treatment and we are confident the device will help more patients to live a longer, more active life in future."



together we do the amazing

Passionate Parkinson's Team Scoop Second Award

THE passionate team at the Parkinson's Advanced Symptom Unit (PASU) in Redcar has been honoured with a second award.

The groundbreaking new unit, based at Redcar Hospital, is the first of its kind in the UK, combining the expertise of clinicians from South Tees with mental health specialists from neighbouring Tees Esk and Wear Valleys NHS Foundation Trust.

Since opening in September 2015, it has been providing a dedicated service to Parkinson's patients when they are at their most vulnerable, with complex and distressing symptoms including impaired movement, dementia and psychosis.

This is achieved through team work between the local mental health trust together with South Tees' neurologists, specialist nurses and dedicated pharmacy and physiotherapy staff, who ensure

rapid access to a range of services and support.

This has been shown to decrease emergency admissions and improve the management of patients' mental health symptoms.

In recognition, PASU received the UK Parkinson's Excellence Network award for outstanding services at the Positive Steps in Parkinson's conference in

Leicestershire, to add to its recent Patient Safety Award.

Neil Archibald, Consultant Neurologist at South Tees, said: "We are delighted to be able to provide this vital community service on behalf of some of the most vulnerable patients

in our local area.

"Many of our PASU patients come to us when they are experiencing a high degree of distress, requiring access to our services in a crisis; whether their symptoms are physical or mental.

"Yet when the unit opened in September 2015, combining specialists from mental health services and an acute hospital trust for the dedicated treatment of Parkinson's patients was a groundbreaking idea."

Other trusts across the country are now looking to replicate the PASU model – something Dr Archibald believes is "vital" for

patients like Simon Laverick, who was just 41 when he received the devastating diagnosis he had Parkinson's Disease.

The 47-year-old engineer, from Darlington, has gone on to raise thousands of pounds for Parkinson's research since his diagnosis - and credits the unit as an important factor in helping him maintain a positive attitude.

"At first I was having real trouble with the medication I was taking," he said.

"I was having difficulty sleeping - it had become the norm that I just didn't sleep on a night - and my quality of life was not very good.

"I was invited to come here within a week of calling the specialist nurses and spent an hour with a team of people – not just the neurologists but a team of different disciplines and we all came up with a solution. It was absolutely unbelievable. I can't thank them enough."

Since his diagnosis, Simon has also developed a love of photography and some of his works of art now have pride of place in the PASU unit waiting room.

Patient Simon Laverick has thanked PASU for the support it has given him



"We are delighted to be able to provide this vital community service."



Neil Archibald and Physiotherapist Janet Duffy with the unit's two awards and two of Simon's pictures of local landmarks in the background



You can see Simon talking about life with Parkinson's Disease on our YouTube site: www.youtube.com/southtees

New role provides vital support for brain injury patients

A NEW nursing role is making a real difference to patients who are admitted to James Cook with acquired brain injuries.

Kerry Reynolds took on the Headway Acute Trauma Support (HATS) Nurse role in February as part of a two-year pilot scheme supported by the Big Lottery Fund.

Every year 350,000 people are admitted to hospital with an acquired brain injury (ABI) related condition. Brain injury can devastate lives, shatter families and leave people in desperate need of support, and that's where the HATS nurse role can make a real difference.

"When someone has a brain injury it's such a traumatic time that people just need support - they don't know where to turn and sometimes they just can't take all the information in," said Kerry.

"My job is to provide practical and emotional support, information and advice to family

members and carers in every stage following acquired brain injury.

"It's such a rewarding role. I go home at the end of the day really feeling that I have helped people."

Based at James Cook, Kerry can be found supporting patients right across the hospital but can most often be spotted in A&E, critical care, HDU, neurosurgery, neuro HDU and neuro rehab.

Kerry explains what will happen during the patient's hospital stay and helps people find the right support once they are able to go back home.

As the region's dedicated HATS nurse she is also a valuable source of information and support for all medical staff from nurses on the wards to local GPs, who can see a lot of people with minor head injuries.

Headway provides support to all brain injured patients and their families and their carers. The charity offers a nurse led helpline (Monday to Friday 9am to 5pm), an



Kerry Reynolds (left) is supporting wards across James Cook

information library and financial assistance via its Headways Emergency Fund. Any healthcare professional can apply for up to £500 on behalf of a patient.

For more details email kerry.reynolds@stees.nhs.uk, call 07827 911690 or bleep Kerry Reynolds via the main hospital switchboard.

Awards success for Trust's apprentices

TRUST apprentices enjoyed success at the Health Education England North East Apprenticeship Awards, with one South Tees employee being named North East Apprentice of the Year.

The awards were held during National Apprenticeship Week, which the Trust also participated in by celebrating previous apprentice successes and highlighting the ongoing hard work of our current apprentices.

Dawn Cochrane won the award for the Apprentice who has made the Greatest Progress – and also went on to be named North East Apprentice of the Year.

This meant she went on to represent the North East during the national Apprenticeship Awards held in London.



Dawn Cochrane receiving her North East Apprentice of the Year Award

Kate Harrison, Training Advisor and Assessor in the South Tees Widening Participation and Learning Team, said: "We were over the moon that South Tees was also successful with Dawn's achievement of the overall award for North East Apprentice of the Year and went to London to represent the North East at the National Health Education England NHS Apprenticeship Awards.

"Jayne Robbins, one of our Health and Business Administration Level 2 Apprentices, was also nominated as Intermediate Apprentice of the Year at the regional awards.

"Our team is very proud of this success, which it hopes to build on by continuing to support a wide range of apprentices, work experience programmes and volunteers across our hospital sites."

Since the academic year 2006/2007, South Tees' Widening Participation

and Learning Team has welcomed 369 apprentices, of which 265 have completed their apprenticeship programme; and 64 are still in the process of completing their apprenticeship.

The number of participants is also increasing year on year, and during National Apprenticeship Week the team raised awareness of the availability of apprenticeship programmes and celebrated its successes.

"More and more departments and wards are taking advantage of the excellent opportunities offered by the vocational training programmes every year," said Katie.

"We would encourage anyone within the Trust who wants to talk to us about further opportunities to employ apprentices to contact us."

For more information on NHS apprenticeships, visit: www.stepintothens.nhs.uk



Laura Bothwell, Kate Harrison, Jayne Robbins, Dawn Cochrane, Jane Bates, Caroline Hamilton



Apprentices hard at work during National Apprenticeship Week





North Yorkshire fundraisers make MRI Scanner a reality

SOUTH Tees Hospitals Charity would like to thank the thousands of fundraisers who are making a new MRI scanner at The Friarage, a reality.

The brand new MRI scanner was airlifted into the Friarage in March, following the success of hundreds of charity events, from skydives to those involving the quieter pastimes of knitting or baking.

Since the launch of the fundraising campaign three years ago, members of the community have put their unique and quirky skills to the test to get behind the Friarage MRI Scanner Appeal and raise in excess of £1.4m to date.

This included a £500,000 donation from Friends of The Friarage who have supported this campaign in partnership with the charity.

While fundraising continues to reach the £2m target for the scanner, the efforts of fundraisers are already being rewarded, as patients across Teesside and North Yorkshire began having MRI scans at the hospital from April.

When fully operational, the scanner will examine 22 patients a day, seven days a week, to help detect a range of conditions in almost any part of the body.

Paul Watkins, South Tees Hospital



The Radiology Team at The Friarage Hospital welcome the new scanner

Charity's Head of Fundraising, described seeing the MRI scanner being lifted into the hospital as the "realisation of years of hard work and fundraising" by generous members of the public.

He said: "The hard work really started a few years ago when we launched this appeal and its success can be directly attributed to the generosity of the residents of North Yorkshire who have really done us proud," he said.

"While the scanner is not yet fully operational, it was a proud day to see

the first patients – and radiology staff - using this equipment."

As well as providing the crucial diagnostic test for numerous conditions to more people closer to their homes, the new MRI scanner will have the knock-on effect of reducing waiting times at James Cook.

Before the new scanner opened at the Friarage, 27,000 scans were being carried out every year at James Cook – including 6,500 for patients living in Hambleton and Richmondshire.

Dr Upendra Somasundram, Chairman of the Friends of The Friarage, said: "We are delighted to have been able to donate a significant amount to this fundraising campaign and would like to thank our supporters who have made this possible.

"We will continue to support the development of future hospital services in Northallerton through our fundraising, for the benefit of the local population."

Tony Bellamy, Chartered Construction Manager at Interserve, which has worked in partnership with the Trust to deliver the scanner to the Friarage, said: "It has been a privilege for Interserve to construct and work on this project.

"The hard work and dedication that the local community has committed has paid dividends, and Interserve is proud to be



The scanner is lifted into the Friarage Hospital (Picture courtesy of Interserve)



One of the first MRI scans taking place at The Friarage Hospital

part of that.”

The Trust’s Chief Executive Siobhan McArdle said: “I would like to thank both South Tees Hospitals Charity and the Friends of the Friarage on behalf of our organisation for their remarkable fundraising efforts and continued support.

“The new MRI scanner, along with other planned service developments such as The Sir Robert Ogden Cancer Centre, demonstrates our long-term commitment to delivering clinically safe and sustainable services to the people of Hambleton, Richmondshire, Whitby and the surrounding area from our Friarage site.”

To reach our target, fundraising by South Tees Hospitals Charity is still ongoing for The Friarage MRI scanner appeal.

Anybody who would like to make a donation or organise an event can find out more at www.friaragescannerappeal.org.uk

Friends’ donations help keep The Friarage at the leading edge

A NUMBER of recent donations by the Friends of The Friarage are helping to keep patient care and staff training at the Northallerton hospital at the cutting edge.

The Friends, who continue to celebrate their diamond jubilee this year, provided £11,773 to the resuscitation department, to fund two training manikins, which are already providing clinicians with a more authentic and realistic training experience.



Respiratory Nurse Specialist Sarah Turnbull with the new blood gas analyser

Janine Langthorne, Resuscitation Officer at the Friarage, believes the advanced features of the adult and junior manikins, coupled with their ability to enable training in staff’s own clinical environment, could help to improve teamwork and communication in emergency scenarios. This also further enhances regular checks to ensure equipment and the clinical environment is safe and fit for purpose.

Other recent donations by The Friends of The Friarage have included

£7,500 for a new blood gas analyser for the respiratory department, which allows nursing staff to take blood samples and get immediate results in the patient’s own home, rather than them having to come into hospital.

This not only makes the service more responsive, but is particularly beneficial to elderly and housebound patients with disabling respiratory conditions, as it reduces unnecessary clinic appointments and can even prevent admissions into hospital.

The Friends have also given £28,000 to

the ophthalmology [eye] department for a service providing injections to patients suffering age-related macular degeneration, which leads to sight loss.

Dr Upendra Somasundram, Chairman of Friends of the Friarage, said: “We’re delighted to be able to support investments like this, which will benefit staff and patients at The Friarage and the wider local community for many years to come and we wish to thank all our local fundraisers who make this possible.”

Plans signed off for Sir Robert Ogden Macmillan Centre

IN MARCH, Hambleton District Council rubber-stamped plans for building work to begin on The Sir Robert Ogden Macmillan Centre.

North Yorkshire-based philanthropist Sir Robert Ogden is funding the project with Macmillan - his third similar project in partnership with the charity – and Sir Robert and Lady Ogden are also contributing to the design process of the centre.

Their aim is to create a relaxing and comfortable environment to ensure patients undergoing treatment have

an improved experience.

“I am extremely pleased to be involved in one more project with Macmillan Cancer Support,” he said.

“Another Centre in Yorkshire will come to reality where many people suffering with cancer from a vast area will receive the treatment and support they need and deserve, bringing them some feeling of wellbeing and comfort during the most difficult time of their lives.”

The project will provide the latest up to date treatment and create a state-of-the-art facility for patients, carers and

relatives from the North Yorkshire and South Tees areas and will include:

- A chemotherapy treatment lounge with capacity to treat up to 35 patients a day
- Complementary therapy facilities
- Treatment and consulting room
- A Macmillan cancer information and support centre
- Supporting accommodation (including telemedicine facilities)

Building work is expected to start this summer, with the project due to be completed in the summer of 2018.



Lynn selected for prestigious Fellowship

PHYSIOTHERAPIST Lynn Iveson has been selected as one of 30 healthcare professionals to take part in a prestigious fellowship to help improve older people's care.

The Allied Health Professional has been selected for the Older Person's Fellowship at King's College London.

Now in its third year, the national programme is sponsored by Health Education England and recruits high calibre, experienced nurses and allied health professionals, who are passionate about service transformation in older people's care.

As part of the programme, Lynn, the clinical lead physiotherapist for community services in Hambleton and Richmondshire, will be tasked with developing a quality improvement project to improve older people's care in the local area.

"It's just an amazing opportunity to share experiences and develop ideas with colleagues from right across the country," said Lynn.

"I love my job, I love this area - I have lived here all my life - and I'm very passionate about making the best possible services for the older people in our communities.

"This fellowship is recognition of how hard the whole team has worked and gives us a great chance to raise awareness and really make a difference for future patients."

Clinical Director for Clinical Support Services Barbara Stoker added: "We are very proud that Lynn has been selected. It's a great achievement, and an inspiring example of developing clinical and leadership skills."

Dr Corina Naughton, the Fellowship's



"The Fellowship gives frontline practitioners the confidence and skills to lead change."

Academic Lead at the Florence Nightingale Faculty of Nursing and Midwifery, said: "The Older Person's Fellowship recognises the enormous potential and capability of nurses and AHPs to deliver contemporary models of care for older people.

"The Fellowship gives frontline practitioners the confidence and skills to lead change, better support older people and their families, and to influence wider strategic planning for older adult services in their organisations."

For further information, visit the Older Person's Fellowship website at www.kcl.ac.uk/nursing/Older-Persons-Fellowship/Index.aspx.



Gill Husband (left) and Shane Lester leading so

Workshop a speed up diagnosis head and neck

A WORKSHOP aimed at improving diagnosis with a suspected head and neck cancer has hailed a success.

A wide variety of specialists including Radiologists, Pathologists, Ear Nose and Throat Specialists and the Oral Maxillofacial Specialists met at South Tees Institute of Learning, Research and Innovation (LRI) on the James Cook site, to discuss how to reduce the time it takes to diagnose cancers.

The specialists examined every step between a patient's first hospital appointment to their eventual diagnosis, to identify improvements that could speed up diagnosis and enable treatment to begin sooner.

The 'workstream improvement process,' based on the 'Kaizen' approach used in Japanese industry, is aimed at continuous improvement involving all employees from the top level to the assembly line.

Gill Husband, the Trust's Lead for Service Improvement and Innovation was praised by ENT consultant Shane Lester as the "driving force" behind the workshop – managing to condense into one day what many service improvement specialists in



Time discussion on improving patient pathways

Aims to Diagnosis of neck cancer

Improving care for patients
with neck cancer has been

Japanese Industry complete over five days.

"Gill was the real driver behind this excellent day and should be commended for the magnificent effort she has put into this," he said.

"It's very difficult to get such a wide range of specialists together at the same time so we tried to make the most of it!"

"Immediately after their first clinic appointment, patients will soon be able to walk straight to radiology for a date for a scan and this is among the many improvements being made in speeding up the diagnosis of head and neck cancers.

"A surgeon-led clinic for people with a neck lump, in which a sample can be taken on the same day and a result given within five days also has the potential to speed up the patient pathway by two to three weeks."

Gill added: "It is very rare to get the opportunity to get a group like this together so every minute of the Kaizen day was utilised and the commitment to improving patient care was paramount. We now need to implement the agreed changes and make sure they are sustained."

Trauma patients will reap rewards of "game changing" device

TEESSIDE patients are getting to surgery faster thanks to the innovative thinking of James Cook's trauma team.

Every year up to 200 people undergo ankle fracture surgery at the Middlesbrough hospital. For some this can mean spending up to a week in a hospital bed waiting for the swelling to reduce to a level on which surgeons can operate.

But now a neuromuscular electro-stimulation device known as a geko™ is being used to help reduce the swelling to get people into the operating theatre quicker.

The geko™, which looks a bit like a watch, sticks onto the patient's leg above their plaster cast and causes the muscles to contract to help increase blood circulation and reduce swelling.

The device is more commonly used to help prevent DVT (deep vein thrombosis), but experts at James Cook recognised that it could potentially benefit trauma patients so they teamed up with manufacturers Sky Medical Technology to trial the idea.

An initial study involving 20 patients produced extremely positive results – patients were happy to wear the device and in many cases swelling had greatly reduced within 24 hours.

Orthopaedic Surgeon Paul Baker is now planning to carry out more in-depth research and to use the device on future patients.

"This could be a game changer for the treatment of swelling for ankle fractures," he said. "As far as we



Orthopaedic Surgeon Paul Baker and Senior Sister Stacey Brown demonstrate the geko™ device



The geko™ device

"This could be a game changer for the treatment of swelling for ankle fractures."

are aware this has never been used for ankle fractures before.

"It's much better for patients as sitting in a hospital bed for a week can be very frustrating and can also cause people to lose muscle mass."

Senior Sister Stacey Brown said it was exciting to be the first to use the device in this way: "Patients have tolerated it really well and the results have been remarkable."

The collaboration helped Sky Medical Technology scoop a Medilink North West Healthcare Business Award for partnership working with the NHS.



Farewell to well-loved team member

IT WAS with great sadness that we said goodbye to ICT Senior Systems Administrator Anthony Jackson in February.

Anthony died peacefully after a short illness in hospital surrounded by his family.

Anthony, 38, started working for South Tees in July 1998 when he became a Finance Systems Assistant.

Within this role he was responsible for the finance Oracle system. This role provided him with the knowledge and experience to move on and apply for an engineer's post within ICT.

In 1999 he moved in to ICT and worked his way up to his role of Senior Systems Administrator.

Anthony was a dedicated member of staff who worked extremely hard to ensure that the Trust's IT systems were up and running. He often worked late at night and weekends to upgrade servers out of hours to cause minimum disruption to users.

He had a great sense of humour and liked to play pranks on family and friends. He was an avid Formula 1 fan and could always be found watching the sport on TV, and woe betide anyone who tried to contact him whilst he watched it!

Anthony was the beloved son of Pat and Barry Jackson and much loved brother of Craig and sister in law Donna.

He was a well-loved and valued member of the Trust and this was evident by the number of people who took the time to attend his funeral and celebrate his life. His family asked for donations to be made to the Great North Air ambulance instead of flowers and £400 was raised.



The Come Dine With Us event at James Cook proved popular once again

Come dine with us!

FROM patients enjoying afternoon tea on hospital wards and in care homes, to visitors sampling patient meals at a **Come Dine With Me** style event, there was plenty going on across the Trust to mark Nutrition and Hydration Week.

The Come Dine With Me event had something to get everyone's taste buds tingling with everything from turkey cottage pie to apricot crumble.

Staff and patients tucked into the free samples and rated each meal for flavour and presentation. There was even a live taste test on BBC Tees Radio!

Georgia Payne, Head of Dietetics and Adult Speech and Language Therapy, said: "It's great because we get feedback from a wide range of people which helps us continue to improve the hospital meals we provide to our patients.

"It also highlights the importance of good nutrition and hydration which is such a key part of patient care as it supports faster healing and recovery."

John Carr from catering partner Carillion added: "We believe we have one of the better patient dining models within the NHS, with expanded scope for Dementia sufferers, dysphagic patients, halal menus and much more.

"I'm pleased the event was so well received as we really value the feedback it generates."

As part of Nutrition and Hydration Week, the patient snacks menu was



Afternoon tea on Zetland Ward was a hit with the patients

relaunched on the James Cook site to provide additional nutrition between meals and Fruity Friday kebab snack rounds were held at the Friarage to further encourage healthy eating. Throughout March Planned Care also ran a nutritional screening campaign, focusing on staff training and increasing awareness with patients.

Zetland Ward at Redcar Primary Care Hospital and Tocketts Ward at East Cleveland Primary Care Hospital also had a full week of activities including afternoon teas and bake off events.

Jane Henderson, Stroke Dietitian said: "We focused on 'meal times matter' throughout the whole week on Zetland Ward with the stroke therapy assistants aiding with assisted feeding and looking at correct positioning at meal times. Speech and language therapists were also on hand at meal times to offer advice and support regarding texture modified diets with the opportunity for staff to sample the meals provided."

Taking action to improve your health and wellbeing!

HERE at South Tees we are continually looking at ways to improve the health and wellbeing of our 9,000 staff but this summer we are stepping this up a gear – and we need your help!



The Trust has joined forces with public health teams from Middlesbrough and Redcar and Cleveland to relaunch Extra Life – a local initiative aimed at creating healthier work places and healthier people.

As one of the area's biggest employers we have signed up with

the aim of making small changes that could make a big difference to the health and wellbeing of our staff, patients and their families.

Eagle-eyed staff will have already noticed some changes taking place across the Trust including more healthy options in our staff restaurants – and less unhealthy temptations by the tills!

But now we want to know what changes you would like to see on site that would make the Trust a healthier place to work.

And we want you to help us compile a "What's On" style guide of all existing staff activities covering everything from choirs to walking groups so that staff can easily see what is available.

If you organise a staff activity at the Trust which you would like including on the list please email details to public.relations@stees.nhs.uk

Staff can get involved by completing a quick two minute survey (available via the intranet) and by posting suggestions in the Staff Forum.

Ideas already put forward range from developing a recreational garden area to providing healthier choices in vending machines.

So what would you like to see?

Visit southtees.nhs.uk/health to find out more!

Team work on fighting flu leads to award

THE communication and engagement team saw its successful campaign encouraging staff to have their flu jab recognised at the NHS Employers Flu Fighter Awards 2017.

South Tees' communication professionals picked up the Digital and Social Media gong at the awards, with judges saying the team were the "standout winners" against numerous entries from trusts across the country.

The team's hard-hitting photo campaign involved real-life patients and was featured in the local press and professional publications, including the Nursing Times and Nursing Standard.

The team were also praised for engaging with staff on their views of whether or not to have the flu jab using a live forum on the Trust intranet; and its extensive social media campaign.

This featured numerous videos and striking posters and saw almost a third of staff vaccinated within 10 days of the campaign launch.



Claire Barrass, Dr Pasi Penttinen, Mark Oxley, Sarah Walker, Marie Levy and Danny Mortimer, chief executive of NHS Employers (left to right)

An intranet countdown also helped achieve the target of vaccinating 75% of staff by the December deadline.

In total, 77.1% of staff at South Tees protected their patients by having the jab in 2016/2017.

A total of 620 more frontline staff had been vaccinated by December 2016 compared to December 2015 – a 12% increase.

Nationally, 63.4% of frontline healthcare workers were vaccinated against flu in 2016/2017, according to figures from Public Health England.

The award was presented to Marie Levy, Internal Communications Manager, Sarah Walker, Communication Executive, Mark Oxley, Videographer and Claire Barrass, Graphic Designer. It was presented by Dr Pasi Penttinen, Head of Disease Programme Influenza and Other Respiratory Viruses from the European Centre for Disease Prevention and Control.

Amanda Marksby, Head of Reputation Management at South Tees Hospitals, said: "The campaign really got staff and members of the general public talking with its use of hard-hitting posters featuring real patients.

"The award also recognises the great work done by the Trust's wider Flu Fighter Team including our occupational health and flu champions, who worked tirelessly to vaccinate our staff - it promotes partnership working between healthcare workers and communications professionals at its very best."



together we do the amazing

Health and Social Care Community Hub opens

A COMMUNITY hub, which contains a range of health and social care services, has opened at Redcar Primary Care Hospital.

In partnership with South Tees Clinical Commissioning Group (CCG) and Tees Valley Rural Community Council (TVRCC), Redcar & Cleveland Borough Council is piloting the hub as part of a programme to better integrate health and social care services for people suffering with social and emotional issues.

The pilot, which is being funded by the Better Care Fund, will be evaluated and, if successful, will be rolled out to other areas of Redcar and Cleveland.

A GP Link Worker will be based at the Redcar hub and regular advice sessions will be held on selected days including:

- **Lifeline** – supporting individuals with drug or alcohol addiction
- **Community Agents** – enabling vulnerable people to remain independent in their own homes
- **Redcar and Cleveland Mind** – offering recovery based interventions for adults with mental health problems
- **Homecall** – offering a service to keep elderly and vulnerable people independent at home for as long as possible
- **NECA** – improving the lives of those in long term recovery from substances and gambling misuse
- **Citizens Advice** – providing free, confidential and impartial advice

To see a timetable visit:
www.peoplesinfont.net.org.uk

'Outstanding' Hand Therapy Group praised by Grateful Patient

A GRATEFUL patient has praised the care she received from the hand therapy team, after a bad wrist break resulted in intensive physiotherapy.

Pam Pedersen, 73, from Great Ayton, says she "couldn't have asked for better treatment" after being placed in the hands of Gary Rigby, a physiotherapist specialising in treatment of the hands at James Cook.

Pam benefited from a group therapy session after enduring a particularly bad break to her left wrist when she slipped at home.

The break, which had already caused considerably reduced strength in her hand and wrist, also led to her needing surgery for Carpel Tunnel Syndrome – a condition that causes tingling and numbness of the hands and fingers.

However, she says the exercises she did under Gary's guidance as part of a group of six to eight patients has seen her condition improve dramatically.

She said: "I joined the group for six weeks and because we shared experiences and built up relationships, we looked forward to going to the hour-long sessions once a week.



Gary Rigby with patient Pam Pedersen

"Being in a group meant you concentrated on the exercises and were shown how to do them correctly for a full hour, whereas at home you might do a few exercises and then think, "that's enough" – or you might forget to do them altogether one day.

"It meant you had a whole hour of therapy at least once a week, at the same time as the camaraderie of the group.

"As a result the movement and strength in my hand has improved very much and I understand that by continuing with the exercises, it is going to keep on improving."

Pam added the empathy and kindness Gary showed to all his patients also made this a "wonderful" service.

She said: "Gary has so much knowledge and expertise and is also supportive and caring. He is an excellent physiotherapist running a pioneering group demonstrating outstanding and innovative practice, which truly benefits patients.

"He made a bad situation so much better for me and other people in the group also remarked on how impressed they were with their treatment."

Gary says that everyone who finishes the six week group course sees an improvement in their hand function.

"Patients all come back with better scores on hand function following the group course and I'm pleased this has been the case for Pam," Gary said.

"Seeing patients like Pam improving and working in hand therapy as a whole is very rewarding.

"You don't realise how much you take the ability to use your hands for granted and it's a great feeling being able to help people get back to their old life."



The Tocketts Ward team supports the launch of Always Events at South Tees

Expert advice delivered with a cuppa!

STAFF on Tocketts Ward at East Cleveland Hospital are leading the way when it comes to falls prevention work.

Ward Sister Heather Collins, Occupational Therapists Sue Molnar and Jenna Eccles, Physiotherapist Mike Arkwright and Healthcare Assistant Kendra Harrison held a special falls prevention coffee afternoon at the Brotton hospital.

The event was aimed at patients and their families/carers and focussed on providing advice on reducing falls risks once they return home.

Patients talked through potential risk factors and simple tasks they could perform to reduce the likelihood of a fall occurring. They were also shown a basic recovery technique to help them in the event of a fall.

Heather said: "The event was deemed a huge success by staff, patients and relatives and is something we are now hoping to undertake on a regular basis."

Improving outcomes for our patients

COMMUNITY hospitals and nursing teams have launched a new initiative to improve patient care which covers everything from preventing pressure ulcers to medication error avoidance.

Colleagues have worked together to develop and promote precautionary steps patients can take to help them avoid problems that could delay their recovery such as a fall or pressure ulcer.

Bitesize videos, information leaflets and posters have been created to help spread the Always Event messages which all feature the strapline: "Our business is to keep you safe and you can support us by. . ."

These are already being used to support people in their own homes and on the wards across South Tees and Hambleton and Richmondshire areas.

Aids for staff have also been developed which focus on topics such as medication error avoidance and catheter management.

Tocketts Ward at East Cleveland Primary Care Hospital in Brotton was first to pilot the initiative with the community nursing team from Low Grange Health Village, Eston.

Clinical Matron, Angela Artley said:

"The pilot proved successful and now the team have turned their eyes to implementation of a full roll out to all community hospital and nursing sites within the Trust."

"The pilot proved successful and now the team have turned their eyes to implementation of a full roll out to all community hospital and community nursing sites within the Trust."

The Always Event videos are available to all levels of staff working within community hospitals and community nursing teams. They can be viewed on the infection prevention and control pages of the Trust intranet.

If you have any questions regarding roll out to your ward or clinical area contact Sharon Lance or Angela Artley on 01287 284400.



Funds to the tune of over £1,000!

WHEN retired engineer David Cookson decided to support the Friarage MRI Scanner Appeal he knew exactly what would hit the right note!

The grandad-of-three spent the winter in his garage repairing musical instruments, restoring everything from ukuleles to mandolins and then selling them online. And his efforts paid off, with sales raising £1,100 for the appeal.

"Last year I found myself in need of the services of the Friarage Hospital," said David, 66, of Northallerton. "Thanks to the excellent treatment I received I made a full and speedy recovery.

"It occurred to me that I ought to do something to help them in return and when I saw the notice board on my way out highlighting the MRI Scanner Appeal I knew exactly what I should do!



David Cookson with a Neapolitan mandolin restoration project and a self-built octave mandolin/mandola

"I have a passion for musical instruments - I make, repair and restore guitars, mandolins, ukuleles, banjos and more. So I set myself a target of raising £1,000 from the sale of repaired and restored instruments.

"These were either generously donated or sourced on the internet and they were all in serious need of restorative work to make them playable! For six months throughout the winter I worked away in my garage rebuilding and repairing them before selling them on the internet."



See one of the instruments in action at www.youtube.com/watch?v=dZgzN1j3NWo



Follow in Robbie's 10k footsteps to raise vital funds!

A FABULOUS fundraiser who raised £7,000 for South Tees Hospitals Charity is hoping to inspire would-be runners to get sponsored for the Tees Pride 10k in Middlesbrough on September 3.

Robbie Varey, 43, from Linthorpe raised more than £1,000 in his first week of collecting sponsorship after deciding to complete the annual race for James Cook's Breast Cancer Unit.

Robbie was inspired by wife Natalie, a nurse, who used to work on the unit and now works in the hospital's renal unit - as well as a family friend who underwent a mastectomy for breast cancer within one week of going to her GP with a lump.

He said: "I had started training for the run anyway, and I thought, "why not raise some money as well".

"I had a target of about £300 but I work in construction and the lads are very generous.

"Before long, people were giving me £10 or £20 and saying "my sister has breast cancer" or "I lost my Mum to it". It seemed to be close to a lot of people's hearts and the fundraising just took off."

South Tees Hospitals Charity takes donations on behalf of all the Trust's wards and departments to help make life in hospital that little bit more comfortable for all our patients. Robbie is now encouraging other



Robbie Varey, who raised £7,000 for the James Cook Breast Cancer Unit which provides complementary therapies to women undergoing treatment for breast cancer

runners to consider getting behind the charity and run for a cause close to their hearts this year.

He said: "If you're going to do the run anyway, why not raise a couple of pounds along the way as well?"

And if you weren't planning on doing it, what better reason could there be to lace up your trainers and get fit!

For more on the race and to register, visit www.everyoneactive.com/runmiddlesbrough/

To run for South Tees Hospitals Charity, or to discuss another fundraising idea, call 01642 854160, email charity.queries@stees.nhs.uk or visit www.southtees.nhs.uk/about/fundraising/guide/

In memory of Linda

BIRTHDAY celebrations helped raise £800 for the Friarage MRI Scanner appeal in memory of a former Northallerton nurse.

Andrew Thompson had a 50th birthday party at the Troubadour in Northallerton and guests donated to the appeal in lieu of presents in memory of his auntie, Linda Layfield.

Linda trained at the Friarage from 1974.

She met husband George when dancing at a Christmas show for charity in the Nurses' Recreational Hall in 1975. They were together 40 years.

Linda worked in Darlington, York and Middlesbrough before returning to Northallerton in 1987 where they settled with their three children.

She became a practice nurse at Mayford House Surgery specialising in diabetics and eventually became lead

nurse and prescribing nurse where her no-nonsense approach was much appreciated and she was in high demand.

Linda was diagnosed with peritoneal cancer in 2013 and fought it bravely with humour and fortitude.

George took early retirement and they got two great years together fighting the disease, travelling the country and even taking a couple of holidays abroad.

Linda passed away in February 2014 having reached her final target of celebrating her 60th birthday a couple of weeks earlier.

George said: "I'm sure this scanner will save the lives of many people. She would have been proud that Andy has done this in her name and I would like to thank Andy and all his friends for contributing to the appeal."



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- > Dual Diagnosis: Coexistent Mental Illness and Substance Misuse
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> Enhanced Clinical Assessment and Referral for Paramedics

- > Enhancing Contemporary Practice in Dementia Care
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- > Communicating Effectively in Difficult Situations
- > Dementia Care
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- > Promoting Health and Wellbeing
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We also offer the employer-led Health Assistant Practitioner Higher Apprenticeship starting in September 2017.

A limited number of places are funded by HEENE for those working within a North-East NHS organisation. Find out more: sohsc.events@tees.ac.uk.

Find out more about all our short courses, programmes and masterclasses:

➔ tees.ac.uk/health&socialcare



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Aapna services is committed to providing social care and support services for people to enable them to remain at home and remain as independent as possible.

It aims to enhance the quality of life of both service users and their carers.

It aims to promote social inclusion for the public benefit by working with people from black minority ethnic communities.

Aapna Services is a registered charity which provides different services to BAME communities. Some of the services we provide are;

- Home Care
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- Dementia Care
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- Mental Health Support Services
- Counselling Service
- Carer Support Services
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Contact Details:

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Email: enquiries@aapnaservices.org.uk

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www.montessoripreschoolnursery.co.uk
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