

TALKING POINT

October
2017



Introducing Safety@SouthTees

page 2



together we do the amazing

Introducing Safety@SouthTees

SAFETY@SOUTHTEES has been launched to make alerts, updates and learning more accessible to all Trust staff.

The joint safety and communications initiative highlights the importance of recognising, reporting and investigating when things go wrong and focuses on sharing lessons learned to prevent serious incidents from recurring.

New look messages are now being used to flag up urgent information to staff. These are pushed out via email to relevant staff groups as well as being publicised on the Trust intranet.

Messages are split into 3 categories:

- **Alerts** - to flag up any serious incidents
- **Updates** - to provide further information on investigations

- **Learning** - to share best practice across the Trust

We also have a new monthly Safety@SouthTees collaborative meeting which matrons attend and all staff are encouraged to come along. The aim is to review current safety trends in the Trust but also to use innovative and interactive ways of learning to enable action plans to be identified.

Deputy Director of Nursing Helen Day said: "I am delighted at how staff have embraced the Safety@SouthTees concept.

"Keeping our patients and staff safe is everyone's priority and we need to constantly review how we communicate key messages and learning to staff that translates into best practice on the shop floor."

Search #steesSAFETY on Twitter to find out more!

Safety@SouthTees launches at James Cook



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Families of organ donors, transplant patients and staff at James Cook Hospital during Donation Week

Photographs unveiled for

TAKING pride of place on the walls at James Cook are three photographs of people who have transformed the lives of strangers.

The emotive images are a tribute to patients who have selflessly donated organs to enable others to have life-saving transplants when nothing more could be done to save their own lives.

It is also hoped the photographic tributes, which were officially unveiled in September to mark Organ Donation Week, will prompt others to discuss whether they would do the same.

Among those featured are Stevie Graham, 32, of Alnwick, who became a donor in 2014 after a road traffic collision, Liam Andrews, 17, of Stockton, who became a donor in 2013 after suffering a brain haemorrhage and Claire Gardiner, 30, who became a donor in 2012 after being diagnosed with a brain tumour.

Liam's mum Suzanne Davis said: "Liam loved life. This love lives on in others because he chose to give that gift by becoming an organ donor - he is our hero."

Stevie's father Barry Graham said "Stevie was a photographer, snow boarder, chef and adventurer as well as a great friend and mentor. It was so comforting to us, his friends and family, that his organs and tissues went on to save or improve



Sharon Mitchinson and James Cook staff unveil photographic tributes to mark Organ

Photographic tributes for organ donors

the lives of five people, including giving a young baby and a teenager another chance."

Claire's brother Edd Gardiner said: "We will never forget that in her death she gave others life. We hope one day we will follow her example and give the same to save another."

Last year 45 people in Teesside and 74 across North Yorkshire received lifesaving or life-changing transplants. However hundreds of transplants are being missed around the country every year because families don't know what their relatives wanted.

NHS Blood and Transplant surveys show more than 80% of people support organ donation but only around 49% of people have ever talked about it.

Sharon Mitchinson, Specialist Nurse Organ Donation at James Cook said: "These special photographs celebrate amazing families who have chosen to support organ donation and we hope they encourage others to discuss their wishes with their loved ones.

"If you want to be a donor, your family's support is still needed for donation to go ahead, even if you are on the NHS Organ Donor Register – just talk about it!"

The photographs are displayed on the main corridor at James Cook in the small atrium, next to the garden which contains the South Tees Trust Donor Thanksgiving Tree.

Sharon added: "By putting the images close to the Thanksgiving Tree it is hoped that the atrium can become a more reflective space and enhance the meaning behind the garden, the tree and giving the gift of organ donation which can transform the lives of strangers."

For more information visit the NHS Blood and Transplant website at www.blood.co.uk

For more photos visit southtees.nhs.uk/news/hospitals/photographic-tributes-unveiled-organ-donors/



NHS
South Tees Hospitals
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Claire Gardiner

"We will remember Claire for the person she was and the things she did. We will never forget that in her death she gave others life. For this alone she is our hero and we hope one day we will follow her example and give the same, to save another..."

Claire's brother Ed on behalf of the family.



NHS
South Tees Hospitals
NHS Foundation Trust

Stevie Graham

Stevie was a photographer, snow boarder, chef and adventurer as well as a great friend and mentor. He never wasted anything and had big dreams, more often than not he turned them into reality. It was so comforting to us, his friends and family that his organs and tissues went on to save or improve the lives of five people including giving a young baby and a teenager another chance.



NHS
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Liam Andrews

"Liam loved life. This love lives on in others because he chose to give that gift by becoming an organ donor. I chose to honour Liam's choice. Every day he makes our hearts smile because Liam was not only my son, he is our hero, our inspiration to live the life he loved."

Suzanne
(proud mum of Liam) x



together we do the amazing

New look radiology department to benefit thousands in Richmond for years to come

A NEW-LOOK radiology unit at The Friary in Richmond benefited 81 patients in its first week, when it opened in July.

The Friends of The Friary Community Hospital donated £170,000 to fund new, state-of-the-art X-ray equipment at the hospital, which provides instant digital results, and will ensure thousands of patients per year can continue to benefit from this crucial diagnostic service closer to their homes.

During a special celebration event, Margaret Clayson, Chairman of the Friends of the Friary Community Hospital, cut the ribbon to declare the new facility officially open, alongside Rishi Sunak, Conservative MP for Richmond.

She said: "This has been a wonderful event enjoyed by many members of

the committee.

"We had a very generous legacy left to us last year and decided to use the funds to replace the second hand machine that was transferred from the Friarage Hospital in 1999.

"We now have a state-of-the-art machine which is absolutely wonderful."

"We now have a state-of-the-art machine which is absolutely wonderful. Using this equipment, X-ray results can be seen by the radiographer straight away and it's so good that people in Richmond and the Dales can get this service at their local hospital, which is second to none."

Mr Sunak said it was "fantastic" to see an investment of £170,000 going



Margaret Clayson cutting the ribbon with help of local Conservative MP Rishi Sunak

into community healthcare services in his constituency.

He said: "I'm immensely proud and grateful to The Friends of the Friary Community Hospital for the work they have done and the opening of this new facility is testament to that. I'm very lucky to represent a part of the world where we have tremendous community spirit.

"Accessibility to healthcare services is so important to local people. This is one of the most rural parts of the country and anything we can do to bring services closer to people's homes is a really positive step and will improve the quality of people's lives."

Margaret also said a special "thank you" to the Friends' treasurer Roy Cross, who turned 90 a week after the event, and his wife Pamela, for their tireless work for the charity, as they were unable to attend the event.

Fiona Harker, Radiology Manager at The Friary, said: "We are pleased to have taken this opportunity to thank The Friends of The Friary Community Hospital for this generous donation, which will benefit a large number of patients for years to come."



Rishi Sunak MP with Margaret Clayson and radiology staff including Fiona Harker (second from right)



Leon attending Prom at Gisborough Hall - courtesy of The Gazette

Leon goes to the prom (straight from paediatric intensive care)!

A 16-YEAR-OLD boy who has been in intensive care since January celebrated his school prom thanks to the efforts of his family, his teachers and his nurses.

Leon Thorpe, a pupil at Redcar Academy, suffered brain injuries, spinal cord damage, breathing difficulties and numerous broken bones when he was knocked off his bike while coming out of Locke Park in Redcar early this year.

Since then, he has been receiving round the clock care in the Paediatric Intensive Care Unit (PICU) at James Cook.

Leon can now communicate using his eyes, nods, smiles and some words, and is now able to make use of a wheelchair most days.

He no longer has a tracheostomy tube helping him with his breathing and the fact he can now eat normally again after initially being fed through a tube is helping him to regain his strength and some of the weight he lost immediately after the accident.



Leon before the accident

And Leon took a huge step forward in terms of his recovery when he went out with his friends for the first time in six months, to celebrate the end of their

GCSEs and final school year at Gisborough Hall.

Leon's mum Ann Thorpe-Nichols, who is also mum to two girls, Leisha, one, and Liberty, 11, said: "He was really looking forward to it and had his hair cut especially!

"Leon has a really good group of friends who visit him most nights, or at least a few times a week. They did a sponsored walk for him from Redcar to Saltburn tied together, three-legged in pyjamas and all sorts of funky things!

"Some of his friends asked his dad if there was any chance he could attend prom. I contacted the school and asked if it would be possible and they were

quite happy to allow him to attend and excited about seeing him."

PICU staff taking care of Leon also agreed it would be a great idea for him to have a night out and celebrate with his peers. They pulled out all the stops to make sure he could attend, with nurses and an occupational therapist accompanying him to the event.

Leon's dad works for a local taxi firm, who kindly allowed the use of one of their wheelchair accessible vehicles to transport Leon safely to and from the prom along with his mum and dad.

Ann adds her son is making slow but steady progress in his recovery, but admits the change in him has been "heartbreaking" to witness.

She said: "He is a different person now. I don't know if I will get the Leon I knew back, but I haven't lost him. It has been really hard to see him so poorly, but this was an opportunity for him to catch up with his friends and provide a little bit of normality outside of the hospital."

Angela Sweeten, Principal of Redcar Academy said: "As a school, we're really proud of all of our students' academic efforts and achievements, as well as the kindness and generosity shown to Leon and his family throughout this difficult time. We wish all our students all the very best for the future."

"He is a different person now. I don't know if I will get the Leon I knew back, but I haven't lost him."



Helping to improve memory loss

A NEW eight-week programme to help improve memory loss has been set up by therapists at Guisborough Hospital.

The programme, launched by occupational therapy and physiotherapy, works primarily on memory loss, promoting health and wellbeing in patients and helping them with their mood.

This involves looking at different aspects of everyday life and how to improve and manage these with a focus on memory loss.

Staff engage with the patients through activities to help them with things that they could also do at home, all to help promote the importance of exercising and better health.

The performance of each patient is measured before and after the programme and so far has shown clear improvements.

Project Lead Lauren Rochester said: "The importance of the group is for social interaction with patients as it can be isolating in the community and this has shown to have a positive impact on mood and interaction levels."

Richard Jackson said: "My wife and I thought it was very beneficial, and not only that, but it was enjoyable too. It's a chance to get out of the house and join in and socialise and personally it's helped improve my short term memory loss tremendously."



Cardiac team's coast-to-coast challenge

A HEART team from James Cook have tackled the 140-mile coast-to-coast cycle ride – getting by with a little help from some friends!

But the journey was a little more poignant for one cyclist – Kevin Taylor, a radiographer in the cardiac catheter labs.

Kevin set himself the goal of getting fit and tackling the route from Whitehaven to Sunderland after completing his treatment for Acute Promyelocytic Leukaemia (APL) – a form of cancer that affects blood-producing cells in the bone marrow.

Along with his colleagues, he has raised around £3,800 for UK charity Bloodwise which offers expert information and support to anyone affected by leukaemia, lymphoma, myeloma and other blood cancer related disorders.

"I was diagnosed with the



disease in December 2015 after I initially went to the dentist because my mouth was bleeding and thought I had something wrong with my gums," he said.

"I was advised to go to A&E and from there was admitted straight to ward 33 at James Cook and went into my treatment a day and a half later which included a combination of chemotherapy and other drugs."

Following his treatment, Kevin discovered during a conversation with work colleague Kevin Busby that both intended to take part

in the C2C in August 2017 and from there further colleagues and friends decided to take on the cycle challenge collectively.

A team of 16 riders, including six staff from James Cook and a colleague from The University Hospital of North Tees, took part in the three-day event, supported by Kevin Busby's wife Jo who followed behind in a car laden with food and drink courtesy of local Morrison's (Teesside Park) and Tesco (Coulby Newham).

"I always wanted to do something for Bloodwise and

I would like to thank all the riders for coming along and supporting the charity. I'd also like to thank everyone who has supported our cause," added Kevin.

Work colleague Kevin (Busby) added: "Everyone did brilliantly in finishing the race. We all worked as a team to help each other along and there were a few tears at the end as friends and family were waiting at the finish line."

Other team members were Saj McCormack, Luke Stephenson, Rachel Dale, David Hughes (all from James Cook), Claire Murphy from North Tees and Connor Busby, Michael Stewart, Grant Middleton, Rachel Jade, Richy Morgan, Dave Corner, Sam Corner, Matt Corner, Martin Dallas.

The team would also like to thank May Fruits, Godley's Cycles and Cleveland Auto Van Hire.



Jeff Stelling outside the Riverside Stadium with Gary Durrant (centre) and a local darts team

Determined Granddad's joy at meeting local TV star

A DETERMINED grandad battling prostate cancer has spoken of his joy at joining Jeff Stelling on his March for Men walk.

Roofer Ken Bashford, 60, of New Marske, walked with Jeff Stelling and other Prostate Cancer UK fundraisers from Middlesbrough FC's Riverside Stadium to the Transporter Bridge, as part of Sky Soccer Saturday anchor's effort to complete 15 marathons in 15 days, taking in 40 football stadiums across the country, from Exeter City FC to Newcastle United.

Ken, who is taking part in a National Institute for Health Research-funded clinical trial called STAMPEDE at James Cook said it was "brilliant" to be involved again, after meeting Jeff for the first time during the Prostate Cancer UK event last year.

"Jeff and Gary Haines (Sports PR Manager) knew I couldn't walk very far but that didn't bother them. They wanted me to be there," said proud Ken, whose wife, Elaine, 57, and sons Dan, 23, and

Andrew, 20, help him maintain a positive outlook on life.

"It was an honour to take part and I managed to walk out of the Riverside side by side with Jeff. This gave me an amazing lift and I felt really good...the best I have felt in a long time.

"Jeff is such a genuine guy who listens to us PC sufferers and has time for everyone. Gary and the rest of the PCUK TEAM were just fantastic. I was so pleased I made the effort."

Ken, who is undergoing treatment for "incurable but containable" prostate cancer, joined Jeff on the penultimate day of his Marathon effort.

While waiting for the Hartlepuilian TV presenter to arrive at the Riverside, Ken presented a donation of £75 from his generous friends and family to Robin Millman of Teesside's Prostate Cancer Support Group.

The group meets every fourth Monday of the month at Jack Hatfield Sports Club in Acklam - more details are available at www.prostatecancerteesside.co.uk

Ken also enjoyed sitting in the Boro manager's press hotseat, alongside fundraisers including a local darts team, where he also met Middlesbrough darts champion Gary Durrant.

"It was a brilliant day, one to remember," said Ken.

Previously, Ken has shared the story of his diagnosis in the hope of raising awareness of the condition and encouraging any men who might be worried about any symptoms they might have to see their GP without delay.

Ken admits testing for the disease is a "big taboo" with men, but although it is undeniably uncomfortable and



Ken (right) with Jeff Stelling (left) on this year's Prostate Cancer UK March for Men



Ken in the Boro manager's hotseat!

"embarrassing," it enabled him to get a swift diagnosis and access to treatment.

He also said he felt reassured by being closely monitored as part of the STAMPEDE trial at James Cook - as well as the fact the research could help benefit others in future.

"The way I look at it is that this could help provide a cure for patients in future," he said.

Find out more about the March for Men and Prostate Cancer - including possible risk factors and symptoms - at prostatecanceruk.org



Ken (left) at The Riverside presenting funds to Robin Millman



together we do the amazing



How will you be supporting No Delays in 7 Days?

SOUTH Tees staff work extremely hard to minimise delays and often have great ideas about how to reduce delays and improve patient experience.

From 11 to 17 October staff will be empowered to put these ideas to the test as part of an exciting initiative called No Delays in 7 Days.

This initiative, which the whole system will contribute towards including social care, mental health and ambulance transport, urges everyone to focus on reducing delays and has been successful in creating lasting improvements at other trusts.

Additional support will be available during the week including ward liaison officers who will be able to collect data to help identify potential delays and a command and control centre that issues can be escalated to.

Staff are being urged to:

- Cancel any non-essential meetings
- Avoid sending unnecessary emails
- Volunteer as ward liaison officers
- Cancel non-essential clinical admin time
- Have more senior staff visible on wards
- Trial new ideas and ways of working

Patients and visitors can also help by:

- Letting departments know if they cannot make an appointment
- Picking up relatives as soon as they are ready for discharge
- Using hand gel when entering and leaving wards

Follow the action throughout the week on Twitter – just search **#NoDelaysIn7Days**

Graphic Designer Claire Barrass gets her flu jab!



Are you ready to fight the flu invaders?

Find your nearest flu clinic at southtees.nhs.uk/about/flu

TRUST staff are being challenged to put their flu knowledge and their hand eye co-ordination to the ultimate test following the launch of this year's flu campaign.

The 2017 campaign features a fun Flu Invaders theme guaranteed to capture the imagination of anyone who can remember the 1978 Space Invaders arcade game!

Last year the Trust's Flu Fighter Award-winning digital campaign was praised for interacting with staff via the staff forum and social media.

This year the flu team have taken that one step further by launching interactive activities that encourage staff to get the jab and learn their flu facts.

Anyone can visit southtees.nhs.uk/about/flu to put

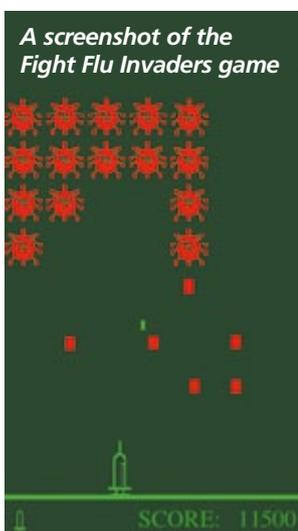
their flu knowledge and gaming skills to the test – think Space Invaders but with flu bugs instead of aliens and a needle instead of a tank!

Myth-buster questions enable progression to the next level, but get it wrong and you lose a life!

The fun challenge, which staff can access at home or via mobile devices, is a timely

reminder that:

- You can still be a carrier of flu even if you have no symptoms
- The vaccine is effective and safe and will not give you flu
- The flu vaccine reduces risk of serious illness, hospitalisation and even death among those who are most at risk



Those having their flu jab during launch week were rewarded with an invitation to try their hand at shooting six flu bugs off a cardboard cut-out nurse with a prize draw entry for anyone who successfully hit them all!

Special thanks to South Tees Hospitals Charity for donating a Vivitar HD Action Camcorder as the top prize.

Flu Co-ordinator Lynn Kell said: "Don't be a carrier, have your flu jab to ensure you are not putting yourself, your

patients or your loved ones at risk.

"We are trying to vaccinate as many staff as possible and would urge anyone who has had the vaccination at their GP surgery to please let occupational health know.

"Remember even if you have no symptoms you could still be a carrier and pass it on so help us fight flu invaders this winter and make sure you have your flu jab!"

UK first as Durham ovarian cancer patient gets new drug

A COUNTY Durham woman who has been battling ovarian cancer for more than five years has become the first in the UK to benefit from a new drug to prevent a recurrence of the disease.

The 46-year-old is a patient of Dr Talal Mansy, a Consultant Medical Oncologist at James Cook.

He was able to secure Niraparib for his patient on the NHS through an application to a special 'Early Access Program,' that has seen her become the first UK patient outside of clinical trials to use the drug - one of a new class called PARP inhibitors.

Niraparib is still awaiting a European licence for this form of maintenance treatment, but was licensed in the USA in March. It has recently been shown to benefit most patients with recurrent ovarian cancer who are "responding to platinum based chemotherapy".

Dr Mansy said: "When used as a maintenance treatment following platinum chemotherapy, Niraparib helps to prolong the time it takes for ovarian cancer to flare up [recur]."

"The greatest benefit is seen in patients with the gene mutation BRCA, which makes them more susceptible to certain cancers, in particular breast and gynaecological cancers."

The patient said she was delighted that the drug could offer her the chance to "lead as normal a life as possible" with her diagnosis, including looking forward to holidays abroad.

She said: "When you are poorly like this and you have been battling cancer for five years, all you want is to be back to normal."

The patient's cancer was discovered in 2011, after surgery to remove what was initially thought to be a benign cyst led to her left ovary being completely removed and sent away for precautionary testing.



Dr Talal Mansy, Consultant Medical Oncologist at James Cook, with chemotherapy nurses Nicky Pickering (left) and Holly Needham (right)

Within days, at just 41, she learned the devastating news she had cancer that had started in either her ovary or fallopian tube.

Later appointments and check-ups have continued to reveal further microscopic cells - and follow up chemotherapy and surgery has followed. The patient was also put on the maintenance drug Avastin.

But she continuously asked about the possibility of further maintenance drugs - and Dr Mansy suggested Niraparib.

He said: "It is extremely exciting for James Cook to be able to offer our patients the newest treatments to help them obtain the best possible outcome for their cancer."

The Trust Nurse and Midwife Consultant
Nightingale Awards
Patient Centred Care
At the heart of what we do
Have you or a relative had outstanding care whilst a patient in the Trust?
Do you work with an exceptional colleague or team?
Has a member of the below listed teams demonstrated outstanding mentoring / facilitating skills towards pre or post registration students or health care assistants?
If so we would like to hear from you as we are looking for our annual Nightingale Award Winners for 2018.
You can nominate the following staff groups for a Nightingale Award:
... nursing / midwifery / military ... student nurses / midwives / nursing cadets ... operating department practitioner ... student operating department practitioner ... healthcare assistants and assistant practitioners ... dental nurses ... health visitors ... community nurses ... a whole team ...
For more information and a nomination form contact the ward manager or the directorate of quality and assurance on 01642 854344. Alternatively you can find more information on the trust intranet and internet websites.
Closing date for nominations: 2 March 2018

Trust Nightingale Awards

NOMINATIONS are now open for the annual Nightingale Awards, which seek to honour the selfless efforts of staff working within the field of nursing or midwifery at the Trust.

The awards are held every year around the time of Florence Nightingale's birthday, with winners from several categories to be announced in May 2018.

As usual, nominees can be nominated by patients or their relatives, peers, colleagues, managers or mentors and for more information visit our website at www.southtees.nhs.uk/about/awards/nightingale





District nursing team gets thumbs up from students

IF you are looking for a student nursing placement, Middlesbrough's District Nursing Team is the place to be!

Middlesbrough Team 2, based at Unity House, North Ormesby, has been voted by Teesside University nursing students as the best placement area.

The team was delighted to win the

accolade in recognition of its "inspiring role models" and "very helpful and very kind" staff.

Student co-ordinator and district nurse Sarah Mallett said: "It's lovely to receive this award. We do find a lot of students do six months on the wards and then come back to us because they like it so much.

"We are a very friendly team and

students get one to one support and enjoy visiting patients in their own homes."

Also shortlisted for the award were Ward 17 James Cook, Friarage Intensive Care Unit, Friarage Children's Community Team, The Friary, Cardio Intensive Care Unit, Neurosurgery High Dependency Unit and the Delivery Suite at James Cook.

Memories of Lorraine spur Jeff on during his epic



PRECIOUS memories of a much-loved wife and mum were at the forefront of Jeff Bennison's mind during his epic motorcycle adventure to raise funds for James Cook.

Jeff, from Leyburn completed an extraordinary Land's End to John O'Groats motorcycle ride with a difference for the hospital's High Dependency Unit (HDU) and Intensive Care Unit (ICU), both of which cared for wife Lorraine in her final days.

Sadly, Lorraine passed away at the age of just 48 last December, after becoming acutely ill following a two year battle with breast cancer.

On his journey dubbed the MEEM – middle to the end, to the end to the middle - Jeff set off from James Cook,

before travelling to John O'Groats, passing back through Edinburgh, to James Cook, Leyburn and Bristol, before arriving at Land's End. He then rode all the way back home!

Jeff said: "The idea is something we thought of when Lorraine was originally diagnosed, but life got in the way and treatment and everything. Basically, Lorraine, grabbing life and enjoying it...dragging us everywhere on the weekends, making the most of time together with us.

"My two daughters have supported me in doing this; they obviously want to raise money for the departments just as much as I do."

Jeff's aim was to provide the ICU with better bedside lighting, as he feels this is something he and Lorraine would have benefitted from while she was receiving treatment in her final days, as well as

Hospital calls answered faster thanks to new system

CALLS to James Cook switchboard are now answered faster thanks to a new voice recognition telephone system which went live on 1 August.

The automated system picks up most calls within two seconds and enables more calls to be dealt with at any one time.

Callers are asked to state the name of the person or department required and the advanced voice recognition software then transfers them directly to the department or individual required.

If a request is not recognised after two attempts, callers will automatically be transferred to an operator for further assistance.

Patients can still call departments and helplines directly using the direct dial numbers provided on patient letters and at southtees.nhs.uk

Kevin Oxley, Director of Estates, Procurement and ICT, said: "A lot of work has gone into implementing this new automated system to make sure we get it right. We have trialled it with staff and are now pleased to be able to make this service available to the public."



Consultant Head and Neck Surgeon Shane Lester, Pamela Wett, Rory Wilde and Lead Oncologist Eleanor Aynsley

Cancer treatment is winning lottery ticket for The Voice star

ONE minute they were performing in front of millions of TV viewers on *The Voice*, the next they were fighting a battle with throat cancer which threatened to end their musical career.

But a year later Pamela Wett and Rory Wilde are back performing in a Grand Charity Show to give something back to the South Tees Head and Neck Cancer Unit that saved Rory's life.

In February 2016 the fabulous Whitby duo graced our TV screens performing as Wett 'n' Wilde in the blind auditions of *The Voice*.

Their rendition of *Where We Belong* by Joe Cocker and Jennifer Warnes earned great praise from the judges. But they nearly did not make the show at all as Pamela had been coughing up blood on the day of the audition and had to be rushed into hospital. Luckily she made a speedy recovery and the BBC slotted them in later in the week.

Four months later it was Rory who found himself in hospital when his GP noticed he had a nasty cough and a biopsy revealed it was throat cancer.

It was a traumatic time as he feared treatment may affect his voice, but without it he might only have had six months left to live, so the singer was left with little choice.

Rory, 76, said he requested to have his treatment at James Cook where he had previously received excellent care when he had a heart bypass:

"I was worried about my voice, but the consultant assured me it was far enough away from my voice box. He said I may drop a tone but that it should not affect the quality."

He underwent radiotherapy on his lingual tonsil (back of the tongue) and had to have a feeding tube inserted into his stomach, but his early diagnosis meant he did not require any surgery on his throat.

Eight months later Rory is now back performing with Pamela in their regular show at the Eden Arms Hotel in Durham.

"I feel absolutely wonderful," he said. "When I was first diagnosed I thought it was the end of the road for me. It feels brilliant to come out the other side! The care I received was unbelievable."

"The best way I can put it is I feel like I have won the lottery without buying a ticket. So we put on this show to pay for my ticket!"

Consultant Head and Neck Surgeon Shane Lester said: "It's great to see Rory recovered and getting back to what he loves doing. He is an inspiration to other people going through the same treatment."

The show was scheduled to take place at Whitby Pavilion on Sunday 1 October.

motorcycle ride

raising money for a piece of equipment that could better locate veins in the hands and arms for taking blood or inserting a cannula.

This was something that proved difficult for Lorraine personally and as a result her hands and arms were bruised when treatment was required. To date he has raised almost £1,800

"I think it would be a nice legacy to hopefully be able to pay for these things and hope that they will benefit other patients and their families in future," said Jeff.

"I have to admit I thought I would have to give up a few times but the reason I did this kept me strong. It was only five days and a bit of temporary pain but that is absolutely nothing compared to what the patients and staff on these wards go through day in day out. They are the real heroes."



Heart team celebrate as 500th patient gets advanced procedure

THE South Tees heart team reached an exciting milestone after successfully carrying out one of its most advanced procedures on more than 500 patients.

TAVI (transcatheter aortic valve implantation) is an advanced procedure in which a team of specially trained consultants replace a narrowed heart valve without the need for open heart surgery.

In some patients, particularly older patients, this aortic valve narrows down over time and stops the heart pumping as hard as it should do. This often causes breathlessness or chest pain symptoms but it can be improved with open heart surgery or TAVI.

Open heart surgery would involve opening up the patient's chest, stopping their heart and inserting a new artificial heart valve, which is often too high risk for more frail or elderly patients.

But TAVI gives these people another option as it is much less invasive. TAVI patients are fitted with new heart valves using advanced imaging technology and a tube (catheter) which is inserted through a small cut in their groin or chest so there is no need to stop the heart.

Cardiologists at James Cook completed their 500th TAVI case in June, but it is a procedure which has advanced rapidly over the years.

When patients first had TAVI in 2009 they would come into hospital the day before, have a general anaesthetic so they would be completely asleep for the procedure and

then spend three to five days recovering on the ward.

Eight years on, patients can now attend on the day, most have a local anaesthetic so they are awake throughout the procedure and the equipment used is more sophisticated.

This speeds up recovery and reduces complications - around 60% of TAVI patients now go home the next day.

Consultant Cardiologist Douglas Muir said: "The vast majority of patients find this a very tolerable procedure. But most importantly, the patients can get up and walk around a lot quicker, they can go home quicker, and when we see them back for follow up almost all of them have seen some clinical benefit.

"It's a great honour to be able to treat patients in this way because the procedure makes such a

"The procedure makes such a difference to their quality of life and that's really rewarding."

"The vast majority of patients find this a very tolerable procedure."



The TAVI team in the Cath Labs

difference to their quality of life and that's really rewarding."

TAVI Specialist Nurse, Gemma McCalmont said: "TAVI is still a relatively new procedure. But for us to now offer

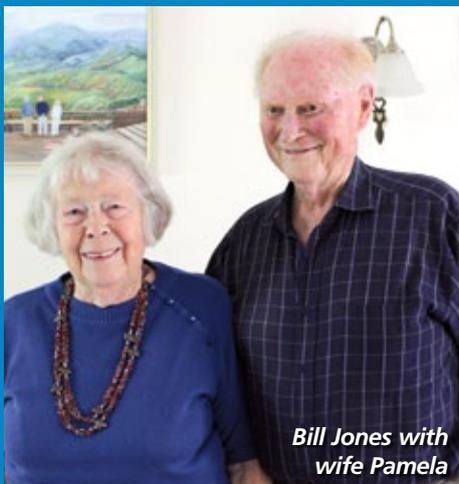
it to patients previously considered inoperable, it's just a really wonderful thing. It's really exciting that we've hit our 500th case!"

Dr Muir added: "We have done

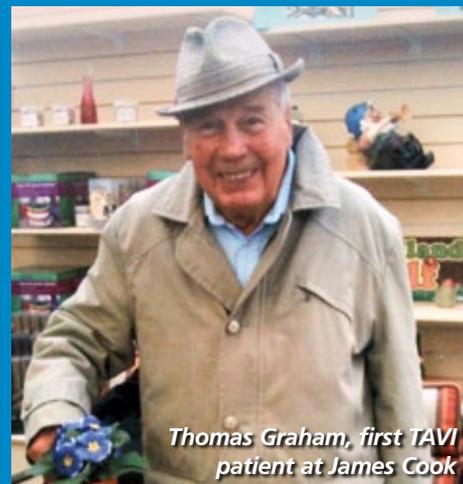
increasing numbers year after year, and we can see that over time numbers will continue to increase. As the risk of the procedure goes down we anticipate more patients will be eligible for this treatment."



George Carmichael
with wife Mary



Bill Jones with
wife Pamela



Thomas Graham, first TAVI
patient at James Cook

George's story

One of the earlier patients to undergo the procedure was George Carmichael, a retired marine engineer from Stockton.

When George started to feel breathless he doubted there was much that could be done for him as he had already had open heart surgery in the past, but in 2011 he underwent a TAVI procedure and has never looked back.

George, now 84, said technology seems to be catching up with him as he gets older!

"I hadn't heard of TAVI before but they said I had the strength to go through the procedure and it was quite amazing really. Within 48 hours I was out of hospital and I just thought that was brilliant.

"There was no pain at all. Whereas when I had open heart surgery there was some discomfort afterwards.

"Mowing the lawn yesterday took me 20 minutes, prior to this it would take me an hour and I would have to stop because I was breathless. I'm just over the moon about the whole thing.

"I'm just full of life because I am having days that are a bonus. Every day is a bonus."

Bill's story

Bill Jones, 91, had a TAVI operation earlier this year to repair his faulty heart valve. The retired engineer was awake through the whole procedure and back home the next day.

Bill of Yarm, who celebrated his 60th wedding anniversary this year with wife Pamela, said: "I was surprised how smoothly the procedure went. It lasted less than an hour and even though I was awake I wasn't conscious of anything happening to me.

"After the procedure I felt a little bit shaky for about half an hour, but I then recovered and felt virtually back to normal.

"The first time I went to the shop to get the paper I was surprised how much easier it was. Before I would have got out of breath. In just under a week I felt almost as fit as I was in my fitter days."

"In just under
a week I felt
almost as fit as
I was in my
fitter days."

Tommy's Story

Thomas Graham was the first patient to undergo the TAVI procedure at James Cook and became affectionately known among his friends as Tommy TAVI.

Sadly he passed away in 2013 but his daughter Jeannie Young said the TAVI gave them precious extra time together.

She said: "Dad was terrified at the prospect of open heart surgery and would never have contemplated it. When the TAVI procedure was proposed he was much more accepting of the idea.

"When we went to visit him after the procedure we certainly didn't expect to see this man sitting up drinking tea and flirting with the nurses.

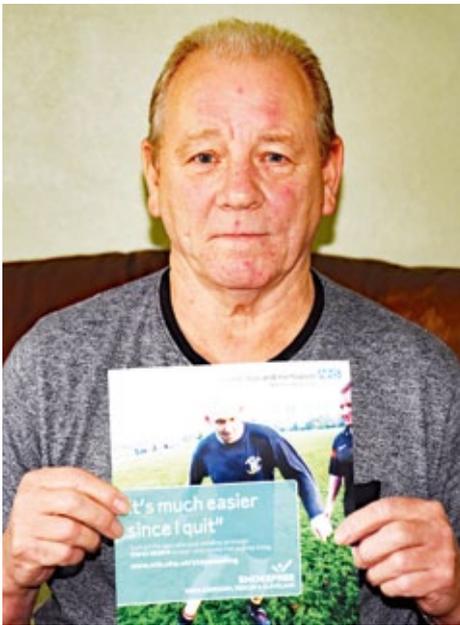
"It was incredible seeing the difference before and after and he basically went back to being our old dad again. We got extra time with our dad and my daughter got extra time with her grandad – there can't be anything more precious than that."



View our TAVI patient
videos at [southtees.
nhs.uk/services/
cardioThoracic-services/tavi/](https://southtees.nhs.uk/services/cardiThoracic-services/tavi/)



together we do the amazing



James Degnen, who quit smoking with the help of the Teesside Stop Smoking Service



Staff at James Cook encouraging people to quit smoking this Stoptober

Quitting smoking changed my life – and you can do it this Stoptober!

WHEN James Degnen, a smoker of 46 years, visited the Vascular Clinic at James Cook with difficulty walking and disturbed sleep, he knew something had to change to improve his life.

So it came as little surprise when his consultant, Adam Stannard, told him he required surgery - and strongly advised him to quit smoking before his operation, to both reduce his risk of complications and improve his long-term health.

That was in December 2016. And now James has happily given up what could have proved a deadly habit, he wants to encourage others to quit this Stoptober - and reap the same benefits he has seen.

The annual Stoptober campaign, now in its sixth year, is being promoted by clinicians across the Trust to help support smokers just like James – both staff and patients - to make 2017 the year they finally give up their habit for good.

Research shows those who stop smoking for 28 days are five times more likely to stay smoke free.

James' story is just one of thousands that will hopefully inspire those who need an extra push to kick the habit.

He was seen the same day he was referred to the local Stop Smoking Service, where he received specialist support to make changes to his routine that led him to smoke, as well as access to Nicotine Replacement Therapy (NRT) – medication to help reduce cigarette cravings.

James made the decision to quit straight away and committed himself to improving his long term health – something which has had a huge positive impact on his daily life.

“Before, I couldn't walk more than 50 metres at a time,” he admits.

“From the house to the corner, that was it. I'd have to stop and rest my leg.

“Now I'm doing about two miles a day with the dog.”

Since quitting cigarettes, James has also inspired those around him to do the same. His wife Rita and his neighbour have also made the decision to quit.

Research shows those who stop smoking for 28 days are five times more likely to stay smoke free. In this way,

Stoptober lends a hand to help smokers achieve this goal.

People who receive support from their local stop smoking service find it easier to stop and are four times more likely to stay smoke free.

For a Stop Smoking Service appointment this Stoptober call 01642 383819 or visit nth.nhs.uk/stopsmoking

Smoking affects the lives of millions of people with an estimated cost to the NHS of £2bn per year. Mortality is higher in the North East of England with the prevalence of smoking at 20.6% in Middlesbrough and 17% in Redcar and Cleveland. The estimated cost to the South Tees NHS from smoke-related illness is £6.5m.

The tobacco control plan for England 2017 has set a target for all secondary care trusts to be smoke free by 2020 and South Tees has now embarked on a journey to become a smoke free trust by 31 March 2019. If anyone would like further information or would like to join our group please contact Michelle.collins@nhs.net

UK first as hospital hosts residential course for wannabe doctors

JAMES Cook has become the first hospital in the UK to host a residential course for future doctors from low-income backgrounds.

The week-long programme featured live theatre lectures, practical workshops and the chance to speak to consultants from a range of specialties in a unique "speed dating" event.

The "I Want to Be A Doctor" course was organised by the Trust in partnership with the Social Mobility Foundation to support high achieving students from low-income backgrounds.

Previously the foundation's annual event has always been held in universities in London, but this year it came to the North East and for the first time was hosted on a hospital site.

Around 60 students from 46 local authorities across the UK took part in the programme, which also highlighted what the local area has to offer.

The 16 and 17-year-olds stayed in

hospital residences at James Cook and made use of the high-tech educational equipment at the university hospital's Institute of Learning, Research and Innovation, including life-like patient simulation training.

Jane Bates, Undergraduate Medical Education Manager at the Trust, said: "We were very excited to welcome these students to the South Tees Institute of Learning, Research and Innovation at James Cook.

"This was a fantastic opportunity for us to showcase the superb facilities we have here."

"This was a fantastic opportunity for us to showcase the superb facilities we have here and really put South Tees on the map.

"These young people are going to be our future. They are going to go to medical school and we want them to want to come back and work here!

"I would like to thank the 50 consultants, doctors and GPs who gave up their time to work with the students throughout the week and those who have put themselves forward to be mentors to support them as they progress in their careers."



Future doctors talk to Neurology Consultant Neil Archibald during a 'speed dating' type event



Occupational health physiotherapy team David Makepeace, Marie Martin, John Hatfield and Kathryn Langman (left to right)

On yer bike!

HOSPITAL staff were urged to pedal to the beach as part of a virtual relay ride for Workout at Work Day 2017!

The Occupational Health Physiotherapy Team at James Cook challenged colleagues to hop on an exercise bike in the staff restaurant and help clock up 57km during their breaks – the equivalent of cycling from the Middlesbrough hospital to Whitby!

The event marked the Chartered Society of Physiotherapy's annual Workout at Work Day with staff invited to jump on the bike from 8am to 3pm.

Nineteen Trust staff took part, successfully recording 65 kilometres with the amputee rehabilitation team clocking up the longest distance between them of 17 kilometres.

Physiotherapist John Hatfield said: "Our job is to keep staff healthy both in and out of work. The aim of the Workout at Work Day was to promote the role of physiotherapy in improving workplace wellbeing as well as the benefits of maintaining a healthy lifestyle and regular physical activity.

"Throughout the day we offered free musculoskeletal health checks and advice on how to keep fit and healthy."



Staff give warm welcome to Vietnamese medics

THE Trust was delighted to welcome a number of medical personnel from the Vietnamese Army to James Cook.

The visit was aimed at familiarising the team with the standards of care delivered by the NHS ahead of a peacekeeping mission to take medical support to UN personnel in South Sudan.

Maj Andy Findlay from the Defence Medical Group at RAF Leeming, deemed the visit a success and thanked staff from the Emergency Department, Ward 37 and Intensive Care for their support throughout the day.

He said: "The visitors benefited greatly from their limited time within the Trust, gaining valuable insight into how health is delivered in an NHS environment."

Lt Col Paul Hunt and delegation's liaison officer Col Pete Mahoney with medical personnel from the Vietnamese Army



Karen Robinson (centre) with Ward 35 colleagues

Why I love my job...

TALKING POINT took time out to catch up with Ward 35 Healthcare Assistant Karen Robinson who has clocked up an incredible 37 years at South Tees!

When did you join the Trust?

I started as nursery nurse at Middlesbrough General in the burns team in 1980 when I was just 18. Over the years I also worked at Carter Bequest and then at James Cook where I am now a full time HCA for ENT (ear, nose and throat) and plastics.

What does your job role involve?

My role involves caring for patients, washing them, feeding them and all other hands on care apart from giving out medication. We look after patients when they come back from theatre and assist in emergencies which can happen at any time day or night!

What type of patients do you care for?

We see a complex range of patients on Ward 35. For example, our patients can have anything from tonsillitis to extensive reconstructive surgery involving muscle & head and neck cancer. The patients can be aged from 20 to over 100.

What is the best thing about your role?

Looking after people who are so dependent and then, as the weeks go on, getting them better and seeing them go back home. We get lots of thank you messages but it is especially moving when a patient who has had a tracheostomy tube removed speaks to you for the first time.

What has made you stay at the Trust for 37 years?

All I can say is I love my job. I work with a very dedicated hardworking team. Just because of the job satisfaction and the people we meet, I just like looking after people. When someone says thank you at the end of the day you feel like you have achieved something really worthwhile.

What advice would you give to anyone thinking of pursuing this career?

Follow your heart. If you love caring for people just go for it! Nothing would stop me doing it all again.

Children give thumbs up to Playdays

PLAYDAYS waved goodbye to its nursery leavers over the summer but the Trust's day nursery received fantastic feedback from parents and a big thumbs up from all the children.

Nursery staff were sad to see the three and four-year-olds go, but said it had been lovely to see how much they had all developed ready for their first year at school and the new challenges that lie ahead.

Based at James Cook, Playdays provides quality childcare from 6.45am to 6pm for children of anyone who works on an NHS site. The nursery has a drop off bay outside the building and flexible sessions can be booked to work around shifts.

Tim West, Air Ambulance Paramedic and dad of Izzy, four, said: "I cannot recommend this nursery enough! Both of my girls have

attended, our youngest from 10 months old to nearly five.

"Every room is outstanding with enthusiastic staff who put both big people and little people at ease immediately. The opening hours are the best I know of for parents who work shifts and they will accommodate shift changes whenever possible.

"My eldest daughter's school teacher spoke incredibly highly of the handover report she received from Playdays,



Tommy Stubbs – always happy and full of beans after a day at nursery

commenting on how much the education she received at Playdays was evident during her first school year."

Leanne Land, Team Leader in Dosimetry and mum of Bradley, four, said: "The Playdays staff have had an exceptional influence on Bradley's development. Since starting Playdays, he has grown confident and happy to socialise with lots of children. He enjoys coming and is sometimes reluctant to leave!"

Marieann Dillon, Clinical Sister in CICU and mum of Georgina, four, said: "I have seen my little girl develop into a confident, funny and happy little girl. The nursery staff have all been fantastic."

Sarah Morley, Ward Clerk and mum of Tommy, three, added: "He always came home happy and full of beans! All down to the nursery staff."

Playdays can be used by staff from other Trust sites, other health organisations such as TEWW, NEAS, the air ambulance and clinical commissioning groups and partner organisations such as Carillion and Middlesbrough Council, as long as they work on an NHS site.

Part-time, full-time and sessional places are available for children aged six weeks to school age. Fees are paid through salary deduction. The nursery is registered with OFSTED and was rated "Good" in its most recent report.

For more information visit southtees.nhs.uk/staff/childcare/playdays-day-nursery/

To arrange a visit please contact the nursery managers on 01642 282810.



together we do the amazing

South Tees highly commended for reducing risk of harm from kidney failure

A TEAM'S role in reducing the risk of patient harm from acute kidney injury (AKI) has been 'highly commended' at The National Patient Safety Awards.

AKI, which means a sudden reduction in kidney function, usually occurs when a patient is unwell with another medical problem, such as infection, and often means their condition is worsened resulting in a longer hospital stay.

Because AKI often begins without symptoms, it can develop unnoticed by patients and staff and national studies suggest this limited awareness often means detection and treatment is delayed.

Across South Tees, a small team – led by Consultant Nephrologist Dr Jon Murray – have been working hard to raise awareness and encourage all staff to look out for the condition in order to understand how to combat AKI promptly on their own wards.

A total of 54 dedicated AKI workshops were run by Dr Murray's team over six months with staff from all roles and specialties receiving training to use an AKI alerting system and new guidelines they had developed. Areas deemed to be of higher risk also received additional support from Sister Clare Allinson, a Specialist Renal Nurse at the Trust.

Results from an independent clinical informatics company (CRAB Clinical Informatics Limited) who monitored patient outcomes before, during and after the team's concerted efforts, found the organisation's AKI rates fell dramatically during their programme, particularly on high risk surgical wards where they fell by over a third (36%). Prior to this, rates were similar to those found in other UK hospitals.

"AKI rates continue to run at these reduced rates, some nine months after their AKI programme finished," said Dr Mark Ratnarajah, Managing Director



Reducing harm: AKI team members including Dr Mark Ratnarajah, Dr Jon Murray, Tony Roberts and Clare Allinson (left to right)

"We recognised a widespread approach was needed to address this and so we involved clinicians, managers and patients to develop our programme."

(UK) of CRAB Clinical Informatics.

"This may reflect a sustained change in AKI culture following the AKI Programme at South Tees."

Now the team has been highly commended in the 'Patient Safety in Surgical Care' category in the HSJ's National Patient Safety Awards which recognise and reward outstanding practice in the NHS.

Dr Murray said: "AKI is considered a patient safety thermometer – because its presence usually indicates a patient's condition is deteriorating. Timely AKI detection helps to promptly identify deteriorating patients. A common misconception is that AKI is a complex 'kidney problem' needing specialist doctors when often simple steps by ward teams can reduce poor outcomes associated with this condition.

"We recognised a widespread approach was needed to address this and so we involved clinicians, managers and patients to develop our programme. Not only did this collective approach work at the time, it may also underlie an apparent sustained impact upon AKI culture across the Trust."

The team, which includes Advanced Nurse Practitioner Clare Allinson, Lead for Service Improvement and Innovation Gill Husband and Deputy Director (Clinical Effectiveness) Tony Roberts, continue to review our organisation's data collected by CRAB Clinical Informatics.

The Trust's AKI guidelines and training resources, which include a video describing how AKI affected one of their patients, have now been rolled out to seven other Trusts across the North East, as part of an Academic Health and Science Network Project that Dr Murray is leading to unify AKI care across the whole region.



Peter Fall (centre with cheque) and daughter Lauren (second from left) make a presentation to some of the Friends of The Friarage, alongside Carol Harrison (far left) of Barkers, and Sue Bryden (far right) of Barclays

Barn That Rocks raises £15,500 for Friends

A NIGHT of fun, food and music raised more than £15,500 for The Friends of The Friarage.

Patients across Hambleton and Richmond are set to benefit following the rip-roaring success of the Barn That Rocks concert, held at Grazing Nook Farm, near Patrick Brompton, close to Bedale.

Farmer Peter Fall and wife Barbara put on the charity event for the seventh year running – and raised their highest amount for charity to date, with Friends of The Friarage this year's beneficiaries in their diamond jubilee year.

Live bands, a fully stocked bar and high quality, local food, as well as generous sponsorship from Barkers and the Northallerton branch of Barclays Bank ensured a grand total of £15,550 was raised.

Peter said: "We always support local charities with the event and donating this year's funds to the Friarage Hospital will be to the benefit of a large amount of local people.

"As a family, we have used the services

of the hospital ourselves over the years – most recently when I had a hernia operation – and have found it to be a friendly place providing a high quality of care."

Peter adds he would be "more than happy" to support the Friarage with next year's Barn That Rocks event, which is already in the planning.

The event has now raised more than £45,000 in seven years for local causes, including Great North Air Ambulance, Yorkshire Air Ambulance and local branches of Marie Curie Cancer Care.

"This hugely enjoyable event has resulted in a fantastic sum of money being raised."

Barclays staff from Northallerton raised £3,000 towards the final total, by selling raffle tickets and then securing "match funding" from the bank.

And department store Barkers of Northallerton also sponsored the event, as well as donating raffle prizes, including a luxury barbecue.

Dr Upendra Somasundram, chairman of The Friends of The Friarage, said: "This hugely enjoyable event has resulted in a fantastic sum of money being raised, which will help fund improvements in local eye services."

Helen scoops international clinical research award

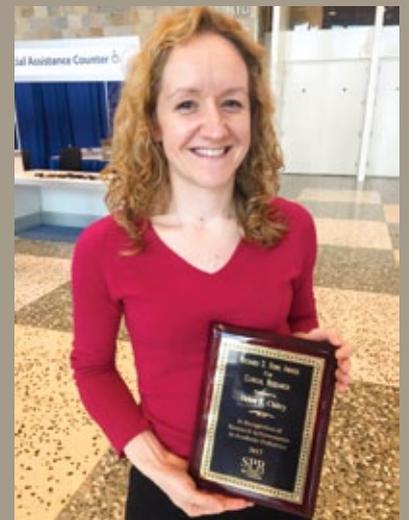
DR Helen Chitty, Neonatal Clinical Research Fellow at the Trust from 2013 to 2016, has been awarded the Richard D Rowe Award for Clinical Research by America's Society for Pediatric Research.

Helen (pictured below) received this international award at the Pediatric Academic Societies meeting in San Francisco in May 2017 where she presented her randomised controlled trial, The VoluVent Trial, that recruited 112 infants at James Cook from 2013 to 2015.

Current evidence shows that volume-targeted ventilation is associated with better outcomes for preterm infants compared to pressure ventilation. However this is the first trial to compare one type of volume-targeted ventilation with another in infants who were born prematurely.

In this trial there were no significant differences between the two types of ventilation in the time taken for infants to be ready for extubation and there were no significant differences in secondary outcomes.

Helen will be taking up a post as Consultant Neonatologist at James Cook in February 2018. She aims to use the skills and knowledge gained during her research to contribute to the unit's longstanding international reputation for neonatal research.



Teesside Hospitals among first to offer hydrotherapy rehab for long term lung problems

TEESSIDE patients with long term lung conditions can now benefit from a specialist hydrotherapy rehabilitation programme - believed to be one of the first in the UK.

The water-based sessions at James Cook and Redcar Hospital are designed for respiratory patients with conditions such as COPD (chronic obstructive pulmonary disease) who require rehabilitation but struggle with gym-based exercises because of joint problems.

Following a successful pilot scheme at Redcar, which achieved a 100% patient satisfaction and attendance rate, the unique sessions are now being offered at the hydrotherapy pools in both hospitals on a weekly basis.

Rebecca Shea, Lead Physiotherapist for the pulmonary rehabilitation service said: "This has been set up predominantly for respiratory patients with joint problems who may struggle to use gym equipment such as exercise bikes, steps and treadmills, but also for patients who have completed a land-based programme and would like to try a course in the water.

"The aim is that patients can then go on to join local gyms and swimming pools, with the confidence to continue exercising independently.

"Six patients attended the pilot programme over the winter – a time when patients with long term lung conditions generally struggle – and not a single one missed a session, they really got a lot out of it!



"I find it much easier to do the exercises in the water. In the gym I was more breathless and had to rest in between each exercise."

"We are unaware of any other hospital in the country offering pulmonary rehabilitation in water, so this is a very exciting development for our patients."

One of the first patients to sign up was Elizabeth Parnell of Middlesbrough. She said: "I find it much easier to do the exercises in the water. In the gym I was more breathless and had to rest in between each exercise, but this is excellent. I have thoroughly enjoyed it."

Rebecca added: "We are now urging GPs to continue to refer their patients who have COPD (and other respiratory conditions), including those who they think

may struggle with gym-based pulmonary rehabilitation, so they can then be assessed to see if they are medically suitable to attend the hydrotherapy sessions."

Funding for the specialist exercise classes has been made available by South Tees Clinical Commissioning Group (CCG) as part of the IMProVE (Integrated Management and Proactive Care for the Vulnerable and Elderly) programme, which aims to increase respiratory care in the community and reduce hospital admissions.

Local GP and Chair of South Tees CCG, Dr Janet Walker said: "I have already seen my patients benefit from the COPD rehab programme. It is great that patients with joint problems, who would have struggled with the exercise programme, will now be able to improve their respiratory problems through hydrotherapy."



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- Coffee shop, hair & beauty salon and cosy communal lounges
- A dedicated Hospitality & Activity Team who provide a range of individual and group activities

To find out more call **01332 221 918** or email home.montpellier@mha.org.uk

