

The 'Talking Point' logo features the words 'TALKING POINT' in white, with a red speech bubble icon above the 'I' in 'POINT'. Below it, 'SPRING 2021' is written in red.

TALKING  
POINT  
SPRING 2021

A photograph of an elderly man with glasses, wearing a dark blue shirt, sitting at a table and painting. He is focused on his work, using a brush to paint a colorful design on a piece of paper. Several paintbrushes are in a container in front of him, and a paint palette is visible. The background is a plain wall.

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# Trust makes collective promise to Black, Asian and Minority Ethnic colleagues and communities

THE trust has signed a collective promise to Black, Asian and Minority Ethnic (BAME) colleagues who make up such an important part of the NHS workforce.

The promise, which is aimed not just at colleagues working in health and care but also those living in the local communities served, ensures fairness for all, embedding a culture where people can thrive no matter what their race, background or personal experience.

The collective promise between health and care leaders across the region includes projects to increase diversity in the workforce, introducing new training for all staff to raise awareness of BAME issues, dedicated BAME leadership programmes, a zero tolerance for bullying and harassment as well as other BAME community and staff engagement initiatives.



Alan Downey former chairman, Ruth Mhlanga professions lead specialist and planned care centre / head of physiotherapy and Ada Burns non-executive director / deputy chairman (left to right)

Sue Page, chief executive said: “Our diversity is our strength. It brings benefits for everyone – both colleagues and patients.

“As employers and leaders of important local organisations we’ve come together to make this promise which not only celebrates the

contribution that our BAME colleagues and communities make to our region, but also marks a promise to them about our collective way of working.”

## It’s an all-time record!

CONGRATULATIONS to our flu champions who have this year vaccinated a huge 92.5% of frontline staff – a trust record!



Flu champions enjoy ‘Forties Friday’ theme

The previous record was 82.5% which was achieved in 2019-20.

This year’s campaign took place in challenging circumstances, against the backdrop of the coronavirus pandemic.

For this most exceptional of years staff were asked to have their vaccine via their flu champion using an appointment system, with champions based in wards and departments across the trust and social distancing measures in place.

The 2020 campaign looked back over 75 years of the flu vaccine. The flu jab has been saving lives since it was first introduced towards the end of the Second World War in 1945. Staff had the chance to look back through the decades when getting their jab and with themed competitions, giveaways and merchandise.

# Artist designs 'People's Medal' to thank South Tees staff

SOUTH Tees Hospitals Charity has teamed up with local artist Mackenzie Thorpe and volunteer-run UK recognition campaign Pin Your Thanks to present a bespoke pin badge to every member of staff across its hospitals and healthcare services.

The Pin Your Thanks People's Medal has been awarded to all trust staff including those working for Serco and NHS Professionals, in recognition of their unfailing dedication, hard work and support for patients, service users and each other during the COVID-19 pandemic.

Born in Middlesbrough, Mackenzie is an artist who has been hailed as "a global art phenomenon". Some familiar collectors of his work are actor Tom Hardy, author JK Rowling and Queen Elizabeth II to name a few.

Mackenzie has kindly given his time free of charge to create the special piece of art – his way of saying thank you for everything local healthcare teams have done during this amazingly challenging time.

He said: "South Tees Hospitals really are the beating heart of our community, caring for us and our loved ones in times of need and never more so than during this last year.

"Like all of us I stand in the shadow of their greatness and will be forever in their debt, so I was honoured to be asked to be involved in the design of this pin and help, in a small way, to show my deepest gratitude to all."



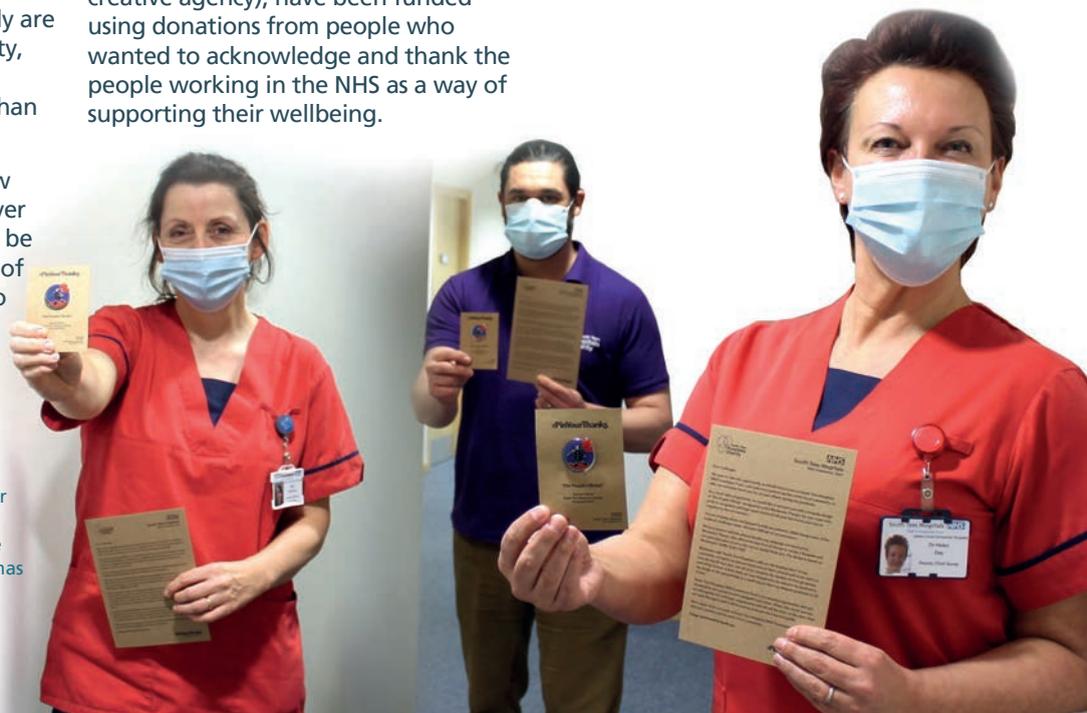
**The badge design is based on Mackenzie's 'Duffle Coat Child'.**

Ben Murphy, head of South Tees Hospitals Charity said: "We are issuing these badges on behalf of everyone at the trust, our patients and the local community to offer a heartfelt thank you to each and every one of our staff for all their amazing efforts during the pandemic."

The badges, produced in partnership with pinyourthanks.org (a purely volunteer organisation) and ookagency.co.uk (a socially responsible creative agency), have been funded using donations from people who wanted to acknowledge and thank the people working in the NHS as a way of supporting their wellbeing.

Helen Day, deputy chief nurse added: "What an amazing way to say thank you to all our fantastic staff who have constantly been going above and beyond to help our patients, whilst facing some of the toughest challenges under the most difficult of circumstances. I'm sure staff will look at this badge in years to come and feel extremely proud of what they helped achieve."

Helen Day, deputy chief nurse (right), and Beth Swanson, assistant director of nursing for quality and patient safety, receive The People's Medal from Thomas Harrington of South Tees Hospitals Charity.



# New Neurosurgical equipment for Middlesbrough hospital thanks to charitable donations

**PATIENTS** needing brain surgery at James Cook are now benefitting from a state-of-art cortical stimulator thanks to the kind generosity of the local community.

South Tees Hospitals Charity donated £23,646 for the C2 Explore, which can be used to map the functioning of the brain, especially the areas controlling the movement and speech.

The leading-edge equipment is helpful in performing safer surgery, ensuring preservation of functional areas of the brain and also prevents the need for patients to be referred to other centres.

It is mostly used for cancerous tumours and gives surgeons the ability to stimulate the brain and the cavity of tumour to show its functional parts during surgery, helping in avoiding damage to these areas.

When used on a patient who is awake, surgeons are able to check whether the area they are operating on controls the speech.

It can also be used when patients are under anaesthesia to test the functioning of muscles and identify if that is an area of the brain that controls movements.

“We are delighted that we now have this state-of-the-art piece of equipment here at James Cook,” said consultant neurosurgeon Anil Varma.

“In the past we have had to transfer patients for this procedure to other hospitals; so it will make a massive difference being able to do it here on site.

“As a specialist tertiary centre striving to deliver high quality of patient care, availability of this

equipment is a great boost to the service and we are extremely grateful to the trust’s charity team for funding it.”

The machine can also be used for non-cancerous tumour surgery including some vascular abnormalities within the brain.

Ben Murphy, head of South Tees Hospital Charity said: “It’s amazing that we were able to fund this world class technology with the generous donations from people across the Tees Valley and North Yorkshire region.

“We would like to say thank you to our donors, it is fantastic that this technology is being delivered at South Tees Hospitals, enabling our patients to receive the very best healthcare.”

“We are delighted that we now have this state-of-the-art piece of equipment here at James Cook,”

Anil Varma consultant neurosurgeon and theatre sister Sarah Morley with the C2 Explore



# Friarage to benefit from £1million buildings investment

**THE Friarage is to benefit from a £1million investment to kick-start the development of a new diagnostic hub and remove disused buildings on the site which were built more than 70 years ago.**

The new diagnostic hub will provide state-of-the-art facilities for patients undergoing urology and endoscopy procedures.

The hub will be located on hospital's former ward 15 and the investment is the first phase of a £5million scheme.

The redundant buildings (the old physiotherapy and education blocks) were built during the Second World War and, as well as reducing maintenance, heating and other costs which can be recycled into frontline patient services, their removal will clear the way for more developments at the hospital in the future.

These include plans to replace the Friarage's aging theatre block with new modern operating theatres. Plans for the new theatre block are currently being developed and will go through regional and national business case development, assurance and approval processes before they can be given the go-ahead.

The Friarage's clinical director, James Dunbar, said: "The creation of the new diagnostic hub will improve the experience of patients who will be able to receive their procedures on the same day and avoid the need to book separate appointments on different days.

"The new hub will also compliment the Friarage's rapid diagnostic centre which opened earlier this year and provides faster diagnosis for patients who do not have obvious cancer symptoms.

"The removal of the old and dilapidated war-time buildings is long overdue. The age of the blocks means they are beyond repair but still cost the hospital money to heat and maintain. Taking them down will mean this money can be redirected to patient services and ensure the site is ready for future developments."

Richmond MP Rishi Sunak was at the Friarage to welcome the announcement and talk to some of the senior clinicians who have been developing the plans. He said: "This is fantastic news for the Friarage.

"I've been pleased to work with Dr Dunbar and his colleagues to support their ambitious plans for our much-loved local hospital.

"This is just one part of a programme of investment in new services at the Friarage which will mean more treatments being carried out here"

"This is just one part of a programme of investment in new services at the Friarage which will mean more treatments being carried out here and fewer long journeys for patients to access hospital services elsewhere."

Friarage clinical director James Dunbar, Richmond MP Rishi Sunak, Friarage service manager Lucy Tulloch and orthopaedic surgeon Andy Port (left to right).





# Vaccine team delivers tens of thousands of COVID jabs

**OUR amazing COVID-19 vaccination teams have delivered more than 40,000 life-saving vaccines.**

James Cook made history as one of the first COVID-19 hospital hubs in the country in early December. Since then, a second vaccination site has opened at the Friarage.

Among those contributing to our vaccine success is Paula Taggart, the trust's clinical quality lead for clinical support services.

Reflecting on the last couple of months Paula told Talking Point: "It all started when our chief operating officer called into my office and asked if I would set up the COVID-19 vaccination service for staff and deliver it in a six-week programme.

"'Just a little project' she said... Little did we know back then the scale and rapid changes we were to make.

"We were ready to go on 1 December with support from Julie Swaddle, Moira Angel, Andy Maund and the administration team, but the direction changed and we needed to quickly become a fully operational hospital hub and the merry band of four quickly became an army of staff from all over the organisation."

When asked why she thinks the trust's vaccine hubs have been so successful Paula said: "Absolutely everyone who has volunteered to help, been drafted in and redeployed to our hubs has had the same determination to make this a success and vaccinate as many of our population within the priority groups to get us all into the new normal.

"The success of our hard work was made real when it was pointed out that we have vaccinated enough people to fill the Riverside Stadium."

"The success of our hard work was made real when it was pointed out that we have vaccinated enough people to fill the Riverside Stadium.

"To realise that we have achieved those numbers in such a short space of time is overwhelming, emotional and makes me very proud. There are amazing teams all over the hospitals in South Tees and the vaccination team are just one of them."

Paula Taggart clinical quality lead for clinical support services



James Cook vaccination hub



# Robotic surgery beats hidden cancer

**ELEVEN months into retirement consultant Liam Flood found himself returning to the ear, nose and throat department at James Cook as a patient.**

The 67-year-old felt a lump in his neck and when it started to get bigger he knew it could not be ignored – and he also knew just the man to investigate the problem.

After speaking to his GP he was referred to head and neck surgeon Shane Lester, who Liam had mentored back in 2002 and who is now leading the way when it comes to head and neck robotic surgery.

The ear, nose and throat (ENT) department carried out an ultrasound guided biopsy of the lump which led to a quick cancer diagnosis, but further investigations were needed to identify the primary source of the cancer.

CT and MRI scans failed to show the cause of the problem, but Shane was able to carry out a biopsy using the one of the trust's da Vinci robots which revealed a hidden cancer in the base of Liam's tongue.

Another robotic procedure was then used as part of his treatment to remove the cancer along with an operation to remove his neck lumps and a course of radiotherapy.

Ultrasound biopsies are usually carried out by radiologists, but to speed up the process the ENT team at James Cook has set up a service where they do it themselves. They are the only ENT team in the region to do this.

"Being on the receiving end of the investigations and three operations made a change," said Liam, who retired from James Cook in 2018 after 33 years in ENT.

"I have no doubt at all that the ultrasound guided biopsy makes a huge difference to successful sampling and doing it in ENT greatly speeds up the process."

"We are using the robot in ways that permit patients to recover quicker and get on with their lives."



Liam Flood and Shane Lester (left to right)

Liam knew only too well that in the past his treatment would have involved having his jaw bone broken and then having to endure a skin graft, possible tracheostomy and a long stay in hospital, so he was very open to the idea of robotic surgery.

"When you say robot you think of R2-D2, but it is just remote controlled," he said. "It is still the surgeon operating it. And I had great confidence in Shane as I had seen him operate.

"The first time I was home in 24 hours and the second in 48 hours.

"Also, it was good not to wake up with my jaw bone divided and then wired back together as was universal practice when I was a trainee back in the 1970s and 1980s!"

Liam, who lives with his wife Elaine in Great Broughton and has three grown up sons, has now been free of cancer for a year.

Shane added: "We are using the robot in ways that permit patients to recover quicker and get on with their lives.

"It has allowed some patients to have their treatment without any radiotherapy and still have the same chance of cure, with less long-term side effects.

"Liam was one of my first ENT mentors. It was a pleasure to look after him when he needed me. He has reaped what he sowed!"

Shane Lester with one of the hospital's da Vinci robots



# Middlesbrough nurse practitioner the first in the world to insert prostate implant

**HELEN Scullion from James Cook has become the first nurse in the world to be trained to insert an implant which can reduce radiotherapy side effects by up to 70% in prostate cancer patients.**

Helen is leading the way as the first advanced nurse practitioner to insert SpaceOAR® hydrogel into the space between the prostate and the rectum before treatment to reduce radiation exposure and minimise damage to healthy tissue, under local anaesthetic.

Previously the gel, which has been clinically proven to significantly reduce bowel side effects as well as showing a trend towards reducing bladder side effects and erectile dysfunction, was only inserted by consultants.

It was made available at James Cook thanks to the NHS Innovation Technology Payment (ITP) programme which is driven by NHS England to help fund technology innovative market-ready medical devices, diagnostics, digital platforms and technologies that have demonstrated improvement to the quality of patient care and clinical outcomes.

"We are very proud of what has been achieved to date and are extremely happy to be in a position to offer this to our patient population in order to improve their quality of life living with and beyond cancer."

Almost 100 James Cook patients have already benefited from insertion of a rectal SpaceOAR®.

Helen told Talking Point: "I guess it is a phenomenally, remarkable accolade both personally in my professional nursing career and as a collaborative approach across departments within the trust and across trusts to provide this specialist service for our patients in the north east, in particular Middlesbrough, in an outpatient setting."

As well as having the first practitioner to be trained to carry out this procedure James Cook was the first NHS hospital in the north to offer patients SpaceOAR® hydrogel treatment in 2019.

Lisa Trimble, assistant service manager for radiotherapy and oncology said: "We are very proud of what has been achieved to date and are extremely happy to be in a position to offer this to our patient population in order to improve their quality of life living with and beyond cancer."

Dr Darren Leaning, Northern Cancer Alliance clinical lead for urological cancers and consultant clinical oncologist said: "As oncologists, we enjoy an excellent working relationship with our colleagues across all specialities across the trust and Teesside region in general.

"Therefore, when developing a cost effective, sustainable model for SpaceOAR®, it was only natural that we found solutions working in collaboration with our radiology and urology colleagues.

"Setting up this service has also enabled us to establish other important evidence-based improvements to our prostate cancer diagnostic pathway, enabling a move toward transperineal prostate biopsies associated with a better diagnostic yield and less risk of infection to the patient too."



Helen Scullion (centre) and the radiology, radiotherapy and oncology team at James Cook

# Head teacher 'owes life' to virtual ward

**A MIDDLESBROUGH head teacher believes that an innovative virtual ward programme at South Tees helped to save her life when she contracted COVID pneumonia.**

The virtual ward gives COVID-19 patients the opportunity to be discharged from hospital early, where their oxygen levels can be monitored remotely from the comfort of their own home.

Patients are loaned a pulse oximeter – a small non-invasive device which clips on a finger – that allows patients to monitor and report their heart rate and blood oxygen levels (SpO2) to the respiratory team at the trust during regular telephone calls.

Julia Rodwell, 51, who was discharged to the trust's virtual ward after being treated at James Cook, said: "I believe I owe my life to James Cook and in particular, the role the virtual ward played in looking after me. I could never thank them enough. The foresight and ingenuity in setting up such a system is commendable and should be recognised on a national level."

Julia started to feel unwell during the Christmas holidays. She had a high temperature and on the advice of NHS 111, Julia was told to go to James Cook to be checked over.

After being examined by clinicians, Julia was identified as being suitable for referral to the virtual ward, a pilot scheme being run by the trust for patients admitted to hospital and diagnosed with COVID-19.

Dr Ramamurthy Sathyamurthy, consultant in respiratory medicine at the trust said: "COVID-19 infection can produce low oxygen without the usual breathlessness symptoms and remote monitoring via the virtual ward will pick up deterioration earlier, facilitating readmission and treatment at an earlier stage if needed.

"Respiratory nurses teach the patient how to use the oximeter and how to record the readings. They ring the patient on designated days to discuss their progress and advise on further actions. The patient is also given a telephone number call in case of deterioration for support and advice."

Julia said: "After being discharged from hospital I was sitting at home not feeling well with my SpO2 level measuring 84-86 when Janet, the respira-

tory nurse telephoned to do her daily monitoring.

"I told her I felt dreadful and gave her the readings from my oximeter. With her knowledge, training and skills Janet explained that she had made the decision to send an ambulance."

Julia was admitted to James Cook with a temperature of 39.8°C and was diagnosed with COVID pneumonia. After several days, due to low SpO2 levels, she was placed on CPAP ventilation and her care was overseen by ICU consultants.

Julia was well enough to go home 10 days later but she believes that if it wasn't for the intervention of the virtual ward, things could have been a lot worse.

She said: "On reflection, I am relieved that I was under the care of the virtual ward and received that telephone call from Janet. If not, I may have just stayed at home until it was too late to be treated effectively.

"It just goes to show the system works. Janet was able to identify that I needed help and got me brought in."

"I would like to thank the NHS, the virtual ward and Janet for their amazing work."

Julia Rodwell





Lucy Findlay lead project midwife

# Lucy given back the gift of hearing

**"I WILL remember 2020 as being a positive year, a year my life changed for the better..."**

This is how project lead midwife Lucy Findlay describes the moment she was given her hearing back after having a cochlear implant.

"2020 has been a year to remember for a lot of people; most of them would say for all the wrong reasons and even though it has been a tough time for me, being away from family and working in the NHS throughout the pandemic, I will remember 2020 as being a positive year - a year my life changed for the better, the year I got a chance to get back what I had lost for so long.

"It was the year I was given back the gift of hearing."

Lucy has been slowly losing her hearing since she was a teenager. At first so slowly that she hardly noticed, but that didn't stop her going to university, becoming a staff nurse and then achieving her dream of becoming a midwife.

"Communication is so important, but especially when you chose a job like midwifery. That's why I was so scared when my hearing loss began to deteriorate at a much quicker pace.

"It started to trap me, isolate me, eroding my confidence, independence and self-worth."

"It was the year I was given back the gift of hearing."

Lucy saw herself as a sociable person but once her hearing started to deteriorate she began to withdraw, make excuses to avoid meet ups and was exhausted with the daily effort of trying to manage meetings, conferences and telephone calls.

Her fears were heightened during the coronavirus pandemic when wearing masks in hospital became compulsory.

"Cut off from my only coping mechanism - excellent lip reading skills - I felt trapped in a bubble of incomprehensible noise and panic.

"So when I was finally accepted as a possible candidate for a cochlear implant I knew I had to try."

Although she was nervous about the procedure at first, Lucy hasn't looked back and is now enjoying hearing.

"I feel a part of the world again, connected and present and aware."

"My life is now filled with all the sounds I could only imagine for so long, the feeling of hearing the birds singing for the first time, seagulls crying and the breeze in my ears is something I will always remember.

"I feel a part of the world again, connected and present and aware."

Lucy is now encouraging others not to worry about coming into hospital during the COVID pandemic.

"The team all made me feel so positive and confident about the whole process.

"Mr Banerjee, my surgeon, always made me feel happy and positive, even when I had to walk in for surgery on my own due to COVID and broke down in tears when I saw my theatre gown.

"Please don't be worried about coming into hospital or delay seeking medical attention due to the pandemic."

The auditory implant team has carried on treating their patients throughout the coronavirus pandemic, something that Anirvan Banerjee, director of the North East Regional Cochlear Implant Programme based at James Cook, is extremely proud of.

"Hearing stories like Lucy's makes all the trials and tribulations of doing semi-elective surgery during the pandemic very worthwhile.

"Lucy would not have been eligible for the implant had it not been for the recent relaxation of implant criteria by The National Institute for Health and Care Excellence.

"I'm immensely proud of the team; they have been a shining beacon of the trust's principles."

Left to right: Erika Grant, Lisa Kennedy, Sandra Collin, Anirvan Banerjee, Vicky Aston, Roshni Kuriakose



# SOUTH TEES STARS

IT WAS smiles all around when former trust chairman Alan Downey presented the latest South Tees STAR Awards

Each month colleagues nominate the individuals, teams and services that deliver outstanding patient care or go the extra mile in their job for our South Tees Appreciation reports – known as STARS.

## Going the extra mile Melanie Drinkald

Melanie displayed the true meaning of care and compassion when she went above and beyond her working duties for a patient with no next of kin.

She gained consent and cared for his beloved dog throughout his stay and liaised with him daily to put his mind at ease.

Well done Melanie, you are a true asset to our nursing team. Melanie was nominated by Kimberley Bainbridge.



# South Tees STARS still smiling

## Teamwork Shaunna Cronin

Staff nurse Shaunna Cronin was recognised in the latest STAR Awards for her superb work while coordinating and leading care on ward 12. Shaunna, who is clearly hard-working and compassionate, demonstrated real kindness and a caring nature to her patients.

Thanks for being a brilliant nurse! Shaunna was nominated by Vicki Davidson.



## Dealing with difficult situations Clare Daniell ward 8

While dealing with difficult situations Clare has shown great leadership in a calm, confident manner. She has a full understanding of the ward's activity and is always able to ensure that patients are accommodated. Clare was nominated by Rob Goddard.



### Teamwork Eston community nursing team

Our amazing Eston community nurses won a STAR Award for their incredible teamwork during the coronavirus pandemic. They were nominated by Terri Gill.



### Going the extra mile Critical care team

Our fantastic critical care team won a STAR Award for going the extra mile in supporting a grieving patient. They were nominated by Daniel Bearn.

### Helping others Jackie Miller

Nothing is ever too much for Jackie; she is always happy to help others and has been an inspirational role model to many of her colleagues and to the trust's students.



If someone made your day today give them a special thank you via the STARs service page on the intranet.



# Research teams celebrate vaccine trial success

**DURHAM Tees Valley Research Alliance helped recruit more than 500 participants into the Novavax COVID vaccine trial.**

The trial has shown the vaccine is 89.3% effective when it comes to preventing COVID-19 and its effectiveness is also seen against the new COVID variants of concern. It will be manufactured in Billingham once approved for use.

Durham Tees Valley Research Alliance (DTVRA) brings together the research and development teams from County Durham and Darlington, North Tees and Hartlepool and South Tees Hospitals NHS Foundation Trusts, to provide more opportunities for patients to participate in research and clinical trials.

The Novavax study is the largest ever double blind, placebo-controlled vaccine trial to be undertaken in the UK. It recruited over 15,000 participants from 35 research UK sites; including 532 from the Durham Tees Valley area,

in just over two months.

The UK phase 3 trial is a randomised, placebo-controlled, observer-blinded trial during which 50% of volunteers were given two injections of the vaccine, 21 days apart, while the remaining received a placebo.

More than 25% of participants in the trial were over the age of 65, while a large proportion of volunteers had underlying medical conditions generally representative of the population.

The interim efficacy and safety data will be submitted to all regulators across the world for independent scrutiny and product approval.

Provided it meets standards on safety, effectiveness and quality following publication of results, the vaccine will be manufactured using

"This trial couldn't have happened without the amazing support of research delivery staff across the three Durham Tees Valley Research Alliance trusts

FUJIFILM Diosynth Biotechnologies's facilities in Billingham.

The UK government has already secured 60 million doses.

David Chadwick, Novavax principal investigator for the Durham Tees Valley Research Alliance and consultant in infectious diseases at James Cook said: "This is wonderful news and means we are on the way to having a fourth vaccine approved to prevent COVID-19 infections, which will hopefully be available soon and will be produced in Teesside.

"This trial couldn't have happened without the amazing support of research delivery staff across the three Durham Tees Valley Research Alliance trusts and the participants willing to volunteer."

# New medical education centre to open at Friarage

Jennie Winnard

**THE Friarage is to benefit from a new cutting edge medical education centre thanks to the generosity of a local fundraising group.**

The centre will provide state-of-the-art training facilities for undergraduate and postgraduate medical students and Friarage staff. It will also provide an increasing range of training opportunities for healthcare staff across North Yorkshire, Hambleton and Richmondshire in the future.

Friends of the Friarage intend to donate over £300,000 for the centre's development and equipment. The Friarage's aging education centre will move to a modern education suite located in the hospital's current headquarters above Gara ward.

The development includes an immersive simulation teaching space, a library, three teaching rooms, a computer room, a common room for all medical staff and students, offices and a video wall.

Jennie Winnard, director of education, said the upgrade will bring the Friarage into the 21st century, will attract more medical students and will allow staff to train at the Northallerton hospital rather than travel to James Cook.

She added: "I would like to say thank you to the Friends of the Friarage and to everyone in advance for their donations. Your donations will allow us to move

forward in education, allowing us to move the medical care given at the Friarage forward and make sure it is always up to date and at the forefront.

"Having such top class facilities keeps the Friarage where we all want it to be – at the forefront providing top class care."

David Macafee, director of medical education added: "The Friends of the Friarage STRIVE academic centre will showcase Northallerton as a fabulous place for our Hull, York, Newcastle and Sunderland medical students to train in.

"Immersive simulation and these other educational facilities are great ways to recruit and retain new doctors, nurses and healthcare staff to our area.

"Thank you to the Friends for once again enhancing our simulation and educational capabilities.

"Thanks also to all Friarage staff who have continued to train and support our trainees through these COVID times."



Friends of the Friarage joint chairman Dr Antony Walters said: "We are delighted to be helping provide a bespoke modern academic centre at the Friarage.

"As trustees we know that first class training facilities will attract the best medical, nursing, and paramedical students and staff.

"Hopefully, many will wish to continue their careers at the Friarage and within Hambleton and Richmondshire thus providing excellent healthcare to us all."

STRIVE

# Thanks for “bean” active to kick start our 2021 Fundraising!

WE asked you what you could do to cover 73 miles in 73 days to support The James Cook University Hospital Kidney Unit Appeal – and you didn’t disappoint!

In total 97 fundraisers registered for our first virtual event. Together you covered 8,655 miles and raised more than £8,000.

“Special thanks to everyone who has “bean” active by signing up to the South Tees 73 Mile Fundraising Challenge in the year that marks 73 years of the NHS,” said Thomas Harrington of South Tees Hospitals Charity.

“We challenged you to walk it, run it, skip it, cycle it, swim it, or combine a variety of activities to make up the distance on any days between Friday 1 January and Sunday 14 March 2021 - as long as it adhered to social distancing rules and you had fun!”



Andrew Bland and Amy Davison from Bon Appetit

Among those taking on the 73 mile challenge were a team from hospital caterers Bon Appetit, including Aimee Davison.

She said: “This is a very important charity to me and my whole family. We have enjoyed supporting the South Tees charity team and doing whatever we can to help raise funds for all the wonderful work they do for the different wards and staff and all parts of James Cook.”

Fundraisers Linsey Robinson and Sharon Appleyard more than doubled the 73 mile target within the first six weeks of the year, but they kept on clocking up the running miles to encourage donations to keep rolling in.

Linsey said: “My big sister would not be here today had the kidney unit at James Cook not sustained her dialysis pre-transplant. Today she is fit and well thanks to this amazing team and of course her amazing donor. Any donations to this amazing cause will be greatly appreciated!”

Thomas added: “As we have received such a positive response to this, our first virtual event, we now plan to hold this challenge at the same time each year. So watch out for our 74 mile challenge in 2022!”

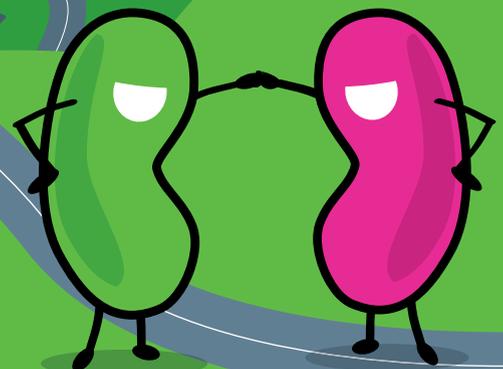
Sharon Appleyard  
and Linsey Robinson  
(left to right)



The kidney unit appeal was launched by staff and patients in November 2020 to raise £500,000 to transform the renal day unit and the appeal total has already smashed the £400,000 mark thanks to generous donations and legacies.

The revamp will see a complete redesign of the renal day unit area to increase clinical space, bring specialist renal nurses together in one place and improve the environment for patients.

Find out more about the appeal online at [southtees.nhs.uk/charity](https://southtees.nhs.uk/charity) and share your fundraising achievements on Twitter, Facebook and Instagram using #BeanFundraising



# Jill adapts to new ways of working

**DURING the height of the COVID-19 pandemic many of our colleagues were advised to shield at home and have had to quickly adapt to new ways of working.**

This included Jill Gale who normally works as a specialist practitioner district nursing sister on the community out of hours team.

Jill soon began utilising her skills and knowledge of palliative and end of life care to develop online training session to improve patient care and ensure that nursing staff have access to continuing professional development (CPD) during these unpredictable times.

"Managers were looking at how they could utilise the skills of those shielding and it was suggested that I could look at what could be improved in palliative and end of life care," Jill said. "The Palliative care consultant nurse asked me to roll out online verification of expected death (VoED) training to nursing staff in our community services."

Jill developed the training from scratch and delivered it to community nurses in Middlesbrough, Redcar and Cleveland from her laptop at home.

The rollout then grew to include those in Hambleton and Richmondshire, East Cleveland Hospital, The Friary Hospital and Redcar Hospital.

Thanks to Jill's training more than 350 district nurses have been trained in verification of expected death.

"All too often, especially during out of hours, families have to previously wait a long time before a GP can visit to perform verification of death. Now nurse-led verification will help alleviate this problem and families will no longer have the added anxiety of waiting," Jill told Talking Point.

"It also allows community nurses to provide holistic care for their patients and continuity of care by providing the appropriate information and support to families and carers following their loss of a loved one."

Going forward staff will have this extended skill reviewed as part of their annual SDR and Jill is future proofing the training for staff in the years to come.

District nurse  
Jill Gale



# Immersive simulation technology changes the way trust's training is delivered

IMMERSIVE simulation technology is providing hands-on, real time, training for trust's medical students and clinical staff.

The simulator gives trainees the opportunity to carry out training sessions in a controlled, safe environment, either in a simulated hospital setting or an emergency situation.

It includes three interactive walls which move with the user throughout their training, allowing them to pull-up and view patient information, as well as a SimMan manikin that talks and reacts to medication.

The hands-on training enables users to improve their technical and non-technical skills and focus on patient safety.

Jennie Winnard, director of education, said the trust's three simulation suites are leading the way in how medical training is being delivered.

"We are moving forward from the traditional methods of learning and providing a new modern method that allows us to challenge ourselves within a team," she added.

"I'm so pleased that we have three of these simulators, two at James Cook and one at the Friarage, which has been kindly been donated to us by the Friends of the Friarage. The fact that we can offer this training on our two main hospital sites is absolutely fantastic; it's more than I ever hoped for."

Alice Stanton using the immersive simulation technology



# Waste management system improves carbon footprint

**THE trust has installed an innovative new waste management system in theatres to make it safer for staff to dispose of surgical waste fluid whilst increasing efficiencies in the operating room.**

Steve Bell, environmental and sustainability lead for the trust, talks us through this latest innovation:

“The Neptune 3 Waste Management System is an enclosed suction unit for the collection, storage and transportation of surgical waste fluid. It is used during various procedures on patients in operating theatres.



“Its main uses are in urology, where levels of up to 80 litres of fluid can be used per case, orthopaedics and general surgery; however other disciplines are also picking up on it.

“This system has the facility to filter the collected fluid, thereby enabling it to be disposed of to drain rather than being solidified in canisters and then put in to infectious waste bags for a member of staff to lift and carry to the waste hold. This therefore eliminates risk of back injuries, bypasses the need for it to be treated as a separate waste stream and improves our carbon footprint.

“Neptune has also been used in organ retrievals due to the system’s reliability. From an infection perspective, as it is an enclosed unit, there is no exposure to irrigated bodily fluids. Additionally it provides an accurate measurement of fluids going through a patient,

allowing to calculate fluid absorption.

Neptune was first installed in the Friarage last year. Following the success of having Neptune active at the Friarage, the system is now fully operational at James Cook with 13 units on site.

Steve said: “Staff have embraced the system and a sense of ownership has evolved. It has also fulfilled part of the trust’s Green Plan, formerly the Sustainable Development Management Plan, which is a requirement under the NHS Standards Contract.

“Overall this system has assisted in promoting and maintaining a safe working environment for our staff, patients, and in turn has increased theatre efficiencies.”

For any more information on Neptune or our Green Plan please contact Steve on extension 54632.

# Double win for medical engineering apprentices

**TWO trust medical engineering apprentices have been recognised for their incredible efforts at a virtual awards ceremony.**

Each year the Northern and Yorkshire NHS Assessment Centre’s estates apprenticeship programme holds an event to celebrate its apprentices, sponsored by IHEEM and Hefma.

During this year’s virtual ceremony Aidan Reese was awarded the Apprenticeship Cup for 2020 while Sam Bailey was crowned the Fourth Year Apprentice of the Year 2020.

Aidan said: “My knowledge and experience has widened throughout my apprenticeship and I have grown in confidence which has allowed me to gain employment as a medical engineering technician.”

Sam, who has also gained employment with South Tees as a medical engineering technician, said: “It has been a long four years but I have enjoyed every minute of it, I received

a lot of support at every stage in my apprenticeship from both my colleagues and the assessment centre.”

David Cairns, medical engineering section leader for the trust said: “We are extremely proud of both of

their achievements and dedication throughout the last four years, especially over recent months with the extreme pressure we have faced due to the global pandemic.”



Sam Bailey and Aidan Reese at the virtual award ceremony

## Freedom to Speak Up guardians empower colleagues to speak up



The Freedom to Speak Up guardians

**THE trust's Freedom to Speak Up guardians have been helping to embed an open and transparent culture at South Tees by introducing a new 'speak up model' across the organisation.**

The guardians, who ensure that all members of staff are able to raise concerns, have been busy promoting the service by visiting wards and departments at James Cook, the Friarage and community hospitals.

Abbie Silivistris, one of the guardians, told Talking Point: "The response to these visits has been extremely positive and staff have been interested in learning more about the service we provide."

If you would like more information please visit the Freedom to Speak Up intranet pages.

Every NHS trust in England has a Freedom to Speak Up guardian who can help staff to speak up.

## Tess retires after dedicating 40 years to the NHS

MACMILLAN clinical nurse specialist Tess Craig has retired from the Middlesbrough, Redcar and Cleveland community specialist palliative care team following 40 years working for the NHS.

Tess, who has been described as a truly inspirational nurse by her colleagues, will be missed by many.

**Happy retirement Tess!**



## Friarage theatres receive high commendation award



CONGRATULATIONS to our clinical lead for theatres Sarah Baker and the team on receiving the high commendation award for the Perioperative and Surgical Care Award category at the virtual HSJ Patient Safety 2020 Awards.

The theatre team with managing director Rob Harrison

## In memory of Bev

COLLEAGUES have paid tribute to Bev Groom who has sadly passed away aged 52.

Bev joined our pathology team in 2008 and was promoted to a senior biomedical role within our microbiology department.

Nothing was ever too much for Bev. She always went above and beyond and was described by her colleagues as an inspiration and will be missed by all.





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## We're here for you

We are very pleased that Middlesbrough Grange care home is rated as Good by the Care Quality Commission (CQC). We appreciate feedback from our residents and family members on our care, where our staff received a lovely compliment from one of our residents in our last full CQC Inspection report, "They are marvellous, give you a little cuddle if you are upset."

Our care teams are passionate about what they do, dedicated to delivering quality tailored care and specially selected for their personal qualities, such as being instinctively warm with a natural desire to help.

Our food is freshly made, with a choice of daily menu and seasonal variations during the year. Our catering teams take the time to find our resident's preferences and tailor diets to meet each person's individual nutritional requirements.

We are welcoming new residents to Middlesbrough Grange care home and are here to answer any questions you may have regarding our care. We provide residential and residential dementia care, both on a permanent basis and for shorter stays or respite.

For more information or to enquire for yourself or a loved one, please call 01642 918 408 or visit [www.anchorhanover.org.uk/MiddlesbroughGrange](http://www.anchorhanover.org.uk/MiddlesbroughGrange).

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