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Bilberry and Heather Units relieve pressure on acute beds

Two facilities opened at Wharfedale Hospital to help the Trust ease the pressure on acute beds for six months during the Winter period have been a huge success in Leeds.

The Bilberry Unit opened in January and the Heather Unit in March to provide an additional 52 beds for older patients who no longer need acute care at St James’s or Leeds General Infirmary. These are patients who are waiting for assessment or care packages to be put in place before they can be discharged from hospital.

The Trust has signed a partnership agreement with local home care provider Villa Care Group to run and staff the units. Nursing and care home staff from Villa Care are working with therapy staff from Leeds Teaching Hospitals to meet patients’ needs as they move from acute care to recovery and rehabilitation.

The initiatives are funded by local CCGs and the West Yorkshire Acceleration Zone, which aims to improve urgent and emergency care across the country.

Zoe Kirk, Head of Nursing for Chapel Allerton and Wharfedale Hospitals said: “The Bilberry and Heather units are excellent facilities and feedback from patients and their families has been extremely positive. The units are a lovely, welcoming environment where patients continue to receive the highest standards of care while arrangements are being finalised so they can leave hospital safely.”

Suzanne Hinchliffe, Chief Nurse at the Trust added: “There is unanimous agreement among staff and our partners in health and social care that the initiative has been a great success, exceeding expectations. The extra bed capacity has made a noticeable difference in freeing up acute beds for patients who need them at St James’s and LGI during a period of high winter demand.”

Logan’s family make generous sports donation

Thank you to the family of six-year-old Logan Marsh, who have kindly donated sports equipment to our children’s cystic fibrosis and respiratory teams.

Rugby mad Logan visits Leeds Children Hospital regularly and receives physiotherapy from our team. His mum Louise wanted to make his physiotherapy sessions a bit more fun so donated £500 of rugby balls, footballs and much more to the unit.

The money was raised following a family fun day at Stanley Rangers rugby club.

Christine Blackburn, Physiotherapist, said: “Physiotherapy helps our young patients with their airway clearance and can make a real difference to their condition. We are very grateful to Logan and his family for kindly donating this fantastic sports equipment which will be put to good use by the team.”
Congratulations to Paul Tobin (left), Anna Winfield (third left) and colleagues on the success of portering safety huddles.

Porters score UK first with new safety huddles

An exciting new initiative launched by members of the portering team at Leeds Teaching Hospitals is making a real impact on patient safety and has won this year’s Time to Shine Award for ‘Best Support Team’.

Paul Tobin, a Porter at St James’s Hospital and his colleagues have introduced portering patient safety huddles - the first of their kind in the UK - which build upon the portering team’s unique access to every ward and clinical area in the Trust.

Paul was inspired to adapt the huddles concept to the portering world after seeing a presentation given by Dr Anna Winfield, Patient Safety Manager at the Trust’s Talent for Care conference last September. Anna spoke on involving non-clinical staff in huddles and promoting patient safety.

A few weeks later, Paul led the first portering safety huddle in the UK at the Trust and since then they have continued twice weekly, supported by the portering management team.

The porters’ regular contact with staff and patients means they are in an ideal position to propose changes that make a lasting difference to patients’ comfort and safety.

As a result of issues raised by porters, a number of positive actions have been taken to improve patient safety and experience.

Valuable insights have been shared by the infection control, information governance and blood products teams, the Cystic Fibrosis Specialist Nurse and Haematology Matron.

The huddles are already a huge success. As a result of issues raised by porters, a number of positive actions have been taken to improve patient safety and experience. An example is their work with the blood bank to reinforce the correct procedure for ordering blood products.

Anna is delighted with the huddles’ progress, saying: “Porters are an essential part of our multidisciplinary team and through their huddles they have raised awareness of their valuable role and made many positive contributions to patient safety. It is a privilege to support such a fantastic team.”

Paul said: “Our huddles give porters across the Trust a platform to highlight issues and discuss the improvements that could be made.”

Guest speakers are regularly invited to attend the huddles to raise awareness of specific patient safety issues.
Cooking and campfires at 1st Leeds Hospital Guides & Scouts

A new Guide and Scout unit in Clarendon Wing offers young patients from Leeds Children’s Hospital the chance for fun, friendship and adventure.

The unit – 1st Leeds Hospital Guides & Scouts – was launched in January this year and is open to any patients aged between five and 14 years old and their siblings. It meets every Monday evening and its dedicated volunteers promise a range of exciting activities, from science experiments and cooking to learning new skills like setting up a tent.

A joint venture between LCH, Central Yorkshire Scouts and Girlguiding Leeds, the unit was set up to provide children in hospital with the same opportunity to be part of the Girlguiding or Scouting movement as their peers elsewhere.

Celia McKenzie, Deputy Head of Nursing for LCH said: The Guide and Scout activities perfectly complement the great work of our play leaders, our hospital school team and our Youth Forum. No child wants to be in hospital but when they need our care we want to provide activities and an environment that is as fun and stimulating as possible.”

Anyone who would like to know more about the 1st Leeds Hospital Guides and Scouts can ask the ward for details or contact www.leedshospitalguides.com.

L51 and PICU go into the red for Wear Red Day

Visitors to L51 – the congenital heart ward – and the Paediatric Intensive Care Unit were greeted by a sea of red on Friday 3 February when staff, patients and families donned every shade of the colour to mark Wear Red Day, an event taking place across the region.

Their colourful efforts were in support of the Children’s Heart Surgery Fund and its Keeping the Beat Appeal, which aims to raise £500,000 for a state-of-the-art theatre for heart surgery at Leeds Children's Hospital.

So far, more than £250,000 has been raised for the new theatre, which is set to open in 2018.
Ward teams from across the Trust are celebrating, after reducing the number of 2222 calls as a result of a Cardiac Arrest in our hospitals by 25%.

This fantastic achievement has been made possible by a unique patient safety program, known as the Deteriorating Patient Collaborative. It launched in August 2014 with an ambition to reduce avoidable deterioration and improve patient safety, and from the original 14 pilot wards, many more from across the Trust have since implemented it into their day-to-day working.

‘Intervention bundles’ have been created, focusing on the deteriorating patient. These bundles were developed by the multidisciplinary teams on each of the wards, allowing them to create a plan that worked for everyone and embed these ways of working into daily ward practice.

The Deteriorating Patient intervention bundle includes:

- Safety huddles, a short ward based meeting
- ‘OBS made easy’ - 1:1 ward training for new staff on NEWS (National Early Warning Score)
- Post ‘2222’ call debrief, allowing ward staff to share learning from cardiac arrests
- Stickers, to identify patients with a high NEWS or those who need escalation of care

The safety huddles are multi-professional in nature, supported by senior clinicians, and take place at a regular time each day for 5 to 15 minutes. Team members can confidently speak up and jointly act on any safety concerns they have, allowing wards to continually learn and improve.

A key element of this work has been to celebrate the achievement of our teams through displaying the number of days they have gone without 2222 calls, and awarding certificates to each team when they reach a milestone. Many of the wards proudly display their achievements on noticeboards, enabling patients, visitors and staff to see the great progress they are making every day.

The Deteriorating Patient Faculty Group

“As a team we work alongside each of the wards to empower them and make their ideas happen.”

This work is overseen by the deteriorating patient faculty group, a multidisciplinary team who support the ward teams and help to make their ideas happen. The faculty includes staff ranging from nurses and doctors, through to pharmacists, data analysts and resuscitation officers, who meet regularly to share learning and ideas on how to progress the work further.

Since forming, the group have scaled up their work across Acute Medicine and Abdominal Medicine CSUs, achieving many significant milestones on their path to reducing avoidable deterioration by 50%. Cardio-Respiratory is the latest CSU to adopt the intervention bundle.

This Quality Improvement initiative has been led by Dr Ali Cracknell who said: “As a team we work alongside each of the wards to empower them and make their ideas happen. The strength of the group is that although it is comprised of people from different healthcare backgrounds, we all share a passion about ensuring patient safety and empowering staff to make the right decisions regarding patient care. Our success so far has been through pooling the expertise of staff from across the Trust and continuing to learn along the way.”

Our Outreach team (pictured on the cover), are a team of nurses based across St James’s and LGI who help to ensure that patients who are very ill receive the intensive care and treatment they need as soon as possible. They have played an important role in this work, by sharing their experience of caring for deteriorating patients and helping our wards to recognise when patients need their care escalating.
Patient safety achievements for teams across the Trust

Case study: Ward J08
The team on ward J08 have achieved great success, achieving a best run of 143 days without a 2222 call. The ward care for elderly patients and their multidisciplinary team have embraced the safety huddles in their day-to-day working on what can be a very busy ward.

Sam Simpson, Senior Sister on the ward said: “Taking part in safety huddles allows everyone in the team to play a part in keeping patients on the ward safe. I am really proud of our achievements to prevent patients from deteriorating and I look forward to continuing this work.”

Case study: Ward J47
J47 is an acute surgical ward which discharges and admits patients at a fast pace. Implementing safety huddles on the ward has raised staff awareness around potential deteriorating patients and engaged staff in quality improvement. Iris Bituin, Junior Sister on the ward has created a notice board to showcase the team’s achievements.

Iris said: “We have seen harms on the ward reduce since we started the safety huddles and this means our patients are safer thanks to the great work of our team. The safety huddles have been a great way for us to learn from one another and take the right steps every day to avoid potential problems.”

Leeds Teaching Hospitals has been awarded £5.2 million funding by Yorkshire Cancer Research to run the largest trial in the UK assessing the effectiveness of lung cancer screening.

Respiratory Consultant Dr Matthew Callister will lead the four-year trial, which begins next year and will take mobile screening vans to communities around the Leeds area. The location is particularly important because lung cancer is the most common cancer in Yorkshire, with around 4,500 people diagnosed every year. Most lung cancers are caused by smoking, and Yorkshire has one of the highest rates of smoking in England.

More than half of lung cancer patients in Yorkshire are diagnosed when their cancer is very advanced, which means treatment options are limited and their chances of survival are low.

Dr Callister said: “In the United States, screening those at high risk of developing lung cancer, for example smokers and ex-smokers before they experience symptoms of the disease has been shown to reduce mortality rates by 20 per cent.”

Around 7,000 people will be screened during the trial, which could lead to 289 cancers being diagnosed. Eighty percent of patients diagnosed through screening are expected to survive 10 years.

As well as saving lives through early diagnosis, the findings from the trial will help to determine who should be invited for screening, and the results could be used to plan a national programme.

Dr Callister added: “Lung cancer screening is not currently available in the UK, and it is not clear exactly which people would most benefit. If lung cancer screening was introduced across Yorkshire, hundreds of lives could be saved every year.”
Apprentices recognised during National Apprenticeship Week

National Apprenticeship Week ran from 6 – 10 March and was an ideal opportunity for the Trust to celebrate its apprentices and the fantastic work that goes on to promote apprenticeships in a variety of roles.

To mark the week, the Trust’s Facebook page featured a different apprentice every day, sharing their experience of working and learning at Leeds Teaching Hospitals. The Trust’s Organisational Learning (OL) team and Health Care Career Ambassadors also spread the word on apprenticeships at a number of school and college events.

The Trust welcomed David Way, former Executive Director of the National Apprenticeship Service who spoke to a group of Apprentice Clinical Support Workers and gave awards to two past apprentices – Adele Buchanan and Liam Turner – who were recognised by their training provider, Learn Direct for their success on the programmes.

The Trust has achieved national recognition for its commitment to apprenticeships, having been named Employer of the Year for Apprenticeships in Yorkshire and Humber and National Employer of the Year by the Learning and Work Institute in the past 12 months.

One of the highlights of the week was the OL team’s attendance at Skills for Care’s national Accolades, where the Trust was nominated as a partner with Leeds City Council for the ‘most effective approach to integration and new models of care’ for its work around the integrated Health & Social Care Apprenticeship.

The buzz around apprenticeships is fantastic news – not only for the recruitment and development of Trust employees, but also for the quality of care the Trust provides to patients.

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The team also attended the Health Education England Yorkshire and Humber Apprenticeship Awards, where their colleague Sue Davidson scooped the Lifetime Achievement Award. Congratulations also go to Philips Kadavil, who was runner-up for the Intermediate Apprentice of the Year award. The Trust was a finalist for Employer of the Year.

The buzz around apprenticeships is fantastic news – not only for the recruitment and development of Trust employees, but also for the quality of care the Trust provides to patients.

If you’d like more information on apprenticeships, contact: leedsth-tr.OrgLearnGetln@nhs.net.
Team GB cycling coach thanks LTHT transplant teams

British Cycling’s head sprint coach Justin Grace visited St James’s Hospital following his successful liver transplant to thank the teams at LTHT who saved his life.

Justin, who coached Team GB cyclists to seven medals at the Olympic Games in Rio, met up with his consultants, Dr Mark Aldersley, Consultant Hepatologist and Mr Stephen Pollard, Consultant Transplant Surgeon where he shared the news that he will be competing for Leeds in cycling events at the British Transplant Games this year.

He was back on his bike around nine weeks after his surgery and he is now cycling routes of around 30km and has returned to work.

In an interview Justin broke down in tears as he thanked the family of his donor and made an emotional appeal for organ donors.

He said: “I don’t even know if I would be actually alive today without my donor.”

“One of the most important things to remember is that, on the day that I got my liver, another family lost a family member and it tears me up on the inside to know that, but I thank them every single day for what they’ve done for me and my family.”

Justin was diagnosed with primary sclerosing cholangitis, a liver condition, when he was 17 and became increasingly unwell at the Rio Olympic Games. When he returned to the UK he was almost immediately placed on the transplant list due to the severity of his condition, and a donor was found in November.

Justin’s surgeon, Mr Stephen Pollard, consultant transplant surgeon said the procedure was straightforward due to Justin’s young age, fitness and motivation, which also helped the recovery process.

Mr Pollard said: “It’s delightful to see Justin and the amount that he’s given back in terms of supporting other people through the transplant process, which can be quite daunting.”

“So the message really is carry a donor card, get yourself on the donor register but also let your family know that’s your wish in your lifetime so that helps them make the decision if that awful event does happen.”

Mr Pollard added: “We know that, months later, the families of deceased people who have donated their organs get a huge amount of positivity back.”

Leeds Teaching Hospitals has the largest solid organ transplant centre in the UK, the third largest liver transplant centre and the largest liver cancer surgery unit. So far this year (April 16 - March 17) the team have done 141 liver transplants - 122 adults and 19 children and there are 86 adults and four children currently on the waiting list for a liver transplant.
A Yorkshire nurse who is a volunteer with the humanitarian charity Médecins Sans Frontières (MSF) has co-written a moving book about his first-hand experiences of the Ebola crisis in West Africa helping to save lives in Sierra Leone.

Andy Dennis, who has previously worked as an A&E nurse at both Leeds General Infirmary and St James’s University Hospital, and a Dutch colleague, Anna Simon, have published Ebola: Behind the mask, the inside story of one of the modern world’s most deadly disease outbreaks. He recently returned to St James’s for the first time after being admitted briefly on his return from West Africa when he developed possible Ebola symptoms.

In late 2014 Andy and Anna were at the epicentre of a global humanitarian crisis, working with MSF for a month on the frontline of the fight against Ebola in the remote area province of Kailahun in the east of Sierra Leone, close to the border with Liberia. It was a harrowing experience, with 47 Ebola deaths in the hospital the pair were working that month, but they also helped save many more lives in conjunction with local staff.

The last thing Andy expected on returning to the UK was to end up back in his old stomping ground of St James’s, but having arrived home just before Christmas on December 30 2014 he started to feel unwell with a high temperature, joint pains, headache – symptoms consistent with the early stages of Ebola. The UK was on high alert at the time for possible Ebola cases and the Infectious Diseases Unit at St James’s was the designated regional centre to receive and isolate possible cases.

In response to the global emergency, many staff at Leeds Teaching Hospitals had been trained on using the protective equipment necessary to safely receive, transport and test patients with possible Ebola symptoms. Admitting Andy to find out if he had contracted the virus brought the crisis home to Leeds and put staff at St James’s to the test for the first time.

The book recounts how in line with an agreed protocol two ambulances with specially trained and protected staff, backed up by two police cars, were sent...
to help transport Andy quickly from his home in Harrogate to St James’s, where he was brought in through a side entrance and straight up to the ward to be met by a consultant and nurse in full protective equipment who were there to monitor him and conduct a series of tests to determine whether he had Ebola or any other infectious disease.

In line with precautions put in place by Public Health England, samples were taken by special courier to the UK research centre at Porton Down, and there was an anxious wait for Andy and all the staff at St James’s until the result came back that he had tested negative and was able to go home.

“The contrast in this whole experience couldn’t have been greater,” Andy said. “In Sierra Leone patients had to travel for hours to get to the hospital and sometimes the living and the dead would be there together when we opened the door of the ambulance. In Leeds I encountered this incredibly well planned and ultra careful response and although it was a frightening experience for me and my family I knew I was in the best possible hands and I can’t thank Public Health England, Yorkshire Ambulance Service and everyone at St James’s for making me feel so safe and well cared for.”

Andy, who has now resumed his job in the endoscopy unit at Harrogate and District Foundation Trust, is a committed volunteer and fundraiser for MSF, having worked previously with them in emergencies in Uganda and South Sudan.

In the book he and Anna describe how alongside dozens of men and women from Sierra Leone they worked in the charity’s Ebola Management Centre in Kailahun, caring for more than 150 patients with the disease, coping with heartbreaking deaths as well as inspiring stories of recovery. They also give their perspective on the international community’s response to the whole tragedy, which devastated Sierra Leone and neighbouring Guinea and Liberia and still has repercussions today.

To find out more about the book and how to get a copy visit http://www.andy4msf.com/behind-the-mask/

Andy also does talks about his work with MSF and in particular his experience of the Ebola crisis. There is more information on his website www.andy4msf.com
Did you know that more than 15,000 people follow the Trust’s Facebook page? The Trust reached this fantastic milestone earlier this year, showing just how interesting life is at Leeds Teaching Hospitals.

As well as featuring news and important health messages, LTHT’s Facebook page also promotes research, shares patient stories and celebrates staff achievements. Team of the Week and Meet Our People are always popular slots, giving the public a real insight into the breadth of work done across the Trust and the dedication of its staff.

Friday Flashback delves into the archives to reveal the Trust of the past. Spotting former Trust colleagues is always a favourite pastime, and some of the old locations – like the operating theatres – are a reminder of just how much healthcare has progressed.

The Communications team is always on the lookout for new stories, teams and people to feature on Facebook. If you have something to share, please contact: communications.lth@nhs.net.
MedChart replaces paper medication charts with a new, electronic system that makes the prescription and administration of medicines more efficient and safer for patients.

At the end of last year, the eMeds project team achieved a significant milestone when MedChart went live in the Abdominal Medicine and Surgery CSU, Chapel Allerton Hospital, SJUH Theatres and Critical Care. Since then, the team has rolled out the system in the Acute Medicine and Respiratory wards at St James’s. In the coming months, MedChart will be launched in the remainder of St James’s before it is implemented at Leeds General Infirmary later this year.

The project is training doctors, nurses and pharmacists to use the new system and providing new IT equipment to ward areas.

“This is a fantastic development for the Trust,” explained Marianne Taylor, Lead Pharmacist. “MedChart allows us to standardise the way we prescribe and administer medicines.”

“MedChart allows us to standardise the way we prescribe and administer medicines.”

Congratulations to the eMeds project team, which is successfully introducing Leeds Teaching Hospitals to technology designed to improve the way medicines are prescribed and administered to patients.
Leeds Children’s Hospital enjoyed a number of sporting visits in December with local teams coming in to hand out presents and spread seasonal cheer.

Among those visiting were Yorkshire Carnegie, Leeds Rhinos, Leeds United and Yorkshire Cricket.

Leeds United Goalkeeper Rob Green showed a safe pair of hands when he helped our infection prevention team spread the message about the importance of systematic and careful hand washing when entering and leaving wards.

On Christmas Day itself Leeds Rhinos’ star Adam Cuthbertson, who’d already visited earlier in the month, came back with a special surprise of toys for youngsters in the hospital on the big day.

Thanks to all the sports stars who gave up their time to bring a smile to the faces of youngsters, families (and staff!) at the Children’s Hospital.
4Louis donate Cuddle Blanket to Leeds Children’s Hospital PICU

The 4Louis charity has kindly donated a Cuddle Blanket to the Paediatric Intensive Care Unit (PICU) at Leeds General Infirmary.

Cuddle blankets can be used to allow recently bereaved parents to keep their child with them a little longer before they have to say goodbye. The blankets are manufactured by Roftek who also provide cuddle cots for neonatal babies. They consist of a small cooling unit which circulates fluid through a cooling pad which is placed on top of the body. The machine is lightweight and portable, allowing families to spend more time with their loved one both in hospital and at home if they wish.

“Cuddle blankets are a great comfort to families at a very emotional time,” said Emor Miller, Senior Sister on the PICU. “The donation will help to provide some comfort to bereaved parents. “We are very grateful to Susan and 4Louis for this generous donation. The cuddle blanket will make a real difference to families at a very emotional time and allow them to spend more time with their child.”

4Louis have also been supplying Leeds Children’s Hospital with memory boxes for our bereaved families in recent years and we would like to thank them for their continued support. This kind gesture helps families to create memories that they can keep forever including taking photos and creating hand and footprints of their child.”

Carol at work in the LGI ED

Carol goes the distance to win Spine Race

An Advanced Practitioner in the LGI Emergency Department won the women’s Montane Spine Race earlier this year.

Carol Morgan smashed the female record by an incredible 43 hours, completing the race in 4.5 days in a time of 109 hours and 53 minutes.

The Montane Spine Race is a gruelling 268-mile course along the entire length of the Pennine Way national trail and is known as ‘Britain’s most brutal race’. Carol said: “The weather was warm for this time of year and it wasn’t windy and didn’t rain much which helped. It was great to see the spectacular scenery along the Pennine Way - we are really lucky to live close to such beautiful places.”

The Pennine Way crosses some of the most beautiful, difficult and challenging terrain found in England, including; the Peak District, Cheviots, Yorkshire Dales and Northumberland National Park – finishing on the Scottish Borders.

Unlike other races that Carol has completed, the clock is always ticking even through the night and there is no stop point until the end of the race. Helped by her role at LTHT where she regularly does night shifts and long hours, Carol survived on 3-4 hours’ sleep most nights in the back of her husband’s car. She had just a few days rest before she was back at work and plans to continue with long distance races in the future.
Following the 10th annual Pink Ball in Leeds last October, the charity has now raised £200,000 towards breast cancer care and research. This is a fantastic achievement that has made a really positive contribution towards improving the diagnosis, treatment and wellbeing of patients with breast cancer across the region.

Pink Events began as a small fundraising group more than 10 years ago, founded by Sarah Pattinson after her sister Kimberley was diagnosed with breast cancer. Since then, both Sarah and her mum Maureen have had the same diagnosis but have continued to work tirelessly with family, friends and volunteers to raise funds, mainly for the Leeds Breast Care Unit (LBCU) and Cancer Research UK.

Over the years, Pink Events has bought a number of items and equipment for the LBCU, including new seating for the waiting area, specialist X-ray equipment and a Vectra 3D Imaging System. Philip, who is a Patron of the charity, was especially pleased to show the committee the latest purchases – eight electronic couches (since increased to 12) that are now in place in consultation rooms in the Breast Outpatient department at St James’s.

Consultant Breast Surgeon Philip Turton met members of the Pink Events Charity committee to mark a very special fundraising milestone.
The Trust’s staff Time to Shine Awards 2017 culminated in a glittering awards dinner at the Refectory at the University of Leeds on Friday 3 March.

Hundreds of award submissions were made across 12 categories, all linked to The Leeds Way. A panel of judges deliberated long and hard to shortlist just three in each category that they felt had the most impact on patients. In addition, we received many nominations for the Hospital Hero award from patients, their friends and families wanting to recognise the great care and support they have received from staff during their visit or stay at one of the Trust’s hospitals. Staff had their say too, nominating hundreds of colleagues in the Unsung Hero category who improve their working life in some way.

A total of 450 staff came together for this special evening to celebrate and recognise the achievements of their colleagues.

A new award this year was the Kate Granger Award for Improving Patient Experience. Named in memory of the late Dr Kate Granger MBE, this award recognises staff who have made a positive difference to patient experience. Kate’s campaign, #hellomynameis, encouraged thousands of healthcare staff to introduce themselves to patients and achieved national acclaim.

Kate’s husband, Chris Pointon said: “This award is a fitting tribute to my inspiring wife Kate, who worked tirelessly to promote compassionate, patient-centred care. It’s fantastic to see how Leeds Teaching Hospitals is taking this on board as an integral part of The Leeds Way and is certainly the flagship trust for #hellomynameis. A huge thanks from me to everyone for looking after Kate so well and for embracing her legacy. You make me so proud.”

The evening was a glittering success!
The Theatre GRASP Champions take home the award for Sustainable Efficiencies.

The Rapid Discharge Plan for Urgent Care Team receive their Collaborative Working award.

The Multidisciplinary Medicines Optimisation in Cardiology Team collect their Innovation/Lightbulb Moment award.

Thank you to our sponsors

The Trust would like to thank Gold sponsor Altodigital, Silver sponsor the Leeds Teaching Hospitals NHS Trust Charitable Foundation and FDP Group, our Web, Design and Print partner for their kind support of the Time to Shine Awards. Their interest is very much appreciated by the Trust – without their backing, the Time to Shine Awards, and the celebration of so many staff achievements could not take place.

Mudassar Dad wins the Unsung Hero award for support staff.

The Twins and Multiples Team collect the Hospital Hero award.

The Palliative Care Team scoop the award for Best Educational/Promotional Campaign.

The Patient Environment Team collect their Staff Engagement award.

The Leeds Breast Care Unit are proud to receive the Kate Granger Award for Improving Patient Experience.

The Multidisciplinary Medicines Optimisation in Cardiology Team collect their Innovation/Lightbulb Moment award.

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The Patient Environment Team collect their Staff Engagement award.
The award winners are as follows:

**Category** | **Winner**
--- | ---
Best educational/promotional campaign | Palliative Care Team
Best Support Worker/Team | Portering Safety Huddles
Best use of Technology/Social Media | St James’s Inpatient Dispensary Team
Collaborative Working | Rapid Discharge Plan for Urgent Care Team
Educator of the Year/Education Team of the Year | Alison Wilkinson – Human Resources
Empowering Leadership | Sally Rollinson-White – Ward J19
Improving Quality and Safety | Head and Neck Speech and Language Therapy Team
Innovation/Lightbulb Moment | Multidisciplinary Medicines Optimisation in Cardiology Team
Research | Jen Throp
Staff Engagement | Patient Environment Team
Sustainable Efficiencies | Theatre GRASP Champions
The Kate Granger Award for Improving Patient Experience | The Breast Unit Team
Hospital Hero | Twins and Multiples Team
Unsung Hero – Clinical Staff | Samantha Oakes
Unsung Hero – Support Staff | Mudassar Dad

**Hero winners**

<table>
<thead>
<tr>
<th>Category</th>
<th>Winner</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hospital Hero</td>
<td>Lisa Beaumont, Raj Markan</td>
</tr>
<tr>
<td>Unsung Hero – Clinical Staff</td>
<td>Susan Westgarth, Suzanne Payne</td>
</tr>
<tr>
<td>Unsung Hero – Support Staff</td>
<td>Malcolm Ball, Mbaki Mazakala</td>
</tr>
</tbody>
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**Category** | **Highly Commended**
--- | ---
Best educational/promotional campaign | Physiotherapy Team Renal Ward J49
Best Support Worker/Team | Phlebotomy Team CIVAS Team
Best use of Technology/Social Media | LCHTV.com Team Adult Paediatric and Cystic Fibrosis Teams
Collaborative Working | Clinical Immunology and Allergy Team The Living Well but Dying Matters Team
Educator of the Year/Education Team of the Year | Clinical Radiology and Leeds Medical School Emergency Department Education Team
Empowering Leadership | Elizabeth Rees – End of Life Care Team Lauren Walker – Ward J82
Improving Quality and Safety | Paediatric PACU Team Plain Film Radiographers Team
Innovation/Lightbulb Moment | Complaints Team Head & Neck Local Support Team
Research | Endocrine Research Team Leeds Children’s Hospital Clinical Research Team
Staff Engagement | Delivery Suite Blood Transfusion Teams Team ED
Sustainable Efficiencies | Head and Neck Speech and Language Therapy Team The TARN Team
The Kate Granger Award for Improving Patient Experience | Medicines Management and Cardiology Team Learning Disabilities Staff Champions
Chief Executive, Julian Hartley: “The Trust sees around one and a half million patients every year and I’m extremely proud of the staff who are working hard every day across all the Trust sites to develop services and improve the patient experience.”

Trust Chair, Dr Linda Pollard: “Our people are extremely important to us and we are keen to recognise and celebrate their achievements at every opportunity. The Time to Shine Awards provide an opportunity for teams across the Trust to receive recognition for their work and to provide a platform for sharing good practice.”

A delighted Jen Throp receives the award for Research

Alison Wilkinson is named Educator of the Year

The award for Best use of Technology/Social Media goes to the St James’s Inpatient Dispensary Team

Portering Safety Huddles are recognised in the Best Support Team category

The Head and Neck Speech and Language Therapy Team were recognised for Improving Quality and Safety

The award for Empowering Leadership goes to Sally Rollinson-White

Chief Executive, Julian Hartley: “The Trust sees around one and a half million patients every year and I’m extremely proud of the staff who are working hard every day across all the Trust sites to develop services and improve the patient experience.”
Richard Hattersley, Named Professional Safeguarding Adults/Deputy Head of Safeguarding has worked at the Trust for three months.

Summarise the main aspects of your role.
I work in Safeguarding with specific responsibility for leading on safeguarding adults at risk of abuse. This might be advising on concerns raised during our care or concerns about abuse at home or in the community. I’m often directly involved with complex cases that involve a number of wards or services and represent the Trust in its work with partners in Social Services and across other health providers. Training is an important role for our team: we need to give staff the tools to recognise a safeguarding issue and access safeguarding advice when needed.

What else have you done in your career so far?
I worked for a Local Authority for some years before joining the NHS around 17 years ago, to manage community Mental Health services in Leeds. I moved into safeguarding at my previous NHS Trust (Leeds and York Partnership NHS Foundation Trust) at a time when safeguarding was emerging as a new agenda for clinicians. It has been inspiring to see safeguarding developing into the position it now holds as a key strand in enabling us to provide safe effective care putting the patient at the centre of what we do.

What’s the best thing about your job?
I feel really privileged to be able to cut across boundaries and work with colleagues across the safeguarding, health and social care communities. Sometimes we can be distracted by the impulse to ‘find someone to blame’ in safeguarding situations, but this is simply the wrong thing to do. I value the opportunity to be able to step back from incidents, really understand what has occurred and embed this learning. Prevention is better than cure!

What is the one thing you would change at LTHT to help you do your job better?
Having only one clinical electronic system to understand would make life easier.

What’s your best advice to a new starter at the Trust?
Stick with it! There’s no doubt that the Trust is a big place but everyone is friendly and after a couple of weeks it all starts to make sense.
Bob McMaster has retired after 36 years in the Trust. He began as an orthopaedic nurse, moving to A&E where he practiced for most of his career.

When asked about their memories of Bob, his colleagues agreed he was one of the kindest nurses they have ever had the pleasure of working with.

Among the many anecdotes told on Bob’s retirement was a story about the time he sat on an interview panel for the Emergency Department. He called a candidate over and began the interview, only realising halfway through that she was in fact a patient who had sat in the wrong place. She scored quite well, despite having no nursing qualifications although she did think her consultation was a little intense...

Bob was an inspiration to many staff over his career with the Trust. He will be sadly missed by friends and colleagues who wish him every happiness in his retirement.

Carole Byrom

Staff Nurse Carole Byrom has retired from the Trust after 36 years’ service. Carole was a valued member of the team in Gynaecology Outpatients at St James’s, but she worked in a number of specialities over the course of her career, including many years at the David Beevers Day Unit.

Carole’s colleagues needn’t worry about missing her too much as she’s been persuaded to return to Gynaecology Outpatients to work for a few hours a week. When she’s not back at work, she’s looking forward to spending more time with her family and much-loved grandchildren.
Farewell

Tom Lee

Colleagues were sad to see Tom Lee, Nuclear Medicine Radiographer retire after working for Leeds Teaching Hospitals for 38 years.

Tom brought his unforgettable character with him when he started work in Lincoln Wing at St James's. He was always a willing, hardworking, affable and conscientious colleague with a ready smile, unforgettable laugh and cheeky sense of humour. While at St James's he met and dated one of the darkroom technicians, Bridget, who became his wife.

Andrew Cook, Team Leader in Nuclear Medicine, who was trained by Tom said: “The place will not be the same without his friendship, empathy and remarkable memory for names and faces. We will miss him so much and hope he enjoys his well-deserved retirement to the full.”

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Lorna Pankethman

Lorna Pankethman, Clinical Specialist Orthoptist has retired from her role after 33 years at the Trust.

Lorna started at Leeds General Infirmary as the head of a small clinical department in Brotherton Wing next to the Training School for Orthoptics.

She has had a number of specialist interests and latterly worked in the joint Ophthalmology and Endocrinology clinic, concerned with eye disease associated with thyroid problems. Her patients there will miss her tremendously, but she will have contact with some of them through her voluntary role with the British Thyroid Foundation. She was also privileged to have been involved in awake craniotomies.

Janice Hoole, Head of Orthoptics said: “The Orthoptic team and the consultant paediatric ophthalmologists will hugely miss her contribution to the department, patient care and development of junior staff and we will particularly miss her sense of humour.”

Anne Fraser

Colleagues in Ophthalmology bid farewell to Anne Fraser after a career at the Trust spanning 45 years, beginning in 1971. During that time, Anne held various posts in Leeds Teaching Hospitals. She started as a midwife and then spent a long time at Seacroft hospital in the Outpatients department, before moving to Ophthalmology in 2013.

Anne’s hard work and commitment were invaluable in the Macular Treatment Centre and Glaucoma services. She was a dedicated member of the team, appreciated by staff and patients alike.

Anne was very supportive of her colleagues and will be missed by the whole team. They would like to wish her a long and happy retirement.

Gillian Leach

Gillian Leach has retired after 35 years’ working as a nurse at the Trust, all of them in the Renal unit. She started on ward L32, before transferring to St James’s when the Renal unit merged on one site 10 years ago.

Gillian was a very respected and experienced renal nurse. She was always very calm, caring and compassionate, giving her team members and patients 100%. Everyone on the Renal unit, and especially her colleagues on J50 will miss her enormously. Gill plans to spend more time with her family in retirement and is looking forward to a trip to Australia.

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He moved to the CT/Nuclear Medicine department when CT was in its infancy and became known as ‘Mr Nuclear Medicine’ because of his 30 years’ service in this speciality. He was involved in the training of all staff since then, passing on his immense knowledge and expertise.

Andrew Cook, Team Leader in Nuclear Medicine, who was trained by Tom said: “The place will not be the same without his friendship, empathy and remarkable memory for names and faces. We will miss him so much and hope he enjoys his well-deserved retirement to the full.”
Katie Douglas
The Human Resources department bid a fond farewell to Katie Douglas, Senior HR Advisor who retired after 17 years at the Trust. Katie started her career at the Trust in October 2000 and worked in Advisory HR providing support for many different departments. More recently Katie provided HR support to the Acute Medicine, Cardio-Respiratory and Adult Therapy CSUs.
Dawn Horánszky, Senior HR Manager, said: “Katie is a well-respected member of the HR Advisory team. She’s provided a strong, professional service to the managers and has been a joy to work with.”
Tina Bevan, Senior HR Advisor confirmed that she will miss Katie as she’s shared an office with her for several years. Katie has a big personality and an amazing sense of humour and she will leave a big pair of shoes to fill.
Katie is looking forward to spending more time with her granddaughter and enjoying her skiing holidays.

Chris Hewitt
In March, Matron Chris Hewitt retired after 42 years of nursing at Leeds Teaching Hospitals.
Chris has many fond memories of her nursing career both clinically and academically. Her roles have included Staff nurse on the night pool at LGI, the blood transfusion service at Seacroft, Sister at Chapel Allerton’s older people’s service and also Outpatients. She has been involved in a number of Trust-wide projects such as assisting with the implementation of Single Sex Accommodation and Releasing Time to Care. She has also studied for a City and Guilds Teaching Certificate and Diploma in Healthcare Research though her proudest accomplishment was gaining her MA in Management and Leadership.
Chris is not planning on taking things easy during her retirement and already has plans for several well-earned holidays, landscaping her back garden, spending more time with her husband and daughters and continuing to develop her amazing skills with a sewing machine.
Chris has been influential in making positive changes across outpatient nursing. She will be sorely missed for her calm manner, fair and supportive nature, happy disposition and sense of fun.

John Puntis
Colleagues gathered for a Festschrift earlier this year to recognise the work of John Puntis, Consultant Paediatrician in Children’s Nutrition and Gastroenterology and to wish him well in his retirement.
A Festschrift is a collection of writings published in honour of a scholar and John certainly made an immense contribution to his field and the Trust since he was appointed as a consultant in 1990.
His many notable achievements include establishing the children’s nutrition team and home parental nutrition service and chairing the Trust ethics committee for many years. He has actively supported medical education in the Trust and leaves an impressive body of research.
John is a passionate advocate of the NHS, as Trust Chief Executive Julian Hartley noted in his speech for John at his Festschrift. Many good wishes for a long and happy retirement.
What do you do to wind down and relax after a hard week at work?
I have a seven-year-old German Shepherd, Layla, and it’s fair to say she takes up most of my free time. Living near to Sherwood Forest is a definite bonus as we can get out and about in the fresh air surrounded by stunning countryside.

What is your ideal holiday destination and why?
I’ve always liked the idea of Japan with its big cities, heritage and landscapes. I hope to go there at some point.

What is your favourite food?
In the words of Tommy Cooper, ‘I love food...I couldn’t live without it.’ I’m definitely a food lover but would favour curry of any description as my food of choice, anytime.

What did you want to be when you were growing up?
Rock star...until I realised that this and growing up were mutually exclusive.

What is your favourite film?
At the risk of revealing the geek.... the remake of Star Trek starring Chris Pine. Great casting and a true homage to the original series (I’ve been told), I tend to enjoy Sci Fi as a genre – after all, I was around at the release of the original Star Wars in 1977. I was very young!

Tell us something we don’t know about you...
I’ve been a session musician in the past and still ‘dep’ for bands from time to time, ranging from jazz to rock playing keys or woodwind instruments. My saxophone teacher played for the Glenn Miller AEF band in the 1940s and inspired me to start my own 18-piece band.
New MRI Centre to transform patient care

A new £6.8 million Centre for Hyperpolarised MRI – the Leeds Advanced Imaging Centre (LAI) – aims to revolutionise the diagnosis and treatment of patients with cancer, heart disease and musculoskeletal diseases.

Funded by the Medical Research Council with support from the British Heart Foundation and Arthritis Research UK, the Centre opened in January and is a collaboration between the University of York, the University of Leeds and Leeds Teaching Hospitals. It will offer identical state-of-the-art MRI facilities at Leeds General Infirmary and the University of York.

Its main focus will be the advancement of a new imaging method known as Signal Amplification by Reversible Exchange (SABRE). The technique was first developed by scientists at the University of York and can boost the signal in MRI scanners by up to 200,000 times, dramatically increasing the role that MRI can play in the early diagnosis, understanding and treatment of a wide range of diseases and conditions.

In Leeds, researchers and clinicians will develop SABRE, taking it from research into clinical practice so it can be used on patients. This will make a huge impact on patient care, not only in Leeds and Yorkshire but also across the UK as the technique becomes more established.

In addition to the ground-breaking work on SABRE, the LAI will be an outstanding facility for research, education and innovation. It will support world-class studies and projects that aim to increase the effectiveness of imaging and can be translated rapidly into patient care.

It will also offer patients in Leeds and the wider region a range of specialist, advanced imaging services, including gastrointestinal, vascular, neuro and cardiac imaging.
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A small extension is planned for 2017 to improve the homely atmosphere of the home, which was formerly a Grade II listed building and vicarage to St. James’ Church.

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Firehouse Fitness has just opened its 2nd facility at Great George Street in Leeds LS1 3BR. Rob Mcguigan and Dennis Roebuck two serving firefighters who started out training their friends and family on a local rugby field with some kettlebells, a length of rope and 4 barrels of water. So what’s it all about?

Well we both shared an interest in fitness. We worked on gaining qualifications in personal training, sports conditioning, nutrition and a degree in sport and exercise science. Using this we came up with a concept to include gym facilities, along with bootcamp style sessions. We are very much about getting people results and be inclusive of people of all shapes, sizes and fitness levels”.

The club has 2 large functional training areas, with performance turf, prowler sleds, tyres, pull up rig.

Not to mention Olympic lifting platforms with racks. Once you include 30 classes per week, weights resistance and cardio areas you have a facility that offers users variety.

1-1 personal trainer sessions work to individual needs, from those that want to fit into their wedding dress or sports conditioning to perform to your full potential. The team at Firehouse Fitness are qualified fitness professionals with many operational firefighters, so expect sessions to be fun packed with a firefighter twist.

Firehouse Fitness has just introduced an NHS membership offering flexible no contract memberships along with a reduced monthly fee saving £8 per month on anytime access to gym and group exercise classes.

To find out more you can call the club direct on 0113 457 3006, visit www.firehousefitness.co.uk and select Leeds or just pop in to the club for a look around. If you want to find out more don't forget to quote the promo code SERVICEDISCF1, which secures NHS membership discount.

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Masterclasses include:
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> Eye Movement Desensitisation and Reprocessing
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