

TALKING POINT

WINTER 2023/24

INSIDE

Patients self-administer chemo from comfort of their home

Radiology revamp enables more patient scans at the Friarage

Celebrating 20 years of the Trinity Holistic Centre



Heart research facility officially opens

On the road with our urgent community response teams

THE trust's urgent community response (UCR) services provide a person-centred approach to optimise independence and confidence, enable recovery, prevent a decline in functional ability and reduce the risk of re-admission to hospital. Within UCR there are three teams working closely together but providing very different care. To help us get a better understanding, Talking Point hit the road with the two of the three UCR teams.

Home First

Home First is an exclusive service to support the trust's patients to be discharged from hospital by providing short-term care and reablement in their homes.

Ultimately, the care the team provides 'bridges the gap' until social services arrange a package of care or long-term support is no longer required.

At 8am senior occupational therapist Nikki Calvert goes through new referrals and looks at current caseloads. The Tees team is currently caring for 14 people and two new referrals have come through from James Cook.

Within the team there are two physiotherapists and one occupational therapist who work alongside assistant practitioners and senior integrated support assistants.

At 11am Nikki assesses her first patient, who was discharged yesterday and requires support once a day to help with personal care tasks.

Nikki then travels to do another initial assessment, this time for a patient requiring support three times daily. As well as gathering subjective information, she completes an assessment of the patient's mobility.

After lunch she catches up with the team, it is generally in the afternoon that updates will have been provided by social workers with details of when care providers will be taking over. Plans are reviewed and staff feed back to the therapists if there have been any issues during visits. The



Senior occupational therapist Nikki Calvert therapists visit patients to review mobility, transfers or complete functional assessments such as bathing - if indicated that there has been a change in ability after initial assessment.

Before clocking off at 8.30pm, Nikki has reviewed this morning's caseload and has discharged a patient that no long requires support.

UCR services

The urgent community response (UCR) team has replaced the old rapid response and rapid therapies services in Middlesbrough, Redcar and Cleveland and the fast response service in Hambleton and Richmondshire.

The 24-hour service is for patients, registered with a GP in the area, who have an urgent care need (required within two hours).

The two-hour response is designed to reduce avoidable hospital admissions, while ensuring patients get the urgent care they need from the comfort of their usual residence.

Today community nurse Karl Sergent is on the 10am to 10.30pm shift.

He's only just walked through the door when a patient with a blocked catheter refers themselves to the service. Seconds later, another blocked catheter referral comes through from a local GP.

When it comes to patients with blocked catheters, the team sees the patient within one hour of receiving the call.

While out, he receives another GP referral but this time it's relating to a palliative care patient. End-of-life patients have multidisciplinary teams caring for them, to ensure that there are no gaps in care and that everyone is aware of any changes in health, medication and care requirements.

By 12noon he returns to base for a quick lunch break, but that doesn't mean he switches off – throughout he keeps an eye out for other urgent referrals.

Throughout the rest of his shift, Karl helps several patients with blocked catheters before doing some discharging referrals and handing over to the night office.



Community nurse Karl Sergent

Within UCR there are three teams working closely together but providing very different care.

Hospital at Home helps its 1000th patient in Hambleton and Richmondshire

A COMMUNITY team delivering hospital-level care to patients in the comfort of their own homes has reached a major milestone after helping its 1000th patient.

The Hospital at Home service, working out of the Friarage Hospital, offers a hospital standard of community care in people's own homes for frailer patients – people who are at the highest risk of poor health outcomes such as falls, long-term disability, admission to hospital, or the need for long-term care.

Since it was launched in January 2022, it has successfully been reducing hospital admissions while ensuring patients get the care they need from the right person, in the right place at the right time.

Patients referred to the service are monitored daily by the multidisciplinary team and are overseen by a GP or consultant.

GP Rebecca Owen said: "It's a fantastic achievement to be celebrating our

"What they are delivering is what I would want for my own loved ones."

1000th patient, the service keeps going from strength to strength.

"We are aiming for care that we feel would be good enough for our mum or dad.

"We're incredibly proud to have helped so many people avoid an unnecessary hospital admission through our patient-centred care.

"We hope thousands more patients benefit from our service in the future."

James Dunbar clinical collaborative chair for the Friarage and community services, added: "Literally hundreds of frail elderly patients are being managed in the safety of their own homes when a few years ago they would have had prolonged hospital stays. What they are delivering is what I would want for my own loved ones."

Julie Bentham and her husband Reg from Welbury were recently helped by the Hospital at Home team.

When Julie was taken to hospital after a nasty blackout, the team stepped in when carers thought Reg might also need hospital admission.

After basic tests and a discussion with Julie in hospital, the team assessed Reg and determined that he did not require hospital admission. The team then also cared for Julie and completed her investigations out of hospital where she could care for Reg who has dementia.

Julie said: "The Hospital at Home team were fantastic; they were really reassuring – they couldn't have been more caring."

Karen Smith clinical service lead for UCR, Hospital at Home and same-day emergency care at the Friarage, added: "The 1000th patient is an amazing achievement and we are very proud of each and every member of the team."

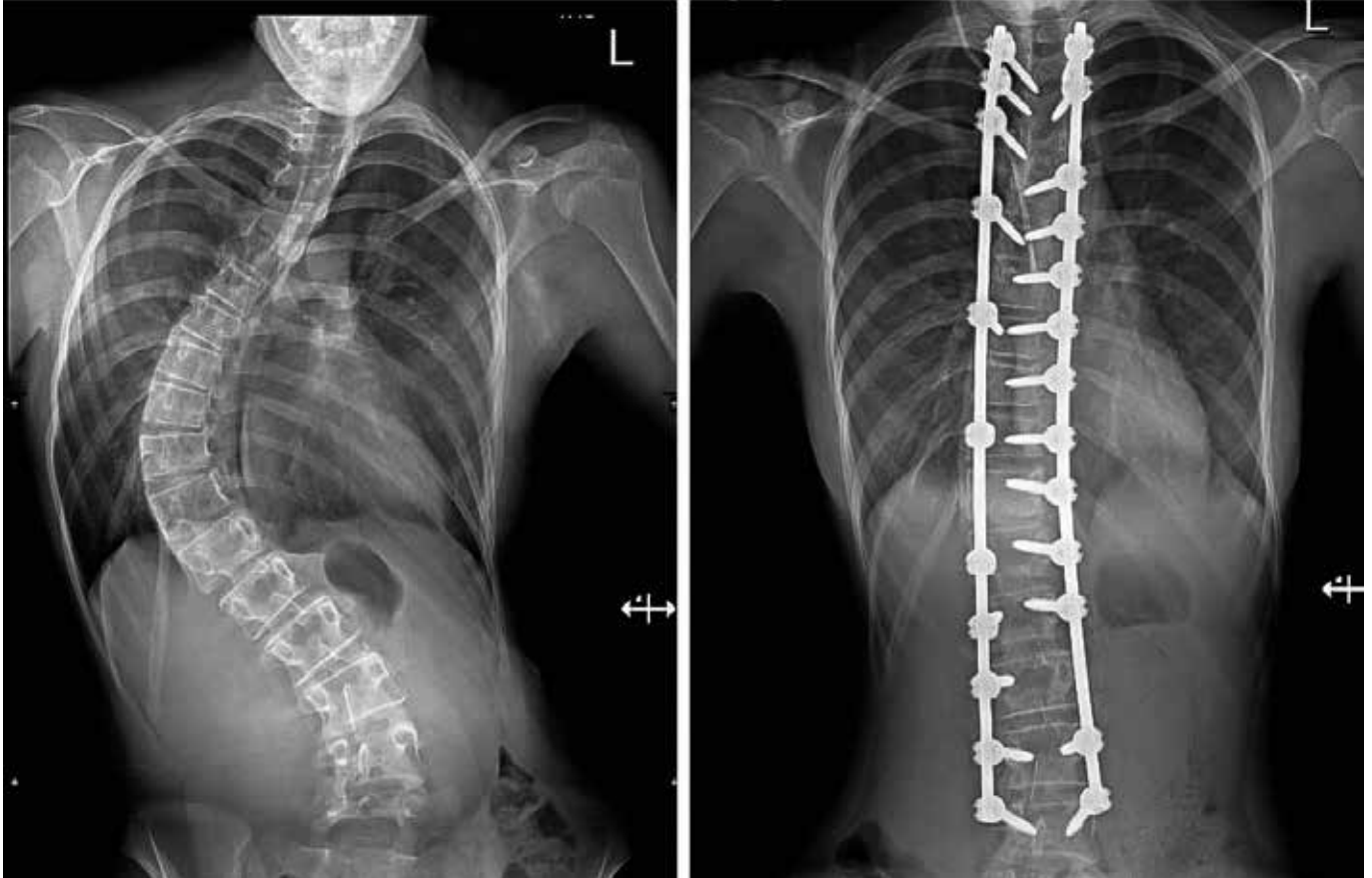


Julie and Reg Bentham with the Hospital at Home team



The Hambleton and Richmondshire Hospital at Home team

Curves to courage: Scoliosis surgery puts lives back on track



Before and after surgery x-rays of a scoliosis patient

FORMER scoliosis patients have credited hospital teams for putting their lives 'back' on track. Samantha Heeney, Hannah Wintle, Ellie Boyd and Ciaran Butterworth all underwent major scoliosis surgery as teenagers to straighten their backs and have gone on to live life to the full and have embarked on exciting careers. To celebrate their inspirational journeys, they joined other scoliosis patients at a "Back Together Again" event at James Cook Hospital where they were reunited with the staff from the children and young people's spinal unit which treated them.

"The care I received motivated me to become a nurse"

Samantha Heeney was 15 years old when her mum realised there was something unnatural about her back. Her shoulders were uneven, and she was in agony with constant backaches – later she was found to have scoliosis.

Samantha underwent scoliosis surgery in 2017 at James Cook.

"I was almost lost," she said. "But the ward team put me back on my path; they truly are inspirational."

Life came full circle for Samantha as she completed an elective placement in 2022 on the

exact ward where she was a patient and worked with the same team while observing staff performing the procedure she had as a child.

Samantha added: "To be a part of the same surgery that I underwent was strange but made me realise the significance of our expert staff and skilful surgeons."

The Leyburn native is completing her final placement as a student nurse in the paediatric A&E at Royal London Hospital before qualifying and starting as a qualified nurse in 2024 – ready to proudly return the care she received back to the community.



“I wouldn’t be here without the surgery”

Hannah Wintle, 24, from Darlington, is currently travelling around the world as a flight attendant and serving her passengers with a big smile on her face.

However, this was not always the case for Hannah. At the age of 15, she was referred to James Cook for treatment for scoliosis.

She said: “The PICU (paediatric intensive care unit) staff reassured me every single day that they were there for me. They understood I was very nervous with everything, and they never forced me to do anything that I was not comfortable with.”

After undergoing spinal injury surgery in 2014, Hannah decided to give something back to the unit that looked after her through a series of fundraising activities.

She added: “This fundraising, which was possible thanks to the support from my grandad and my mum, was my way of giving back to the team that cared for me with such compassion and love.

“Without this surgery, I wouldn’t be here.”



“For how it’s changed my life, I will do it again tomorrow”

Ellie Boyd from Stockton is beaming with confidence as a criminal defence solicitor.

But the 25-year-old was quite different as a child, before her scoliosis surgery.

She said: “Growing up, I was conscious about my body and very sensitive about my appearance. The scoliosis diagnosis meant my body shape was different from the rest of my peers and this had a huge impact on my mental health.

“I just wanted to look normal, just like the rest of my friends. The physical pain from scoliosis was peanuts when compared to the negative impact it had on my mental health.”

Looking back on her time at James Cook, she said: “The surgery shaped me into a confident woman, and for how it’s changed my life, I would do it again tomorrow.”

“Growing up, I was conscious about my body and very sensitive about my appearance.”

“It gave me my life back”

Ciaran Butterworth was diagnosed with scoliosis at 15 years of age.

Following her operation in 2011, the hospital team successfully managed to straighten her back and enabled her to live her life to its fullest again.

She said: “Right from the dinner lady to the surgeon, every member of the team was incredible. I am fortunate for the compassionate team who supported me during this daunting period, and I couldn’t have asked for more.”

Ciaran, who now works as a primary school teacher at St Joseph’s School in Norton, said: “It gave me my life back.”

Specialist nurse for paediatric spine Cheryl Honeyman has been with each one of them right from the time they stepped into the hospital till they were discharged.

She said: “Their stories are inspiring and will further motivate us all to continue providing an excellent service for all our paediatric spine patients.”

The hospital’s paediatric spinal unit has performed more than 250 scoliosis surgeries since its launch in 2010. Every month it sees around 80 children and young people referred from all over the region.

Consultant spinal surgeon Prasad Karpe added: “Paediatric spinal deformity correction is one of the most challenging surgeries, working on growing bones and around the spinal cord. Addressing spinal issues early can significantly improve the quality of life.”



Academic cardiovascular unit and cardiovascular research delivery team



Heart research facility opens its doors



RESEARCH teams have officially unveiled a new home for heart research at James Cook.

The South Cleveland Heart Fund Cardiovascular Clinical Research Facility has been created thanks to a joint “Hearts and Minds” appeal with Our Hospitals Charity which raised more than £650,000.

Existing space at the Middlesbrough hospital has been transformed into a leading-edge research facility featuring a dedicated clinical area for patients undergoing research trials as well as a reception, waiting area and modern office space.

Enoch Akowuah, consultant cardiothoracic surgeon and co-director of the Academic Cardiovascular Unit (ACU), which will be based in the new facility, said: “This is an incredible opportunity to expand our ability to offer research opportunities to our patients.

“It’s hard to believe that this is the first time such a facility has existed in the Tees Valley, given the huge burden of cardiovascular disease in this region.

“We are certain that this facility will help improve the quality of care our patients receive and also allow them the opportunity to take part in the latest groundbreaking research in the cardiovascular field.”

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Rebecca Maier, head of the ACU said: “Being able to co-locate our teams will greatly enhance the offer to patients now and in the future, ultimately improving their

care. We also hope that our research will help patients beyond the region and cement our position as a national and international centre of excellence.”

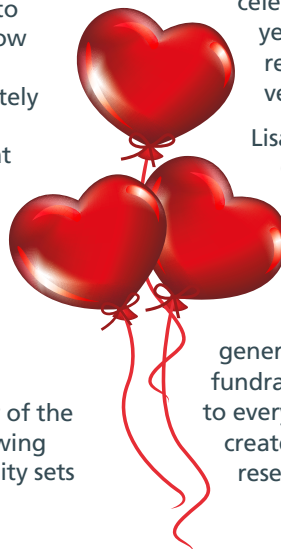
David Austin, consultant cardiologist and co-director of the ACU added: “We are a growing team, and this modern facility sets

us up for the future. The facility allows us to design, manage and deliver research in an area that is right next to our patients.”

The new facility is named to honour the contribution of South Cleveland Heart Fund which has raised more than £3.5million to support the heart unit over the last 28 years.

Adrian Davies, retired founding cardiologist and chair of South Cleveland Heart Fund, said: “This new facility now forms the capstone of our excellent heart unit which is celebrating its 30th anniversary year, further enhancing its reputation as one of the very best.”

Lisa Meehan of Our Hospitals Charity added: “This fantastic research unit will help so many of our loved ones and it would not have been possible without the generosity of our incredible fundraisers – a huge thank you to everyone who has helped us create this new home for heart research on Teesside.”



Deputy chief nurse Lindsay Garcia (left)
with Jenna Lawler



Who is your Nightingale?

Nominations for the trust's Nightingale Awards are now open!

THE annual awards recognise the hard work and dedication of nursing and midwifery staff at James Cook, the Friarage and local community hospitals and health services.

Members of the public, patients and colleagues are all encouraged to shine a spotlight on those who go above and beyond every day to provide exceptional care by submitting a nomination before Friday 15 March 2024.

Following the nomination process, South Tees will announce the winners at a special awards ceremony held at Teesside University around the time of Florence Nightingale's birthday in May.

Nurse consultant Sarah Callaghan said: "We are thrilled to open the nominations once again for our Nightingale Awards.

"Please join us in saying thank you to our remarkable nurses, healthcare assistants and midwives by nominating them for a Nightingale Award - I can't begin to express just how much it means to those who are nominated."

Bernadette Johnson, nurse consultant for acute medicine and urgent care and clinical director for the Friarage, added: "Our nursing and support staff across the organisation work continuously to improve the patient journey and improve services. Whether it's an individual who has gone that extra mile to make a patient's hospital stay more comfortable or a team who have gone the extra mile to improve the service they deliver, we would love to hear who you think deserves this special award."

The categories this year are:

- Student nurses/midwives
- Practice assessors
- Health care assistants / maternity care assistants / assistant practitioners
- Registered nurses /midwives
- Operating department practitioners

- Teams
- Therapeutic care volunteers
- Military registered nurses / healthcare assistants who have distinguished themselves clinically whilst working in the trust as part of the Ministry of Defence Hospital Unit (MDHU)
- Matrons Award
- Friends of the Friarage Award – for an exceptional team or individual working at the Friarage Hospital in Northallerton

Jenna Lawler, who works in James Cook's neonatal unit, won last year's overall Nightingale Award for her exemplary nursing care.

She said: "The Nightingale Award presentation was overfilled with inspiration, compassion and celebrations of outstanding nursing care. Being part of the day was lovely but to get the sister and overall Nightingale Award was amazing."



Scan the QR code to make your nomination.

THANK YOU

For all of your amazing work

Celebrating 20 years of the Trinity Holistic Centre



PATIENTS, staff and fundraisers have come together to celebrate the 20th anniversary of the Trinity Holistic Centre.

Based at James Cook, the Trinity Holistic team helps thousands of people affected by cancer and other long-term conditions by providing emotional, practical and wellbeing support.

It was opened in 2003 by fashion designer Stella McCartney.

Since then, the centre has seen many achievements over the years, including extending its services to anyone suffering from motor neurone disease and other long-term conditions.

It now offers approximately 8,000 treatments and sessions and also operates out of the Sir Robert Ogden Macmillan Centre at the Friarage.

Lauren Farrow, Macmillan information and support centre's business manager, said: "From day one, it's been our goal to make sure that families across Teesside, North Yorkshire and County Durham can access emotional, practical and wellbeing support to help them cope through diagnosis, treatment, living with and beyond their diagnosis and for some, support at the end of life.

"Looking back over the last two decades, it fills us with so much pride to see how far the centre has come and how it has developed into the much-loved service it is today – thanks to our incredible supporters who have

"Looking back over the last two decades, it fills us with so much pride to see how far the centre has come and how it has developed into the much-loved service it is today."

generously fundraised for us."

To mark the 20th milestone and thank those who have supported the centre over the years, patients, past and present, staff and fundraisers attended a special celebration at the Trinity Holistic Centre.

Amongst those reflecting on how far the service has come over the years was Macmillan specialist nurse Sarah Morter.

Sarah has worked at James Cook for 21 years and remembers a time before the centre's opening when patients undergoing cancer treatment had limited access to services and therapies that would help them cope with the effects of cancer and its treatment.

"The opening of the centre was wonderful for patients, carers and staff alike. We finally had a

welcoming and safe space for patients and their carers in a time of need and uncertainty," she said.

"I have personally referred so many patients over the years and I can truly say that every one has found the centre and what it can offer so beneficial, whether that be for a treatment or just somewhere to go for a listening ear and a cup of tea.

"To me as a professional, it is an invaluable resource. I have watched it grow over the years to the centre it is today and I am extremely proud to be able to offer its services to my patients."



The Trinity Holistic Centre team



Laura's story

Laura Ashurst, from Stokesley, is a three-time breast cancer survivor, who has dedicated over 15 years to improving the lives of women with secondary breast cancer.

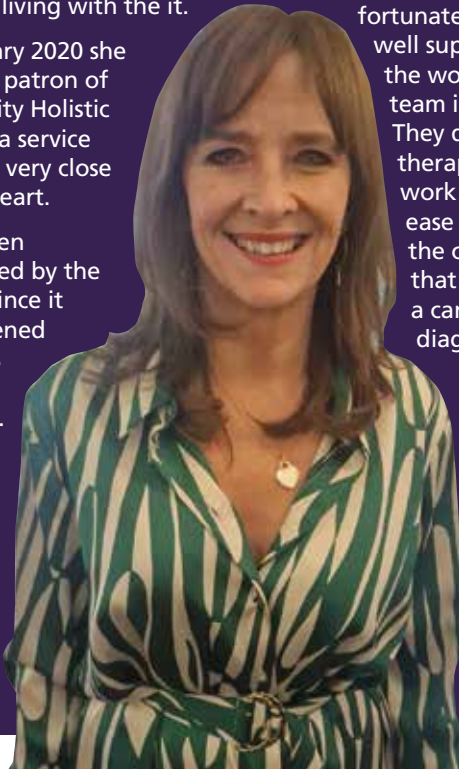
Originally diagnosed with primary breast cancer at the age of 34, she has lived with the disease for 22 years; the last 16 of those with secondary breast cancer.

"It was a big shock to be told I had cancer at the age of 34. I knew nothing about the disease and I naively thought it affected people much older."

Over the last two decades, Laura has been committed to sharing her experience of living with breast cancer to raise awareness of the disease and support other women living with the it.

In January 2020 she became patron of the Trinity Holistic Centre, a service which is very close to her heart.

"I've been supported by the centre since it first opened 20 years ago," she said.



"They've been here for me every step of the way from providing hypnotherapy, acupuncture to help with the side effects and the fatigue from the ongoing cancer drug treatment as well as other services and support.

"The centre means a great deal to me and to so many people in our region who can access a range of complementary therapies to support them when they are going through their treatment at James Cook or the Friarage.

"It's a very, very special place and it makes a whole world of a difference to the people who access it. What's special about the centre is its person-centred approach so that it's you as a person who is being treated rather than you as a cancer patient.

"We are extremely fortunate to be so well supported by the wonderful team in the centre. They do incredible therapeutic work to try to ease some of the challenges that accompany a cancer diagnosis."

Jodie's story

Jodie Connolly, 42, from Acklam, was first diagnosed with breast cancer at Christmas 2022.

After her first session of chemotherapy, Jodie was told about the Trinity Holistic Centre and the services they could offer her.

"Despite having an amazing support network of friends and family around me, no one really understood how I was feeling and how tough things were going to be," she said.

"I grabbed the chance of being referred to the Trinity Holistic Centre and it was honestly the best decision.

"This centre has been an absolute godsend to me in terms of my wellbeing, mental health and overall care and support.

"I experienced some absolutely amazing massages which were both beneficial to my aches and pains but to also give me some 'me time' and made me forget the horrid situation I was in.

"I received acupuncture which was extremely effective and it also gave me chance to bond with other patients who were on the same journey.

"I've met some incredible people, both staff and patients, and look forward to every visit to the centre.

"It has become home from home for me and is definitely my go to safe space."



Radiology revamp enables more patient scans at the Friarage

FRIARAGE's imaging department has undergone a £3million revamp as part of a national programme to provide clinical diagnostic services closer to patients' homes.

The radiology department now boasts two CT scanners including a new state-of-the-art £900,000 machine – which means more than 100 extra patients can be scanned at the Northallerton hospital each week.

The project has seen the old radiology block undergo a £2.4million transformation into a modern hospital department, creating a spoke site for the Tees Valley Clinical Diagnostic Centre programme which also includes a town centre hub in Stockton and spoke sites at Hartlepool and Redcar.

Delivered by the North East and North Cumbria Integrated Care Board (ICB) in collaboration with North Tees and Hartlepool NHS Foundation Trust and South Tees, the Friarage site is now complete, giving patients faster access

to diagnostic tests closer to home.

Patients can now benefit from two CT scanner rooms and supporting viewing rooms, a new cannulation room, two new ultrasound rooms and a new dental scan room as well as new changing facilities and an accessible toilet.

Kelly Smith, head of radiology said: "This is fantastic news for our patients across Hambleton, Richmondshire and beyond who will benefit from faster imaging and access to more diagnostic appointments closer to home."

She added: "It also helps us free up capacity at James Cook so our team there can focus on the most seriously ill patients such as those who have suffered major trauma.

"I just want to say a huge thank you to our amazing radiology staff who have had to endure a lot of disruption to make this a reality – including several room moves and a period of providing appointments from a mobile scanner in the car park! But it has all been worth it as we now have this fantastic new facility which we are all really proud of."

The bespoke imaging site is just one of a series of exciting developments taking place at the Friarage which also launched its £5million endoscopy and urology diagnostic centre last year and is set to open a brand new £35million surgical hub in 2025.

David Gallagher, executive area director with the North East and North Cumbria ICB said: "The additional scanning capacity that this new scanner gives and the ability to provide more complex scanning closer to home is a key part of improving services across Teesside and North Yorkshire."



Some of the Friarage radiology team with the new CT scanner

Paediatric epilepsy team celebrates outstanding achievement

THE PAEDIATRIC epilepsy unit is celebrating after receiving a positive outlier status for National Clinical Audit for seizures and epilepsies in children and young people – also known as Epilepsy12 audit.

The national audit from the Royal College of Paediatrics and Child Health (RCPCH), is based on two key metrics: epilepsy specialist nurse (ESN) input and tertiary input.

The team has been identified as an outstanding outlier for the audit measure ESN input.

This is a monumental achievement for the unit as they secured a trust percentage of 95% in the ESN input audit. In contrast, the average trust percentage is 77% across England and Wales.

Paediatric epilepsy nurse Helen Gilpin said: "I am immensely proud to be part of a team who consistently work above and beyond for the children and families under our care.

"The timely nursing input for a child with a diagnosis of epilepsy is greatly important to provide the essential support, care and advice to ensure our children are safe and have the opportunity to reach their full potential. This is a fantastic acknowledgment by the RCPCH for our team."

"I am immensely proud to be part of a team who consistently work above and beyond for the children and families under our care."

With more than 500 children diagnosed with epilepsy across Middlesbrough, Redcar and Cleveland and North Yorkshire, the paediatric epilepsy unit treats more than 40 newly diagnosed children every year – with 70% of children outgrowing their illnesses.

The paediatric epilepsy team consists of four consultants, three epilepsy nurses and one admin assistant. They work closely with the neurophysiologists, electroencephalogram (EEG) technicians, radiology department and paediatric neurologists from Newcastle Hospitals NHS Foundation Trust.

Helen Garfitt, paediatric epilepsy specialist nurse, added: "I am pleased with the recognition of hard work and dedication that our team is providing and proud to be a part of such a motivated and patient-friendly service."



The paediatric epilepsy team

SOUTH TEES STARS

THE STARS Awards are a way to celebrate the individuals, teams and services that deliver outstanding patient care and go the extra mile in their job.

Congratulations to the winners and to the hundreds of staff who were nominated.

You can also nominate your colleagues or teams that have made your day by going above and beyond their duties. Search STARS Award service page on the intranet to make a nomination.



Noor-e Arsh – Communication

Noor-e Arsh was nominated for working hard to support and investigate the completion of DATIX incidents.

She has a wonderful telephone manner and patients are very pleased with her contact and support.

The nomination said: "Noor-e has helped to close several DATIX incidents and received great patient feedback."

Angela Knowles – Helping Others

Angela Knowles won a STARS Award for helping others.

Her quick and prompt thinking helped a patient during a stressful time.

The patient later returned to the hospital to give Angela a bouquet and a box of chocolates as a thank you for being so helpful.



Anna Easby – Attention to Detail

Anna Easby won a STARS Award for her attention to detail.

She was applauded for her quick speed in providing outpatient appointment information and for consistently delivering every time.

South Tees STARS shine brightly



Mr Murugan – Going the Extra Mile

The next STARS Award goes to Srinivasan Murugan for going the extra mile.

He was applauded for his hard work, dedication and patience.

Discharge Suite Volunteers – Going the Extra Mile

The discharge suite volunteers were recognised for supporting patient transport.

The nomination said: "The volunteers at the discharge suite even travel as far as Scotland to make sure patients arrive safely at their destination.

"This relieves pressure on ambulances and frees them up to do more local journeys. If a volunteer is unable to help, another volunteer will cover at the drop of a hat."

The team literally went the extra mile for our patients.



Cardiology Day Unit (CADU) – Dealing with Difficult Situations

The cardiology day team won a STARS Award for dealing with difficult situations.

They were commended for their can-do attitude and for supporting the hospital to manage increased organisational capacity.

The whole team always remain professional and provided care and compassion to their patients.

The nomination said: "They should be proud of themselves and thank you for everything you do."



James Cook awarded highest honour for cancer care

THE HAEMATOLOGY inpatient services at James Cook have been nationally recognised for excellence in cancer care.

The unit which includes ward 33, scored the highest possible rating of 5 in the Macmillan Quality Environment Mark (MEQM) – making the team one of the specialist provisions in the country to achieve this incredible feat.

The MEQM is a national award that recognises the world-class care provided to patients by hospitals and celebrates environments that provide the highest standards of cancer care to their patients.

The haematology inpatient services team was inspected and assessed on four key aspects.

They scored the highest rating of level 5 for design and use of spaces, the user's journey and service experience whilst ranking level 4 for user's voice.

The report found that staff possess an excellent understanding of the individual needs of patients, and are also trained in cultural awareness to

ensure they recognise and can adapt to the varying needs of users.

Joanne Foster, head of nursing said: "The assessment acknowledged the

role of staff in striving to improve and enhance the services offered to patients and was commended for taking a patient-centred approach – highlighting how staff quickly adapted to arrange a wedding to take place on the ward."



Ward 33 team

First in the trust to complete prestigious national fellowship

ADVANCED practice physiotherapist David Annison has become the trust's first AHP to complete a prestigious NIHR Clinical Academic fellowship.

Following a rigorous competition with allied health professions (AHPs) across the country, David was selected for the distinguished fellowship – which offers salaried time to individuals to complete an academic project, undertake funded training whilst remaining in a clinical environment.

Thanks to the support from Professor Amar Rangan of the Academic Centre for Surgery (ACeS) and the University of York, David has achieved academic distinction and hands-on experience through the clinical trial involvement from the fellowship.

He said: "I'm extremely grateful to everyone who has provided opportunities, encouraged me and said 'yes' along the way."

Professions lead and head of physiotherapy Ruth Mhlanga said: "Dave is shaping what may be possible for other AHPs to achieve and I'm delighted that Dave is leading the way."

Reflecting on his achievement of presenting his research in Rome, David said: "It was a bit surreal for surgeons and physios from around the world to be listening and learning more about my research."

"I would also encourage any aspiring AHPs looking to apply for the fellowship to get in touch or if they need any support for their clinical research ideas."



David Annison

Lung cancer survivor urging young smokers to quit addiction

A DARLINGTON man is urging young smokers to quit the deadly addiction that destroys lives, following his lung cancer surgery at James Cook.

Martin Cunliffe, 47, started smoking due to pressure from friends and picked up the habit at the young age of 17.

He said: "I started smoking due to peer pressure and I had to give in if I wanted to be a part of the group."

According to a government report, most smokers start as teenagers with 83% smoking before the age of 20.

During a routine treatment in the Darlington Memorial Hospital in April 2023, Martin was given the "worst" news of his life. The hospital team had found out that he had lung cancer.

He was referred to James Cook for further treatment and underwent lung cancer surgery, which was led by cardiothoracic consultant Jonathan Ferguson.

Following his successful surgery, Martin teamed up with Jonathan and Jonathan's 11-year-old son Thomas to shoot a YouTube video highlighting the effects of smoking on an individual.



Jonathan Ferguson, Thomas Ferguson and Martin Cunliffe (left to right)

"For every cigarette you smoke, you lose eleven minutes of your life."

Jonathan said: "For more than 16 years, I have worked as cardiothoracic consultant and it has been a privilege to serve my local community.

"However, I look forward to a future where they no longer need my services.

"For every cigarette you smoke, you lose eleven

minutes of your life."

During a brief conversation between Martin and Thomas, the former advised the youngster to follow in his father's footsteps and never to smoke.

He added: "There are better things to do in life than lighting a cigarette."

For more advice and support to quit smoking, scan the QR code opposite.



Critical care garden celebrates first anniversary

FORMER patients, relatives and staff gathered for a special event to mark the first anniversary of the critical care garden in James Cook.

Everyone celebrated the garden's milestone by reminiscing about the memories formed during their time using the green space.

The space was opened by Steph McGovern last year for critically ill patients and was made possible thanks to collective efforts between staff, Our Hospitals Charity and the local community.

Amy Peirse, who was one of the first patients to utilise the beautiful outdoor garden during her time in the critical care unit, returned to the garden to celebrate the one-year anniversary.

She said: "I used the garden for the entire duration of my stay, which meant it was nice to come down to a space surrounded by nature.

"When you are in the ICU, you don't get time to spend time in the outdoors. However, this garden enabled me and my family to spend some quality time soaking in the bright sunlight and breathing the fresh air.

"This hospital will always have a special place in my heart."

Consultant clinical psychologist Graham Dyson added: "The garden has enabled patients to have time away from the clinical area, so they can aim towards normality from the overstimulation of the clinical environment.

"The space has also been used by patients to meet their families, friends and even pets in a calm, safe and beautiful outdoor space.

We have had comments that the positive impact on wellbeing has so far been immeasurable."

Lisa Meehan, fundraising manager at Our Hospitals Charity added: "We would like to thank everyone who supported us in creating this beautiful garden and I hope the space continues to bring cheer and positivity to patients, families and our staff."



James Cook's critical care garden



Laura Johnston, Amy Peirse, Graham Dyson and Our Hospitals Charity team

Occupational therapists help Pauline regain her confidence

FORMER patient Pauline Wilkes was able to go home much sooner after her treatment at James Cook, thanks to our amazing cohort of occupational therapists.

Pauline was admitted to the hospital for six days in October due to a recurrent dislocated hip but was quickly able to get on with her daily life after benefiting from a series of expertly devised assessments and simulating real-life situations.

Following her treatment, our physiotherapists and occupational therapists decided to aim for a home on discharge care plan for Pauline instead of rehabilitation in the hospital.

This not only helps teams to see if the patient will be able to carry out their



day-to-day responsibilities independently, but also helps with patient flow.

To enable this outcome, the team encouraged Pauline to undertake a trio of washing, dressing and kitchen

assessments, in the new purpose-build kitchen on ward 25, to ensure she could manage these tasks without any help.

Through these assessments, the team was able to

determine Pauline’s ability to dress and undress on her own, while accessing her cognitive skills such as initiating a task, problem solving and concentration.

These coordinated assessments motivated Pauline to feel confident in completing the tasks and the team continued to increase the difficulty level of these tasks to ensure she was ready to be discharged.

Senior orthopaedics occupational therapist Vicky Field, who led the initiative, said: “Due to the longer waiting times for rehabilitation, we aim to complete such functional assessments on acute wards with improved time management.

“This also reduces the waiting lists for patients requiring rehabilitation and in turn, reduces the pressures on beds in our hospital – improving patient flow and minimising the costs in treating patients on a longer-term basis.”

Governors visit Friarage surgical hub

THE construction of our new £35.5m surgical hub is now well underway at the Friarage, with the steel beams being erected to form the main base of the structure.

When complete, the hub will almost double the number of planned operations carried out on the site from 5,000 to just under 10,000 a year.

The trust’s governors recently put on their safety boots and hard hats and visited the site to see how works were progressing.



Patients, carers, and relatives invited to join our involvement banks

PATIENTS, and their carers and relatives, should be involved in decisions about the services they use. They have the experience, knowledge, and skills to bring about change that is effective and long-lasting.

As such, our patient experience team has recently established involvement banks, one for adults and another for children and young people. The banks are free to join and members can choose how they get involved, whether it's attending workshops and focus groups, reviewing patient leaflets and completing surveys or taking part in inspections and supporting staff training.

Members will use their experiences and ideas to make a real difference to the way we deliver services. Patient involvement ensures

change starts from what matters most to people and it is a critical element in undertaking effective quality improvement.

Members of the bank have already co-produced the patient experience and involvement, and mental health strategies, created an addiction awareness video for staff training, as well as giving invaluable feedback about a new patient property box initiative.

More information can be found on the trust website or please contact the



Patient involvement bank participants

patient experience team to discuss how you can involve patients, carers, and relatives in your service.

Innovative programme awarded national accolade

AN INNOVATIVE cancer programme was awarded a prestigious accolade in a national awards ceremony.

The trust's Cancer Internship Programme in partnership with South Tyneside and Sunderland NHS Foundation Trust and NHS England Workforce, Training and Education, won the Best Workplace for Learning and Development at the Nursing Times Workforce Awards.

The Cancer Internship Programme helps provide an opportunity for registered nurses to develop specialist knowledge and skills in cancer care by working directly with the cancer teams.

The pilot programme was set up to address significant challenges in recruiting cancer specialist nurses and received funding from NHS England Workforce, Training and Education.

The bespoke initiative saw five registered nurses from the trust

released from their clinical duties for 7.5 hours per week over 12 months.

These selected individuals underwent training with cancer CNS (clinical nurse specialists) teams, clinical placements in oncology and palliative care units whilst gaining specialist knowledge from educational sessions and formal accreditation from Teesside University.

Cancer clinical educator Pauline Sturdy said: "We are extremely pleased with our first cohort and we have secured funding for our programme with a second cohort which started in September 2023.

"We are also proud to share that four of our nurses have been permanently recruited into cancer and palliative care teams across the trust."



Shannon Chambers, Pauline Sturdy and Pippa Lane (left to right)

Celebrity chef delights patients

AS part of the Life Kitchen initiative, the Trinity Holistic Centre hosted celebrity chef Ryan Riley, who organised an exciting cookery session for our patients.

Ryan Riley was inspired to start Life Kitchen as he witnessed how his mother's two-year battle with cancer altered her ability to taste and experience food.

During cancer treatment and COVID-19, a lot of patients lose or experience changes to their sense of

Patients enjoying their time cooking dishes



Ryan Riley



taste or smell. This is a really difficult side effect that can make mealtimes difficult and isolating.

Ever since, Ryan Riley has been going around the country and helping everyone by organising quick and easy-to-cook sessions – enabling them to enjoy food again!

Our patients had a great time during the cookery session as they prepared a host of delicious meals whilst sharing a few jokes along the way.

A royal celebration

ALDOUS Jerome 'AJ' Legaspi Dangkalan, a surgical nurse practitioner from James Cook's surgical same day emergency care team, attended Buckingham Palace in November as part of the King's 75th birthday and the NHS' 75th anniversary celebrations.

The reception was hosted by King Charles III as a tribute to the contribution of internationally educated nurses and midwives in the country. Prior to his current role, AJ was trust clinical educator and also the lead international nurse educator.

AJ was honoured to be invited to the event where he also had the opportunity to meet Dame Ruth May, England's chief nursing officer.

He said: "The invitation isn't merely a personal highlight; it stands as a significant milestone for all internationally-educated nurses in the trust and I was just fortunate to be the representative standing before His Majesty in everyone's stead."



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Give your bra a new lease of life

DO you have any unwanted or unloved bras at home?

If yes, why not give them a new lease of life by donating them to The Trinity Holistic Centre.

The centre, based at James Cook, has teamed up with the charity Against Breast Cancer to officially open a bra bank.

Against Breast Cancer collects unwanted or unloved bras to raise vital funds for pioneering breast cancer research.

Rather than sending the bras to landfill, the bra recycling scheme upcycles and gives bras a new lease of life in developing countries in Africa.

For every tonne of bras the Trinity Holistic Centre collects, Against Breast Cancer receives £700 to fund breast cancer research.

Macmillan cancer information manager Lauren Farrow said: "We are thrilled to open our very own bra bank.

"If you're having a clear-out at home and come across any bras you no longer need



or want, we would be extremely grateful if you bring them along to the centre – it doesn't matter what size or style they are.

"Together we can make a difference with every bra.

"Your donation of a bra may seem small, but it holds immense value in helping to raise money for potentially life-changing research while helping women in developing countries."

If you would like to donate your unwanted bras, please drop them off at the bra bank at the entrance of the Trinity Holistic Centre.



The Trinity Holistic Centre team

New urgent treatment centre starts to take shape

A HUGE thank you to staff for your patience while our new urgent treatment centre was installed next to the emergency department at James Cook.

The UTC, which is due to open in March 2024, was lifted onto site in 27 pre-built modular blocks.

To enable this to happen safely, there was no access past the emergency department for pedestrians or vehicles for six days from 30 November to 5 December.

The new UTC facility will provide clinical and treatment rooms, waiting areas, staff facilities, a triage and reception area.

Fran Bowden, senior clinical general manager for emergency care said: "Thank you for your patience while these lifting works have been carried out.

"We look forward to opening our new UTC in March 2024, providing a fantastic new facility for the local community while also reducing pressures on our busy emergency department and ensuring our patients are seen in the right place for their health needs."



The crane outside the emergency department



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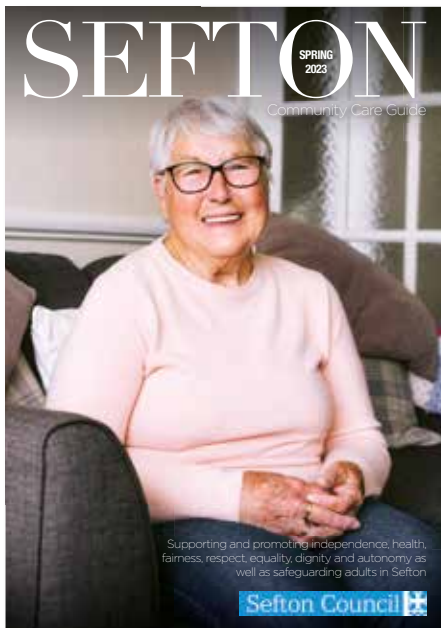
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