Slimmers make 2014 the year to ‘be seen’!

The people of Rotherham were once again invited to ditch the winter woollies and ‘be seen’ in 2014 with Reshape Rotherham, the free NHS weight loss service run by The Rotherham NHS Foundation Trust (TRFT).

Reshape Rotherham is available to anyone registered with a Rotherham GP with a BMI of 25 to 40kg/m2. Anyone enrolling on and completing the course in January and February this year was automatically entered into a free prize draw with a chance of winning a range of prizes including: a makeover at Hair@Sorby’s and photo-shoot, tickets to a Rotherham United football match, tickets to see the Rotherham TITANS, a month’s gym membership for the Holiday Inn Rotherham and DC Leisure and a Sunday lunch for two at Carlton Park Hotel!

Alyson Fedak, Weight Management Team Leader at TRFT said: “We are really proud that over 88% of people attending Reshape lose weight, with many of those also gaining much more in other aspects of their health. At Reshape, we encourage everything in moderation and help each person to reach their individual goals. Well done to this year’s prize winners, and a big thank you to our prize sponsors; it is great to be able do something special for those who have achieved so much!”

Lorraine Newey from Bramley, lucky winner of the makeover and photo-shoot, lost over two and a half stone on the Reshape Rotherham programme. She said: “I was referred to Reshape after suffering with regular shoulder pain and attended the group at Wickersley Library, which I found to be very friendly, relaxed and educational. I couldn’t believe how much sugar and calories were in some foods and drinks! Since completing the course, I have continued eating healthily and my shoulder has improved greatly! Winning the makeover and photo-shoot was a lovely surprise; I have never won anything and the whole experience has been absolutely great.”

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The Rotherham NHS Foundation Trust achieve Gold Award in RoSPA Occupational Health and Safety Awards 2014

The Rotherham NHS Foundation Trust’s (TRFT) approach to occupational health and safety has been recognised with a gold award.

The Trust achieved the accolade as part of 2014’s Occupational Health and Safety Awards, run by the highly respected safety charity, the Royal Society for the Prevention of Accidents (RoSPA).

To achieve this award, the Trust had to prove its ongoing commitment to maintaining and raising health and safety standards by providing evidence of a good health and safety management system. The Trust was assessed against strict judging criteria for ten key performance indicators; such as how the workforce is involved in health and safety, how health and safety is communicated and how senior managers prioritise and monitor progress around health and safety.

John Cartwright, Director of Estates and Facilities at TRFT said: “We’re extremely proud to receive the Gold award from RoSPA as it demonstrates the commitment the Trust has to health and safety.

“The Trust takes the health and safety of its patients, staff and visitors very seriously and continues to enhance the way health and safety is managed”

David Rawlins, RoSPA’s awards manager, said: “The RoSPA Awards encourage the raising of occupational health and safety standards across the board. Organisations that gain recognition for their health and safety management systems such as The Rotherham NHS Foundation Trust, contribute to a collective raising of the bar for other organisations to aspire to, and we offer them our congratulations.”

Football match tickets winner Dave Rhodes attended Reshape with his wife, Sue, and they have thoroughly enjoyed the whole Reshape experience. They said: “The Reshape Programme is fun but also very educational and eye-opening. Between us, we have lost approximately two and a half stone and, since finishing the 10-week course, we are continuing to lose weight in a controlled and sustainable way. Without exception, everyone we met was friendly and mutually supportive and we have found it very easy to continue with this new way of eating.”

Pat Taylor, staff member at the Trust, won a month’s free gym membership to her local DC Leisure Centre in the Reshape prize draw. Pat contacted Reshape after seeing an advertisement at her GP surgery and lost an amazing 20lbs whilst attending the 10-week programme at Maltby.

To find out more, contact the Reshape team on 01709 427694 or visit www.rotherhamhospital/reshape.
New developments in Intravenous Therapy Pathway

Community Intravenous Therapy (IV) provision has existed in Rotherham for over a decade and recently, through a joint and multi-professional effort in Rotherham, the service has been further enhanced and developed.

The service now incorporates a single point of referral and the primary goal of the Community IV service is to allow patients to complete treatment safely and effectively, in the comfort of their home or at an ambulatory site.

The Trust’s recently developed IV therapy pathway seeks to achieve an enhanced quality of care through the delivery of an integrated approach across hospital and community services in Rotherham.

In May an IV Therapy launch took place and was well attended by health representatives from Rotherham’s Clinical Commissioning Group, Intravenous Access Team along with GP’s, Consultants, District Nurses, Non-Executive Directors and trust Governors.

The work on IV Therapy in the community, undertaken by all professionals involved in this project across Rotherham, is now bearing fruits when it comes to providing first class care to the people of Rotherham.

Professor Walid-Al-Wali, Consultant Microbiologist/DiPC, Chair of the IV Access subgroup

Eye praise for Eye clinic!

A patient of the Trust’s Ophthalmology Service has shown her appreciation for the excellent care she received by the way of an artwork donation.

Lucy Conlon, from Rotherham, re-established herself as an artist in December 2013 and specialises in pencil drawings. Shortly after this, Lucy suffered from a serious eye condition and was ultimately admitted to Rotherham Hospital.

Thanks to the Trust’s Ophthalmology Service who quickly recognised and treated the condition, Lucy has made a full recovery with no permanent damage to her eye sight. In an expression of her appreciation, Lucy has donated a pencil drawing of an eye, drawn especially for the service.

Lucy said: “I would like to say a special thank you to Dr Al-Aqaba and Dr Migdal for their excellent treatment and care. If it wasn’t for their quick diagnosis and treatment, I could have lost my eye sight. They even phoned the ward to check I was okay, everyone really looked after me.”

Lucy’s drawing is now proudly displayed in the Trust’s Ophthalmology Department.
Healthwatch Rotherham’s Chairman, Naveen Judah and his team work with organisations across the town, making sure local people get the high quality health and social care they deserve. Here, Naveen shares more about Healthwatch’s relationship with TRFT and our patients:

Newsweek (NW): What are the key aims of Healthwatch Rotherham?
Naveen Judah (NJ): Healthwatch is here to listen and act as the voice of local people when it comes to health and social care provision in Rotherham. We use this feedback and look for evidence to put in place improvements, where needed, and to repeat good examples of care and services experienced. At Healthwatch, we see ourselves very much as the local health and social care consumer champion.

NW: How do Healthwatch Rotherham work with TRFT?
NJ: I think our relationship with TRFT is very good and we aim to help and support TRFT to achieve its goals. I personally meet with Louise Barnett (TRFT CEO) to discuss the experiences of local people and to make suggestions on behalf of patients, visitors and members of the public about where areas could be improved or become more efficient. Other members of the Healthwatch team meet with TRFT representatives to ensure we work together on patient experience, for example, to make sure patients are getting the very best throughout their care. We also work very closely with TRFT patients; actively supporting them to go through the right channels, should they notice or experience something that could be further improved.

NW: What are the key successes of TRFT and Healthwatch Rotherham’s relationship so far?
NJ: We work with TRFT and other health partners strategically, for example at Rotherham’s Health and Wellbeing Board, which helps us as a borough to implement better care across the board – be this in community settings, in someone’s home or in hospital. For example, we have recently fed back on some of the Trust’s documents, giving a view from the perspective of a member of the public or patient – we can bring a great insight into the real issues that affect real people in Rotherham and how these can be dealt with. Since Healthwatch Rotherham was set up we have worked with TRFT to make changes to some of its leaflets, for example, ensuring that information supplied is accessible, clear and easy for service users to understand.

NW: What else do you hope to work with TRFT on in the future?
NJ: I feel that our relationship will grow in the future to help us to celebrate the things that we have had a positive impact on helping to change. I think that together we have some great tools to help make health and social care even better for patients and for local people. Our impartial, independent view means that we can take an unbiased look at health and social care which we hope will continue to bring great benefits for patients in years to come. Continuation of our engagement sessions throughout Rotherham will allow us to carry on identifying trends to help shape future health and social care that works for the people of Rotherham.

NW: How can staff, patients and visitors find out more about Healthwatch?
NJ: Healthwatch Rotherham regularly host sessions in Rotherham Hospital’s Health Information area (main entrance of Rotherham Hospital) where patients, visitors and staff can find out more about the services Healthwatch offers. Healthwatch’s nearby drop-in shop (on High Street in Rotherham Town Centre) can also be used to feedback information and to learn more about what’s on offer health-wise across Rotherham.

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Healthwatch Rotherham’s Chairman, Naveen Judah