

# TALKING POINT

April  
2018



**Snow problem!**  
**Our amazing staff brave**  
**the elements!** Pages 6 & 7



# Trust pledges to go smokefree

## **SOUTH TEES** has signed a national pledge to go smokefree by March 2019.

Trust sites are already designated as no smoking areas, but this latest move will see the public health campaign notch up another vital step as we commit to:

- Routinely offer smoking cessation advice to patients in all clinical areas and Nicotine Replacement Therapy (NRT) to all inpatients
- Systematically record the smoking status of all patients with an opt-out approach to referrals for specialist advice and support
- Provide smoking cessation training for Trust staff
- Provide improved stop smoking support for staff
- Ensure NRT is easily accessible via onsite/nearby pharmacies
- Promote smokefree entrances and exits across all hospital sites

Maternity services are already leading the way, working in partnership with local authority and stop smoking services, achieving smoking reduction by using the evidenced-based BabyClear model and offering Nicotine

Smoking is the single largest cause of health inequalities and premature death in England, responsible for 17% of all deaths in people aged over 35!

replacement on admission to hospital, rolling out stop smoking support to all clinical areas and launching a hard-hitting campaign in the women and children's entrance way at James Cook.

The eye-catching and emotive smokefree branding highlights the dangers of passive smoking and smoking during pregnancy and urges people not to make children and babies breathe in their smoke.

Figures show that the numbers of women smoking at delivery at South Tees reduced to 17.2% in the first half of the 2017/18 financial year, improving 36% since 2011/12 – the biggest drop in the region and double what has been achieved nationally!

"It's an ambitious drive to pledge to go smokefree but we know it's possible because it has already been achieved by our colleagues at Tees Esk and Wear Valleys NHS Foundation Trust," said Midwife Consultant Kay Branch, who leads

**The Trust has pledged to be Smokefree by March 2019**  
**Help us achieve that pledge**

**SMOKEFREE**



Smoking during pregnancy causes up to 2,200 premature births, 5,000 miscarriages and 300 stillbirths every year in the UK!

the Trust's Smokefree Steering Group.

"As healthcare providers we have unique opportunities to influence lots of people who come into contact with us every day.

"Stopping smoking at any time has considerable benefits

but for people using secondary care services there are additional advantages including shorter hospital stays, reduced prescribing requirements and fewer post operative complications."

Chairman Alan Downey added: "Signing up to the NHS Smokefree Pledge demonstrates our commitment to helping smokers quit and to providing smokefree environments across all our sites.

"Smoking is still the country's biggest killer and I would like to urge all our staff, patients and visitors to support this bold initiative."

9,500 children are admitted to hospital each year as a result of breathing in second hand smoke!

Call Quit Well to speak to a trained advisor on **01642 727590**.



**Louise Hand and Kay Branch from the Midwifery Team are backing the Trust's smokefree pledge!**

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# Miracle baby for transplant mum

"It would not have been possible without the input of all the specialist teams."

**TRANSPLANT** patient Poppy Blue thought she would never be able to have a baby of her own, but then she was blessed with a little miracle.

Baby Rory kept consultants at James Cook on their toes during what was described as a "pretty unique" and "high risk" pregnancy.

Teams from obstetrics, urology and renal services worked together to keep a close eye on Poppy during every week of her pregnancy and were delighted when her baby boy was safely delivered eight weeks early by caesarean section.

Poppy, 27, has had serious bladder problems all her life which left her needing to use a stoma bag and requiring a kidney transplant.

In 2007 she was given an ileal conduit - a system of urinary drainage created by a surgeon using part of her small intestine. Then in 2008 she underwent a transplant operation when her dad offered to be a living donor and gave her one of his kidneys.

"They had never had a pregnant patient who had an ileal conduit and



*Poppy and Scott Blue with baby Rory*

had undergone a transplant before," said Poppy of Stockton. "They never even thought I could fall pregnant. It was just so overwhelming when we did the test and discovered I was expecting a baby."

But everyone knew there was a long way to go as it was such a high

risk pregnancy. Poppy had to be monitored at James Cook twice a week and underwent regular scans to make sure everything was okay.

Consultant Obstetrician Deepika Meneni said: "It was such a high risk pregnancy. It was touch and go at about 20 weeks. We had to keep a very close eye on her. It would not have been possible without the input of all the specialist teams."

Rory came safely into the world at 32 weeks, weighing just 3lbs 9oz. Dad Scott said it felt like a miracle: "He's our miracle, 100%!"

Poppy added: "We always wanted a baby but thought we might have to go down another route such as adoption. We never thought we could have one of our own. The care we have received at James Cook has been non-stop. The staff are all amazing."

Renal Consultant Dr Steve Kardasz added: "This is a pretty unique occurrence. It required a big team effort from the obstetric team, urologists and renal teams at James Cook."



*Poppy, Scott and Rory with the James Cook team*



# Hundreds share their views

## **MORE** than 1,500 people have had their say on the future of the Friarage Hospital.

During an 11-week period, around 500 people attended public events, more than 900 completed surveys and feedback cards, over 70 staff joined in discussions, and feedback was collected from social media posts, MP letters and more than 40 stakeholder meetings.

The Building a Sustainable Future for the Friarage engagement programme explained some of the key challenges facing the Friarage to hospital staff, the public and stakeholders. The challenges described included recruitment difficulties and changes to medical training which are impacting on some key service areas such as critical care, overnight anaesthetic cover and accident and emergency.

It also reassured people that the hospital would not be closing and invited them to help develop what a sustainable future could look like, developing a vision for next 10 to 15 years.

It was clear from the responses received that people are passionate about the Friarage and about maintaining local services. People said they wanted as many services as possible to be as close to home as possible, but the majority agreed that quality of care and safety were top priority.

The main issues highlighted were:

- **Travelling and distance** - including parking issues, taxi costs and the practical challenges of having to get to hospital for an early morning appointment
- **Ambulance provision** - including response times and the impact on the service if patients had to travel further afield
- **More communications needed** - to dispel myths about the Friarage and promote services
- **Value of local services** - including providing services as close to home as possible and concerns about more services being lost
- **Quality of care and importance of receiving the right care in an emergency** - a significant number of people ranked this as their top priority and many agreed that while expert care cannot always be provided locally, rehabilitation and planned follow-up should be accessible
- **Meeting the needs of specific communities** - including difficulties with language barriers and improving experiences for children with special needs
- **Impact of potential changes to emergency care services at the Friarage** - including fears that this could have a knock-on effect on other services at the hospital
- **Impact of population growth** - due to increasing numbers at Catterick Garrison and new housing developments

All views, suggestions and concerns have been officially documented and will be considered by the Trust as it now looks to develop its long term vision for the Friarage.

Adrian Clements, Medical Director for the Friarage said: "We would like to thank everyone who took the time to contribute to this engagement programme. Your views and comments have been collated in our engagement report which is now available for anyone to view on our website.

"We are continuing to work closely with our clinicians to thoroughly review all our clinical options, as well as looking at the independent reports we have received from the Royal College of Anaesthetists and Royal College of Emergency Medicine.

"Friarage Hospital is, and will remain, an integral part of our organisation. People are now more aware of the challenges that we must address and the valuable feedback gathered throughout this process will help us start to shape a plan for the future which meets the needs of the population we serve."

All of the data and information gathered will inform a draft business case, setting out

proposals to ensure safe and sustainable services. This will be shared with NHS England, and North Yorkshire County Council Scrutiny of Health Committee. Pending the outcome of these discussions a formal 12-week consultation period could begin during summer 2018.

To view the engagement report go to [southtees.nhs.uk/friarage](http://southtees.nhs.uk/friarage)





## Volunteers needed for Macmillan Centre at Friarage

**VOLUNTEERS** are needed for the Macmillan Information and Support Centre at the Friarage.

The current information service will move into The Sir Robert Ogden Macmillan Centre, which is due for completion this autumn, and up to 20 new volunteers are required to support the existing service and new development.

Extra support is needed to take on a number of tasks including meeting and greeting centre users, providing information and signposting to other local services, administration duties, supporting patients, carers and staff in clinical areas and offering a listening ear to anyone who needs it.

Ideally volunteers should be able to give at least three hours of their time a week. A DBS check will be required and appropriate training will be given.

Julie Taylor, Macmillan Information Manager, said: "Macmillan relies heavily on its volunteers to help run the service, providing support and information to patients, carers and staff. We are looking for sensitive, caring, polite and approachable people, who may have a variety of skills, with some personal knowledge of cancer preferred but not necessary."

The new centre will provide a modern, state of the art facility for cancer patients, their carers and relatives. It will include a chemotherapy treatment lounge with capacity to treat up to 35 patients a day, complementary therapy facilities and treatment and consulting rooms.

The Macmillan Information and Support Centre and supporting accommodation for patients, which will include telemedicine facilities, will also be key features of the development.

Anyone interested in volunteering can call Carol Larkman, Macmillan Cancer Support Worker, on **01609 764033** for more information.



*Paul Baker shows off the Quality Data Provider certificate*

## Friarage receives award for commitment to patient safety

**FRIARAGE HOSPITAL has been named as a National Joint Registry Quality Data Provider after successfully completing a national programme of local data audits.**

The NJR monitors the performance of hip, knee, ankle, elbow and shoulder joint replacement operations to improve clinical outcomes for the benefit of patients, clinicians and industry.

Its Quality Data Provider certificate scheme is designed to offer hospitals a blueprint for reaching standards relating to patient safety.

To achieve the award, hospitals

were required to meet a series of six ambitious targets during the 2016/17 financial year including compliance with the NJR's mandatory national audit.

Targets also included having a high level of patients consenting for their details to be included in the registry and for demonstrating timely responses to any alerts issued.

Orthopaedic Consultant Paul Baker said: "The NJR team here at South Tees are delighted to be awarded status as a NJR quality data provider. It is testament to the exceptional work of the team who have improved our compliance with the NJR process from 75% to more than 95% of cases over the past three years."



*together we do the amazing*

# Ain't snow stopping us!

Heavy snow and blizzard conditions were not enough to stop our amazing staff getting into work and reaching patients far and wide when the Beast from the East hit the region last month! A big thank you to everyone for all your efforts, especially the estates teams who kept our hospital access roads and footpaths clear. Here's some of your fantastic stories...



*Kirsty and Zach Keightley-Smith celebrate the arrival of Baby Rudy and praise maternity staff for getting to work!*

## Early starts and sleep overs!

**MATERNITY'S** Jennie Ridsdale and Helena Nguyen travelled to James Cook from Haxby, near York, getting up very early to dig cars out of the snow! Like many of their colleagues, the dedicated duo stayed overnight so they could be ready for their early shift the next day.

A lot of staff walked into work – some for up to two hours!

A lot of staff walked into work – some for up to two hours! And night staff stopped back to cover colleagues who were delayed due to the adverse conditions.

Community midwifery teams also went that extra mile - walking around their local areas to make sure their patients were seen.

## Have skis, will travel!

**HERE'S** proof our staff will go to almost any length to make sure they get into work on time!

Infectious Diseases Consultant John Williams was spotted skiing into James Cook! John pulled on his skis and completed an 8km journey saying: "These opportunities don't come around often so need to be seized. It certainly made people smile!"

"I usually only get to use my skis once every three years! I'll soon be off to Scotland for the "Grand Traverse" of Ben Lawers. Significantly higher avalanche risk than the Marton Road!"

Yikes take care John!



*Consultant John Williams skis into work! (Picture courtesy of The Gazette)*





*East Cleveland District Nursing Team*



*Redcar District Nursing Team*

# Community teams defy the elements!

**DISTRICT** nurses across South Tees and Hambleton and Richmondshire braved the Beast from the East to continue providing care for patients, even those in the most remote areas.

Teams had to call on Cleveland Rescue to assist in some hard to reach areas. In parts of East Cleveland it was so bad the off-road rescue vehicle got stuck leaving staff to complete the rest of the journey on foot!

Staff walked miles between patients – one nurse walked from Skelton Green to Boosbeck and Lingdale to ensure urgent patients were seen. Another

worked her days off to ensure diabetics were seen as her colleagues were unable to get into Guisborough.

Meanwhile a phlebotomist ensured she visited all her patients then had to drive out of the area to leave blood samples to be picked up, as collection vans were not able to access some of the GP practices.

Everyone went that extra mile but had a lot of support along the way – farmers and members of the public helped dig cars out and clear roads, staff with four wheel drive vehicles picked up colleagues and patients kindly dried out wet coats and gloves for staff during visits to help keep them warm!

Teams had to call on Cleveland Rescue to assist in some hard to reach areas.



*Thirsk District Nursing Team*



*Cleveland Rescue Team come to the aid of district nurses in East Cleveland!*



*Middlesbrough District Nursing Team*



*Eston District Nursing Team*



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# Donor couple smash fundraising target to help others

## Gift of life - kidney donation

**KIDNEY** disease can affect people at any age and has many different causes.

A small number of people with kidney disease develop kidney failure and need dialysis or kidney transplantation. Medical evidence shows people survive longer and feel better if they have a kidney transplant sooner rather than later.

There are two ways a kidney becomes available for transplant. The most common is when someone dies and their kidneys are healthy they can be donated to someone in need of a transplant. The other is when a living person chooses to donate a kidney to a relative or friend, or as a gift of life to someone they do not know.

The Trust's living kidney donor team of dedicated doctors and nurses help prepare patients for donation and transplantation.

People needing a kidney transplant are asked to talk to their friends and relatives about living kidney donation, and anyone considering donation then talks to a Specialist Transplant Nurse.

Not everyone can be a kidney donor; some people are unable to donate due to incompatibility of blood group and tissue matching or medical complications.

If you have a friend or relative affected by kidney disease and would like to know more about living kidney donation please contact Alison Callaway, Transplant Specialist Nurse on **01642 854732**. You can also find more information at [www.organdonation.nhs.uk](http://www.organdonation.nhs.uk)

**WHEN** Kevin Musgrave suffered renal failure for the second time, his wife Julie did not think twice about giving him one of her kidneys.

And now the couple have handed over another special donation – more than £1,800 to the renal team at James Cook who supported them throughout their treatment.

The Hartlepool couple held a sell-out charity event which was attended by over 230 people – all friends and family of Kevin, Julie and fellow organiser Janine O'Rourke who donated her half of the total raised to Breast Cancer Care in memory of her sister Mandy, who would have been 51 on the same day as the fundraiser.

"We were overwhelmed by the support we received," said Julie. "Our initial target was to raise £500 but donations were flooding in and people were so generous - they were purchasing so many raffle tickets we had to run and get more books on the night!"

Taxi driver Kevin, 53, has had renal failure twice in the last 15 years. His mum Edie donated her kidney in 2003 and then Julie, 53, his wife of 27 years, also became a living donor in May 2017.



**Kevin and Julie Musgrave hand over more than £1,800 to the renal unit**

"Kevin has always been my rock and I wanted to make him feel well again."

"Dr David Reaich and his team have been amazing from the day I was referred," said Kevin. "We can never repay the renal team for their personalised care. But we wanted to give back to those that had helped us in hope that our contribution will help others."

Julie, a retail recruitment and induction coordinator, said she had many years to think about donation due to Kevin's previous history:

"I was tested the first time but his Mam was better matched. She was amazing and inspirational.

"I didn't feel scared or worried, although of course we were concerned about our family Jack and Melissa who had to cope with both parents having an operation at the same time.

"Kevin has always been my rock and I wanted to make him feel well again. Now I look at him every day and feel proud of his determination and positivity, even when he felt poorly. I believe that's a big part of our recovery, a positive mind.

"We are enjoying life to the full and are looking forward to our first holiday abroad since the operation on our 'kidversary'!"

And her message to others considering becoming a living donor?

"Do it! I didn't have to think twice but going through a timely process means you have support at every step of the way. Our transplant specialist nurse was amazing supporting us before and after the operation. It's an amazing thing to do and I feel proud to have been able to do this."

Alison Callaway, Transplant Specialist Nurse added: "This is an immense achievement and we want to thank everyone involved for all their hard work. Every penny raised helps us enhance patient comfort on the unit."





*Representatives from South Tees Hospitals Charity, Zoë's Place, Daisy Chain, Everyone Active, ARCH, MFC Foundation, Multiple Sclerosis, Hope for Holly, Unicorn Centre and Marie Curie do a lot of work behind the scenes to support the Run Middlesbrough Programme and are urging everyone to pull on their running shoes!*

## What will you do to clock up 1,000 miles?

### WHAT will you be doing to clock up 1,000 miles in support of the #NHS1000miles challenge?

We're logging our miles – walking, running, swimming, horse riding, buggy pushing (anything counts!) – over the next year to celebrate the 70th anniversary of the NHS.

The more active we are the healthier we get. And that's great news for the NHS.

It's great motivation to get active and there are many ways to get involved:

- Join the Strava group
- Visit the Facebook group
- Post updates via Twitter using #NHS1000miles.
- Or simply jot down your miles in a notebook, it's up to you.

But don't forget to mention @STeesCharity in your Tweets.

To kickstart your campaign why not join South Tees Hospitals Charity for the Middlesbrough 5k, 10k and 2k/3k fun runs?

The charity has been selected to lead the SECT committee (Sports Events Charities Team), which supports the event and is made up of local charities throughout Teesside.

Fundraising Manager Thomas Harrington said: "We are proud to lead the committee this year as it is perfect time for us as the NHS is celebrating its 70th birthday on 5 July 2018.

"To mark the celebration we would love 70 people to take part in the runs, representing and supporting our charity and their local hospitals.

"All events offer a flat course ideal for those seeking a personal best time and also for those looking to complete their first ever running event on their own or with friends, family and or colleagues."

The first event in the Run Middlesbrough calendar is the Ali Brownlee 5k and 2k fun run on Sunday 1 July. This event always provides a fantastic atmosphere and takes in some of Middlesbrough's iconic sites including the Transporter Bridge and Temenos, finishing with a lap of the Riverside Stadium pitch!

The next is the Taylor Wimpey 10k Tees Pride and 3k fun run on Sunday 2 September. With its full road closures, this is seen by many as the best 10k road race in the region, and the route even passes James Cook!

So what are you waiting for? Pull on your running shoes and drop into the charity hub at James Cook or email [stees.charity.queries@nhs.net](mailto:stees.charity.queries@nhs.net) to sign up as one of our 70 runners today!

## Come and take a look!

### STUCK for a present idea? Look no further than the South Tees Hospitals Charity Hub!

Based in the main mall at James Cook, the charity hub opened its doors in 2016 to offer more accessible and visible support for our amazing fundraisers as well as the staff who look after departmental charitable funds.

Fast forward to 2018 and this welcoming space in the heart of James Cook is now fully equipped with an impressive range of merchandise including bracelets, teddies, cards, mugs, hats and even a dog jacket!

The hub is open Monday to Friday between 10am and 4pm and all profits are redirected into the hospital to buy those little extras over and above what is provided by the NHS.

The charity team are on hand in the hub to talk to staff and visitors about how they can fundraise and the types of activities they can be involved with as well as to receive donations.

There's also a dedicated picture wall on display highlighting the work of our fantastic fundraisers and some brilliant artwork from the youngsters on our children's wards, so why not pop in and show your support?



## Sheila's a winner!

### CONGRATULATIONS to our charity bike raffle winner Sheila Hodgson from the stores department at James Cook.

Sheila was getting ready to retire just one month after the prize draw and was delighted with her win as she spends many weekends with her grandson on their bikes. Sheila said she was planning on upgrading her grandson's mountain bike so finding out she had won four specialised bikes a few weeks before Christmas was perfect timing!

Keep up to date with all our campaigns and competitions by visiting [southtees.nhs.uk/charity](http://southtees.nhs.uk/charity) or following us on Twitter @steesCharity



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# Welcome to the new-look ward 4

**WARD 4** at James Cook has reopened its doors following a major refurbishment and has received a huge thumbs up from staff and patients.

Ward Manager Yvonne Taylor said: "We have waited a long time for the ward to be upgraded. Often patients are with us



*Patient Phil Braithwaite and his sister Elizabeth Morley cut the ribbon*

for a long length of time due to the nature of their illness, so it is nice for them to be in a brighter environment.

"We now have more side rooms for patients – nine instead of five which is also great for patients.

"Our patients are really pleased with it and the staff like it as well. It's much more aesthetically pleasing!"

## Trust supports #TheatreCapChallenge



*Pictured are Russell Brodie, Helen Simpson, Sheila Enderwick, Nora Ellen Hall, Emma Selby and Muthena Mizbon (left to right)*

**OBSTETRICS** theatre staff at James Cook have taken up the #TheatreCapChallenge to help improve patient experience and patient safety.

The international initiative, which has gone viral on social media, involves writing names and job roles on theatre caps to improve communication with patients and new staff members/students.

"It's to encourage the use of more names in theatre," said Obstetrics Consultant Helen Simpson, who first spotted the trend on Facebook.

"It's good for patients as they can see who is who when we are all in our scrubs and it improves communication between staff. It's particularly useful when we have students or specialist staff in the theatre who we have not worked with before."



# Hospital first in UK to implant new device for cluster headaches

**JAMES** Cook has become the first hospital in the UK to use a new implantable device for patients who suffer from cluster headaches.

The AnkerStim® lead and neurostimulation system applies mild electrical stimulation to the nerves via wires implanted under the skin, near the occipital nerves at the base of the head.

The wires are connected to a small battery, implanted under the collarbone, chest wall or in the buttock, which generates stimulation to interfere with pain signals.

Occipital Nerve Stimulation has been proven to reduce the frequency, duration and intensity of headache attacks and reduction in medication use in some patients. The therapy itself is not new – it has been offered at James Cook for more than 15 years to patients who have not responded well to more conventional treatments.

But until now it often came with serious complications, such as the wire being prone to breaking or moving out of place, which then required another operation to correct.

This new leading-edge device is designed to reduce these complications, enhancing patient comfort and reducing the number of operations patients have to undergo. Flexible electrodes on the lead are designed to adjust to the shape of the skull, while tines on the lead help secure it in place without the use of additional anchors.

Consultant in Pain Management, Dr Ashish Gulve implanted the UK's first AnkerStim® neurostimulator in February 2018 with support from Neurosurgeon, Mr Farooq Aziz.

Dr Gulve says the advanced technology from Medtronic will make a great difference to around 15 to 20 patients a year at James Cook who suffer from intractable chronic cluster headaches.

"It's really nice to be the first in the UK to use this truly innovative product."

"It's really nice to be the first in the UK to use this truly innovative product."

"We are at the forefront for this kind of technology across the world, so when something new comes up we are often first to try innovative neuromodulation therapies."

"At the moment we are only one of the two



*The James Cook team have implanted the UK's first AnkerStim® device*



*Dr Gulve with the AnkerStim® lead and neurostimulation system*

hospitals in the country implanting this device. It is also available in a select few centres in Belgium, Netherlands, Germany and Hungary."

The lead is implanted during a short surgical procedure after which the patient can usually go home the next day. The patient gets a controller to activate the stimulation device that is individually programmed for their needs.

The controller allows patients to adjust the strength of the sensation, which may cause a tingling sensation at the back of the head.

Cluster headache is a severe headache condition, distinct from migraine and tension-type headaches, affecting about one in 1,000 individuals. Described by some as the "suicide headache", it is characterised by extreme pain attacks on one side of the face, typically around the eye. These attacks last 15 to 180 minutes and occur one to eight times a day.

Anyone who thinks they may be affected by cluster headaches should contact their GP in the first instance.

Dr Gulve, Pain Psychologists and Dr Adrienn Petreczky, Consultant Neurologist, assess referred patients jointly to confirm their diagnosis and make sure the patients have tried other conventional treatments as per NICE guidance. They optimise patients' medication use and also treat psychosocial problems caused by the headaches before considering using the implants.



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# Think green!

SOUTH Tees is leading the way when it comes to energy saving and environmental improvements. Here's a snapshot of some of the great work we've got going on to improve our carbon footprint...

## Our commitment to the environment

We are proud to be the only NHS Trust in England (as far as we are aware) to have adopted Environmental Management System ISO14001: 2015. This demonstrates that we are reducing our carbon footprint, making cost savings and promoting environmental issues.

It has taken a lot of hard work, including the implementation of a new environmental policy and development of a new environmental strategy, and it doesn't end there - we are now subject to six-monthly inspections and a three-yearly audit to ensure we are continually improving our standards.

Both James Cook and Friarage Hospitals have this prestigious accreditation from Lloyd's Register Quality Assurance Ltd and we are now working hard to extend this to cover our community services.



## Electric charging points

Electric charging points for cars are now in place at the Trust with two in Prissick Car Park and three in the Friarage Staff Car Park. These are operated on a first come first serve basis, at no additional cost to staff.

We are looking to install more charging points in the future and would be interested to gauge how many staff

would be interested in using these. Email [stephen.bell1@nhs.net](mailto:stephen.bell1@nhs.net) to register your interest.

## Waste less, recycle more!

Following the introduction of the offensive waste stream at James Cook in March 2017 infectious waste tonnages have dropped considerably and this system has now also been rolled out at the Friarage.

Our recycling programme is well underway and Sustainability Lead Steve Bell will be visiting departments over the next few weeks to get an understanding of how many more recycling bins are required. If any staff are unsure of what goes where Steve is available to give advice and Waste Policy HS12 can be downloaded online.

Our monthly waste award is presented to the best ward or department for waste segregation, audit performance and overall staff attitude towards the effective handling of waste. Previous winners (pictured above) include the Rutson Ward at the Friarage and Ward 29 at James Cook.



## Driving home the energy saving message

Together we can save electricity and water by looking at effective energy methods across the Trust. Simply things like turning off lights and fixing dripping taps can make a huge difference.

We are also exploring the use of solar power, combined heat and power energy sources, light sensors and boilers with timers.

Energy prices have risen dramatically in recent years and this trend is set to continue. Between 2009/10 and 2016/17, the Trust's energy bill increased by over 10%, reaching £4.8 million in 2016/17 despite energy consumption over the same period rising by only 1%.

Although our electricity consumption has reduced by 0.8% compared with last year, due to increases in the price of electricity, we have spent an extra £280,000 so far in the same period.

We have had some success - during 2017/18 we have reduced our medium temperature hot water usage by 8% compared to the previous year by eliminating waste, saving £30,000.

We are also carrying out thermographic surveys of buildings to give us a good indication of which areas have severe heat loss and are not operating to their maximum potential.

**It is now more important than ever to stop wasting electricity, gas and water. Not only will this save us money, but also reduce our carbon emissions. If you have any savings ideas or wish to report wastage, contact the Energy and Sustainability Team on extension 62058 or 54632.**

## Community garden begins to grow

A community garden area has been developed behind the Red Shed at James Cook to provide a relaxing area for staff, patients and visitors.

This has been the start of a strong collaboration between South Tees, HMP Kirkclevington Grange and the local community.

The next stage is to develop the whole area so that there is a path running through it, more seating, a children's garden (inspired by designs from children at Playdays) and a memorial garden with trees and plants dedicated to staff who have sadly passed away. The images below show the garden taking shape.

## Join our team

The Trust now has its own Sustainability Group which meets monthly and its first Sustainability Champions but we need a lot more! Interested in getting involved or got an idea you want to share or develop for your area? Contact [stephen.bell1@nhs.net](mailto:stephen.bell1@nhs.net) for more information.

Kevin Oxley, Director of Estates, ICT and Health Care Records said: "If we all work together we can reduce our carbon footprint, while also making financial savings for the future.

"Can I urge all staff to utilise the Energy and Sustainability Team and pass on their thoughts and ideas to make the Trust become an environmental gold standard in the North of England."

Our sustainability plan cannot reach its maximum potential without your help! Need some inspiration? Visit our sustainability pages on the staff intranet where you can view our animated video and find out what it's all about!

## Please don't waste it!

- A dripping tap wastes enough water in one year to fill over 3,000 soft drink bottles.
- Just one person printing 40 fewer sheets of paper each week would save 2,080 sheets of paper each year - that's enough paper to reach end-to-end across the entire length of the pitch at the Riverside nearly six times!
- In large organisations such as ours the amount of widely recyclable items in mixed waste is equivalent to the weight of 576 Friesian cows!
- Turning off a single five-foot fluorescent tube light that's normally left on during the working day saves 79kg of CO<sub>2</sub> over a year - equivalent to driving from Middlesbrough to York five and a half times!
- Remember to switch off lights and computers at the end of the working day.
- Keep electrical goods in your department to a minimum – do you really need that kettle and fridge?
- Report any areas where any supplementary heaters are in use to the Energy and Sustainability Team.



# Driving improvements for COPD patients

## **SOUTH Tees has been named one of the top achieving Trusts for COPD audit nationally.**

The programme aims to drive improvements in the quality of care and services provided for patients with COPD - chronic obstructive pulmonary disease.

Janet Leight, Service Lead for the Respiratory Team, said: "The team have worked hard to ensure all COPD patients who come into the assessment units are promptly assessed by a respiratory specialist nurse within 24hrs and a discharge bundle completed.

"All audit data is completed from the full clinical assessment – this focuses on specialist review, oxygen, non-invasive ventilation, spirometry, smoking cessation and discharge planning.

"This audit with early respiratory

specialist review has enabled timely intervention.

"This has also focused greater attention to recurrent hospital admissions to understand the cause and how care could be optimised to

avoid re-admission.

"We work closely with all teams to ensure the patient is supported with smoking cessation, oxygen etc and referred to the appropriate service."



*Respiratory team members celebrate the Trust's COPD audit success*

## Fantastic achievement for A&E Team

### **THREE awards from The Royal College of Emergency Medicine are now proudly on display in the Emergency Department at James Cook.**

At the RCEM Awards 2017-18 the team scooped the following accolades:

- Emergency medicine training department of the year – Second place
- Emergency department clinical team of the year – Third place
- Emergency department quality improvement project of the year – Third place

Nick Athey, Clinical Director said: "That's a top three position in all categories entered. We should all be very proud of this fantastic achievement - every single member of the team is responsible for the high quality clinical care and training we provide."



*Emergency Department staff at James Cook celebrate after scooping three awards*





# A world of possibilities

**MORE** than 40 children from Playdays Day Nursery braved the snow to show off their fancy dress outfits for World Book Day!

There were lots of fun themed activities for babies and younger groups based on The Hungry Caterpillar, Peppa Pig and Aliens Love Underpants, while the three to five year olds were invited to be a character from any book of their choice!

"When a child is reading a book a world of possibilities is opened up," said Michele Tullius, Nursery Manager. "The children dressed up in a variety of costumes and had a wonderful day."

Playdays is based on the James Cook site,



providing quality childcare from 6.45am to 6pm – including emergency and ad hoc cover.

The nursery is convenient for staff working on site – it has a drop off bay outside the building and flexible sessions can be booked to work around shifts.

It can also be used by staff from other Trust sites, other health organisations and partner organisations as long as they work on an NHS site.

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

Find out more at [southtees.nhs.uk/staff/childcare/playdays-day-nursery/](http://southtees.nhs.uk/staff/childcare/playdays-day-nursery/)





## Stolen presents replaced in time for Christmas!

**WHEN Sarah Alton's home was burgled in November all her children's Christmas presents were stolen.**

But Trusts United – a support network run by local NHS staff to help colleagues in times of hardship – heard about her plight and teamed up with the Teesside Family Foundation to help replace them and ensure her family's Christmas was not ruined.

Together they presented Sarah with a new Playstation4 with games and an extra controller and £200 to help replace the other gifts that were stolen.

Sarah, who works at James Cook said: "I can't even tell you how much it means to us, we really, really appreciate it and I cannot thank these guys enough.

"I would advise everyone to double check that all your doors and windows are locked at all times - I've also started keeping my valuables locked away and out of sight!"

Neil Bullock from The Teesside Family Foundation added: "To help put smiles back on the faces of this family is second to none!"



*Pictured are: James Sullivan from Trusts United, Sarah Alton and Neil Bullock from The Teesside Family Foundation*

## Flu champions help Trust score over 70%

**FLU champions successfully vaccinated more than 7,900 staff across the Trust this year.**

The Fight Flu Invaders campaign was launched in October and smashed its target to vaccinate 70% of frontline staff in January.

The fun theme challenged staff to put their flu fighting skills and knowledge to the test with a series of interactive activities.

Lynn Kell, flu campaign coordinator said: "We have around 100 flu champions and we could not do this without them!"

"We have around 100 flu champions and we could not do this without them!"

"It's a huge team effort to make this a success and we are already planning ahead for 2018-19 when we will hopefully be offering staff a quadrivalent vaccine, providing them and our patients with even more protection."

At the time Talking Point went to print 5,739 frontline staff – 72.4% – had been vaccinated.

All staff who had the vaccine at the Trust – including those who informed us they had been vaccinated at their GP surgery - were entered into a draw to win an iPad. Well done to this year's winner, Staff Nurse Fiona Perrin!



Flu champions celebrate success

## Hearts of gold

**HEART-SHAPED cushions are helping to provide extra comfort for patients undergoing breast cancer surgery at the Friarage.**

The Patchwork and Quilters Group of Patrick Brompton have made hundreds of 'hearts' for the Scott Suite Breast Unit in the Northallerton hospital, which are given out by the nursing team to patients who have had breast

surgery or lymph glands removed under the arm.

The cushions, which are placed under the arm or across the chest, allow the surgical area to feel much more comfortable, helping patients to sleep and ease pain.

Specialist Nurse Louise Sadler said: "We can't thank them enough for all of the lovely colourful and cheerful hearts they make.





Thornaby Academy  
students perfect their CPR skills

# Trust backs Restart a Heart Day

**RESTART** a Heart Day aims to instruct as many young people as possible in one day across Europe to deliver the skills of CPR should they be faced with a collapsed individual who is not breathing.

The Resuscitation Department at James Cook supported North East Ambulance Service and North Yorkshire Ambulance Service in training young people in schools across in the local area in 2017.

The popular training session has already proved to be a lifeline as the

mother of one pupil who had received the training in 2016 had collapsed at home in cardiac arrest and survived because her son had instructed his dad how to perform CPR and called the emergency services.

Resuscitation Officers from the Trust went to:

- Thornaby Academy
- Allertonshire School, Northallerton
- North Field School and Sports College, Billingham

For more details visit [resus.org.uk/events/rsah](http://resus.org.uk/events/rsah)



"Without exception every patient who has been given a 'heart' cannot praise both the cushions and the group who make them enough – they think they're perfect for the job and get to take them home."

## Dedicated nurse retires after 37 years

**ANNE-MARIE** Dales has retired from nursing after dedicating 37 years of her career to urology services.

Anne-Marie started out at St Vincent's Ward at North Ormesby Hospital in 1980 as a ward housekeeper. She moved over to South Cleveland Hospital when the hospital was built with the urology ward and became an auxiliary nurse.

Later she was successful in achieving a foundation degree and went on to be one of the first assistant practitioners at James Cook on Ward 5.

Renowned for her excellent care, Anne-Marie prided herself in ensuring her patients looked and most importantly felt clean, comfortable and cared for.

As a link nurse for Care of the Dying she always ensured patients in her care had a peaceful end of life, often sitting with them after her shift had ended to ensure they were not alone.

Macmillan Specialist Nurse Dawn Watson said: "Anne-Marie was very much a patient advocate and has been an integral part of the urology team and we would like to acknowledge the fantastic service she has given and wish her all the best for her retirement."





# Research study named Healthcare Project of the Year

**SOUTH Tees has won the Bionow Healthcare Project of the Year Award for its work on a clinical research study which is helping to speed up ankle surgery.**

Every year up to 200 people undergo

ankle fracture surgery at James Cook. For some this can mean spending up to a week in a hospital bed waiting for the swelling to reduce to a level on which surgeons can operate.

But now a neuromuscular electro-stimulation device known as a geko™ is being used to help reduce

the swelling to get people into the operating theatre quicker.

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

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

The study demonstrated a two day improvement (on average) in readiness for theatre in patients who used the geko™ device.

Paul Baker, Orthopaedic Consultant Surgeon at the Trust said: "We are delighted to win this award. The Trust champions its clinicians to embrace innovation and partner with industry to pioneer new models of care, so that our patients will be amongst the first to benefit from hugely exciting medical advances."



*James Cook Orthopaedic Team celebrate winning the Bionow Healthcare Project of the Year Award*

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# Purchase a luxury home by the water at 'Infinity Riverside'



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Interested buyers in Stockton can now purchase a home at the recently launched Infinity Riverside; the third phase of homes at Muse Developments' popular Northshore scheme in Stockton-on-Tees.



The development comprises 82 two, three and four bed luxury homes on the banks of the River Tees and close to the iconic Infinity Bridge, with many of the homes offering stunning south-facing views overlooking the water. The first two-bedroom homes are ready to move into now with further homes available from the spring.

Visitors can take a tour of the beautifully styled show home; a three-bedroom 'Tarn' property which features an open-plan living room and kitchen/diner, internal garage and three double bedrooms with an en-suite to the master bedroom.

The sales team are also on hand to offer further information on the Government-backed Help to Buy equity loan scheme which enables both first time buyers and home-owners the chance to purchase a home with as little as 5% deposit\*.

The homes at Infinity Riverside all benefit from light, airy, living spaces and high ceilings, and every property comes complete with off-road parking, kitchens, bathrooms and high specification fixtures and fittings throughout. Two-bedroom homes are available from £135,950; three bedroom homes from £174,950 and four bedroom homes from £269,950.

More than 120 new homes in the first two phases of Northshore have been snapped up by buyers keen to secure a home in this desirable location, which combines a tranquil riverside setting with great amenities within walking distance.

The £300m regeneration scheme, which is less than a mile from the town centre; 12 miles from Middlesbrough and 30 miles from Newcastle, is being delivered by developer and urban regeneration specialist, Muse Developments, in partnership with Homes England and Stockton Borough Council. When complete, the 56-acre development will provide a mix of family housing, offices, a new Hampton by Hilton hotel and leisure spaces.

Commented Hollie Reynolds, residential sales and marketing manager at Muse: "Many visitors to our show home have commented on the thoughtful design and the quality of the craftsmanship. We also had a lot of



interest in the Help to Buy scheme, which is a great way of helping those struggling to find a deposit to get their foot on the property ladder.

**"I'd encourage interested buyers to book a tour of the show home now and see first-hand our winning mix of modern homes and beautiful riverside location."**

Buyers can book a tour of the show home and find out more about prices and plots available by contacting the sales team on [sales@infinityriverside.co.uk](mailto:sales@infinityriverside.co.uk) or calling 01642 939625.

The sales office is now open daily from 10am – 5pm, Thursday to Monday.

For further information visit [www.infinityriverside.co.uk](http://www.infinityriverside.co.uk)



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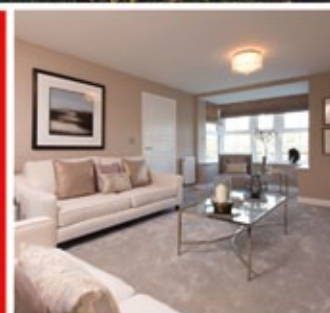
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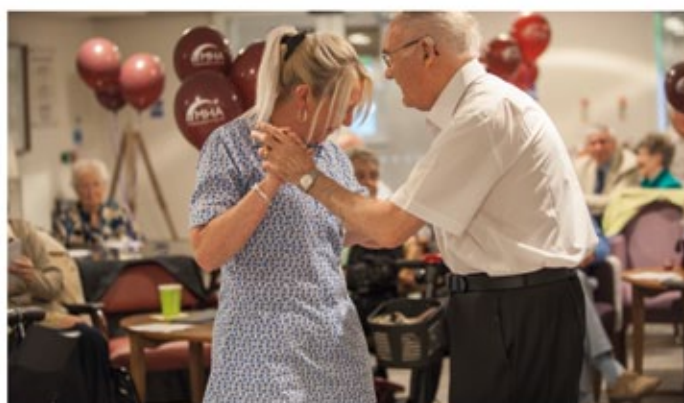
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