Visitors to Rotherham Hospital in November were treated to a bevy of delights as we threw open the doors for the first Open Day.

There were games, there was laughter, there were information stalls and clinical demonstrations, all designed to give local people a taste of what the Trust is like to work and learn in.

Young people and children got the chance to play a life-sized game of Operation, with yells of “Ouch” and “I’m calling my lawyer” bellowing from the family-favourite game with every misstep. There was also a large Connect 4 game, a raffle and many more activities to brighten up the freezing November day.

Our team of organisers managed to coax the local fire brigade into bringing a fire engine for children to explore, and a few of our colleagues got the chance to live out the dream of an alternative career – they were thrilled wearing the fire helmets and sitting inside the fire engine.

A range of displays at the hospital entrance highlighted our services, such as Breathing Space, our service for people living with respiratory conditions, and sexual health services, which showcased the work that they do in the community. Stalls were set up to showcase the employment opportunities at the Trust and the varied career pathways that people can take, such as apprenticeship routes.

One of the highlights of the day was the demonstrations that were held in the educational area. Specialist doctors showed how they used the endoscopy equipment, which sends a special camera down a person’s oesophagus to check for any abnormalities. Young people got the chance to try their own investigations using the camera and a bucket of sweets. In another area, a resuscitation demonstration was also carried out to give people an idea of the work that goes on behind the scenes.

Angela Wood, The Rotherham NHS Foundation Trust’s Chief Nurse, and the woman behind the idea for the Hospital Open Day, said it was an opportunity for local people to see the hospital in a different light, as a place to work, to learn and a place in which amazing things happen every day.

“We wanted to open up to the people of Rotherham and show them the best parts of their hospital. It was a fantastic day and we had quite a few people coming in throughout the day, despite the freezing cold weather. They played all the games on offer and spoke with our colleagues on the interesting stalls that lined the hospital entrance.”

“Everyone had such a good time – including our staff, who loved talking with members of the public, playing games and discussing employment opportunities.

“We want to thank everyone who came to support us as well as our colleagues who took time off from their weekends to take part in the open day and showcase the work that they do.”
Breathing Space, a community service in Rotherham for people with respiratory conditions, marked World COPD Day on November 20 with a range of information events and a special performance by their very own choir.

Scores of people attended the day-long event for a cup of tea and a chat and to learn more about respiratory diseases, pulmonary rehabilitation taster sessions and smoking cessation.

The Breathing Space choir regaled the audience by performing a number of well-known songs – including a few tearjerkers – and they even threw in a George Ezra hit, to everyone’s delight. This was followed by tea and cakes while people milled about the information stalls, in which our team members discussed their specialist services.

Breathing Space is the biggest pulmonary rehabilitation service in the country. It aims to improve people’s breathlessness through exercise and education, individually tailored to the needs of the person, helping them feel confident enough to manage their respiratory condition and improve their quality of life.

To highlight World COPD Day, Breathing Space, a purpose-built centre at Badsley Moor Lane, also hosted an art exhibition created by Hull York Medical School, ‘Bringing Breathlessness into View’, which aimed to raise awareness of what it is like to live with breathlessness.

Tracy Ward, specialist respiratory nurse at Breathing Space, said respiratory disease was a problem in Rotherham. “The industrial heritage, smoking prevalence and social deprivation in the area means we have a huge problem with respiratory disease, the most common being COPD. We are trying to identify respiratory problems early, especially in smokers and people who are breathless. If we can make an early diagnosis and educate them to manage their condition it will improve their quality of life. Respiratory disease has a huge impact on the people of Rotherham. Many people simply don’t know they have it.”

Jenny Simmonite, a member of the Breathing Space choir, spoke about how she copes with her respiratory condition. “It is scary when you can’t get your breath and what you tend to do is you panic breathe, so you breathe fast and it’s really not doing anything because what you’ve got to do is breathe slowly. But when you can’t get your breath your brain says breathe as fast as you can so you’re doing all the wrong things.”

She said she liked the social side of being in the Breathing Space choir. “It is the contact with people too. The choir is a good team.”

For others, the choir gives them something else. “The choir makes me feel normal for a whole hour,” said Judith Dalton. “I do the exercise maintenance programme, and the support staff in there, the physiotherapists, everyone is really nice.”

Chris Happer, choir member and service user, was diagnosed with a respiratory illness four years ago and was told he had five years to live. He spoke about how the facilities at Breathing Space have helped him.

“I see my consultant every six months and he does a test to see how my condition is. The deterioration seems to be due to the industrial environments I have worked in all my life, confined spaces, land blasting.”

Chris, who had existing heart issues, was experiencing difficulties with breathing a few years ago and went to the doctor who diagnosed him with Non-Specific Interstitial Pneumonia (NSIP).

Chris said: “The lungs will never recover. I had given up work which was a big thing for me. I come here once a week to the gym and the choir. I have nine grandchildren and I do everything possible. The facilities here are brilliant. It is good that I can go here once a week doing things I wouldn’t be doing without the facilities here. These help me maintain my stability.”

For more information on Breathing Space, visit The Rotherham Foundation Trust website. http://www.therotherhamft.nhs.uk/
A Rotherham Foundation Trust nurse is paving the way for others after completing a Chief Nurse Fellowship – a first for the hospital.

The fellowship is awarded to nurses who aim to conduct research to help instigate change and improvements for patients and staff in their area of work.

Paula Lowson, Macmillan cancer information and support manager, was awarded the first Chief Nurse Fellowship in Rotherham Foundation Trust to research the benefits of Mindful Compassion training for people affected by cancer.

Having benefited from the practice of Mindful Compassion training herself, Paula wanted to research and understand the long-term impact of a one-day Macmillan Mindful Compassion course, which she had introduced previously, on emotional wellbeing and behaviour change.

She wanted to identify the benefits of attending the course two to three years after it was held, to find out whether people still used the skills taught, with a view to introducing nationally recognised Macmillan programmes into the Trust not only for individuals affected by cancer but also within other clinical areas.

Paula was mentored by Sandra Lawton, Nurse Consultant and Clinical Lead Dermatology, who presented the research at an event in Nottingham University Hospital earlier this month.

Sandra said the Chief Nurse Excellence in Care Junior Fellows Posts seek to address the limited opportunities for nurses and midwives to undertake research. The award was first developed at Nottingham University Hospital.

“I had the privilege of mentoring Paula through her CNF journey. She had a busy six months and achieved a great deal,” she said.

The key themes and benefits Paula found through her research included reducing anxieties, aiding sleep and helping to cope with stressful situations, while feeling more empowered, a sense of calm and more relaxed. People were also found to have more time for themselves and were more focused with coping strategies as well as pain management.

“I have found the CNF to be both challenging and rewarding. With support from my mentor and the Chief Nurse I have gained additional skills in research and strategic planning. This has empowered me to continue with the research to assist in implementing changes that will in turn help patients and carers as well as staff.”

Rotherham is taking the initiative forward with plans to appoint a CNF for Nursing and Midwifery and Allied Health Professionals. And there are current plans to introduce further Mindful Compassion courses.
Could you be a butterfly volunteer?

The Rotherham NHS Foundation Trust has a number of patients who could use a little extra support from caring members of the local community.

We know from research that our hearing is the last of the senses we lose as we pass away. Hearing and feeling friendly voices could bring great comfort to people who are going through their final days.

Our butterfly volunteers see patients for an hour at a time and in this time they help to ease minds and give them some relief from fear or agitation. They also provide the families of patients in the purple butterfly rooms with some respite to be able to go to the cafe or home while knowing someone is still with their loved one.

You will receive training on palliative care and the type of conditions you would be dealing with as well as the end of life care pathway, dealing with grief and loss/support for families. You will also attend monthly reflective sessions with support available as needed during the week.

If you would like more information on being a butterfly volunteer, contact voluntary services on 01709 424329 or email mavis.francis3@nhs.net.

Want to get a handle on your type 2 diabetes?

In January our diabetes specialists are running a series of courses to support you to manage your condition. The aim is to help you lose weight – up to 15kg/2 stone – in 12 weeks, reduce or stop diabetes medication and improve diabetes management or even reverse type 2 diabetes.

Anyone with type 2 diabetes who would like to improve blood glucose can join up, as well as those who would like to achieve remission of T2 diabetes.

The course lasts 10-12 weeks and will be held at Rotherham Hospital and Swallownest Health Centre.

- Monday January 6 at Rotherham Hospital 4-6pm
- Tuesday January 7 at Rotherham Hospital 5-7pm
- Thursday January 9 at Swallownest Health Centre 2-4pm

Please call or text 07979532712 for more information on how you can join.

A service of the spiritual kind

We are a team of dedicated chaplains and volunteers who provide twenty-four-seven, religious, spiritual and pastoral care to staff, patients and their families within the hospital.

Coming to hospital can be a worrying time. We support people through sickness and ill health, moments of stress and anxiety such as receiving bad news and at moments of sorrow and loss such as bereavement.

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The past year has been one of change for us here at Rotherham. We have grown as a team with new members joining our ranks to help us support even more patients.

Ours is a vital service in the hospital because of the charter, which includes the right of patients to have access to spiritual care. It is crucial in that respect. We have the training and experience in spiritual care. People might not want to be religious but are still spiritual. Our work focuses on people who might have something in their lives that troubles them or unnerves them, something they want to talk about. We also offer straightforward pastoral care and in that we share with every other member of staff here.

We pride ourselves as being non-judgemental and deal with everyone in accordance to their individuality, regardless of ethnicity, colour and beliefs, whether they practise a particular faith or have none. Chaplains have their own personal religions however we are here for everyone. We are here to support our patients, we are not here to proselytise.

So if you are visiting the hospital for any reason and feel you would like to speak to a chaplain, or have a friend, family member or a relative in hospital who you think would benefit from speaking to a member of the chaplaincy team please let us know or ask a member of hospital staff to get in touch.

Our Chapel and Muslim Prayer Room, based in the Chaplaincy Department, are available for people to come and pray or find some solitude. They are on the main entrance Level C, just past Junction 3, or you can contact us on 01709 424098.

Looking to the year ahead we hope to continue our outreach work and have more of a presence in the hospital wards so we can provide an even better service to those patients who need us most.

May the New Year bring joy, peace and happiness to you and your entire family.

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We also get to be part of the more privileged moments in people’s lives, such as short notice hospital weddings and naming and blessing of babies. We have done four short notice weddings this year, one being in the emergency room for a couple who were due to get married the next day. We are one of the first hospitals in the country to have proper guidelines for short notice weddings. It is another way to support people in end of life care.

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An allied approach to promote healthcare careers

A team of Allied Health Professionals (AHPs) showcased their work for students and visitors at Rotherham Hospital during National AHP Day in October.

The event saw scores of people discussing career options with various therapists and hearing what their roles involved.

AHPs are degree level with practitioners being professionally autonomous. Their focus is on prevention and improvement of health and wellbeing to maximise the potential for people to live full and active lives. AHPs include podiatrists, occupational therapists and radiographers. There are 14 Allied Health Professions in total.

As part of National AHP Day, team members from dietetics, podiatry, radiography, speech and language therapy, occupational therapy, physiotherapy, orthotics, and orthoptics hosted the event at the hospital in the morning while their partners, the University Centre Rotherham, hosted a careers event in the afternoon.

Rotherham’s AHPs were named northern flag-bearers for this year’s AHP Day. Being crowned flag-bearers by the original creators of AHP Day was an honour and it meant that health and social care sectors looked to Rotherham as leaders in championing and celebrating the valued work of AHPs. In The Rotherham NHS Foundation Trust we have nine of the 14 AHP careers represented.

During the event AHPs demonstrated their impact on patient care and promoted opportunities for people from all walks of life to consider a healthcare career.

At the events the teams featured a range of interactive stands, complete with posters, films, presentations and fun activities for attendees to take part in. Rotherham’s AHPs and local university representatives were on hand to give information and to answer questions about AHP roles and the varied career pathways.

For more information on AHPs visit the NHS England site https://www.england.nhs.uk/ahp/
Rotherham's Radiology team has had an amazing few weeks as they received an accolade at the HSJ Awards and celebrated World Radiography Day and International Day of Radiology.

The team received a ‘Highly Commended’ honour at the London awards ceremony in November for their inspiring initiative to improve imaging services for helping Rotherham patients get treated sooner and with more accuracy and bringing the future of radiology to Rotherham.

Over the past year, the team has implemented an Allied Health Professional (AHP) consultant radiographer-led service, to ensure continued development of best practice with greater autonomy for the team, independent thinking, accountability, responsibility and increased radiographer accuracy.

Plain film x-ray reporting involves referral, scheduling, examination and provision of a clinical report based on images taken of a patient. This process has been re-designed so that it is now led by consultant radiographers. Due to these changes, The Rotherham NHS Foundation Trust (TRFT) now has the highest proportion of reports provided by AHPs of any hospital in the country.

The benefits of the service redesign include a reduction in cost, an improvement in staff morale and further radiographer-led research.

Nicholas Barlow, who is the first AHP consultant at The Rotherham NHS Foundation Trust, said the team was shortlisted for the HSJ award for the service redesign because it improves patient experience and speeds up the imaging process – which is a good thing for all.

Nicholas said: “The team has been transformed over the past few years from doing a limited number of reporting only. We have changed the scope and now we report images from everywhere such as GPs, patients and out-patients and we do chest and abdominal as well. We are currently expanding the team.”

“‘The team is hoping to train and promote from within TRFT first, to ensure that current staff are encouraged to stay, learn and grow. “We want to create a career progression plan here so people get opportunities to progress. We want to give them that opportunity,” said Nicholas.

Rotherham has the highest percentage of radiographer plain film reports in the UK – and the world. The percentage of plain film reports completed by radiographers has increased from 30 to 80%.

“We are hoping to develop further in hot reporting,” said Nicholas, “As soon as the patient comes to the x-ray we can report while the patient is still here so it is immediate, which can help with patient flow and pressure on UECC.

“The accuracy has now also increased. We are doing good quality work. We are immensely proud of the team but we can improve more. Now we have the ’highly commended’, we can do better so that next time hopefully we can win the top prize.

“But it is not about the awards, but when you look back and see how we have made a difference in the service. Now it is by looking to the future and seeing what we can improve.”

There are more plans in the pipeline such as radiographer-led discharges to get things moving as fast as possible when people come into the hospital.

“Everything that we have done can be replicated in departments across the UK,” said Nicholas. “Rotherham now has a national profile in this regard, and it also now shared across other modalities.”
Meet the team: Radiology

In this edition and future editions of Your Health we'll be highlighting one of our fabulous teams and the amazing work they do so you can see who they are and how they are here for you.

**Nicholas Barlow**
**What’s your role at Rotherham?**
Consultant radiographer in plain film.

**What do you love about your job?**
I love the fact that no day is the same. Every day brings a new challenge and doing my job (image reporting) is very rewarding as you can clearly see the difference you are making to the patient's management. Spotting a small, subtle lung nodule on a chest x-ray can literally mean the difference between life and death.

**What’s been the most interesting thing about your job?**
You see a lot of weird and wonderful pathologies and fractures in image reporting and just when you think you’ve seen it all something else comes along that blows your mind! Working in this role allows us to develop our plain film reporting service in line with our personal vision and philosophy to deliver maximum quality, effectiveness and efficiency for our patients.

Where several Trusts in the region provide plain film image reports for patients within two weeks, we can provide them within three days which is something we are extremely proud of.

**Melanie Dobson**
**What’s your role at Rotherham?**
I’m an advanced practitioner, reporting radiographer at Rotherham.

**How did you get into your career?**
I had always wanted to work within the healthcare sector. Radiography really took my fancy as it has a mixture of both patient care and science/technical aspects to it. I went to college in 2011 and completed an Access into Health and then went to university for three years to become a Diagnostic Radiographer.

After one year of being qualified I got a promotion to undertake some extra training to become a Reporting Radiographer. I am able to speak to patients in more depth regarding their x-rays at the time of imaging, which gives the patient a more personal experience with us and peace of mind if they are anxious about the results.

**What do you love about your job?**
I love that my job varies from day to day. I am continually meeting new people and always learning new skills and knowledge to expand my expertise within the radiography world.

**Sophie House**
**What’s your role at Rotherham?**
My role is advanced practitioner reporting radiographer. I am qualified to acquire x-ray images and have undertaken further education and training to be able to interpret such images and write a report that can aid diagnosis and help guide patient management.

**How did you get into your career?**
From a really young age I had my heart set on following a career path that would enable me to work with and look after people. I had no doubt that one day I would work for the NHS in some shape or form. After completing my A-levels, I reached a bit of a crossroads and was unsure about which path to follow. I therefore decided to take a break from education and worked in a cupcake shop full time for six months. During this time I researched different careers and diagnostic radiography was the one that really stood out, it is a job that offers the chance to meet and care for a wide variety of patients while using cutting-edge technology.

**What do you love about your job?**
Our patients are without doubt the best part of being a radiographer. We may only sometimes deal with a patient for five or ten minutes, but the rapport you can build with them in that time is amazing. It is a privilege to be in a position to help people at potentially one of the most vulnerable and challenging periods of their life.

**Rachel Bell**
**What’s your role at Rotherham?**
I am the interim deputy professional lead for medical imaging but my profession is a diagnostic radiographer and I have worked for TRFT for 22 years since qualification.

**How did you get into your career?**
Aside from my management role I am part of the plain film reporting team and I have been reporting musculoskeletal images for 14 years. I pride myself on being part of a forward thinking reporting team dedicated to providing an excellent reporting service to the Rotherham community.

I first decided to become a radiographer after qualifying as a beauty therapist and hairdresser. I wanted to concentrate on working with the public and providing care in a medical environment. After a short placement at a local hospital in the radiology department I was hooked and never looked back.

**What do you love about your job?**
The best thing about my job is knowing I am contributing to patient care and working as part of the larger team looking after the patients we see.

Visit our website if you are interested in our Radiology services.
http://www.therotherhamft.nhs.uk/
In November, the Trust held its annual Proud Week which provides the opportunity to celebrate the achievements of our staff and the organisation through a number of events.

Louise Barnett, Chief Executive, said: “People are at the heart of the NHS; patients, families, staff and everyone who works together to provide care. Proud Week is our way of celebrating the outstanding achievements and dedication of many of our wonderful colleagues and teams, and to say a special thank you for the amazing job they do every day.”

Recognition of Learning Celebration
The Recognition of Learning Celebration, hosted by Martin Havenhand, the Trust’s Chairman, and Louise Barnett, Chief Executive, recognises colleagues who have undertaken some form of learning, training or personal development in the last year, to further enhance their skills and the services and care we can provide to our patients.

Over 200 colleagues across the Trust have undertaken some form of learning and development in the past year, and around 50 of these were able to attend the celebratory event.

Congratulations everyone!

Volunteer Celebration
Volunteers greatly enhance the patient experience by being a smiling face, a helping hand or merely a person to talk to. We know how important our volunteers are and take this opportunity to recognise their commitment in supporting our Trust and our patients.

There are more than 100 volunteers across the Trust, offering their time once or twice each week in the hospital and community, and in some cases, giving more time. A number of the Trust’s volunteers also dedicate their time to fundraising and have raised thousands for Rotherham Hospital and Community Charity. This includes supporting with fundraising events such as at Christmas and Spring fairs and also running a number of year-long services and activities, including book and plant sales and running a café for patients at our Park Rehabilitation Centre.

In the last year, volunteers have raised an astonishing £3,175.

There are 22 volunteers who have dedicated five years or more to volunteering for our Trust. No thank you would be big enough for this incredible achievement and dedication, so the Chairman, Martin Havenhand, formally recognised this with a Long Service Award.

Special recognition was also given to Gwen Braidley who has volunteered for an amazing 43 years! Thank you Gwen!

Long Service Awards
The NHS has a lot of dedicated staff that have provided loyal service for a long period of time. Each year we recognise those colleagues that have worked in the NHS for an incredible 40 years.

18 colleagues achieved this milestone in 2019 and were presented with their long service awards in the main entrance of Rotherham Hospital, cheered on by family, friends and patients.

Proud Awards 2019
Our Proud Week celebrations were brought to a close with the glittering Proud Awards ceremony, which was attended by over 350 colleagues and representatives from other organisations that work with the Trust joined those who had made the shortlist.

More than 400 nominations were received in total. Each one was reviewed by a panel to produce the shortlist that went forward to the award ceremony.

The winners of the 2019 Proud Awards are:

- **Core Values – Ambitious**
  - Stella Krain – Community Hospital Admission Avoidance Team

- **Core Values – Caring**
  - Dr Magdalena Turzyniecka - Pathology

- **Core Values – Together**
  - Mr Stuart Richards - ENT

- **Partnership Award**
  - Fortem Northern Trainee Management Team

- **Learning and Development Award**
  - Dawn White – Therapy Services

- **Unsung Hero Award**
  - Beverley Lomas – Special Care Baby Unit

- **Outstanding Volunteer Award**
  - Andrew Moore and John Lipski

- **Our Top Leader Award**
  - Joanne Greenlees – Community Nursing

- **Clinical Team of the Year Award**
  - Parenteral and Enteral Nutrition – Nutrition and Dietetics

- **Non-Clinical Team of the Year Award**
  - Security

- **Shining Star of the Year Award**
  - Wendy Perry – Estates and Facilities

- **Outstanding Quality in Care Award**
  - Jennie Swift – WHAM (Weight, Health and Attitude Management 0-19 Service)

- **My Idea Made a Difference Award**
  - SCBU Outreach Parent and Baby Group

- **Public Recognition Award**
  - Dr Binu Varughese – Gastroenterology
Governor’s Award for Excellence in Healthcare
Mr Indranil Chakrabarti – Orthopaedic and Hand Surgeon

Chief Executive’s Award
Dr Richard Went – Clinical Haematology

Chairman’s Award
Dr Clare Windsor – Critical Care
Portering Team – Estates and Facilities

Lifetime Achievement Award
Dr Fiona Fawthrop - Rheumatology

Louise Barnett, Chief Executive, said: “The Proud Awards was a fabulous event, recognising the fantastic contribution of colleagues and volunteers who work right across our organisation in community, hospital and corporate services.

“I am really proud of all our worthy winners, everyone who was nominated and all our staff in the Trust who are so committed to providing high quality care to our patients.”

Thank you to everyone who submitted nominations for this year’s awards. Keep an eye out next year for nominations opening!
In Spring 2020 organ donation in England is changing to an ‘opt-out’ system.

In 2018/19, five organ donors in Rotherham enabled 13 patients to receive life-saving or life-changing organ transplants, including kidneys, pancreases, liver and heart.

The change in law, sometimes referred to as ‘Max and Keira’s Law’, will help to save or improve more lives. All adults in England will be considered to have agreed to be an organ donor when they die unless they have recorded a decision not to donate or are in one of the excluded groups (information about these groups is available by visiting the website below).

To find out more about the change in law and to record your organ donation decision, visit www.organdonation.nhs.uk.

Getting the right care
Most of us have wondered whether A&E was the right place to go after an injury or illness.
There are other advice and treatment options available in and around Rotherham and here’s a guide to help you decide:

Well stocked medicine cabinets at home can treat many common ailments and illnesses including minor cuts, sprains and grazes, cold and flu, a sore throat, stomach upset, headache and more.

Pharmacists can provide you with help and advice on a range of common conditions and minor injuries. Many are open late, also on weekends and Bank Holidays and most now have a private consultation area to discuss your issues and concerns in private.

GP appointments for injuries or illnesses that aren’t getting better; such as a persistent cough, ear ache and stomach pains etc.

GP Hubs at evenings and weekends - appointments are usually available at a number of GP practices which are bookable by calling your own GP. The GP Hubs take place at the following locations;

• Dinnington Group Practice
  Monday: 6:30pm to 9pm
  Saturdays: 8am to 12pm

• Broom Lane Surgery
  Monday to Friday: 6.30pm to 8:30pm
  Saturdays & Sundays: 8am to 12pm

• Magna – Kilnhurst Branch
  Mon & Weds: 6:30pm to 8:30pm

• Magna – Valley Health Centre (Dalton)
  Saturdays: 8am to 12pm

Physiotherapy appointments - now available directly via your own GP; just ask your GP Practice.

Minor Injuries Units in Mexborough and Sheffield can provide care for less serious injuries, sprains, cuts, minor burns, bites etc. They can even arrange X-Rays for possible broken bones – usually much more quickly than A&E, no appointment necessary. Visit either;

• Mexborough (Montagu Hospital),
  9am – 9pm, 7 days a week except Christmas Day, anyone aged 1 and over (Tel: 01709 649157).

• Sheffield (Royal Hallamshire Hospital), 8am – 8pm, 7 days a week, over 16’s only (Tel: 01142 712071).

NHS 111: Call 111 or visit www.111.nhs.uk if you’re not sure what to do or which service is best for you. The 24-hour service provides confidential health advice and, if required, advisors are able to arrange out-of-hours appointments with a GP, which in Rotherham are usually at an allocated time in the Urgent and Emergency Care Centre in Rotherham Hospital.

Mental health problems are experienced by approximately one in four adults and one in ten children every year and there is always someone to talk to. If you need urgent help please call the crisis service on 01709 361717 or Samaritans on 01709 361717 (116 123 for 24 hour support).

Your Urgent and Emergency Care Centre at Rotherham Hospital for urgent care such as broken bones, severe burns and scalds, a serious wound etc.

999 in the case of an emergency, such as choking, chest pain and severe bleeding

For more information and guidance on health, medicines and NHS services near you, visit www.nhs.uk.
National Pathology Week

We took the opportunity to celebrate our amazing pathology team during National Pathology Week in November and highlight the vital contribution they make to our healthcare.

National Pathology Week helps to raise awareness of how pathologists and scientists diagnose disease. Rotherham’s pathology department, sometimes called laboratory medicine, provides laboratory and testing services and specialises in detecting disease through a variety of investigative techniques. Their work is crucial in finding accurate and early diagnosis in patients and improving the prospects for treatment.

In recent years, the Pathology departments at The Rotherham NHS Foundation Trust and Barnsley Hospital NHS Foundation Trust have been working together, progressing to a fully merged pathology service to significantly improve services to GP and hospital-based users.

We met up with some of the team members and asked them to tell us about their roles and where they get their motivation from.

Lauren Rowe
Lauren Rowe is a biomedical scientist in histology. “I’ve always had an interest in biology. In school we did two weeks work experience and I was lucky enough to carry mine out in the Histology department at TRFT. My role involves preparing slides to assist the Histopathologists with diagnosing cancer and other diseases. I also use antibodies to identify different tumour sites and assess different treatment options.”

Stuart Lord
“Found science interesting at school, and together with wanting to contribute and make a difference in the healthcare setting, a combination of these two seemed the most logical choice. Therefore training to become a biomedical scientist was the first step in my career path. As the Trusts Transfusion Practitioner I am responsible for providing a link between the Blood Transfusion Laboratory and the clinical services within the trust. My day to day role varies considerably, ranging from direct training and education, interacting with various members of healthcare professionals and most importantly ensuring to the best of my ability that the transfusion service provided to our patients is safe, underpinned by the Trust core values and vision.”

Shona Lawson
Shona had lots of different jobs before finding her current role. “I started off in retail mainly then began working for the Trust in the Sterile Services department for a few years before I started working in the labs. “I started as a Medical Laboratory Assistant in 2017 and shortly after expressed an interest in undertaking a degree to progress in my career to the role of biomedical scientist. My line manager provided information about the degree apprenticeship route and I was fortunate to be put forward for enrolment.”

Sam Beever
“My role at Rotherham is a biomedical scientist, in particular the areas of haematology and blood transfusion, which mostly involves testing patient samples, checking the results of tests and taking care of the analysers. I’ve always had an interest in human biology and an affinity with technology. So after working in both hospital and research labs in between my undergraduate and master’s degrees, I made up my mind and decided to focus on building a career in medical laboratories.”
Christmas countdown begins with Millers, bears and Santa

Players from Rotherham United Football Club received cheers of a different kind when they attended a festive fixture to support the Rotherham Hospital and Community Charity.

Millers’ defenders Joe Mattock and Richard Wood made a star appearance alongside Miller Bear at the charity’s annual Christmas Fair where they switched on Rotherham Hospital’s Christmas tree lights.

They were joined by the Mayor and Mayoress of Rotherham, Councillor Jenny Andrews and Cllr Jeanette Mallinder, plus carol singers from Busy Bees Nursery and St Bernard’s Catholic High School.

Santa, the charity’s children’s appeal mascot Dr Ted and colleagues from Unison Rotherham Health also boosted the festive spirit at the event on Tuesday 3 December, helping to raise £1178.43.

Mike Smith, Chair of the Charitable Funds Committee, thanked Michael O’Connor from O’Connor’s Tree Services, Rotherham, for loaning the charity a 10ft Norwegian Spruce to enable Christmas celebrations to go ahead. He said:

“We hold our Charity Christmas Fair every year to help raise the spirits of our patients, their families and colleagues at what can be a difficult time of year for many people, especially if they are spending time in hospital away from their loved ones.”

“The children from both schools sang beautifully and really helped to kick off the festive season in style. We were delighted to welcome our special guests from Rotherham United, Santa and Dr Ted too.

“Thank you to all our volunteers who helped the event run smoothly, to our amazing Santa and everyone who donated cakes, gifts, raffle prizes or selection boxes and to everyone who attended.

“We’d also like to thank O’Connor’s for loaning the charity such a beautiful Christmas tree – our event wouldn’t have been possible without you.”

All the money raised at the Charity Christmas Fair will help to boost the Dr Ted children’s appeal.
Charity-funded tricks and treats help to aid patients’ recovery

The Rotherham Hospital and Community Charity has funded a new supply of activity boxes to aid the recovery of dementia and stroke patients. The 10 boxes contain games and sensory activities such as colouring books, jigsaws, dominoes, jenga, snakes and ladders and tiddly winks to enable colleagues to socialise and engage with those caring for them.

Maggie Boldan, Activities Coordinator at The Rotherham NHS Foundation Trust, submitted a bid to the charity for the boxes, which cost £2,050.

She said: “We know that people living with dementia and stroke-related conditions can feel anxious and distressed when they are in unfamiliar surroundings like hospitals. The boxes are designed to help re-live the frustration and boredom patients often feel while recovering.

“We have carefully selected the contents to ensure the activities are fun, easy and engaging. Patients love the traditional games and enjoy reminiscing about playing with them in their childhood. The games also prove to be a great ice breaker for staff introducing themselves to patients for the first time.”

The boxes have been distributed to 10 wards at Rotherham Hospital and are already proving beneficial to patients such as Stephen Lisles, 61, from Barnsley, who is recovering from a stroke.

Maggie added: “They are such a simple idea but they have a huge impact on patients like Steve who has been with us for five months following a stroke. The games are helping him to learn how to use his left hand, rather than his right. It’s also a way for us to improve his sensory skills and confidence.”

Do you want to support Rotherham Hospital and Community Charity?

If you would like more information about supporting the Charity, arranging a fundraising event or how you can get involved further, please visit www.therotherhamft.nhs.uk/charity

You can also get in touch with Jessica and Suzanne in the charity team by emailing trft.charity@nhs.net or by calling 01709 426821.

Keep up with the charity’s latest news on Twitter @TRFT_Charity and Facebook.

Donate now at www.justgiving.com/rhcgc

Please donate TED-DAY!
After months of multiple teams working collaboratively, the new interventional room based within the Medical Imaging Department at Rotherham Hospital is now up and running.

The room is an amalgamation of two clinical imaging rooms, and features state-of-the-art equipment to support our teams in undertaking interventional radiological procedures.

Patients undergoing interventional diagnostic procedures are treated in the room, which has in-built air filtration and ventilation systems to make it clinically sterile. This allows for specialised procedures to take place. As well as modern fluoroscopic equipment, the room has similar features to those found in a medical theatre.

Those using the room include patients who are critically ill, and the equipment can detect life-threatening conditions linked to vital organs.

Lisa Hickling, Professional Lead of the Medical Imaging Department, said: “I am proud that this space will support us in giving high quality care to patients and enhancing our patients’ experience.”

George Briggs, Chief Operating Officer, visited the room to see its specialised features first-hand. He said:

“Congratulations and well done to the whole team for working together and making this project a reality. I look forward to welcoming patients who use this facility. It’s a brilliant achievement.”

The Rotherham NHS Foundation Trust has invested £660k in the opening of a new clinical imaging room.
An inaugural event was launched in September and aims to showcase the maternity and family services available in the area, providing easy and accessible information and support all in one place.

Parents and families can get advice on how to give a baby the best start in life, as well as tips on how to take care of themselves with a variety of information stalls and practical demonstrations.

Specialists will provide advice and guidance on a range of subjects, such as breast feeding, safe sleep, healthy eating, smoking cessation and car seat safety.

Soon-to-be parents explore the options for giving birth in Rotherham, as well as meet members of the midwifery team.

June Lovett, Head of Midwifery, Nursing and Professions, said: “We’ve got information to help before, during pregnancy, at the time of birth and beyond so people can always find something which will be of benefit to them, regardless of which stage they are at.”

Angela Wood, Chief Nurse at the Trust, said it was a fantastic opportunity for parents to find out more about what help and support is available to them.

“We want to help families enjoy this exciting time in their lives by making it as stress-free as possible. As well as finding out about the services we can provide, parents will also be able to familiarise themselves with the hospital and the teams so are more relaxed when they come for appointments or to give birth.”

More sessions are planned for the New Year. Look out for more information on the Trust website and on social media feeds.