



TALKING POINT

September 2018

INSIDE

Flu champions hit the road

Black out service opens at Friarage

Patient gets new heart valve and goes home the same day

Trust introduces patient centred daytime visiting hours



Flu champions hit the road

THE Trust's flu fighter roadshow launches this month so look out for our dedicated team of champions coming to a venue near you.



FICTION:
The flu jab gives you flu

FACT:
The adult flu vaccine does not contain a live virus so it's impossible to get flu from it

FICTION:
The flu jab does not work

FACT:
The vaccine is the single most effective protection against flu

Last year high levels of seasonal flu were seen across the region - our hospitals alone admitted 326 patients between December 2017 and April 2018 – and we saw a significant rise in staff sickness absences due to colds and flu compared to the previous year.

While we had immunised 74.2% of our frontline staff, there were a number of people who said they struggled to take time out get to a flu clinic – particularly those based in the community.

So this year, the team are hitting the road to provide flu jabs at more places than ever before, thanks to new champions from Thirsk, Bedale, Leyburn,

Northallerton, Stokesley and Richmond district nursing teams and new venues at Unity House, Low Grange and West Lane Hospital.

The roadshow starts with Flu Friday at James Cook staff restaurant on 5 October from 10am to 2pm followed by all day sessions in the James Cook Atrium (8am to 3pm) on 8, 9, 10 and 11 October.

Redcar Hospital will then host Flu Friday on 12 October from 10am to 2pm, followed by the Friarage on 19 October from 9am to 2pm.

Champions will be easily spotted in their new bright blue tabards, kindly donated by the Laundry team at James Cook.

And this year, we've been given a national directive from NHS England to aim for 100% vaccination of frontline staff. We also have to improve our understanding of why we don't hit that target, as well as consider any risks to our patients who are cared for by staff who haven't been vaccinated, with consideration given to potentially re-deploying staff elsewhere.

For more flu clinic dates and flu campaign resources visit www.southtees.nhs.uk/about/flu

FICTION:
You can't spread flu if you are feeling well

FACT:
You could be spreading flu right now! 50% of flu carriers show no symptoms



WIN A FITBIT!
Get your flu jab before 21 December to be entered into our free prize draw to win one of 4 Fitbits!

Trust introduces patient centred visiting

VISITING hours have been extended across all Trust wards to enable family and friends to see patients at any time during the day.

The new patient centred approach welcomes visitors during daytime hours, providing it is what the patient wants and needs.

It has been introduced following the success of open visiting for carers and will be of particular benefit to those who are travelling from further afield to access the Trust's many specialist services.

Gill Hunt, Director of Nursing said: "The Trust recognises the importance of the support of loved ones when it comes to the welfare and recovery of our patients.

"With this in mind we have now introduced patient centred visiting across all of our hospital sites with flexible arrangements to suit each individual."

Visitors are asked to continue to limit numbers to two per bed at any time, to always respect the privacy of other patients, to ensure any children are supervised at all times and to wash their hands or use alcohol gel when entering and leaving all wards and departments.

The new visiting rules are being prominently displayed on new ward information boards. These also include details on ward round times, meal times, ward managers, staff numbers, uniform guides, hand hygiene and patient feedback as well as key areas of focus.

Patient centred visiting will apply to wards at James Cook, Friarage, The Friary, Redcar and East Cleveland hospitals with the exception of children's wards, maternity wards, the surgical admissions unit and the post-operative day unit.

We need to work together to ensure everyone receives patient centred, safe and effective care."

Visiting outside of daytime hours, for example when a patient is reaching the end of their life, will remain open and flexible to meet the needs of the patient and their family and staff are happy to discuss this with families.

Gill added: "Relatives are asked to consider the needs and wishes of the patient, and who else may be visiting, in deciding when and for how long to attend.

"There may be times during the day when visitors are asked to leave the clinical area and we welcome their support with this.

"Families, carers and friends all have an important role to play. We need to work together to ensure everyone receives patient centred, safe and effective care."

Patient Brian Thomas with his sister Jean Bowley and ward staff Mary Chambers and Eliza Stroe (right)



PATIENTS who suffer from blackouts can often find themselves facing a number of appointments and tests to find the cause of the problem.

But those attending the Friarage are set to be diagnosed faster thanks to the introduction of a blackout service which enables people to be assessed by a range of specialists in one place.

The new clinic, which is based in the cardiology department, has been supported by a £35,000 donation from the Friends of the Friarage.

Around half of us will experience a blackout at some stage in our lives. For most, there will be a simple explanation such as feeling very stressed or anxious or suddenly being exposed to an unpleasant sight.

For others, however, blackouts can be caused by a problem with the heart or the head, such as heart disease or epilepsy, or their body may overreact to certain triggers.

Blackouts cause 3% of emergency department attendances and 1% of all admissions to hospital and can affect people of all ages. There are many causes which can result in patients having appointments with a number of specialists, having a prolonged stay in hospital, or leaving without a clear diagnosis.

The blackout service will provide fast access to experts from a range of specialist

teams at a dedicated outpatient clinic. This will bring several benefits to patients, including:

- Providing faster assessment and diagnosis
- Reducing the number of unnecessary tests performed
- Reducing misdiagnosis
- Reducing the number of low-risk patients admitted to hospital
- Reducing the length of time patients have to stay in hospital
- Providing appropriate onward specialist referral

The service will run in a similar way to the successful blackout clinics at James Cook. Initial assessments will be performed by specialist/consultant nurses with clinical support from consultants in cardiology and neurology.

Consultant cardiologist Dr Andrew Turley said: "It's fantastic to be able to offer this new service to patients at the Friarage. They can now be seen quicker and diagnosed faster with fewer tests. It will also reduce unnecessary admissions as anyone experiencing blackouts can now be referred directly to our specialist team."

New blackout service opens at Friarage



SURGEONS put their pedal power to the test as part of the first-ever cycling symposium across the UK.

UK cycling symposium visits James Cook

The gruelling seven-day ride from Southampton to Edinburgh, organised by the Royal College of Surgeons of Edinburgh, stopped each day to conduct a series of masterclasses on key surgical topics.

Topics included the importance of patients' cardiovascular fitness prior to surgery, the health benefits of cycling and the college's anti-bullying campaign #LetsRemoveIt – which attracted the attention of camera crews from BBC1's The One Show.

Consultant Vascular Surgeon Barnabas Green led the South Tees team as they joined the event on its 100-mile Sheffield to Middlesbrough leg on day four, before hosting a talk in the LRI Institute.

He said: "As a Royal College of Surgeons of Edinburgh regional surgical advisor for the Northeast and quality lead for postgraduate medical education at James Cook, I was absolutely thrilled to host the cycling symposium here in Middlesbrough.

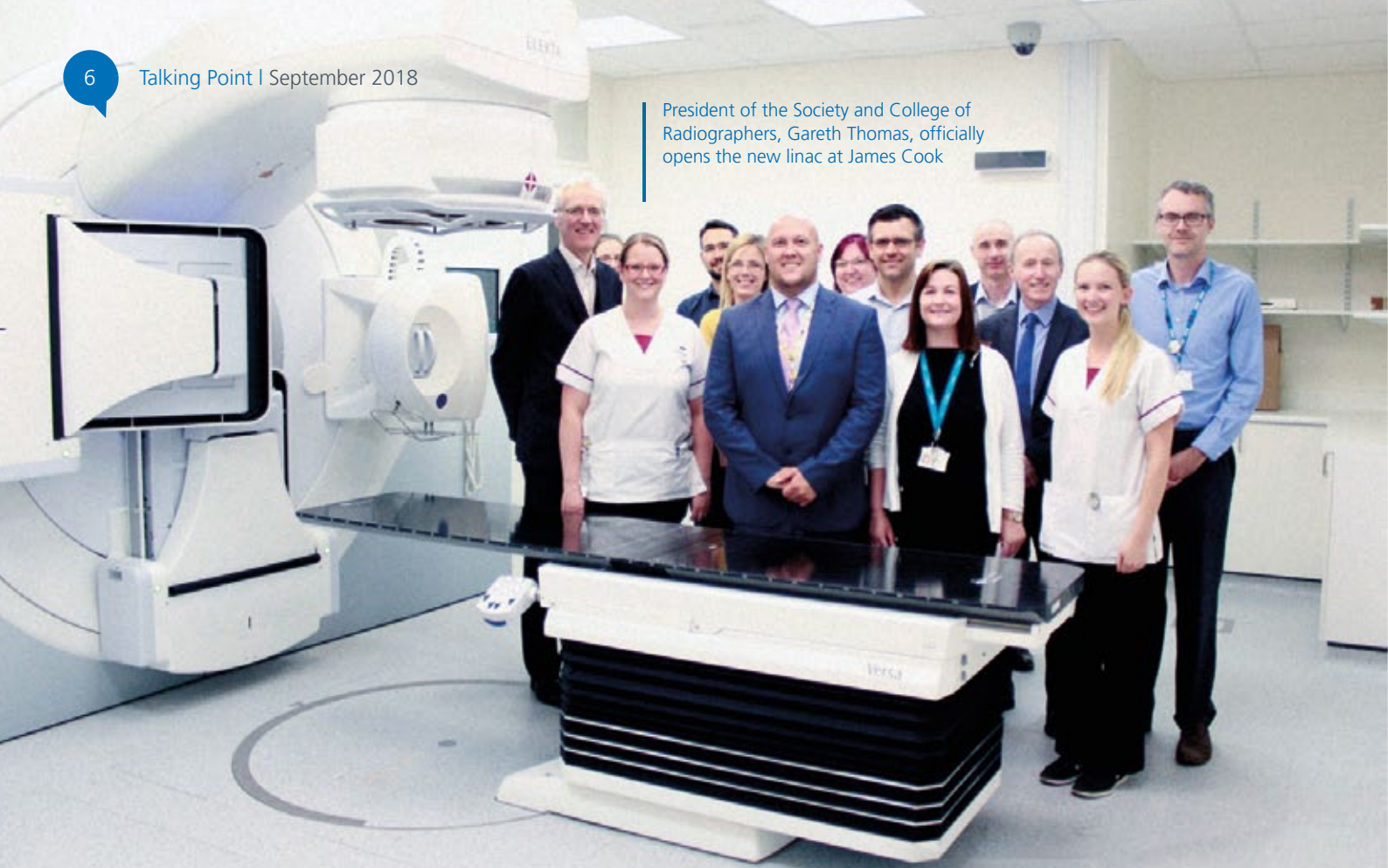
"As surgeons, it is crucial that we work hard to spread the word about surgical training, education and innovation and as such, the symposium was incredibly valuable for both surgeons and the public alike.

"The Royal College of Surgeons of Edinburgh has existed for over half a century and has spent much of that time pushing innovation in education. This was another fantastic innovation, with surgeons taking their own advice and leading the way in improving their own fitness!"

The cyclists line up at James Cook ready for day 5 of the cycling symposium



President of the Society and College of Radiographers, Gareth Thomas, officially opens the new linac at James Cook



New radiotherapy machine treats patients 3 times faster

CANCER patients at South Tees are benefiting from a leading edge radiotherapy machine which can deliver treatment up to three times faster than conventional methods.

The new linear accelerator (linac) - a Versa HD manufactured by Elekta - has advanced 4D image guidance systems which provide extremely accurate treatment delivery and minimal side effects.

One of the hospital's existing radiotherapy machines has also been upgraded as part of the £2million investment from the Radiotherapy Modernisation Programme (part of the NHS National Cancer Programme).

The development gives patients access to the most leading edge technology as well as ensuring sufficient capacity to meet future demand.

South Tees Hospitals has also invested £700,000 in refurbishment to ensure patients using the new machine have the best possible experience in modern and comfortable surroundings.

President of the Society and College of Radiographers, Gareth Thomas, officially opened the new linac during a recent visit to the Middlesbrough hospital's Radiotherapy and Oncology Department.

Kevin Burke, head of radiotherapy physics, said: "The new linac features two high energy photon beams, each of which can be operated in flattening filter free mode allowing intensity modulated radiotherapy (IMRT) to be delivered up to three times faster.

National targets require a minimum 24% of radical patient treatments to be delivered as IMRT – here at James Cook we treat over 60% of our patients with this advanced technique, more than anywhere else in the country."

"our drive is to offer the best patient care, of which we are very proud."

Claire Huntley, interim radiotherapy manager added: "We are delighted that at James Cook we are at the

forefront of cancer care within England and that the Radiotherapy

Modernisation Fund is further allowing us to offer advanced radiotherapy treatment.

"We are very proud of our radiotherapy team and their ongoing commitment to the technical development within the department but most importantly, our drive is to offer the best patient care, of which we are very proud."

Helen named Top 70 Star

ADVANCED nurse practitioner Helen Scullion has been named as one of Health and Care's Top 70 Stars.

People were asked to put forward exceptional NHS workers past and present as part of celebrations to mark the 70th anniversary of the NHS and the top 70 were announced at the NHS Confederation's annual conference in June.

Helen, a urology advanced nurse practitioner in radiology, was nominated by senior sister Karen Loughran for her excellent rapport with patients and her inspirational service development work.

Helen instigated and completed specialist training to enable her to carry out interventional work such as nephrostomy tube changes and urinary diversion stent changes – tasks previously only conducted by consultants – to help patients get the right follow up care without any delays.

This has helped to reduce patient re-admissions and complications such as sepsis and Helen is now training others including registrars and a practitioner to perform these procedures.

"I always think about what the patient needs and I tried to assist where there has been a gap in service provision," said Helen, who has also been shortlisted as a finalist for Nurse of the Year in this year's Nursing Times Awards.

"Patients often state they feel more at ease with me doing it, it can make a procedure easier to cope with when the patient feels comfortable. They now get their next appointment

before they leave and they know if they have any problems they can contact me."

Top 70 star Helen Scullion (left) was nominated by colleague Karen Loughran



Stretchy ball helps treat infections

Those attending the Outpatient Parenteral Antimicrobial Therapy (OPAT) clinic can now receive antibiotics via an elastomeric infusion device.

Elastomeric devices are stretchy balls that can be filled with medication and attached to an intravenous line, before slowly deflating over a 24-hour period and infusing the antibiotic.

The device gives clinic staff the ability to use a wider range of antibiotics so they can treat infections which would otherwise require patients to be admitted to a hospital ward.

Clinical lead of OPAT at James Cook, Dr John Williams, praised the benefits of these new devices:

He said: "The elastomeric infusion device will help us treat a wider range of patients in an outpatient setting."



CARDIAC surgery teams on Teesside are set to fly out to Ghana to perform a series of life-saving heart operations – but first they need to raise £30,000.

Surgeons, cardiologists, intensive care practitioners, anaesthetists and a heart bypass technician are among those who have volunteered to spend a week at the Komfo Anokye Teaching Hospital in Kumasi, Ghana's second city, in February 2019.

Enoch Akowuah, cardiothoracic surgeon at South Tees, was born in Ghana and has been instrumental in launching the initiative alongside fellow cardiothoracic surgeon Joel Dunning.

He said: "The hospital has just appointed a cardiac surgeon but they have no kit and there are lots of patients who need operations. We hope to

complete at least five open heart procedures and implant 10 pacemakers while we are out there.

"Being able to offer this opportunity to young adults who would otherwise not have access to life-saving heart surgery is a real privilege for all of us.

"I've been blown away by the enthusiasm of the whole unit to help pull this mission together. Everyone wants to help or be involved in some way, not only those who are actually going on the trip, but by raising funds and providing support for the team."

Fundraising events include an evening of entertainment at The Masonic Hall in Stockton

on Saturday 17 November with live music from local band the VanBoy Squares and a disco, silent auction and pie and pea supper. Tickets are £15 from nichola.brown1@nhs.net or alison.clark1963@outlook.com.

Heading out to the West African country from South

Tees are Mr Akowuah, Mr Dunning, Dr Andrew Turley (cardiologist), Dr Mike Foley (cardiac anaesthetist), Dr Jan Spegar (consultant anaesthetist), Kim Thompson (senior perfusionist), Fiona Laughland (specialist critical care practitioner), Alison Clark (specialist critical

care practitioner), Caroline Baldwin (theatre scrub nurse), Puwalani Vidanapathirana (senior operating department practitioner) and Peter Hill (operating department assistant). They will also be

joined by Dr Nicholas Child (cardiologist) from North Tees.

Donations can be sent to South Cleveland Heart Fund (clearly marked for Ghana mission) or visit justgiving.com/crowdfunding/medicalmissiontoghana

"I've been blown away by the enthusiasm of the whole unit to help pull this mission together.

Medical Mission to Ghana





Residential course offers unique opportunity for 'wannabe' doctors

FUTURE doctors from low-income backgrounds were invited to attend a unique residential course at James Cook.

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

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

Around 89 students from 53 local authorities across

the UK took part in the programme, which was funded by Health Education England.

The 16 and 17-year-olds stayed in the hospital residences at James Cook and made use of the high-tech educational equipment at the South Tees Institute of Learning, Research and Innovation including life-like patient simulation training.

Jane Bates, Tees base unit undergraduate medical education manager said:

"This was a fantastic opportunity for us to showcase the facilities we have here and show people what a great place this is to live and work.

"We want all these young people to want to come back and work here when they finish medical school. They are our future!"



Students enjoyed a range of interactive workshops ranging from plastering to bodypainting.





Donation that rocks

YORKSHIRE Dales farmer Peter Fall opened up his barns for another musical extravaganza to raise an amazing £17,000 for the Friarage Hospital.

Now in its eighth year, The Barn That Rocks has become a firm favourite on the Dales' social calendar. The event is always held in aid of local charities but for the last two years Peter has donated the money - a total of more than £32,500 - to the Friends of the Friarage.

Peter said: "I chose to donate the money raised to the Friends of the Friarage because I thought it could benefit a tremendous amount of people in the local community. My family use the Friarage a lot so I thought it would be an ideal choice!"

Donna Jermyn, Friends of the Friarage chairman added: "I would like to thank everyone who helped put the event together, including Peter and his wife Barbara and our sponsors Barkers in Northallerton and Barclays Bank.

"It was a huge team effort and an extra big thank you goes to everyone in the local community for supporting the event."

"I chose to donate the money raised to the Friends of the Friarage because I thought it could benefit a tremendous amount of people in the local community."

A recent update on the Friarage Hospital in Northallerton is available on our website, www.southtees.nhs.uk/friarage.

Hospital fundraisers fly high

Steff Nesham in tandem skydive

WHEN Joanne Gibson bravely faced treatment for breast cancer, her colleagues from the James Cook staff restaurant wanted to do something courageous to thank the team that treated her.

So Joanne, Michelle Jones, Conor Ryan and Claire Watson approached South Tees Hospitals Charity for inspiration and found themselves signing up for a tandem skydive.

The SERCO team leapt from a plane at over 10,000ft, reaching speeds of over 120mph to raise almost £3,000 for Trinity Holistic Centre, breast cancer and oncology at James Cook.

"The doctors, nurses and other staff did an amazing job treating me and this felt like the perfect opportunity to say thank you and give something back," said Joanne.

Other dare devils jumping for South Tees Hospitals Charity that day included friends Sarah Cobb and Steff Nesham, whose daughters were cared for on the neonatal unit at James Cook. Together the friends raised an incredible £2,000 to help future babies in need of this special care.

They were also joined by Jeff Bennison and his daughter Laura who were continuing their fundraising for the high dependency and cardiac intensive care unit (CICU) at James Cook following the unexpected death of their wife and mum Lorraine, a few years ago. In total Jeff, and his friends, family and colleagues, have raised an incredible £8,000 for the departments who provided Lorraine's initial care and subsequently looked after her in her final days.

Leading by example, Suzi Campbell, Judith Masterman, Jacqui Baldwin

and Tommy Harrington from the charity team, together with Angela Smith, Catherine Brenkley and Sherrie Tate, made up the final numbers, raising money for different wards.

Unfortunately circumstances prevented Sarah Fairburn from being able to jump this year, however this didn't stop Sarah's ambition to fundraise for the neonatal unit that looked after her as a baby – instead she rallied

together 25 of her nearest and dearest had them all join her for a hike up Roseberry Topping, raising more than £1,000.

If you think you have what it takes for a charity sky dive then call our team on 01642 854160 or 01609 764936 or email stees.charity.queries@nhs.net



Sarah Fairburn with family and friends on Roseberry Topping

MORE patients can now have a heart valve fitted while they are awake thanks to experts at South Tees...

Novel heart valve technique delivers fantastic results

TAVI – or transcatheter aortic valve implantation – is a non-surgical alternative to open heart surgery which uses advanced imaging technology and a catheter (thin tube) to insert an artificial heart valve.

For most patients the catheter is inserted through a small cut in their groin, but if their arteries are too small for this to work a surgical cut usually has to be made in the chest instead under general anaesthetic.

But cardiologists at James Cook have now developed a novel way of implanting the valves while patients are still awake using an alternative access point.

The TAVI valve is implanted via the axillary artery (a large blood vessel), using a tiny 0.5cm incision just under the left collarbone, which barely leaves a scar. This can be carried out using local anaesthetic so patients are awake throughout the procedure. This is particularly beneficial for older or very frail patients.

As no surgery or general anaesthetic is required the risk of complications is greatly reduced and less recovery time is required. Most patients are up and about within two hours of the procedure and able to go home the next day.

One of the first patients to undergo the procedure was Robert Padget, 76, of Stokesley. He said: "I was home the next day and within three days I realised I was not getting breathless anymore. I only have a tiny scar which will disappear eventually. I was very impressed."

Jeff Surtees, 73, of Billingham, had previously undergone two heart operations, so when cardiologists told him they could fix his heart valve using a non-surgical technique he told them to just get on with it! He said:

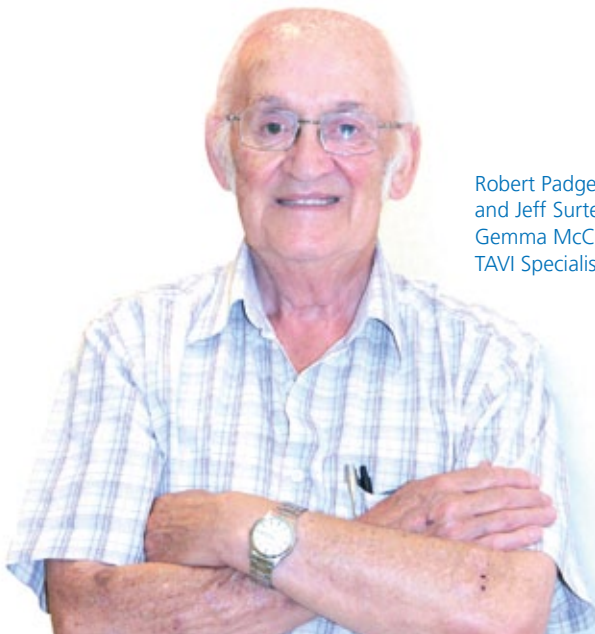
"It was fantastic – better than being knocked out for three and a half hours! I feel smashing now."

Cardiologist Paul Williams said: "We are fairly certain these are the first cases to be performed in the UK and this technique offers an excellent alternative treatment for

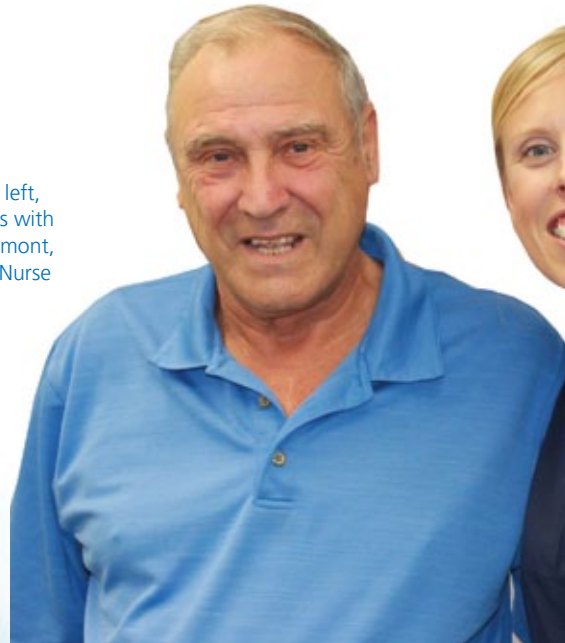
patients who cannot undergo a TAVI procedure from the groin artery."

Cardiologist Douglas Muir added: "It makes it more challenging for us, but the first cases have gone fantastically well."

"It was fantastic – better than being knocked out for three and a half hours! I feel smashing now."



Robert Padget, left, and Jeff Surtees with Gemma McCalmont, TAVI Specialist Nurse





Bill gets **new heart valve** and goes **home the same day**

WHEN great-grandad Bill Tate had a new heart valve fitted he did not expect to be going home the same day.

But the 86-year-old was up, dressed and eating within four hours of his transcatheter aortic valve implantation (TAVI) - a non-surgical alternative to open heart surgery.

And cardiologists at James Cook were so impressed with his recovery they said there was no need for him to stay overnight.

Bill says the advanced procedure has given him a new lease of life as he is no longer struggling for breath, his heart flutter has improved and he is well enough to get back to a spot of gardening.

The retired Methodist minister is no stranger to James Cook

having previously received a heart bypass, coronary stents and a pacemaker.

In fact, it was the pacemaker which enabled Bill to become the first patient at James Cook to be discharged on the same day as his TAVI procedure.

Most patients need to be monitored for at least one night in case they experience a change in heart rhythm, but Bill's pacemaker meant this was not an issue.

"I was expecting to stay overnight but I was quite pleased when my consultant said I could go home," said Bill, who lives near Darlington.

"At one time I was having to fight to breathe, but now I feel tons better."

Bill's breathlessness was caused when his main heart valve became narrowed. The traditional treatment would have been major open heart surgery, which involves opening up the chest, stopping the heart and inserting a new artificial heart valve; but this is not always possible for more frail or elderly patients.

TAVI, which has been performed at James Cook since November 2009, is a much less invasive alternative. Patients are fitted with new heart valves using advanced imaging technology and a tube (catheter) which is

inserted through a small cut in their groin or chest, so there is no need to stop the heart.

"We currently send 60% to 70% of TAVI patients home the next day, but if you have a pacemaker Bill has proven it is now possible to get a new heart valve and be home the same day," said consultant cardiologist Paul Williams.

"This was our first day case TAVI and one of the first in the UK.

"Our patients essentially need very little recovery time as their heart valve is fixed and they have only had a tiny incision which heals very quickly."

"I was expecting to stay overnight but I was quite pleased when my consultant said I could go home,"

Major trauma centres saving hundreds of lives

HUNDREDS of lives have been saved since major trauma centres were established in 2012, according to a major new study.

New findings show the creation of major trauma centres has led to the survival of more than 1,600 patients who have suffered some of the most severe and complicated injuries thanks to top teams of surgeons, doctors and clinical staff.

Research into the outcomes of more than 110,000 patients admitted to 35 hospitals between 2008 and 2017 shows an increase of nearly a fifth in the odds of survival from severe injury in the five years from 2012.

The findings, compiled by the Trauma Audit and Research Network (TARN), endorse the shake-up of NHS trauma care in 2012 with seriously injured patients sent direct to designated major trauma centres, bypassing smaller, local hospitals that offered less specialist care.

James Cook is one of 27 major trauma centres in the country and one of only 11 that can accept both adults and children.

Together with Newcastle Royal Victoria Infirmary, we cover an area from Ripon and Scarborough across to the west coast and M6 and all the way to the Scottish border.

Andy Port, director of trauma, said: "Here you will be met by not one, but several highly trained trauma team consultants from multiple specialties, and all staff you come across will have had some degree of enhanced training and experience in the management of the severely injured.

"Once you are on the way to recovery you will have access to a dedicated system of rehabilitation to speed you on your way to fitness."

We are one of only five UK hospitals that can receive helicopters day or night thanks to our ground-level lit helipad.

In 2017, 48 severely injured patients at James Cook who had a probability of survival of less than 50%, survived.

Major trauma affects people of all ages, in 2017 our youngest severely injured patient was just seven months and our eldest was 103 years – both survived.



New technique treats spinal fractures within an hour

James Cook's Spinal Surgery Unit has become the first in the region to use a one-step technique to fix spinal fractures.

The advanced procedure involves using a special instrument to insert multiple screws into the back through the skin with small stab incisions to stabilise the spine. This takes just one hour and most patients are then well enough to go home the next day.

Traditionally patients had to undergo open surgery which involved a big cut in the lower back and moving the muscles on both sides to access the spine. This took up to four hours and caused a lot of trauma to the surrounding tissue, which often left people in a lot of pain throughout their recovery and prolonged their hospital stay.

More recently minimally invasive techniques enabled the screws to be inserted through the skin under x-ray guidance using needles and guidewires to split the muscles. This reduced the procedure time to two to three hours while also reducing recovery times.



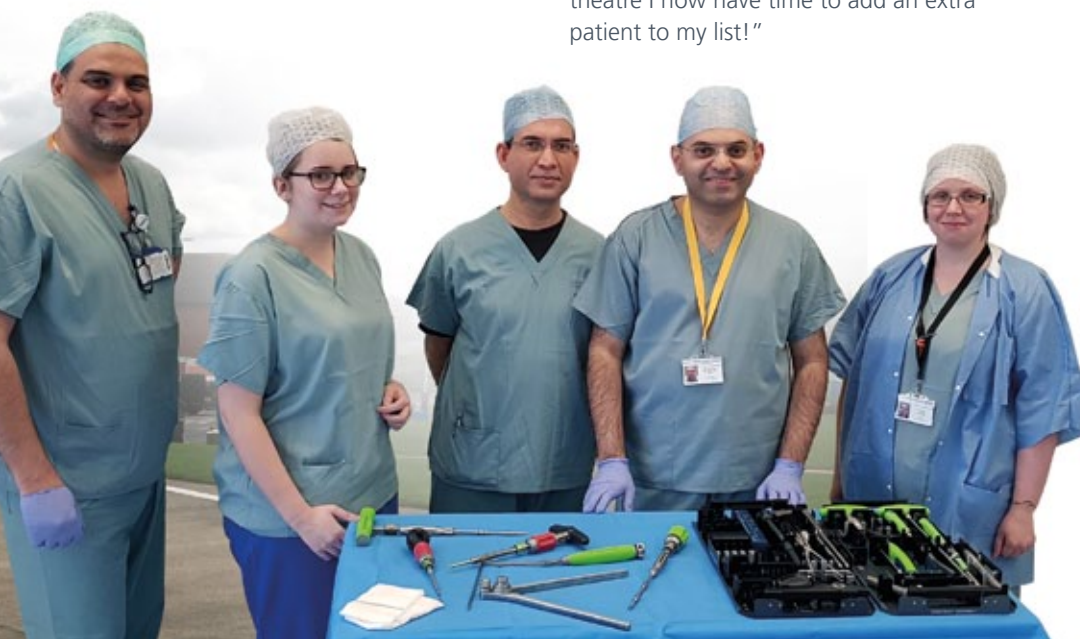
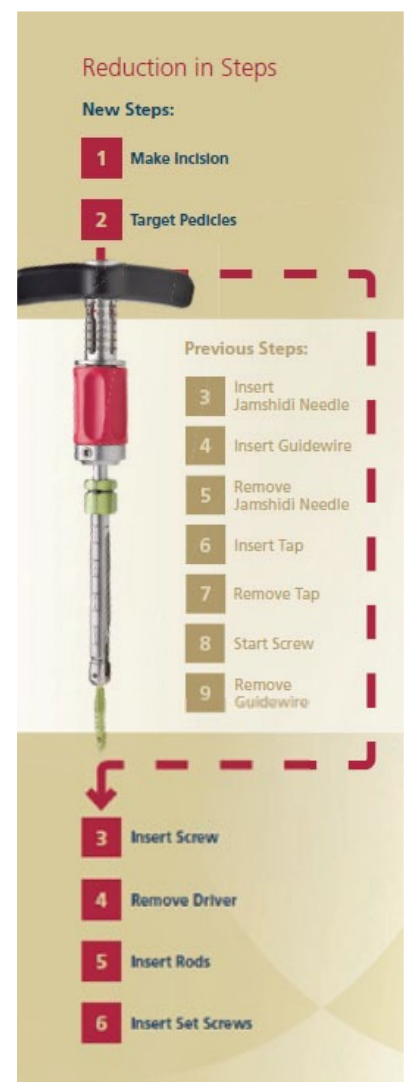
But the new VIPER PRIME™ System now being used at James Cook goes one step further, introducing a novel technique for inserting the screws which eliminates multiple steps and can be inserted within an hour, leaving most patients well enough to go home the next day.

Utilizing a new unique design, the screw is mounted on a surgical wire that is fully controlled by the screw inserter, neurosurgeons can target pedicles (stubs of bone on the vertebra) and insert the screw in one single step.

The quick process enables spinal neurosurgeons, such as Farooq Aziz, who was first to use the VIPER PRIME™ System at James Cook, to operate on more patients on any given day.

"There are no big cuts, just tiny stab incisions so there is less trauma to the muscles and only one night's hospital stay required," he said.

"The procedure can be completed in an hour and there are fewer instruments required so if I have a half day booked in theatre I now have time to add an extra patient to my list!"



Farooq Aziz and his theatre team who were first to use the VIPER PRIME™ System at James Cook

Volunteer Ken has enjoyed every minute

FRIENDS of the Friarage volunteer Reverend Ken Loraine has celebrated his retirement after dedicating more than 20 years to the role.

Over the past two decades Ken has assisted many patients, in some cases helping them to and from their homes on patient transport.

Ken says he has been working in the escort service for so long that he wonders what is going to turn up next: "I just want to say a big thank you to everyone, it's impossible to name them all! I've enjoyed every minute of it."

Friends of the Friarage secretary Denise Passman said: "Ken will be missed by everyone who has had the privilege to be in his company over the years with his keen and amusing sense of humour.

"We would like to wish him all the best for the future and thank him for his outstanding service to the Friarage."



Physios scoop fantastic donation

James Cook University Hospital Voluntary Services have been thanked for donating two Molift Stretcher Scoops worth a combined £2,667 to the occupational health physiotherapy team.

Kathryn Langman, senior MSK physiotherapist and manual handling advisor said: "This equipment will allow us to move patients more safely using horizontal transfers or

raising patients when sling hoisting is considered inappropriate. This could include patients who are unconscious, sedated, or those who have suspected spinal injuries or multiple fractures."

One of the two Molifts will be available for immediate use whilst the other will be used in training sessions, unless needed in emergency situations.



Calling all medical staff!

COULD you give up a week to help others?

The Diocese of Middlesbrough is looking for doctors and nurses to help provide healthcare for their next pilgrimage to Lourdes in the French Pyrenes from 24 to 31 May 2019.

The annual pilgrimage helps provide care for those who live in the Diocese area (Middlesbrough to York, including the east coast down to Hull) who are unwell or in need of personal time to reflect on their lives.

It supports those who may have physical, emotional or mental health needs covering a wide range of palliative and chronic conditions, with appropriate medical assessments carried out prior to travelling.

"We hire a kind of hospital ward for the week, take our own medical kit and care for those in need of our help," said head nurse, Stephen McKenna.

"Don't worry, you don't need to be religious to go, all we ask is you give up a week and come and experience Lourdes for yourselves."

The trip costs around £750 which includes travel and full board at a hotel.

"It's an amazing experience!" said Debi McKeown, nursing sister in therapeutic care, who completed her 6th pilgrimage this year.

"When people choose to go to Lourdes as supported pilgrims, most of the time they already have absolute faith in the power of the place, not necessarily for a cure but for the sense of peace it brings. As a nurse to these wonderful people I felt as though, for that week in time, there was no other place I was meant to be.

"You meet people who will have an impact you, inspire you and make you feel part of something really special.

"For me it's like going back in time, old school nursing at its best with great craic thrown in!"

If you want to discover more about what the trip entails contact Stephen at s.mckenna@nhs.net or on 07792 254939.

Remembering Rita

Tributes have been paid to a special lady who dedicated her life to the NHS.

Rita Heward, 86, worked from the age of 15 at the old Stockton and Thornaby Hospital before starting at the North Riding Infirmary where she worked as a staff nurse on the wards and in her favourite department, ENT (Ear, nose and throat) outpatients.

Rita officially retired aged 65 to the great shock of all her colleagues. But she was so dedicated she returned to work as a volunteer.

Rita died peacefully on 4 August but her memory will live on at James Cook where she was based from 2003 - her photograph is featured on the public mural near the outpatients pharmacy and a memorial tree is set to be planted in the Trinity Holistic Centre garden.


ENT secretary Julie Prince said: "Rita's life was the NHS. She never married and devoted her life to the NHS even coming back voluntarily after retirement to work in the ENT department.

"She had to get three buses to come to work all voluntarily. She was here whether it was rain, shine or snow!

"If her health had let her I'm sure she would still be here today."

Debi McKeown,
Ify Nowokoro
and Alex Bury





THE NHS Retirement Fellowship (NHSRF) was given the opportunity to enter into a ballot to meet the Queen, Prince Andrew and Prince Edward at one of the four Royal Garden parties in celebration of the 70th anniversary of the NHS.

Chris Kyle, the Northallerton branch secretary, was one of the lucky 20 who were selected for one of the parties. Chris and her husband Graham attended an event in July at the Palace of Holyroodhouse at the end of Edinburgh's Royal Mile.

At 4pm The National Anthem announced the arrival of the Queen, Prince Andrew and Prince Edward and two military bands entertained the guests as they had afternoon tea.

The NHSRF is a national organisation, now in its 40th year, providing social, leisure, education and welfare for retired NHS and social care staff and their partners.

The Northallerton Branch meets at the Friarage and has a packed programme planned for the coming year including talks on everything from local history to chocolate, a guided tour of Kiplin Hall and a bus trip to Wensleydale Creamery.

Chris said: "We are a diverse group with members from maintenance, secretarial, medical and nursing and midwifery. If you are retired, or are about to retire, come and join us to see old friends and make new ones!"

For more information visit www.nhsrf.org.uk or search NHS Retirement Fellowship Northallerton Branch on Facebook.

Right royal retirement party

Specialist midwife Tracey Gray with Morag McTiernan, Lisa Lawton, Hayley Ward and Kevin Martin.



Unique support for diabetic mums-to-be

A **NEW** educational programme for women who are diagnosed with diabetes during their pregnancy has been launched at South Tees.

Maternity teams are seeing increasing numbers of gestational diabetes every year but DAPSIE (Diabetes and pregnancy structured information and education) gives women the opportunity to learn how to manage their condition, ask questions and meet others in the same situation.

The interactive session is already proving popular with mums-to-be with advice on how to manage their diet and blood sugar monitoring.

Tracey Gray, specialist midwife for maternal medicine said: "I think the women get a lot from the session, it empowers them to take control and manage gestational diabetes through changes to diet and exercise. It also helps to meet other women in the same situation.

"Managing gestational diabetes correctly greatly reduces the risk of complications during delivery and during the postnatal period."

Specialist dietician Leonie Prince said: "People get a lot of ideas at DAPSIE and realise there is quite a lot of things they can eat. It's not quite as restrictive as they thought it might be."

Hema Venkataraman, diabetes and endocrinology consultant, added: "We believe it is one of a kind in the country and we are getting a lot of really positive feedback."

Patients have described the sessions as "incredibly supportive" and "really helpful" with many saying they left with a better understanding of what to eat.

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