Sarah lands coveted Nightingale accolade... pages 16 and 17
Welcome to our members.....

WE’VE now included the contents of Focus Point – our members’ newsletter – in with Talking Point rather than have two separate magazines. The good news for members is you’ll now receive more information about the trust.

If you’d like further information about anything featured in our magazine please contact Caroline Parnell, director of communications and engagement on 01642 835592 or email foundation.trust@stees.nhs.uk

Talking Point is your magazine and it is only as good as you make it.

It is produced quarterly in January, April, July and October each year.

Ideas and stories or suggestions to make Talking Point even better are always welcome.

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You can also contact the public relations team on 01642 854343, extension 54343, James Cook or email public.relations@stees.nhs.uk.

Mailing list – still need a hard copy of Talking Point?

We are reviewing our mailing list as Talking Point is now available on the trust’s website. It is distributed around the hospital departments, sent to staff as an e-book and available on the trust’s intranet.

If you don’t need an individual hard copy anymore can you please email public relations and we will remove you from the mailing list.

Talking Point is written and illustrated by the public relations team and designed by Octagon Marketing Company Ltd.

Octagon Marketing Company Ltd specialise in gaining advertising support for magazines so Talking Point is now produced, packaged, distributed and delivered at a minimal cost to the trust.

Care Quality Commission rates us as ‘requires improvement’

THE Care Quality Commission has now published its report following an inspection of the organisation in December 2014.

We were given an overall rating of ‘requires improvement’ for providing safe and effective care although inspectors found services were caring, responsive and well led.

In total, 89 of the 105 individual ratings (84%) were either good or outstanding and several areas of excellent practice were also identified including:

• The role of therapeutic care volunteers in supporting patients with dementia or other illnesses
• Maternity services at both James Cook and the Friarage where the families and birth forum was involved in the design of the induction of the labour suite and also for the teams championing the take-up of breastfeeding rates through the use of peer supporters and information
• Community midwives piloted a ‘baby buddy’ mobile phone app to inform women of pregnancy issues, common ailments and reasons to seek advice
• Diabetes specialist nurses providing telephone support, advice and clinic sessions for patients with diabetes, supported by a dietician, and running the DESMOND (diabetes education and self-management for on-going and newly diagnosed) programme
• The care and involvement of young people including a young people’s unit, participation and accreditation to the You’re Welcome toolkit in four clinical areas, the development of a young person’s advisory group, inspections of services by young people and the involvement of young people in staff interviews

Professor Mike Richards reported that inspectors’ came across numerous examples of excellent care and that patients and their relatives were happy with their experience of care and treatment. Staff at every level were positive about working for the trust and the quality of care they provided.’ However he did raise concerns around staffing shortages and this continues to be a key area of priority for us, although improvements have already been made since the visit.

Chief executive Professor Tricia Hart said: “Naturally, as an organisation which is built on quality it is disappointing to be rated as ‘requires improvement’ but there are many positives to take from this report.

“We’ve already made changes since the inspection.”

“Patients and their families spoke highly of the care they had received, which is reassuring, and I am pleased that staff have been publicly recognised for the care they give. It’s also important to stress the inspectors did not observe unsafe practice in any areas they visited or indicate patient care had been compromised.

“The CQC report is a rich source of information/feedback provided not only by independent inspectors but also from the patients who receive our services and the staff who provide them.

“We’ve already made changes since the inspection but there are opportunities to further improve. I’m confident that the organisation will respond positively to these, resulting in a better evaluation when the CQC visits us again.”

The CQC’s findings were presented to the trust, along with commissioners and other public bodies, at a quality summit in June and an action plan is now being developed. Further information is available on the trust’s website.
Surgeon performs UK’s first robotic diaphragm procedure

THE UK’s first robotic diaphragm plication has taken place at James Cook.

Cardiothoracic surgeon Joel Dunning performed the leading edge procedure using the hospital’s new da Vinci robot.

James Cook is only the second hospital in the country to offer robotic thoracic surgery and is now the first to use it to carry out a diaphragm plication – an operation to repair a paralysed diaphragm.

“A paralysed diaphragm can leave you feeling very out of breath,” said Mr Dunning. “Normally you would have to have a big thoracotomy which is very painful and you can be out of action for up to six weeks, but with this endoscopic technique patients can be back home within two to four days.

“It’s technically very difficult to do because it requires a lot of stitching but that’s what the robot is so good at doing.”

Together with the world’s first robotic thoracic surgeon Franca Melfi, Mr Dunning and his team performed the UK’s first robotic diaphragm plication in April.

“We are very pleased to say it went perfectly and the patient was up that very evening saying his breathing felt better already,” said Mr Dunning.

Mr Dunning controlling the robot during surgery

The robot arms control long instruments that go into the chest through three to four small holes of about 8mm. The surgeon sits at the console throughout the procedure and has full control of the robot and excellent vision via a 3D camera.

Mr Dunning added: “I rely very heavily on a team that are scrubbed up next to the robot. We have been practising for months and are very excited to have achieved this national first.

“The real advantage of the robot is that the instruments are so controllable inside the chest and can move in every direction – plus the robot has three arms compared to my two!

“Patients benefit from the robot’s brilliant accuracy and vision and we hope this new technique will also significantly speed up their recovery.”

TYNESIDE Granddad

Michael Jackson was the first patient to undergo robotic diaphragm surgery in the UK.

Michael had been suffering from problems with his breathing following a car crash in 2008. After months of tests the retired sales manager was told that the stabbing pain in the chest was being caused by damage to his phrenic nerve and the only way to repair it would be major surgery.

At first Michael opted not to have the operation as he did not want to spend weeks out of action but when it got to the point that it was getting difficult for him to lift up his grandchildren Rose, 7 and Poppy, 3, he knew he had to do something about it.

His wife Teresa searched the internet and discovered that the surgery could be done using keyhole procedures at James Cook.

“I like to think I’m quite fit but this was killing me,” said Michael, 68, who returned to his home near Whitley Bay two days after the operation.

“When I went to see Mr Dunning he offered me the robotic surgery and I was not bothered about being the first to try it.

“When I woke up I could breathe better straight away. In fact I have not felt this well for at least five years!”

Michael’s story

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Michael’s story
Stoke rehabilitation services have been brought together under one roof to create a centre of excellence at Redcar Primary Care Hospital.

The new specialist stroke unit brings together community inpatient stroke beds with specially trained nurses and rehabilitation services such as physiotherapy, occupational therapy and speech and language therapy.

Stroke patients who would previously have been sent to Carter Bequest and Guisborough Primary Care Hospitals are now being admitted to the specialist unit at Redcar.

Director of integrated therapies Barbara Stoker said: “The move enables nursing staff and therapists to work closely together and gives patients access to a wide range of experts on one site.”

South Tees Clinical Commissioning Group’s clinical lead for the IMProVE programme, Dr Ali Tahmassebi added: “We now have an excellent special unit to care for our patients who have had a stroke and need to be looked after in a hospital.”
Stroke rehabilitation at home

STROKE patients can now receive rehabilitation at home instead of in hospital thanks to the launch of a new community stroke therapy scheme.

The trust has introduced an early supported discharge (ESD) service which is expected to benefit up to 40% of patients admitted to hospital with a stroke.

Staff from occupational therapy, physiotherapy, speech and language therapy and dietetics will visit each patient in their own home as appropriate.

Patients who are well enough will be able to return home from hospital much faster and receive up to six weeks of therapy in the familiarity and comfort of their own home. They will receive the same intensity of therapy that they would have been given in hospital.

Treatment will be based around each individual's needs and normal routine. This may include rehabilitation for mobility, communication, swallowing difficulties, personal care and meal/drinks preparation as well as emotional support.

Director of integrated therapies Barbara Stoker said: “People’s independence matters and receiving therapy at home with an individualised plan helps the progression of their recovery and achieve the best outcomes possible.

“The ESD team will help patients to leave hospital more quickly and return to their own homes, so that they can maximise independence in their own daily routines.”

The service is supported by reablement teams from the Middlesbrough and Redcar & Cleveland local authorities, psychology, community nursing services and the Stroke Association.

Community matrons join rapid response team

A RAPID response home nursing service led by community matrons is helping to reduce GP callouts and hospital admissions.

Rapid response was initially launched three years ago to enable nurses and therapists to assess patients in their own homes.

But the service has now been further enhanced with the addition of community matrons who have more advanced clinical skills and particular expertise around patients with long term conditions.

Since their introduction in January GP referrals to the service, which runs from 8am to 11pm seven days a week, have increased from around three a month to around 16 a month.

“The GPs have a lot of confidence in the community matrons as they can offer advanced clinical skills and nurse prescribing as well as being able to put in place a management plan for the patient,” said Val Gair, the trust’s head of nursing for integrated medical care.

“It’s easing pressures on the system as GPs don’t have to be called out or admit the patient to hospital. Previously around 75% of these patients would have ended up going into hospital.”

Rapid response patients are monitored for 72 hours before either being discharged or placed under the care of their local community matron.

Referrals come from GPs or NHS 111 - the NHS non-emergency number - and must be responded to within two hours.

Occupational therapy and physiotherapy staff work alongside the nursing team to help avoid unnecessary admissions. Between April 2014 and May 2015 89% of the patients referred to rapid response therapy were treated in their own homes rather than being admitted to hospital.

Dr Janet Walker, chair of South Tees CCG added: “The service supports patients to manage through the most difficult days of their acute illness at home. Patient feedback has been extremely positive and patients and carers clearly value the care provided and avoiding admission to hospital.”
MIDWIVES and staff at the Friarage maternity centre have opened their doors to the public to showcase the excellent services that are still available for women and their babies.

Among the many visitors was Cathy Warwick, chief executive of the Royal College of Midwives, who officially opened the centre, which has been a midwifery-led unit since last October. To-date more than 150 babies have been born there and partners are also welcome to stay in the en-suite rooms during and after the birth.

Deborah Hebblethwaite, a midwife and the maternity centre’s manager, said: “I think there are still some people out there who think we’re not here anymore but we are, we have a great team and we want to shout about it. This was a great way to share what we do with the local community and we had a fantastic turnout and a big thank you to Cathy for coming along. We’re looking forward to continuing to provide care for lots more mothers and their babies at the centre.”

While the unit caters for straightforward births, women with high risk pregnancies can still receive all their outpatient antenatal care at the Friarage with a consultant obstetrician. The only difference is they would need to deliver in a consultant-led obstetric unit where facilities for complications are more immediately available.

Chief executive of the Royal College of Midwives Cathy Warwick said: “These facilities are first class and I am sure they will be welcomed and well used by women in the area, as indeed they already are with over 150 births so far. “The unit’s success demonstrates the benefits of midwife led care and its appeal to women. Open days such as this are a wonderful way to show women and their families who may be considering using it what the unit has to offer.”

A video depicting the work of the centre is also available on the trust’s website.

And it’s also praised by UNICEF!

THE Friarage maternity centre was also praised by UNICEF’s UK baby friendly initiative for the promotion of breastfeeding.

The centre met all of the criteria relating to Stage 3 accreditation and now has the same level of accolade as the maternity unit at James Cook with staff on both sites being commended for their efforts made in reaching this stage.

Anna Tainsh, from UNICEF’s UK baby friendly initiative said: “It was clear to the assessment team that pregnant women and new mothers receive a very high standard of care.

“Almost all of the mothers interviewed spoke very highly of the care they had received at Friarage maternity centre and this is reflected in the assessment results.

Anna’s colleague Jo Orgles also commended the work being done in the community as the trust was successfully reassessed for the same accreditation.

“The staff are commended for their work to maintain the standards established,” she said.

“A special recognition is given to the five days of contact the mothers receive from the community service, many mothers commented on this support and how it had enabled them to continue breastfeeding.”
Trust increases its international reputation

A GROUP of NUMed medical student doctors from Malaysia chose to come to James Cook for a six-week clinical placement.

“Dr Neil Archibald and his team are very enthusiastic in teaching.”

Some of the first students to visit pictured with Jane Bates and Dr Dominic Johnson, sub dean of Tees base unit.

“Thank you to all the staff who have helped make the placements a success. All the students said they would recommend James Cook to their colleagues.”

Feedback from the students:

- A big thank you to the team involved in this fantastic experience
- A well-established teaching hospital that is student friendly
- The supervisor and doctors in the department are all very helpful and keen to teach
- Dr Neil Archibald and his team are very enthusiastic in teaching. I would be happy to go through another exciting SSC rotation with him if there is a chance.
THE James Cook’s radiotherapy department became the first in the country to use Catalyst technology to improve further the accuracy of radiotherapy delivered to breast cancer patients.

Patient movement can sometimes occur during treatment affecting the precision of radiotherapy delivered. This innovative system is used for positioning and monitoring movement of patients before and during radiotherapy, to provide a new level of treatment quality and safety.

Catalyst works by ‘projecting’ green and red light directly onto the patient to generate a 3D surface map of the area to be treated, giving immediate and real-time feedback on the patient’s position and highlighting if adjustments need to be made.

It is currently the only system of its type in the UK, meaning that breast cancer patients receiving radiotherapy across the Tees Valley are getting one of the most cutting-edge treatments available.

Donations of over £100,000 to the STAR fund and South Cleveland cancer research fund, which are part of South Tees Hospitals Charity, enabled the unit to buy the technology.

Consultant clinical oncologist Dr Nicola Storey said: “Radiotherapy is a complex process but essentially our aim is to deliver the highest possible dose of radiation to a tumour, while minimising any effect on surrounding healthy tissues. What Catalyst does is help with the patient’s alignment and positioning without the need for markers, as all required information is obtained using the light projected on the skin.”

One of the first patients to benefit was Fiona Foster (pictured inset), part of the farming community in Rosedale, North Yorkshire, who recently underwent 15 days of consecutive radiotherapy treatment for breast cancer.

“The team explained they had this new system and asked me if I was okay with them using it – I was one of their first guinea pigs, if you like, but I was fine with that,” she said.

“I was lucky the way my cancer was picked up – I was randomly chosen to be part of a mammography screening trial in the under 50s and actually the night before my test was checking myself and thought I don’t like the feel of that. I recently completed my course of treatment and feel absolutely fine – much better than I thought I would – and the support of my husband and family has been fantastic.”

The Catalyst device, supplied by Vertec Scientific, which represent Swedish biotech firm C-Rad in the UK, is attached to the ceiling in a radiotherapy treatment suite and optically monitors body movements and breathing of patients on the table.

Vertec product specialist Michael Davis said: “We have served the radiotherapy market for many years and I can safely say this is a very exciting time for us, James Cook and Catalyst – a great partnership.”
THE state-of-the-art cancer treatment, stereotactic ablative radiotherapy (SABR) in use for cancer patients at James Cook has reached a milestone.

The department was one of the first in the UK to develop a SABR service back in 2009 and is one on the leading radiotherapy centres in UK, offering some of the most advanced treatment to patients in the region. The current cohort of patients being treated includes the 200th.

The technique uses the latest developments in radiotherapy technology from Elekta using a linear accelerator to deliver very high doses of radiation to tumours in the chest with millimetre precision.

Long Newton pensioner Mrs Min Jackman is one of the current cohort of patients and the 83 year-old is very impressed with the service. "I had been treated for colon cancer two years ago but now I’ve got a cancer in my lung even though I’m not a smoker. The piece they found this time is only 1.5cms long.

“When I first came I laid on a ‘bean bag’ which was sculptured to my body shape and each time I come in now I lie in my sculptured bag which holds me very still while the 15-minute procedure takes place. Just lying there for that time while the machine does what it has to do, is a very calming experience.”

The department won the HSJ Efficiency Award in 2013 for the pioneering work involved with SABR and prides itself in its technological approach. By maximising the dose to the tumour, the risk of damaging surrounding normal tissues in minimised, increasing cure rates for patients as well as reducing side effects.

Min added: “I’m half way through my treatment and attend every other weekday. I’ve had no side effects and the staff have been excellent. Everybody’s very kind and considerate.”

Clinical lead for the SABR programme, Dr Clive Peedell, said: “We’re one of the leading centres in the UK and can now deliver extremely high doses of radiation to tumours in the chest with very high precision. Tumour control has been achieved in over 95% of the cases and side effects are minimal.

“As well as being more effective than conventional radiotherapy, SABR is also much more convenient for patients as it requires fewer visits. It is typically delivered in three to five treatments compared to the 20-30 treatments of conventional radiotherapy.”

Sam’s amazement at regional vocational award

THERE was nobody more surprised than Sam Taylor when she found out that she had landed the title of VQ learner of the year for the North east.

The 26 year-old from Redcar is a member of the therapeutic care administration team, based at James Cook. Sam said, “I was flabbergasted at being nominated, but to have won the regional award is just amazing.”

Sam, who has a first class degree in performing arts, but had struggled to find a job began a work programme (PROSPECT) with the trust volunteering at the hospital in October 2013. PROSPECT is a skills and training programme delivered in conjunction with Jobcentre Plus.

In January 2014, Sam successfully completed the PROSPECT programme and went on to secure full-time employment with the trust as a consequence and has never looked back.

She said: “The PROSPECT programme was intense training of 30 hours a week, but definitely helped me to change career. I love coming to work here every day. Each one is so different from the last and it’s the volunteers who pop into the office and recall their stories that really make each day so special.

“I never thought I’d work in a hospital and I’m blessed to hear all these stories. My manager Debi McKeown has been my rock. She’s always giving me, and the other volunteers she looks after, confidence to stretch ourselves.”

Sam was nominated for VQ learner of the year award for the North east by Claudia Godfrey trust vocational training manager.
Fundraisers see appeal fly past £80,000 mark

AN ARMY of fundraisers has helped get James Cook’s retinal development appeal off to a fantastic start.

The appeal which aims to fund a state-of-the-art eye scanner and other leading-edge technology has already raised more than £84,000.

Donations have been coming in fast with fundraisers organising everything from a coffee morning at Stokesley Methodist Church to a speed dating event for Teesside University students.

Staff members at the trust have also been getting in on the act. E-communications officer Marie Lozman was joined by family members for a hike up Ben Nevis which raised more than £1,100.

Kay Henderson, the senior ophthalmic science practitioner who is co-ordinating the appeal said: “This is a fantastic start to the appeal.

“We have over £2,700 of pledges on our Just Giving page including £300 raised by runners in the Tees trial races summer series and one patient walked into the department after reading about the appeal in the local newspaper and handed over a cheque for £2,000. Another patient, Elizabeth Drabble, raised £1,634 from her 60th wedding anniversary celebrations and a raffle. The support we have had from all our patients has been overwhelming!”

To donate visit https://www.justgiving.com/eyescannerappeal or text SCAN51 and the amount you wish to donate to 70070.

Innovative ideas raise scholarship awards

TWO junior staff nurses from the neonatal unit at James Cook are the first ever recipients of a new nursing scholarship.

Lucy Mann and Charlie Pearson were awarded the Sam Richmond nursing scholarship. This is an award set up by the Northern Neonatal Network in honour of the late Dr Sam Richmond, a consultant neonatologist who worked at Sunderland for a number of years and who was very well known in the region as well as worldwide for his work in the speciality.

Sam was a staunch supporter of nurse education and passionate about good quality neonatal care. This award was specifically set up for nurses who had innovative proposals which would.

Staff nurses Lucy Mann and Charlie Pearson receive their awards from Dr Majd Abu-Harb, consultant neonatologist, NICU at Sunderland Royal Hospital, Mr Ken Bremner, chief executive, City Hospitals, Sunderland and Mrs Liz Richmond, Dr Sam Richmond’s widow.

Tributes to neurosurgical unit founder

TRIBUTES have been paid to the Teesside neurosurgeon who helped establish Middlesbrough’s neurosurgical unit.

Former president of the Society of British Neurological Surgeons Patrick Clarke died peacefully on 27 January.

Mr Clarke was a neurosurgeon on Teesside for 29 years having helped set up the Middlesbrough Neurosurgical unit in 1958 with colleague John Moore-Robertson.

Neurosurgeon Fred Nath said: “He was sent by the professor in Newcastle to start a few clinics but within a couple of years he realised the service was needed and he began operating.

“He was much loved by everyone he worked with and by his colleagues.

“He had a tremendous capacity to remember names, faces and events.
and could meet almost any member of staff in the corridor and recall everything about them and even their families.

“He was much respected and did charitable work as well as providing an excellent service for the people of Cleveland.”

The team received their award from Tony Pearson from UNISON

# Trust team are flu fighting winners

The Trust’s flu team has been named ‘best flu fighter team’ at the annual national NHS flu fighter awards.

This follows on from our success in achieving the highest uptake rate to date in the NHS flu fighter’s campaign with 75.5% of healthcare workers vaccinated and a total of 5,880 vaccinations given to staff working to support patients and families in our care.

The panel of judges, including the editor of Nursing Times magazine Jenni Middleton, said that the team’s remarkable efforts will be promoted across the country to inspire similar work.

Danny Mortimer, chief executive of NHS Employers, said: “This team has done fantastic work to help make the NHS an even safer place for staff, patients and anyone they come into contact with.

“More than a million people use the NHS every 36 hours and many can be very vulnerable to flu. So it’s great that the majority of NHS staff find time in their busy days to seek out these voluntary vaccinations.”

Judges were particularly impressed with the team’s partnership approach with each member of the flu team - which includes the occupational health team, flu steering group members, military personnel and flu champions across the trust – contributing to its success.

Ruth Holt, director of nursing, said: “It’s an added bonus after achieving the national 75% target to win this prestigious award. Many congratulations to the team on this major achievement which is a testament to the hard work and commitment of everyone involved in the campaign.”

Flu fighter provides information and resources to help the NHS promote vaccinations locally and make them more convenient to have. More details are at www.nhsemployers.org/flufighter and www.facebook.com/nhsflufighter.

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# Areas land new wards

help to improve the care of neonates or their families.

Lucy and Charlie won the award of £1,000 to look at nursing handover. They identified that this is not always done in the most systematic or efficient way and occasionally things are overlooked which is not only unsafe for the baby, but also frustrating for the parents.

They plan to review what is done locally across the network and also visit out of area to establish if there is any particular tool that is used within this field. They also plan to obtain views on nursing handovers from staff and parents with the possibility of piloting a suitable tool in the future.

Despite being a relatively small scale investigation, it is likely to have implications not only for neonatal nursing but across the whole organisation.

Lynne Paterson, lead nurse for the northern neonatal network and also nurse consultant at James Cook, said: “There was some stiff competition for this scholarship, especially as it was the first one to be awarded.

“Lucy and Charlie have done really well and we are delighted that we have two enquiring nurses who will be taking their first steps into research and audit at an early stage in their careers. They are forging the path for others to come behind them.”

Charlie said: “It is exciting to be part of a new practice initiative to be able to make a difference to patient care and safety.”
A DOCTOR who volunteered to treat victims in Nepal has told how he ended up running for his life when he got caught near the epicentre of a second earthquake.

Dr Muhammad Shafiq was treating patients in a remote mountain village when he found himself jumping out of a building seconds before it collapsed.

The GP, who is based at the specialist skin service at the One Life Centre in Middlesbrough, was spending a week in Nepal to provide medical aid following the first earthquake on 25 April 2015.

Dr Shafiq had been treating up to 90 patients a day for injuries, infections and malnutrition as well as handing out tents and rice bags to those who had been left with nothing as part of a team of five doctors who flew out to work a local charity called Lion Club. They were supported by five local volunteers who acted as their guides.

“When we arrived we realised there was a lot to be done,” said Dr Shafiq who collected £3,000 in donations before he flew out. “People needed medical relief as well as food and shelter.

“After a couple of days we left our hotel base in Kathmandu and went to a remote village called Dhuskun in the Sindhupalchowk district. It took us seven hours to get there and we had to walk half of the journey because the road was damaged from the earthquake.

“We managed to see about 250 patients that day and we were about to leave when the second earthquake hit. It sounded like there was a helicopter flying overhead and then the ground starting shaking.

“We jumped out of the room but we were struggling to stand up because the ground was moving that much. The mountains were swaying.

“We were all running for our lives. We were just running down the hill trying to keep away from the building. It was a very frightening experience.

“We were seeing houses falling down in front of our eyes and the sky was full of dust — that will stick in my mind forever.

“The earthquake measured 7.3 on the Richter scale and lasted about one minute, but it was the longest minute of my life. The room we had been in had fallen down and it was frightening to think that a few seconds earlier we were stood in there.

“We started seeing a lot of injuries then — broken bones, serious cuts and other acute injuries. We were working constantly. We could not use the road so we were walking...
FORMER Middlesbrough star Graeme Souness recalled how a cardiac MR scanner helped save his life when he kicked off a massive fundraising effort to keep the region’s heart unit at the cutting edge of medical technology.

The football legend returned to Teesside to launch the Loving Hearts Raffle, aiming to raise £100,000 in support of the South Cleveland Heart Fund’s cardiac MR appeal.

TV pundit Souness, who also starred as a player for Liverpool, Sampdoria and Rangers before managing several clubs including Newcastle United, underwent major heart bypass surgery in 1992 when he was only 38 years old.

He recalled: “I will be forever grateful not only to the people who carried it out but to the scanning equipment that detected the issue in the first place.

“I was 38, coaching Liverpool and extremely fit but an MRI scanner detected there was a problem. Without these machines, sooner or later I was going to have a big heart attack.

“But I’m here 23 years later and feeling great. It just shows why scanners are so important.

“Heart disease is the single biggest killer in this country – and it’s important people understand that it can happen to anyone. I’m the perfect example of that. It was nothing to do with my lifestyle – I just had the wrong genes.

“We have a world class unit here and it’s of paramount importance it stays that way.

“Only by having the best machines will we continue to attract the best doctors because they naturally want to work with the very best equipment.”

Souness was launching a big rotary club push in support of South Cleveland Heart Fund’s cardiac MR appeal which aims to fund the £500,000 refurbishment of one of James Cook’s MRI scanners.

Middlesbrough Erimus Rotary Club, supported by almost 30 fellow rotary clubs across the hospital’s catchment area, organised the region-wide raffle with a top prize of a Skoda Citigo (sponsored by Derek Slack Motors) which was won by Patricia Bingham. Together with a gala dinner the raffle raised £75,000.
Relax, unwind and help us brighten up the garden

WHETHER you want to find a quiet place to sit and reflect or you want to get hands on and help with the planting and weeding, the Trinity Holistic Centre garden is the perfect place to relax and unwind.

“We started developing the garden last year but this year we are encouraging everyone to get involved,” said health and wellbeing support worker Ray Wheatley.

“Horticultural therapy is particularly good for anyone suffering from anxiety, stress or depression and we are hoping people will see the garden as a place where they can get away from the pressures they are facing. It’s a great place to escape to!”

Planned gardening sessions now take place four times a week on the following days and anyone is welcome to join in:
- Monday 10.30am to 1pm
- Tuesday 12pm to 2.30pm and 4pm to 6.30pm
- Wednesday 1.30pm to 4pm
- Thursday 1.30pm to 4pm

To find out more contact the Trinity Holistic Centre on 01642 854839.

An alternative waiting room

If you have a long wait time between your hospital appointments you are welcome to visit the centre where you can sit and enjoy its ambient music or relax in the garden. Staff are also welcome during their breaks.

Afternoon tea anyone?

Don’t miss the Trinity Holistic Centre’s monthly cake sale in the atrium at James Cook on the first Friday of every month from 11am to 1pm followed by tea and cakes in the centre from 2pm to 4pm.

Private therapies

The Trinity Holistic Centre is delighted to be able to offer a range of private therapies with discounts available for trust staff including acupuncture, clinical hypnotherapy, massage therapies, Reiki and sound bath therapy.
It’s OK to ask about research

PATIENTS were urged to ask about research studies to raise awareness for International Clinical Trials Day.

Last year more than 2,500 patients took part in around 200 different trials at the trust including:

- Exploring the potential benefits of exercise prior to major surgery
- Comparing keyhole surgery to conventional surgery for heart patients requiring aortic valve replacements
- Trialling a pioneering electrotherapy treatment designed to strengthen pelvic floor muscles and help women beat incontinence
- A national observational study to assess the long-term effects and safety of biologic treatments for psoriasis
- A trial to determine whether a steroid treatment could reduce long term kidney failure in patients with a certain type of kidney disease

Julie Rowbotham, research and development manager said: “Research at South Tees continues to grow year on year – there are very few areas now where we do not have clinical trials.

“Last year we had more than 2,500 patients taking part in clinical trials to help us learn more about how to treat a wide range of medical conditions.

“International Clinical Trials Day is the one day of the year where there is global focus on participation in clinical trials however at South Tees we focus on trials 52 weeks of the year. The message we wish to get across is ‘It’s OK to ask’.

“If you are interested in participating in clinical trials please do not hesitate to contact our research and development department for further advice or speak to your consultant or nurse.”

Research teams at the trust are always looking for volunteers to take part in various studies. To find out more visit southtees.nhs.uk/about/teaching/research/

Keith Taylor, 65, an educational consultant from Bishop Auckland has just signed up for his third clinical trial - a study to help prevent future complications in coronary heart disease.

He has previously taken part in a cholesterol study and also supported research into the effect of low doses of radiation on surgeons’ eyes.

Here he shares his experiences in his own words...

“There are many reasons why trials are undertaken and my lack of medical knowledge means that I am blissfully unaware of many of them. What I do know is that without such trials taking place the likelihood of me still being around would be statistically lowered. Other people have previously taken part in such trials and have therefore enabled me to live a better quality life than I would have done otherwise.

So, I have more tablets to take, I rattle a little more each morning! It is a pain taking extra tablets every day but I know that it is for a good reason and one that I can subscribe to.

I have to regularly travel a 60 mile round trip to The James Cook University Hospital. I am not keen on the traffic through Middlesbrough but get a lovely welcome when I get there! I can also discuss any issues or problems that I perceive with my own health and seek advice and support whilst I am there. There’s a bonus!

I was immensely grateful to the staff for their explanation of why the trial was taking place and possible outcomes of the research. Making it real and important is a vital ingredient of managing the process. Putting it into perspective was a spur to being committed to supporting the trial.

I, therefore, do my utmost to stick to the regime suggested and log any variations. It can cause some additional issues with holidays and variations to daily schedules but these can be catered for with preparation and planning. Again, you need to be determined to ensure that the results obtained from the trial are not affected by negligence on your part. It is difficult but problems are not normally insurmountable.

I am semi-retired and therefore do not find the involvement in a clinical trial particularly difficult. I can see that there could be more issues were I working full time.

This is the third trial that I have been involved with and all have been interesting and worthwhile. I look forward to one every five years for the next 30 years or so...but maybe that’s optimistic!”

Clinical trials - a patient’s perspective...
STAFF nurse Sarah Brooks has landed this year’s prized Nightingale award for her outstanding contribution to patient care.

Sarah, who works on the neonatal intensive care unit at James Cook also took home the award for staff nurse of the year, to make it a double celebration for the 34 year-old from Marton.

On picking up the award, a shell-shocked, but delighted Sarah said: “I just can’t believe it. I was delighted to have received a nomination for the awards and when I heard my name read out for the staff nurse award I was stunned.

“When I later heard my name read out as the overall Nightingale winner I just sat there dumbfounded. I still can’t believe it’s happened to me. I’m still speechless and that is a first.

“The last thing I won was a colouring competition when I was four and I think my dad did most of that! I’m totally overwhelmed.”

Matron Gill Hendry, assistant practitioner Annette Henderson and charge nurse Joe McGregor also picked up two awards each from the 15 categories this year.

Organised by the nurse and midwifery consultants at South Tees Hospitals NHS Foundation Trust, the annual awards showcase those who make the extra effort and go that ‘extra mile’ in delivering exceptional patient care, over and above their duty.

The recognition scheme, now in its 11th year, is held annually around Florence Nightingale’s birthday and the category winners were:

- Michael Jukes - student of the year
- Annette Henderson - healthcare assistant of the year
- Sarah Brooks - staff nurse/midwife of the year
- Joe McGregor - charge nurse of the year
- Gill Hendry - senior nurse/midwife of the year
- A&E at James Cook - team of the year
- Rosie Dawson - midwifery award
- Major Zoe Thompson - military award
- Jan Pearson - The McCormack patients award
- Joe McGregor - Friends of the Friarage award
- Annette Henderson - community award
- Cathy Brammer - paediatric award
- Dianne Robinson - mentors award
- Gill Hendry - matron award
- Angela Hall and Cheryl Honeyman - poster winners
- Sarah Brooks – overall Nightingale award winner for 2015
DO YOU have an idea that would improve, either technically or process-wise, the efficiency of how we deal with and care for patients? If so, help is at hand.

The trust has two innovation scouts – Gill Husband, service improvement practitioner and Dr Stuart Marsden, a medical physicist at the trust. Their role is to help those ‘seeds of ideas’ that you may have and assist them on the path to fruition and put into practice locally, or even nationally.

Your ideas need not be tangible or fully planned out, but if you let Gill or Stuart know the outline of what you think will be of additional benefit to patients then they are here to give you support and direction in terms of, for example, the intellectual property implications and answer questions such as will this mean additional work for me?

With the help of Gill and Stuart, who in turn can access other expertise in the Academic Health Science Network (AHSN) for the North East & North Cumbria and NHS Innovations North, there’s always a chance that your idea can be proved to be an efficient and effective benefit and turned into reality.

Gill said: “We aim to make the innovation process from idea (or identifying a problem that requires a solution), through to development as easy as possible for the innovator.”

Stuart added: “There are some really great ideas coming out of the NHS and South Tees has had some of the best. Good ideas can be so obvious as to be missed altogether, and they most often come from staff seeing unmet needs in their own services. Please get in touch with any idea or unmet need, big or small.”

You can contact Gill and Stuart on ideas@stees.nhs.uk and if you would be interested in a one-hour workshop about innovations and the usual route from idea to reality, then drop them an email or contact Stuart on extension 52847.

Caring Karen handles a bright idea

WHILE working in the cardiac catheter laboratories at James Cook, sister Karen Ainsworth thought of an idea that would be of comfort to patients, particularly those who suffered from dementia, during pacemaker procedures.

Karen could see from some patients’ reactions that the laboratories – with all the medical equipment around when the procedures take place – can be a little daunting and she also identified that when they lay on the operating table, they had nothing to hold on to.

So she developed handles to hold, which have now been made and are in use in the labs of the Middlesbrough hospital. They were also ‘highly commended’ at the NHS Innovations ‘Bright Ideas in Health Awards’, winning £1,000 to help with further development and production costs.

Karen, pictured with the award, said: “I spoke with the dementia care team as it was their insight that identified how patients with dementia could feel insecure on the narrow, movable, table. I then developed the hand grips idea with Tony Alton from medical physics and his colleagues Ian Boddy and Stuart Marsden.

“We worked out what would work for patients and practically around lab equipment. The handles needed to be something that can slide under the mattress without damaging any x-ray equipment; the x-rays need to be able to see through them and they had to be easily manoeuvrable and easy to keep clean.”
Parkinson’s initiative wins innovation award

THE Parkinson’s team at James Cook has been selected by the Health Foundation, an independent healthcare charity, to be part of its new £1.5 million innovation programme.

The Innovating for Improvement programme is supporting 17 healthcare projects in the UK, with the aim of improving healthcare delivery and the way people manage their own healthcare by testing and developing innovative ideas and approaches and putting them into practice.

One person in every 500 has Parkinson’s disease. Hospital outpatient clinics struggle to meet the often complex needs of patients, particularly when it comes to symptoms such as falls, freezing episodes, hallucinations and dementia.

The initiative from James Cook will set up a Parkinson’s advanced symptom unit (PASU) based in a local community day hospital to provide rapid access, specialist care for people struggling with their Parkinson’s symptoms.

Rather than seeing patients for 15 to 30 minutes, the PASU will offer half-day or all-day appointments, enabling a more complete assessment of complex issues, from a wide variety of team members.

The clinic will be open to referrals from patients and carers themselves, as well as primary care providers and community-based teams, and will function as a centre of excellence, offering training to doctors, nurses and allied health professionals who work in the region.

Dr Neil Archibald, consultant neurologist from James Cook is leading the project supported by members of the Parkinson’s team as well as Parkinson’s UK and mental health specialists from Tees, Esk and Wear Valleys NHS Foundation Trust.

Dr Archibald said: “We believe the PASU has the potential to significantly improve the lives of our patients and their families. We hope the evidence gathered will help other regions looking to change Parkinson’s services for the better.”

Innovating for Improvement will run for 15 months and each project will receive up to £75,000 of funding.

Annual members meeting – diary date

THIS year’s meeting will take place on Tuesday 21 July 2015 in the academic centre at The James Cook University Hospital.

Everyone is welcome to attend. For more details keep checking our website www.southtees.nhs.uk
Fond farewell to Carter Bequest Hospital

AFTER more than 89 years of caring for the people of Middlesbrough, Carter Bequest Hospital closed its ward doors on 31 March 2015. However, the GP surgery and certain other services, which reside there, remain operational.

From the beginning of April the services provided by the trust at Carter Bequest Hospital were relocated, with the exception of the speech and language service which will remain there until later this summer. Middlesbrough’s Stroke Association will also move to North Ormesby Health Village in the summer. Redcar and Cleveland’s Stroke Association has moved to Redcar Primary Care Hospital along with the trust’s stroke rehabilitation services, but the GP surgery – The Cambridge Medical Group – remains in the building.

The hospital was bequeathed by Alderman Thomas Carter in his will of 1906. By 1926 the endowment was valued at over £100,000 and the hospital was built at a cost of £22,635. Since it first opened its doors, then as a private hospital, and since 1948 as an NHS hospital it has specialised skin service and maternity unit. In more recent times it was a community and primary care hospital catering for rehabilitation and palliative care patients.

The decision to close the hospital element came after a consultation led by South Tees Clinical Commissioning Group called IMProVE which was held in 2014.

My viewpoint

THE TRINITY Holistic Centre launched a pilot photography project – funded by Prostate Cancer UK – for men diagnosed with the disease.

Its aim was to provide greater emotional support to men living with – and beyond – a prostate cancer diagnosis and to give them the opportunity to learn and develop their new photography skills with a digital camera including getting an understanding of composition and expression of views through photography.

The four who completed the eight-week workshop, which was delivered by local photographer and communications professional John Kerr and supported by qualified counsellor Margaret Booth, showcased their work at the centre.

Each powerful and poignant image included a personal viewpoint of their illnesses.

Brian Addison, 56, from Redcar, said: “It was a great help talking with the others as they had prostate cancer too I found it easy to tell them what I was feeling as they were feeling the same. My favourite photo is ‘Lonely’ as the circling seagulls portray being surrounded by family and friends, yet I still felt alone.”

Rick Reed, 60, of Guisborough, added: “It’s been a brilliant course. I hope this continues, not just for prostate cancer patients but for all forms of cancer.”

Gerry Armstrong, 68, from Billingham, said: “When I retired I planned to relight my passion for photography, but along came Mr Prostate Cancer and all these plans were put back on a high shelf. This has put the fun back into photography and that is what it’s about for me, it’s capturing the moment.”

While John Dilworth, 63, from Nunthorpe, summed up the course by saying: “It’s helped me see for myself what prostate cancer is all about – what it means for me not only physically, mentally and emotionally but in my relationships as well with my wife, family and friends. They are all part of my journey through prostate cancer and this course has helped me to help them to understand the process too.”

Course tutor John Kerr said: “The subject matter of this workshop was incredibly emotive and we were not really sure what response we would get. We needn’t have worried as the group quickly became its own support network while producing some thought provoking and technically excellent photographs and narrative.”

Lonely by Brian Addison

‘Ranga Aurora’ by Gerry Armstrong
Cancer teams first to scoop five quality awards

SOUTH Tees Hospitals NHS Foundation Trust has become the first NHS trust in the country to receive five Macmillan quality awards.

The trust’s purpose-built radiotherapy centre, The Endeavour unit, is the latest service to receive the prestigious Macmillan quality environment mark (MQEM).

Completed in 2012 as part of the trust’s £35 million cancer redevelopment, the Endeavour unit has been warmly received by patients and clinicians and has won several awards in its own right - the most recent being a joint award with P&HS Architects for excellence in architectural technology from the Chartered Institute for Architectural Technologists.

The unit was one of the first in the world to treat patients on three leading edge linear accelerators – machines used to give radiation treatment to patients – and also houses a CT scanner and outpatient suite. Endeavour’s purpose-built facilities are bright, spacious and calm and include a double-height waiting area which is fitted with glazed curtain walling. There’s also a refreshment bar staffed by volunteers and modern artwork adorns the walls and walkways.

Adrian said: “This award recognises that a modern radiotherapy centre with cutting edge machines can be housed in a stunning but functional building. “We are very proud of this building. It attracts visitors from around the world but it’s how we use it that counts and our partnership with Macmillan ensures the focus always stays on patient care.”

MQEM awards have previously been presented to ward 14, the chemotherapy day unit and the Macmillan information and support centre at James Cook and the Macmillan information centre at the Friarage.

Andrew Thacker, assistant director of human resources said: “It was an excellent afternoon at the awards ceremony – truly inspirational. This is a fantastic way to recognise and thank our apprentices for their contribution to delivering excellent patient care and to reward them for their efforts.

“We clearly have a lot of talent both in our own organisation and across the North east. The competition was really tough so well done to both Kira and Jessica on their achievement.”

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MRI news

OUR ambitious appeal to raise £2million for an MRI (magnetic resonance imaging) scanner at the Friarage is gathering speed with a raffle to win a new car the appeal’s latest fundraising event.

Donate online at: justgiving.com/ FriarageMRIscannerappeal.
Contact the appeal office on 01609 764936 email judith.masterman@stees.nhs.uk. Visit our website www.friaragescannerappeal.org.uk or check out twitter @STeesCharity.

Cricketing legend drives £2million scanner appeal forward

CRICKETING legend Sir Ian Botham is driving forward his support to bring an MRI scanner to the Friarage Hospital.

The TV pundit and prodigious fundraiser got behind the wheel to officially launch a raffle to win a new car – the latest initiative to help charity campaigners nudge closer to their £2million appeal target.

South Tees Hospitals Charity - in partnership with the Friends of the Friarage – is hoping to sell as many tickets as possible at £2 each with the chance to take home a brand new Peugeot 208 valued at £12,395.

Sir Ian said: “The Friarage is a great hospital and having their own MRI scanner would enable the clinical teams to provide diagnostic services closer to home, rather than patients having to travel further afield.

“Through Beefy’s Charity Foundation, we like to support local charities and good causes so I’m delighted to lend my support to this campaign and hope that everyone gets behind it to get nearer to that £2million scanner appeal target.”

It’s a win-win really as one lucky person will also be going home with a brand new car, possibly for just £2 – Thanks to Simon Bailes Peugeot in Northallerton who provided the car and will also be selling tickets: The prize draw will take place on Friday 18 December 2015 at their Northallerton branch and tickets are available from:

• The appeal's office - the executive offices, Friarage Hospital, on telephone number 01609 764936
• The charity office, The James Cook University Hospital, Murray building, on telephone number 01642 854160
• Simon Bailes Peugeot Tannery Lane, Northallerton, Church Rd, Stockton on Tees and Redcar Road, Guisborough
• Northallerton and District Volunteer Service Association, 10, South Parade, Northallerton
• Northallerton Football Club, Ainderby Road, Northallerton

Raffle tickets will also be on sale at a series of events and locations throughout the summer and a Peugeot 208 will be available for people to view. Check out MRI scanner events calendar on our website visit www.friaragescannerappeal.org.uk.
New course a first for South Tees staff

SOUTH Tees staff are some of the first to complete a new part-time course from Teesside University.

The postgraduate certificate in advancing human factors in health and social care is one of the first of its kind in the country and was developed in partnership with the service improvement team at Teesside University and consultant anaesthetist Dr Dave Murray from the trust.

Human factors science involves the application of theory, data and design methods concerning how humans interact with their environment to make it easier for work to be done in the right way.

Students study human factors and improvement science and lead a change project in the workplace. This means they develop an awareness of human factors and the skills to apply this knowledge.

Dr Murray said: “Other safety-critical industries have long realised the benefits of applying human factors science to improve quality and safety. There is increasing awareness nationally that this also applies to healthcare.

“Students completing the postgraduate certificate will become advocates for human factors and will have a real understanding of how to improve the working environment for the benefit of patients and staff.”

The postgraduate certificate attracts tier one funding and is accessible to trust staff at no cost to the individual.

For Autumn 2015 enrolment enquiries contact 01642 384176 email sohscadmissions@tees.ac.uk.

Additional details can be found at: http://www.tees.ac.uk/postgraduate_courses/Health___Social_Care/PgCert_Advancing_Quality_Improvement_in_Health_and_Social_Care.cfm.

“Other safety-critical industries have long realised the benefits of applying human factors science to improve quality and safety.”
RICHARD and Tracy Clarke handed over a staggering £50,000 on national epilepsy awareness day which will help make significant improvements to the children’s day at James Cook.

The ultra-dedicated pair from Coulby Newham, have raised over £300,000 through their registered charity, Abbie’s Love, for epilepsy research and supporting children with the condition since the tragic loss of their only child Abbie in December 2006.

Clinical matron for paediatrics and neonates, Cathy Brammer, is overwhelmed by the couple’s generosity, she said: “We can never thank them enough for their tireless effort in raising money in memory of their precious daughter Abbie. She and her parents will certainly never be forgotten by us.”

We feature below a small selection the fantastic fundraisers who have helped us recently. If anyone is interested in fundraising contact the charity team on 01642 854160 or visit their website at www.southtees.nhs.uk/charity. You can also keep up to date with the latest on South Tees charity on twitter @STeesCharity.
A refreshing week for all

**THIS YEAR’S** nutrition and hydration national patient safety week was marked with a range of activities across the trust, both in acute and community settings.

The objective was to raise awareness of the importance of nutrition and hydration in patient care and recovery and promote good practice. This was supported by many of our clinical staff and catering partners.

There were promotional stands displayed throughout the week showing the importance of nutrition in wound healing and food fortification. Additional displays were provided by the dementia team.

On Wednesday of the week we joined in the national afternoon tea event which was celebrated in our acute and community hospitals and also by some of our nutrition champion care homes, with the provision of scones and other important ‘between meal’ snacks.

The ever-popular ‘Come dine with me’ was held again to provide opportunities for staff, visitors, patients and relatives (at James Cook and Friarage) to taste hospital food and evaluate dishes from the hospital menu.

Inspired by the popular TV programme, Guisborough Primary Care Hospital had a staff ‘bake off’. All of the baking had to be high calorie/protein with prizes for cakes, biscuits and pies.

Some of the nursing homes joined in the spirit with a range of events including tea parties, food fortification activities and a water challenge.

Our thanks go to all involved in the events, and all those who supported it.

**Election results**

**EARLIER this year the trust held elections to its Council of Governors.**

Thank you to all staff and members who voted during the elections and congratulations to our successful candidates.

The following candidates were successfully elected:

**Redcar and Cleveland**
- William Davis (re-elected)
- John Race (re-elected)
- David Wood

**Middlesbrough**
- Geraldine Hart
- Alan Parton (re-elected)
- Gillian Spensley

**Staff**
- Michelle Payne

A further two public constituencies were uncontested and automatically filled by the following candidates:

**Hambleton and Richmondshire**
- Plym Auty (re-elected)
- Noel Alasdair Beal (re-elected)
- Stella Kilvington
- John Wilkinson

**Patient and/or carer**
- Elaine Lewis (re-elected)
- Grant J C Reid

Governors help us to gather views from local people and feed back to them what is happening in the trust.

To be able to vote in foundation trust elections you need to be a member of South Tees Hospitals NHS Foundation Trust. Membership is free – and anyone can join.

Members receive copies of Talking Point magazine and an invitation to our annual members meeting. To find out more or to download a membership form visit [http://southtees.nhs.uk/about/membership/](http://southtees.nhs.uk/about/membership/)
PATIENT Michael Wall had a very special reason for getting back on his feet after being diagnosed with bowel cancer.

Michael, 93 from Middlesbrough was awarded The Burma Star military campaign medal for serving in the Burma campaign in the Second World War 1939 to 1945. A proud member of the Burma Star Association his goal was to be around to have the honour of laying a wreath on their behalf at last year’s Remembrance Sunday ceremony.

He had double reason to attend the poignant ceremony as it was also the 100th anniversary of World War One 1914 to 1918 which entitled Michael to wear his father’s medals from the war.

Grateful for the excellent care he received from the dedicated colorectal team at James Cook, Michael feels nothing has ever been too much trouble and they left no stone unturned to get him back on the road to recovery.

He said: “I was most impressed with the professional and conscientious way in which I was treated when I was an inpatient. Consultant colorectal surgeon Mr Madan Jha and his team - particularly specialist nurse Sarah Carroll - went above and beyond, patiently explaining my treatment. The nursing staff could not have been kinder.”

His daughter, Ann Geldenhuys endorses wholeheartedly everything her dad says, and added: “The peace of mind I had when I left Dad after visiting was priceless. I could see the staff were looking after him almost as if he was their Dad. He was always treated with the dignity he deserves and I couldn’t have asked for more than that.”

Michael is a member of the bowel cancer support group which meets four times a year at the Trinity Holistic Centre at James Cook.

The group supports patients and their families who have been affected by bowel cancer from across the Tees Valley and Hambleton and Richmondshire areas. The meetings offer a friendly, relaxed and supportive atmosphere to help patients and their families cope with the diagnosis and treatment of bowel cancer.

The next meeting is on Thursday 3 September from 2pm to 4pm. For more details contact the colorectal specialist nursing team on 01642 854847.

Veteran Michael’s special event

Sadly Michael passed away very peacefully in Teesside Hospice on 27 May 2015. His family are extremely proud of him and will miss him enormously. Talking Point is printing this story as a tribute, in his memory, with the family’s permission.

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Extending respiratory care services to reduce hospital admissions

PATIENTS with breathing problems are being encouraged to attend specialist exercise classes to reduce the risk of them being admitted to hospital.

The pulmonary rehabilitation classes have proven so popular that more are now being introduced at several venues across the South Tees area.

South Tees’s physiotherapy team has secured £300,000 from South Tees Clinical Commissioning Group to extend the number of groups available.

Previously the service was only able to accommodate up to 150 patients a year but the additional funding means it can now benefit as many as 1,200.

Staff numbers have increased from four to 10 enabling sessions to take place at various venues across the area including The James Cook University Hospital, One Life and Redcar, East Cleveland and Guisborough primary care hospitals.

The seven-week programme includes a mixture of gentle exercise and education.

Participants meet twice a week to complete a circuit of exercises such as...
Extending respiratory care services to reduce hospital admissions

as walking on a treadmill or lifting a gym ball under the watchful eyes of the physiotherapy team.

Patients can also learn more about their different lung conditions and how they can manage them at home.

Rebecca Shea, lead physiotherapist for the pulmonary rehabilitation service said: “The main aim of the service is to get patients to self-manage whatever condition they are going through.

“It’s about providing support, education and encouragement to give patients confidence in their own ability and to improve their quality of life. It also helps people avoid any unnecessary hospital admissions.”

Anyone with an obstructive lung condition such as COPD, pulmonary fibrosis, bronchiectasis and those awaiting lung transplants can be referred to the group by their GP or practice nurse.

The funding was made available by South Tees CCG as part of its IMProVE (Integrated Management and Proactive Care for the Vulnerable and Elderly) programme to help increase respiratory care in the community and reduce hospital admissions.

Dr Mike Milner, one of South Tees CCG governing body members said: “We are now referring more patients with COPD for rehabilitation at an early stage as it is proving essential to recovery and improving breathlessness. By having easily accessible services available in our local communities, more patients are likely to attend enabling them to manage their lung condition more effectively.”

Here’s what our patients think…

“It’s easy gentle exercise but it’s very beneficial,” said Moira McClure of Coulby Newham.

“I feel 10 times better when I walk out of here,” said Maureen Henderson of Middlesbrough.

“When I first started I could not even walk from the car park so it has definitely been beneficial,” said Stephen Dee of Acklam.

Dr Mike Milner, one of South Tees CCG governing body members said: “We are now referring more patients with COPD for rehabilitation at an early stage as it is proving essential to recovery and improving breathlessness. By having easily accessible services available in our local communities, more patients are likely to attend enabling them to manage their lung condition more effectively.”

Gerry said it had been a real pleasure to work with the team at James Cook and he is now looking forward to spending more time with his grandchildren and his classic cars.

Graeme Goody, clinical director of Ottobock said: “We would like to thank you for all your hard work and wish you a fantastic retirement.”

Middlesbrough General mural in the hospital’s main mall!

Graeme Goody, clinical director of Ottobock presents Gerry with his leaving gifts

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