

**TALKING
POINT**

January 2022



INSIDE

Renal unit given a new lease of life

Going from strength to strength for our bone patients

Dialysis patients to benefit from ground-breaking technology

Vintage makeover leaves community patients feeling nostalgic

Vintage makeover leaves community patients feeling nostalgic

WHEN spending time in East Cleveland Primary Care Hospital's Tocketts Ward you wouldn't be in the wrong for forgetting you were in a hospital setting.

That's because it has been given a vintage makeover to help its patients, who often have dementia, feel less anxious and a little more at home.

The new wall graphics, inspired by local landmarks in Saltburn and Loftus, have transformed the ward's dining room and day room.

The dining room's serving hatch has been decorated like an ice cream parlour, similar to one you might see on Redcar seafront, and features large wall prints of a traditional tearoom, Saltburn's brightly coloured beach huts and its iconic cliff lift.

A little further down the corridor, old photographs of the local area and memorabilia have been used to transform the ward's day room into a 'front room' where patients can feel nostalgic while doing their physiotherapy.

"We really wanted to transform these areas for our patients to improve their experience and help in their rehabilitation process."

Heather Collins, who has worked on Tocketts Ward for 12 years and was ward manager for over two, said she was thrilled that local printer MT Print Darlington managed to transform their idea into reality for



Susanah Muir with Tockett Ward's Deborah Shotton and Sally Conyard

their older patients.

She added: "We really wanted to transform these areas for our patients to improve their experience and help in their rehabilitation process, as a ward team we are thrilled with the results. We couldn't have achieved this without Our Hospitals Charity and MT Print Darlington's help, patience and guidance."

The new décor got the seal of approval from patient Susanah Muir. She said: "It's absolutely fantastic; you don't feel like you're in a hospital. I can't fault the staff here neither."

When the weather is a little warmer, patients can now also enjoy views of the East Cleveland hills from a colourful balcony that has been done up as part of the makeover.

Renal unit given a new lease of life thanks to local community

JAMES Cook’s aging renal day unit has been transformed into a modern, purpose-built centre.

Staff and patients at the Middlesbrough hospital announced ambitious plans to raise £500,000, with the support of Our Hospitals Charity, back in November 2020 to help develop a first class facility to deliver kidney care.

Despite challenging times with COVID-19, their fundraising goal was exceeded and the old unit has now been replaced with an area where patients’ needs can be met in one place.

Those attending will now be greeted in a large welcoming waiting area and will have access to treatment rooms as well as a home dialysis training room.

David Reaich, consultant nephrologist, said: “Thanks to the help of our patients, staff, Our Hospitals Charity and a number of local businesses, including Drive Motor Retail, we now have excellent facilities that will enable us to help the increasing amount of patients we’re seeing.”

The unit was officially opened with a ribbon-cutting ceremony by patients Neal Waters and Sarah Eales.

During the opening service manager Cheryl Burton said: “It feels fabulous for all the team, patients and families to officially open the new unit. It’s been a long journey and despite it being a challenging time for everyone the charitable funds team has been brilliant and we’ve managed to raise £540,000. We’re all extremely grateful to our patients, staff and the community for helping us achieve this refurbishment.”



Renal patients Neal Waters and Sarah Eales at the opening ceremony



Patrick Burton in his new car

You’ve ‘bean’ amazing!

- 97 running beans took on the renal unit’s 73 mile challenge, our first ever virtual fundraising event, and collectively covered 8,730.2 miles and raised £9,000!
- Now this was a tasty fundraiser! 10,000 jelly beans were counted as part of our guess how many beans challenge.
- 26 thrill-seeking fundraisers took on our skydive, raising over £9,000. To see all of our brave skydivers go to @OurHospitalsCharity on Facebook



- £10,000 worth of tickets were sold in our car raffle in partnership with Drive Motor Retail. But there was only one lucky winner...

Patrick Burton from Thornaby was delighted to be handed the keys to the brand new car worth £16,500. Before winning the new Vauxhall Corsa SE the 62-year-old did not have access to a car and had to either walk to where he wanted to be or rely on public transport.

“It came as a great surprise,” he said. “It’s absolutely marvellous; it’ll be a great addition to the family because I’ll be daddy’s taxi again.”

In memory of Rocco, Angel and Reevea

A MIDDLESBROUGH couple have dedicated their time to helping families on the neonatal unit at James Cook after experiencing the heartbreak of saying goodbye to their three babies.

Adelle and Andy Hodgson have donated more than 100 bespoke outfits to the hospital to give to premature babies in memory of their son Rocco and daughters Angel and Reevea.

The couple were devastated to lose baby Rocco in 2017 and then twins Angel and Reevea in 2020.

Adelle said it was at a scan around 18 weeks when her cervix was found to be open which meant she had to go straight to the delivery suite to give birth to their baby girl Angel.

At 23 weeks and six days Angel's twin sister, Reevea, was born weighing just 610g and was transferred to the neonatal unit where she lived for 11 days.

"When Reevea was born she was so small," said Adelle. "When she passed

the nurses said that we could dress her or they could do it for us. We asked if they could and when they brought her back she was lost in this big outfit. It was probably the smallest they had but it was way too big for her.

"The memory stays with you forever. You want your baby to look comfy and snug in their first outfit."

In the months that followed Adelle's sister decided to raise money in memory of her nephew and nieces by running multiple marathons.

"When my sister said she was going to start fundraising in memory of our babies I knew I wanted the money to

go towards some small outfits for the babies in the unit," added Adelle.

"One of the things that would have massively changed our experience was if Reevea had some clothes that fit her, but it's not something you plan for. That's why I wanted to provide them for future families."

Lynn Paterson, clinical director for neonatology, said: "We would like to thank Adelle

and Andy for their thoughtfulness and amazing fundraising that has been done for the neonatal unit. We're so privileged

that out of such a tragic experience, parents offer acts of kindness to those who come after them. They are an amazing family and their selfless act will touch many families in the years to come."

If you would like to donate you can do so via the family's Facebook group – 'Three Little Reasons to Run'.

"The memory stays with you forever. You want your baby to look comfy and snug in their first outfit."



The neonatal team with some of the tiny clothing – Charlotte Ashton, Kath Noble, Kaye Saunders, Lisa Shephard and Caroline Buckley.

12 months, 80,000 doses. COVID vaccine hub: one year on...

IT is one year since the trust became one of the first COVID-19 hospital hubs in the world to begin vaccinating patients, care home workers and staff.

In that time the trust has given over 80,000 doses of the COVID vaccine in the form of first, second and booster jabs.

Setting up the hubs was a huge challenge which involved expertise and support from many different teams across the trust including estates, procurement, pharmacy, IT and call centre teams as well as the clinicians, occupational health teams and volunteers delivering, managing and coordinating the jabs.

Beverly Tytler, a nursing sister who was seconded to support the rollout of the vaccine, said: "We relied on staff support from all areas of the trust, and some of those staff were working above and beyond their usual working hours, but they still wanted to play their part in the vaccine rollout, and help towards fighting the virus.

"Some of the staff became regular members of the team, and my role became the one that ensured we had the correct group of vaccinators with a safe skill mix, a group of healthcare assistants, and volunteers, as well



The team roll out COVID-19 vaccinations in December 2020

as ensuring the correct stock was maintained for the day to day running of the hub.

"It has been an honourable experience to have been a part of the COVID-19 vaccination programme at South Tees, assisting with the setup of the vaccine rollout one year ago, to working with, and alongside fantastic colleagues, right through to the part I am playing now, supporting the coordination of the booster vaccination rollout."

Iain Sharp, part of the trust's system development team said: "We created an online booking system which allowed staff to book their own appointments and also

enabled administrative staff to book appointments for patients and non-trust staff. As a result, the vaccination team were able to manage the flow of people attending the vaccination hub and assure a safe and steady flow through the vaccination process."

Paula Taggart, head of nursing and part of the team who have been instrumental in setting up and running the vaccines hubs, added: "It has been a real team effort. There's been such a lot of hard work by a number of different people and teams. Most of them have had to do this on top of their day job. They've all played a huge part in the success of our vaccination roll out. They're amazing."



The team today, in the vaccine hub at James Cook

Dialysis patients to benefit from ground-breaking technology

STATE-of-the-art technology which aims to enable patients receiving dialysis at home to have their treatment monitored remotely is to be evaluated across the Tees Valley.

The innovation piloted by South Tees' renal team and partners at Teesside University, the What Works Centre for Wellbeing and Alio Medical aims to give patients and their caregivers the ability to monitor key treatment measurements at home without the need for invasive blood tests or hospital visits.

The novel project won funding through Q Lab UK; a Health Foundation and NHSX collaboration which aims to explore how to build trust and confidence in technology enabled remote monitoring to help develop digital capabilities in the National Health Service.

Along with three other Q Lab teams across the UK, the partners will explore barriers and enablers to the uptake of such technologies at home, by patients

and their care providers. The same technology may in the future also benefit people with other chronic health conditions, such as diabetes, heart failure and chronic kidney disease.

Jonathan Murray, South Tees' renal consultant, said: "Our goal has always been to help develop technologies which can enable patients to have their health monitored remotely, including at home.

"This would empower patients and provide autonomy by effectively enabling them to monitor their health and treatment around their daily activities, rather than vice versa.

"As the Alio Monitoring System is developing, we recognise it is imperative that we understand which factors matter to patients and would influence

their use of such technology at home and this project with Q Lab UK will help us to achieve this."

John S. Young, professor of translational healthcare at the National Horizons Centre at Teesside University, said: "This project has the potential to make a massive difference to patients' lives. The ultimate aim is to enable patients to track their potassium levels and other important measurements regularly at home. This could save lives by facilitating timely treatment of abnormal blood results; if potassium levels are too high or too low, this can be fatal."

The first phase of the project will see staff and patients working together to explore how they can build trust and confidence in the technology, and identify barriers to implementation. The second phase hopes to utilise experience and learning from the first phase to inform and support wider roll out of the technology, once the technology has completed final regulatory approvals.



Dr Jonathan Murray, consultant nephrologist, patient Elizabeth Fraser and home dialysis sisters Karen Coaker and Sarah Dunn

'Get vaccinated, it's not worth the risk' says new mum who contracted COVID-19

A MUM who thought she was going to die after contracting COVID-19 is encouraging pregnant women to not put off getting their vaccine.

Lucy Smith, from Thornaby, in Stockton-on-Tees, was planning on getting her COVID vaccine after giving birth to her baby girl as she was worried about what the side effects would be for her and her daughter.

But, a week after being recommended the jab, she was rushed into James Cook with the virus at 36 weeks pregnant.

The 18-year-old became increasingly more ill and medical teams at the Middlesbrough hospital were required to perform an emergency caesarean, days after she was admitted, before placing her on a ventilator.

"It was really scary, I didn't know what would happen to me and my baby," Lucy said.

"I was in the maternity unit for four days before my lungs collapsed.

"They did an emergency C-section and then put me straight on a ventilator, meaning I didn't get to see my baby, Billie Rae.

"When I was in ICU I didn't know where I was, I thought I was going to die."

After spending four weeks in the hospital's intensive care unit Lucy started to recover, was moved to another ward and was reunited with her daughter.

"I'd seen a photograph of a baby and I hadn't realised she was mine.

"When I got to see her in the delivery suite, I got to hold her for the first time, it was really emotional, I cried."

"It's really not worth the risk of not getting it. I nearly died."



Lucy Smith with her baby Billie Rae.

Lucy, who is back at home with her family and getting stronger every day, is now urging pregnant women to follow their midwife's advice and get the life-saving jab.

"Get it done," she said. "It's really not worth the risk of not getting it. I nearly died."

Since being discharged and spending quality time with her daughter, Lucy is planning on booking her vaccine.

Deepika Meneni, South Tees' clinical

director for obstetrics, said: "We are so glad to hear both Lucy and her beautiful baby girl are doing well and are now able to spend very important bonding time together.

"We would highly recommend that mums-to-be get their COVID-19 vaccine as it's the best way to keep both them and their babies protected against becoming seriously unwell.

"If you have questions or are undecided, please talk to your midwife, obstetrician or GP, we are here to help support you making a decision based on the best available evidence and information."

Philip returns home days after lifesaving bypass

WHEN Philip Smith returned to work following treatment for his bladder cancer he was very much looking forward to hitting the ground running and getting back into his usual routine.

But the 55-year-old, who works at James Cook for Serco as a quality assurance manager, started experiencing some slight chest pain that stopped him in his tracks.

"I used to walk eight to nine miles around the hospital every day before my treatment and shielding," he said.

"Although the feeling would stop me still I really didn't think much of it and just thought it was because of a lack of exercise.

"Then one morning I felt a heavy weight on my chest, it felt like someone was sitting on me."

After explaining the sensation to his doctor he was quickly transferred to James Cook's cardio investigations team and prepared himself for a possible stent.

However, doctors discovered that four of Philip's arteries were either blocked or blocking and he was immediately booked in to see consultant surgeon Ralph White the following week.

"Mr White told me I needed a quadruple bypass and asked me when I wanted it. I joked and said 'how about tomorrow?' and was gobsmacked when he turned around and said I can't do tomorrow but I can do it next Friday.

"Before my appointment with Mr White I'd been worrying about the waiting lists and told my wife if I don't get sorted soon my heart's going to pop and it could be game over.

"We both thought it was just going to be a consultation to come up with a

"I knew they would only discharge me if they were confident I was ready so I was happy to come home."

plan of action rather than an appointment to schedule the surgery so we were amazed at the speed."

The next week Philip returned to the hospital and was admitted to ward 32 before having the major surgery the next day.

"The afternoon after my procedure I woke up in ICU and I could instantly feel the difference. Considering I'd just done ten rounds

with a scalpel I felt fine!"

Philip made a brilliant recovery and by the next day was moved back to ward 32 instead of the high dependency unit.

Philip continued to make incredible progress, underwent physiotherapy and was discharged days later.

"I knew they would only discharge me if they were confident I was ready so I was happy to come home.

"I have good and bad days but considering I've just had major surgery I already feel better."



Ralph White, consultant surgeon and clinical director for cardiothoracic surgery, Philip Smith and staff nurse Laura Murray (left to right)

Going from strength to strength for bone patients

THE INSTALLATION of a new bone density scanner at James Cook has enhanced bone services in Middlesbrough.

The bone densitometry service at James Cook currently sees 3,200 patients a year and it is hoped the addition of this faster scanner, along with an increase in opening hours will improve capacity, allowing an additional 1,000 patients to be scanned each year.

The state-of-the-art DEXA (dual-energy x-ray absorptiometry) scanner, worth over £120,000, will be used by the hospital's rheumatology department to measure how dense or strong a patient's bones are in order to diagnose or assess their risk of osteoporosis, fracture and other serious conditions.

The scanner works by sending low dose x-rays which are then absorbed by the bone and soft tissue, energy that is not absorbed is detected on the other side

of the body, the more dense the bone the more energy is absorbed and the less detected.

As well as being a quick and painless procedure, the new scanner provides a higher quality image and is more effective than normal x-rays in identifying low bone density.

Julian Wenman, service manager for the hospital's cancer institute and speciality medicine collaborative said: "We are delighted to have this new piece of kit; it will drastically enhance our service for people in the local community for many years to come.

"We are extremely proud of the facilities we have here at James Cook and this is just another example of the ever growing investment in services we can offer our patients."

"We are delighted to have this new piece of kit; it will drastically enhance our service for people in the local community for many years to come."



Julian Wenman, service manager with senior radiographers Donna Wilson, Janine Fegan and Jennifer Croker (left to right)

New equipment for Richmond district nursing team thanks to local fundraisers

THE Richmond district nursing team are benefiting from a new MESI automated Doppler and a Huntleigh Dopplex Kit thanks to the Friends of Richmond Friary Community Hospital.

The new pieces of equipment are allowing the team to complete more accurate and timely Doppler assessments, particularly in their team led complex wound clinic.

Doppler assessments are performed to help determine the aetiology of a leg ulcer in order for clinicians to establish the most effective and appropriate treatment plan for a patient's wound care.

The Mesi Doppler device is accredited to performing the world's fastest ankle brachial index measurement by completing three simultaneous measurements at one time. For suitable candidates, this is opposed to hand held vascular Doppler's that require the manual measurement of

three different pressures; one of the arm and bilateral legs consecutively.

Additionally the new device interprets the waveform readings producing an instant result for clinicians. This can aid patients to commence the correct treatment as soon possible in the hope to achieve better healing times, and makes the device more user friendly for different grades of nursing staff.

Staff nurse Natalie Watt said: "We would like to say a huge thank you to the Friends of Richmond Friary Community Hospital for generously funding this equipment which will help to support the effective assessment and treatment of chronic leg ulcers for our local patients."



Gemma Fleming, Siobhan Ketley and Natalie Watt with the new equipment

David awarded prestigious academic fellowship

ADVANCED practice physiotherapist David Annison has been celebrating after being awarded a prestigious pre-doctorial clinical academic fellowship by the National Institute for Health and Research (NIHR).

David is the first AHP within South Tees to achieve this competitive and prestigious award.

The NIHR programme is a two-year funded training package that gives early career researchers from health and care professions the opportunity to become research leaders.

David, who works within orthopaedic clinics, physiotherapy rehab and research, said the award will enable him to support the upper limb team's research as well as giving him the opportunity to develop his own research into shoulder pain.

"Obtaining the fellowship funding

was a bit surreal, the competition is so tough," he said.

"The panel acknowledged the work I have done to date but equally showed trust in my ability to deliver ambitious plans going forward."

Amar Rangan, who leads the research active upper limb service that David is involved in, said: "We're all extremely proud of David for achieving this very competitive and prestigious national award. It'll help him develop as a clinical academic."

If are interested in applying for a fellowship please visit www.nihr.ac.uk.



Advanced practice physiotherapist David Annison

Jean on the road to recovery following speedy valve replacement

WHEN 74-year-old Jean Theaker was told she needed a valve replacement she was worried she would have to wait months if not years for her procedure.

But, the retired shop assistant from North Skelton was pleasantly surprised to be told at her consultation that she'd be having her procedure the following week at James Cook.

It was back in April when Jean first experienced shortness of breath, which left her gasping for air and unable to go downstairs.

She quickly phoned her doctors, who due to COVID restrictions at the time, called her back for a telephone consultation.

Not long after Jean was sent to Redcar Hospital for some tests before being transferred to James Cook for

a CT scan.

"After my CT scan I met Mr White, who explained to me that I needed a valve replacement," she said.

"I thought I was going to have to wait a long time for the procedure since I'd seen on the news that people were having to wait for heart surgery because of COVID so I thought I'd be the same.

"But Mr White was like 'no it can be next Tuesday'! I walked out of the hospital in a trance; I didn't think I would need a valve replacement because I was always healthy and that it was going to be so soon."

Jean returned to the hospital the following week, had her valve replacement and was discharged home six days later.

"It was brilliant. The nurses, the doctors, everyone at the hospital were brilliant."

Ralph White consultant surgeon and clinical director for cardiothoracic surgery, said: "It is great to hear that Jean is doing so well after her recent aortic valve replacement.

"Throughout the pandemic we have been working incredibly hard to treat those patients requiring surgery for heart and lung disease without COVID and whose needs are equally urgent. Mrs Theaker's treatment has only been possible with the dedication and hard work of every member of the cardiothoracic team."

"Throughout the pandemic we have been working incredibly hard to treat those patients requiring surgery for heart and lung disease without COVID and whose needs are equally urgent."



Cardiothoracic surgical ward sister Rachael Williams with Jean Theaker

SOUTH
TEES
STARS

OUR monthly STARS Awards help us celebrate our incredible individuals, teams and services.

We would like to say a huge congratulations to our winners and to the hundreds of colleagues who were nominated. Don't forget, if someone has made your day or has gone the extra mile for their patients, you can nominate them via the 'STARS Award' service page on the intranet.



Going the extra mile – Diane Monkhouse

Diane, who is a critical care consultant, has been a huge support to the trust's trainee advanced critical care practitioners during their ACCP training. While working in critical care during the pandemic Diane also ensured ACCP studies were not forgotten by planning Zoom tutorials.

Shining the
spotlight on
our South Tees
STARS



Attention to detail – Marie Robinson

Marie won a STARS Award for her unfailing support and attention to detail. While washing and dressing a patient Marie spotted they had a cold foot and alerted the medical team immediately. It was then found the patient had an acutely ischaemic foot.

Helping others – Ophthalmology eye casualty

The team was commended by colleagues for their efficiency, thoroughness and friendly demeanour.



Respect, care and support – Rachel Brown

Rachel, who is a staff nurse, received some fantastic feedback from a patient who was in critical care with COVID. Rachel sat and talked with the patient and helped them feel stronger and more positive. The patient described this as a pivotal moment in their journey back to recovery.

Teamwork – Radiology porters

The team had an exceptionally difficult time after losing their close colleague Mark Lowe, who sadly passed away after testing positive for COVID-19. Despite this they have pulled together and ensured all patients are treated with respect and dignity while they are brought to the department.



Going the extra mile – Charlotte Pybus

When our Ainderby Ward, at the Friarage, moved pathway during the pandemic Charlotte's calm demeanour and leadership qualities ensured patients were moved in a caring and stress free manner.



Respect, caring and support – Friarage paediatric team

The Friarage paediatric team have gone the extra mile during the pandemic to provide excellent care to children and their families both in the hospital and out in the community. They have supported each other and volunteered to get the vulnerable vaccinated.

Going the extra mile – Vaccination security team

The trust's security team were awarded a STARS Award for their involvement in James Cook's COVID vaccination hub. They endured bad weather while supporting car parking from 7am until 8pm, seven days a week. They also recognised those in need of extra support.



Dealing with difficult situations – Fiona McCluskey

Fiona, ward 10 manager, often goes above and beyond to make sure her patients receive the most compassionate care. The leadership and resilience shown by Fiona recently has been remarkable.



Going the extra mile – Debbie Diccio

When one of our paediatric clinics was rescheduled Debbie's helpfulness and efficiency benefitted children, their families and all staff who work with her regularly.



Teamwork – Anthea Davison

When Anthea and her team moved their ward back to ward 5 every element of the move had been considered meaning there was no disruption to the service. Thanks to her attention to detail and leadership she also made sure her team were looked after, ensuring they were briefed at regular intervals along with rest breaks.



NHS workers walk their way to enhancing local glaucoma service

A TEAM of NHS workers from the Friarage walked over 500 miles throughout November to help raise funds for the Friends of the Friarage.

The money raised by the ten members of staff, from the hospital's eye outpatient department, will be used by the Friends to purchase a much needed piece of equipment that will allow the team to monitor and screen glaucoma patients closer to home.

The ocular response analyser (ORA) will be used to measure the pressure inside patients' eyes to help diagnose glaucoma, which is an age-related eye condition that when not treated can result in eyesight loss.

Currently patients needing glaucoma diagnosis are often asked to travel to James Cook. But, if the Friarage team were able to have their own

ORA machine they would be able to set up a clinic in Northallerton, saving the need for patients to travel further afield.

Glaucoma consultant David Lunt said: "It is critical as healthcare professionals we try and develop novel pathways whilst maintaining the utmost standards of healthcare in terms of delivery and safety for our patients. The purchase of this diagnostic equipment could potentially benefit over 600 patients local to the Friarage per year."

The Friends of the Friarage are well known locally for purchasing state-of-the-art medical equipment and

supporting the development of innovative services.

Susan Watson, Friends liaison trustee for the eye outpatients department, said: "We were delighted to support this excellent collective fundraising initiative which staff managed on top of their day jobs and personal commitments.

"The purchase of this equipment will facilitate early preventative work as well as benefit patients by greatly reducing travel time."

Throughout the month the team kept people up to date with their walking progress via their Just Giving page and on the Friends of the Friarage's Facebook page.

Thanks to the local community they managed to raise over £650.



The walkers outside the Northallerton eye outpatients department

Everyone loves a Freebie!

FREEBIE Friday gives members of our trust's private staff Facebook group the chance to win a mystery prize on the last Friday of every month!

Prizes include the likes of family cinema tickets, team hampers and money can't buy experiences such as hospitality tickets for Middlesbrough Football Club.

All you need to do is keep an eye out for our post and like it.

We would like to say an enormous thank you to Our Hospitals Charity for making this possible.

If you would like to get

"We would like to say an enormous thank you to Our Hospitals Charity for making this possible."



involved all you need to do is search South Tees Hospitals Staff on your personal PC or mobile, fill

in your NHS email and the department you work for, read through the group rules and tick the box to say you agree. Good luck!

Our
**HOSPITALS
CHARITY**

Join Our Hospitals Charity's virtual coast to coast challenge

GET the New Year off to a great start and help your local NHS along the way.

Our Hospitals Charity wants you to sign up to cycle, walk or run a virtual coast to coast – 171 miles – and raise some money to support patients, service users and staff.

The coast to coast virtual challenge is open to everyone; all you need to do is get sponsored.

Registration costs £10 and competitors are asked to raise a minimum of £43 – that's just 25p per mile!

You can track your progress from the virtual starting point at Ennerdale Bridge in Cumbria to the finishing line at Robin Hood's Bay on the North Yorkshire coast on an interactive map and app.

Compete with your friends, sign up as an individual or register as a team. However you want to do it, it's your way all the way.

The challenge is now open and you have until 28 April 2022 to complete it.



Tommy Harrington and Janine Evans from Our Hospitals Charity

Tommy Harrington from the Our Hospitals Charity team said: "2022 is an exciting year for the charity. We've got some big fundraising targets and projects coming up so every penny donated through our virtual coast to coast challenge will, as ever, be most gratefully received and make a life-changing difference to staff and patients across Middlesbrough, Redcar and Cleveland, Hambleton and Richmondshire."

"We're always blown away by the support we get from colleagues and the public. This should be a really fun challenge for everyone taking part. And because it's virtual, anyone can do it. All you need is the entry fee and the app then you're away!"

Start fundraising today. Go to southtees.enthuse.com/cf/coast-to-coast for more information and to register online or scan the QR code above.

"We would like to say thank you to everyone who has supported us throughout the years for making projects like this possible."



Romanby Ward's Kelsey Thompson and Becky Stones and in the refurbished room

Friarage family room given a makeover

A ROOM used to support patients at the end of life, and their families, at the Friarage has been given a makeover thanks to the generosity of a local charity.

The family room in the hospital's Romanby Ward is often used by families as a quiet place to relax and spend vital time together away from the 'ward' environment.

Thanks to The Cowtonbury Fundraising Team the room has been transformed from an outdated space into a homely, welcoming and modern space.

Since 2014 the team, set up by Beth Robinson, the landlady of The Beeswing Inn at East Cowton, has raised over £120,000 to improve health and palliative care services

and spaces in Hambleton and Richmondshire.

Clinical matron Vicki Davison said: "We would like to say a huge thank you to Beth and her team of fundraisers. This room's new homely décor has instantly created a welcoming environment for our patients and will undoubtedly improve the wellbeing of both our patients and their families. The fundraising team has demonstrated the vision, tenacity and organisational skills to bring this project to fruition and we will be

eternally grateful."

Beth said: "We are so happy with the end results; this new room will allow families to have a small family haven in the heart of the hospital. It's a great comfort to know that the room is already helping families in the local community as we hoped it would.

"We would like to say thank you to everyone who has supported us throughout the years for making projects like this possible. We would also like to say a special thank you to the businesses and tradesmen across the Hambleton and Richmondsire who consistently step in to help out, either by discounting goods, laying flooring, painting and decorating or delivering goods when needed."

Project Wingman wellbeing bus supports South Tees staff

PROJECT Wingman shifted up a gear by supporting South Tees staff wellbeing on board its fully customised double-decker bus.

When Project Wingman first visited the trust they offered a safe space for staff to talk to someone about their experiences, relax over a tea or coffee or just have some time away from the work environment – all in a lounge setting similar to those enjoyed by first-class passengers at airports.

The team behind Project Wingman have since launched 'Wingman Wheels' – a mobile wellbeing lounge initiative that allows the team to reach even more locations and help even more NHS workers, especially those where the usual lounge format would not be possible.

The project, which is a UK wide initiative, was set up to support NHS staff during and after the COVID-19 response. It brings together crews from every UK airline who have been furloughed, grounded or made redundant due to the pandemic.

Jillian Mcgee, staff psychological wellbeing advisor at the trust, said: "The Project Wingman bus has been a huge success in helping support the wellbeing of our dedicated staff. The bus travelled around our hospital sites and has really helped everyone de-stress. We would like to say a huge thank you to all of the volunteers for providing us with the

very best service."

She added: "We are also extremely grateful to Our Hospitals Charity for kindly paying for Project Wingman to bring their 'Wellbee' bus to visit."

CEO Capt. Emma Henderson MBE and co-founder of Project Wingman added: "It has been an enormous privilege for us as a group of aircrew to be a position to provide this support to the NHS.

"I am so proud of what our team has contributed in the South Tees area; they gave everything to support not just the NHS but also each other in what is the most challenging of times for both industries.

"I look forward to seeing the new direction our charity will take as some of our volunteers return to the skies."



Captain Derek Smith and senior first officer Tom Glasby on board the wellbeing bus

Unused equipment helps medical students

DO you have any unused or out-of-date stock in your ward area?

If yes, you might want to carry on reading and think twice about throwing it out.

The trust's undergraduate department within STRIVE has been using old items such as syringes, needles and blood transfusion sets, to train its medical students.

Thanks to healthcare assistant Chelsea Taylor, whose enthusiasm has been instrumental to the success of the project, the department has improved the trust's footprint as well as saving it thousands of pounds.

"I worked on a ward within the trust for eight years before coming to the undergraduate department and often found some of this stock in the ward areas going out of date before we had the chance to use it, or cases where surplus stock was not being

used," she said.

"Due to the nature of our clinical skills in the undergraduate department and the use of manikins, I thought that it would be more efficient and cost effective to ask for this surplus stock rather than ordering brand new consumables just to be used on plastic or rubber beings."

When starting her new post within the STRIVE Academic Centre, Chelsea quickly started to put up posters on wards and was pleased to receive lots of donations.

"We are extremely grateful for the donations we receive and we are now regularly using a wide range of

"We are extremely grateful for the donations we receive and we are now regularly using a wide range of recycled supplies."

recycled supplies to teach our medical students clinical skills on task trainers and manikins until they feel comfortable and competent to carry out these skills on the wards with patients."

Heather McCosh, undergraduate manager, is incredibly pleased with the success of this project.

She said: "Before Chelsea started in the department we were getting very small amounts of donated stock, but since Chelsea's appointment, her enthusiasm and promotion of the project has resulted in regular deliveries of stock, that would otherwise have had to be disposed of."

If you have any unused or out of date stock that you would like to donate you can do so my emailing stees.undergrad@nhs.net.



Healthcare assistant Chelsea Taylor

Trinity Holistic Centre wins national award

THE Trinity Holistic Centre has been given a national award in recognition of the outstanding support it provided for its patients during the coronavirus pandemic.

The charitable organisation, which supports patients, carers and staff at James Cook and at the Friarage, was titled the Cancer Care Initiative of the Year at the Health Service Journal (HSJ) Value Awards for its kindness calls service.

The inspiring telephone initiative was set up at the outset of the pandemic by the centre in order to proactively call its patients to check their wellbeing, offer holistic therapy, provide local information and support, refer them to appropriate services and simply provide a listening ear and reduce isolation.

Lauren Farrow, Macmillan information and support centre



The Trinity Holistic Centre team at James Cook with South Tees' managing director Rob Harrison

business manager, said: "It is an absolute privilege to be part of a team so dedicated to the wellbeing of its patients; they have worked tirelessly throughout the pandemic and beyond to ensure that patients had the vital support they needed.

"So many of our patients have told us our kindness calls were their 'lifeline' so I am absolutely delighted that we have had this national recognition and

that other teams will implement this in their own trusts."

The Trinity Holistic team, along with support from the Macmillan Information and Support Centre at South Tees, offered the service to approximately 6,000 cancer patients, carers and families registered with the centre. It was also made available to the wider north east population.

Cancer support group gives men the confidence to share their experiences

A MACMILLAN support group at the Trinity Holistic Centre is offering men a safe space to talk about their cancer.

The monthly group 'Hope and Anchor' is led by volunteer Steve Wilson, who has secondary melanoma skin cancer.

He said: "I believe there are a lot of men out there who like me probably bottled up their fears when diagnosed and without realising it need reassurance and support."

Lyndsey Hoare, the personalised care and volunteer development manager for South Tees, said: "By working closely with someone as inspirational as

"We hope that the group will enable men to better manage their own cancer diagnosis and wellbeing."

Steve who is living with cancer and continues to live his life to the full we hope that the group will enable men to better manage their own cancer diagnosis and wellbeing."

The group meet on the first Thursday of every month at the Trinity Holistic Centre from 6.30pm to 8.30pm, with a maximum of 12 people.

To register your place please contact The Trinity Holistic Centre by calling 01642 854839 or email stees.trinity.holisticcentre@nhs.net



Steve Wilson

South Tees among UK's top performing trusts in national patient survey

A REPORT published by the Care Quality Commission (CQC) shows South Tees as one of the nation's top performers in the 2020 children and young people's patient experience survey.

The results show the trust performed significantly above the national average for the experiences of children aged zero to seven.

The annual survey asked children and young people, as well as their parents and carers, questions about admission, the hospital ward, hospital staff, facilities for parents and carers, pain management, operations and procedures, the discharge process and their overall evaluations of their care.

The report summarises the experiences of children and young people who were admitted to hospital during November 2020, December 2020 and January 2021.

It comes just weeks after the 2020



Paediatric staff at James Cook

national CQC inpatient survey found that adult patients ranked South Tees Hospitals NHS Foundation Trust consistently above the national average for inpatient medical care.

Chief nurse Hilary Lloyd said:

"Feedback from our patients is incredibly important to us. It's a huge reassurance that the hard work and dedication of our amazing colleagues is being seen by our patients, at such an unprecedented time for the NHS."

Eileen retires after 46 years

EILEEN Tilley has retired after 46 years of working for the NHS.

Eileen, who joined South Cleveland Hospital (now James Cook) when it first opened in 1981, was inspired to go into the profession at a young age by her aunt who she described as an 'all-round district nurse'.

In 1963 at just seven years old she remembers nursing her grandparents with bronchitis whilst watching the news of the JFK shooting and knew she wanted to nurse and care for people.

She trained at Sedgefield General in 1974 before moving to North Tees in her final year.

Eileen told Talking Point: "Six of us lived in our flat and indeed we are still best friends to this day, supporting each other through illness and loss and we go away together two or three times a year until COVID."



Eileen Tilley

When qualified she returned to this side of the river working in Eston, North Ormesby, Carter Bequest and Middlesbrough General and then South Cleveland.

Reflecting back Eileen said: "The hospital consisted of ward 1 to 12 then

other parts were built over the years. I'm so proud to have worked here for the local people and have been blessed to have worked with some amazing nurses and hopefully mentored many into their careers."

Eileen worked in medicine, oncology, urology and on ward 9 as senior nurse and TB sister before she moved to occupational health 11 years ago.

"I have many standout moments from my time as a nurse but my greatest achievement is caring not only for my patients but their relatives, especially my chemotherapy and palliative care, I feel honoured to have nursed them all," she said.

Claire Evans, from occupational health, said: "It goes without saying that all of us in occupational health are going to miss Eileen immensely. She will be a big loss to the team but we wish her health and happiness and a long retirement."

Advance your career with the School of Health & Life Sciences



Our range of multidisciplinary short courses, undergraduate and postgraduate degrees, higher and degree apprenticeships, and bespoke masterclasses, have flexible delivery to suit your learning needs.

Short courses include:

- > Advanced ECG in Practice (online)
- > Advancing Paediatric Physical Assessment Skills
- > End of Life Care (online)
- > Examination of the Newborn
- > Non-medical Prescribing
- > Physical Assessment Skills

Higher degree apprenticeships:

- > BSc (Hons) Healthcare Management
- > MSc Advanced Clinical Practice
- > MSc Global Leadership and Management in Healthcare (Senior Leader Master's Degree Apprenticeship)

Apply now: tees.ac.uk/health&lifesciences



9.6

Group carehome.co.uk score*

Rated March 2021

Good



*carehome.co.uk scores are based on independent reviews with a maximum score of 10. Rating correct as at 04/11/2021

Who cares if Reg just wants someone to talk to?

We do.



Middlesbrough Grange care home, Fosdyke Green,
Middlesbrough TS3 0RY

Call 01642 918 408 Visit anchor.org.uk/MiddlesbroughGrange

Stairlift Solutions



This covers installation, servicing and repairs during office hours. Anything out of office hours will include a £40 call out fee. We only ask for a minimum contract of 12 months.

For an efficient and friendly service and all enquiries please contact either Chris or David who will be happy to help

Telephone: **01325 307473**

"A lift in the right direction..."

Rent a Stairlift for just **£350** per year...



find out more at our website: www.stairliftsolution.co.uk



OCTAGON

DESIGN & MARKETING LTD

To advertise in this publication please call the sales team on 01302 714528

Rossington Hall, Great North Road,
Doncaster, South Yorkshire DN11 0HR

01302 714528 | www.octagon.org.uk | info@octagon.org.uk

NHS
South Tees Hospitals
NHS Foundation Trust

TALKING POINT

January 2022

INSIDE
Renal unit given a new lease of life
Going from strength to strength for our bone patients
Dialysis patients to benefit from ground-breaking technology

Vintage makeover leaves community patients feeling nostalgic

The Lemon Top
A taste of Teesside

UNISON SOUTH TEES

PROUD TO REPRESENT STAFF ACROSS SOUTH
TEES HOSPITALS NHS FOUNDATION TRUST



For UNISON, the NHS is one team. That's why we represent staff at all levels - nurses and porters, ODPs and HCAs. Our team of reps are here when you need us to help with:

- Grievances
- Health and Safety Concerns
- Disciplinary action
- Equality concerns and discrimination issues
- Pay issues
- Getting you legal help
- Financial assistance
- Negotiations on behalf of all our members

How to get in touch with us:

UNISONDirect Call Centre*: 0800 0 857 857

Facebook: @UnisonSouthTeesHospitalsBranch

Twitter: @unisonsouthtees

Email: southteesunison@yahoo.co.uk

Tel: 01642 246434

JOIN UNISON

- JUST SCAN THIS CODE





THE ADVENTURE STARTS HERE

Discover a happy, fulfilling education within our nurturing environment and superb facilities.

Preparatory School Open Morning
Saturday, 15th January – 9am to 12noon



Register online at
prep.visitarymschool.org
or call us today on
01642 781447



Yarm School: An independent day school for boys and girls aged 3-18 years



We need people in your area to help us look after vulnerable children and young people.

If you consider yourself to be a warm and caring individual with the dedication that it takes to be a Foster Carer, we would love to hear from you.

As a CFT Foster Carer you can look forward to:

- Full and ongoing training
- A highly skilled supervising social worker
- 24/7 support from a qualified social worker
- Regular meetings and social events
- Access to specialist support and services when needed
- Highly competitive rates of pay and a range of other benefits

Contact us today for more information

0300 111 1945

www.thecft.org.uk

or text **FOSTERING + YOUR TOWN** to **80818**

Registered Charity no. 208607

