

the bulletin

staff magazine | Autumn 2023

NHS
The Leeds
Teaching Hospitals
NHS Trust



Future ready



The NHS: 75 years young **p8**



Time To Shine returns! **p12**



A new home for MND care **p14**

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Government announces funding for new Leeds Hospitals

In May, the Secretary of State for Health and Social Care, Steven Barclay MP, made a statement to Parliament in which he confirmed funding for Leeds Teaching Hospitals' exciting plans for new hospitals in Leeds.

Mr Barclay pledged a spend of £20billion pounds to the national New Hospital Programme - the commitment to deliver 40 hospitals by 2030. He announced that all Cohort 3 schemes, of which Leeds is one, are funded and able to proceed.

“Our enabling works are already complete and we have secured outline planning permission which puts us in a strong position and ready to go.”

In response to the statement, Professor Phil Wood, Chief Executive of LTH, said: “We’re delighted by the announcement by the Secretary of State for Health that confirms New Hospitals Programme cohort 3 schemes are fully funded and will be delivered by 2030.

“This is fantastic news for the people of Leeds and our wider region. Our new

hospital scheme includes plans for a new adult’s hospital, a new home for Leeds Children’s Hospital and the UK’s largest single-site maternity and neo natal centre.

“The new development will also be a catalyst to regenerate part of the city centre, creating an Innovation Village that will generate 4,000 new jobs and provide an economic boost of almost £13billion to our region.

“Our enabling works are already complete and we have secured outline planning permission which puts us in a strong position and ready to go.

“The LGI site is a complex, landlocked, triangular site in the city-centre which presents numerous design and build challenges. We have developed robust plans throughout our design process to manage these. We will now continue to work with the New Hospital Programme team to understand next steps and agree a funding and delivery timeline.

“We hope to commence construction of our fantastic new facilities as soon as possible.”



Welcome to the Autumn issue of Bulletin

In July this year I was delighted to co-host our Time To Shine staff awards ceremony with our Chair, Dame Linda Pollard. Not only was it the first time I’ve had the pleasure of presenting the awards as your Chief Executive, it was the first Time To Shine event we have held in person since before the pandemic – in 2019.

It made me reflect on all that we have achieved, overcome, and, indeed, sacrificed, over the last few years, to get to where we are today. And all of that is absolutely worth celebrating. Long may we continue to make time to recognise our successes - you all deserve to be proud of what you have achieved.

And in this issue of the Bulletin magazine, we have plenty of celebration – take a look at a double-page spread of this year’s Time To Shine awards on pp. 12 - 13, and see how LTH marked the 75th anniversary of the NHS on pp. 8 - 9.

Also in this issue we’re setting out something of a refresh of our approach on multiple fronts: from finances (on p. 11) to infection prevention and control (on p. 6), to ensure we can be in the best possible position to deliver services for our patients over the coming months and years. Please do take a look.

Kind regards

Prof. Phil Wood
Chief Executive



Constructing our Future

The latest news from Building The Leeds Way

New regional pathology Centre is complete

Construction of a new, state-of-the-art regional pathology laboratory at LTHT has now been completed.

BAM Construction handed over the Centre for Laboratory Medicine (CfLM) to LTHT in July and, once operational, the new laboratory will transform diagnostic services and testing across West Yorkshire.

Based on site at St James's Hospital, the CfLM is one of the key new build projects in LTHT's Building the Leeds Way Programme of capital investment and improvements.

The CfLM will also become home to some pathology services from Mid Yorkshire Teaching NHS Trust and Calderdale and Huddersfield NHS Foundation Trust. It will support delivery of innovative testing and diagnostics - using advanced equipment and new technologies to generate faster results for patients across West Yorkshire.

This regional pathology partnership is part of the West Yorkshire and Harrogate Pathology Network, a collaboration with the West Yorkshire Association of Acute Trusts (WYAAT).

Most of LTHT's pathology services are currently delivered from outdated facilities in the Old Medical School at the LGI as well as from St James's Hospital. The CfLM will bring many of these services together into one purpose-built facility.

The vacated Old Medical School will then be repurposed as part of a plan to use surplus estate at the LGI to develop an innovation village which is expected to deliver up to 4,000 new jobs, more than 500 new homes and almost £13bn in net present value.

Co-locating services in the CfLM will enable routine and direct access testing from fewer sites and will create better working environments for staff enabling better continuity and transfer of care across the region.

The building will become fully operational in 2024 following the installation of new equipment and technology.



Construction of a new Acute Hospital Laboratory has also completed at the LGI to provide essential pathology testing facilities to support clinical services when the main pathology services at the LGI relocate to the CfLM.

Dame Linda Pollard, Trust Chair, said: "I am incredibly proud to see that this fantastic new facility has been finished. Pathology plays a crucial role in the delivery of frontline care and I am excited to see how, together with our colleagues at Calderdale and Mid Yorkshire, we can really drive innovative diagnostic testing across West Yorkshire.

"This impressive new building is a key milestone in our wider capital investment programme, as we start to progress our plans for a new hospital at the LGI. The completion of our new pathology laboratory is a catalyst for our proposed

innovation village when the Old Medical School is vacated, bringing far-reaching economic benefits for the whole region."

Olorunda Rotimi Consultant Cellular Pathologist and Clinical Director for Pathology at LTHT, said: "The Centre for Laboratory Medicine will play a crucial role in helping meet the growing regional demand for specialist treatment and care while providing development opportunities for staff, created through the use of new state-of-the-art facilities and equipment.

"The Trust has developed a world-class pathology building that is flexible, digital by design and supports the delivery of net zero carbon. It is fully mechanically ventilated with heat recovery systems to minimise power and to re-use heat. It will achieve high certified standards in staff wellbeing and sustainability."

Pathology time capsule buried for posterity

Just prior to the completion of the CfLM build, and to mark National Pathology Week and the NHS's 75th birthday, a time capsule was buried within the grounds of the CfLM.

The capsule captures the inner workings of a pathology laboratory, featuring items from working laboratories and pathology staff profiles, including one from a current apprentice and a letter from LTHT Chief Executive, Professor Phil Wood.

The time capsule will provide a glimpse of what pathology is currently like for those who come to open it in 2098.

Professor Phil Wood said: "Pathology plays a crucial part in the delivery of front-line care, helping us to diagnose and therefore treat diseases and this time capsule is a fantastic opportunity to recognise the service both now and in years to come.



"Pathology has changed considerably during my own time at LTHT with digital pathology coming to the fore and advancements being made to the way we diagnose,

treat and care for our patients in the wake of Covid-19. I've no doubt that things will be very different once again when our future pathologists come to open this in 2098."

New Hospitals chiefs come to hear about Building the Leeds Way

Two key figures from the national New Hospital Programme (NHP) visited LTHT this summer, to see the progress on our Building the Leeds Way programme.

First to arrive at LGI was Natalie Forrest, the Senior Responsible Owner for the New Hospital Programme. A few weeks later, Lord Markham CBE, Parliamentary Under Secretary of State at DHSC, dropped in to catch up.

Dame Linda Pollard said: "It was a pleasure to welcome Natalie and Lord Markham to Leeds - to celebrate the strong working relationships which have been so instrumental in getting the green light from the Government to proceed with our plans.

"We had positive discussions about next steps for our scheme. I'm looking



forward to continuing to work closely with them to realise our ambition of creating world-class healthcare facilities for patients across our region."

Natalie Forrest and Lord Markham both met with our executive and clinical teams to hear about preparations for building a new children's hospital, a new adult hospital and single-site maternity and neonatal centre. They also visited the site for the new hospital building before spending time with members of our Innovation Pop-up - where clinicians and entrepreneurs come together to create new products, techniques and services to solve healthcare challenges.

"It was wonderful to see examples of the technologies being developed through the Trust's Innovation Pop Up."

Trust teams also outlined how the new hospital build will unlock five hectares of land for an Innovation Village which is set to create 4,000 new jobs, more than 500 homes and generate almost £13bn to the region's economy.

Speaking after the visit, Natalie Forrest said: "It was fantastic to hear from Dame Linda and the team about the preparations already underway for the LGI site and it was great to discuss how



we will be supporting them as they take their plans forward.

"The New Hospital Programme - the biggest investment in NHS buildings in a generation - is about so much more than new buildings. It is about transforming the way care is delivered, particularly through better use of digital and smart technology, freeing up time for patient care and creating buildings that are more efficient and better places for people to work. The energy and ideas being generated in the Innovation Pop-up are incredible to see first-hand and give us a real insight into what care in all our hospitals might look like in the future."

Lord Markham agreed about the importance of the Trust piloting new technologies: "It was wonderful to see examples of the technologies being developed through the Trust's Innovation Pop Up. By harnessing the latest innovations, we can help improve care for patients, save staff time and cut waiting lists - one of the government's top five priorities."



Essentials of Infection Prevention

It's everyone's responsibility to control infections

Does each of us know and understand the essentials of infection prevention (IP)? Hand hygiene is a given, but what else is your responsibility?

You can make a MASSIVE difference to patient care by preventing infection, helping people to get better quicker and get home sooner. The most important thing is to use correct IP practices in your day-to-day work.

Your role in preventing infection will vary depending on the work you do and the clinical area you work in. IP for a porter is essential and it will differ to that of a doctor, a housekeeper or an administrator. IP can include many different responsibilities - from helping patients wash their hands before a meal, keeping up to date with your vaccinations, or administering antibiotic

prophylaxis before surgery. Getting IP right at every step of the patient care pathway helps to keep everyone safe.

Reducing healthcare associated infections is one of the Trust's 7 Commitments and it's the responsibility of each of us working here at LTHT.

The IPC (Infection Prevention Control) team has launched a new campaign and series of information leaflets and videos so that everyone in the Trust can understand the importance of making infection prevention a priority.

The Essentials Toolkit is hosted on the staff intranet and features a full series of information posters that can be viewed digitally, or downloaded and displayed. These cover key areas of infection prevention including 'putting on and

removing PPE' (donning and doffing), 'surgical hand rub techniques' and 'linen bagging and tagging'.

Those who are not clinical might think that this is not for them, but if you are going on to wards and into clinical spaces, then it absolutely is important that you are aware of what you need to do to reduce infection transmission, and so a series of role-based profiles also bring the guidance to life.

The Infection Prevention and Control (IPC) Team

The IPC team is made up of specialist nurses, doctors and administrative staff who work with all colleagues to create a safe environment, where the risk of infections are minimised for patients, visitors and staff. The team do this by providing guidance and resources and by working with teams that require specialist IPC knowledge to help deliver their service.

Contact : leadsth-tr.infection-prevention@nhs.net

Chapel Allerton Orthopaedic Centre wins recognition for achieving top standards

The Chapel Allerton Orthopaedic Centre (CHOC) has won recognition for meeting top clinical and operational standards by a national inspection team.

The assessment means it is delivering high standards in clinical and operational practice, and gives assurance that the team is following best practice and working to a high standard.

CHOC is a dedicated centre for the diagnosis, management and treatment of adult patients with upper limb, hip and knee and foot and ankle complaints. It has outpatients, theatre services and diagnostics on site as well as associated specialist physiotherapy and occupational therapy. It has been specifically designed to provide excellent, comprehensive and rapid recovery care for patients.

The scheme, run by NHS England's Getting It Right First Time (GIRFT)



programme in collaboration with the Royal College of Surgeons of England (RCS) and supported by the Royal College of Anaesthetists, assesses hubs against a framework of standards to help the team deliver some of the most common surgical procedures more quickly. It also seeks to assure patients about the high standards of clinical care.

The GIRFT team visited to evaluate five elements: the patient pathway, staff and training, clinical governance and outcomes, facilities and ring-fencing, and utilisation and productivity.

Andy Bennett, Head of Nursing at Chapel Allerton Hospital, said: "We are very proud that our CHOC team has been nationally recognised in this way. They are an outstanding team. It's testament to so much hard work and a clear focus on what's best for our patients. There are lots of positives coming out of this accreditation along with some areas for further development."

Professor Hemant Pandit, Consultant Orthopaedic Surgeon and Clinical Director at the hospital, said: "A ring-fenced hub that allows elective operations to take place all year round, away from the acute pressures of our main hospital sites is a great asset for our patients. This means protected staff groups and elective beds, along with an increase in day case work through the hub which helps us be as productive as possible."

Paediatric Respiratory Physiology Lab opened at Leeds Children's Hospital

The Paediatric Respiratory Team at Leeds Children's Hospital is delighted to share the opening of their brand new, state-of-the-art Respiratory Physiology Lab.

The opening of the lab comes hand in hand with the appointment of Rachael Olney, the new Children's Physiology Lead, whose first job was to get all the new equipment - funded by Leeds Hospitals Charity – set up and fully operational.

With the lab up and running the team are now able to offer full lung function analysis including: lung volumes, gas transfer, exercise challenges, hypoxic challenge, multiple breath washout and lung clearance index.

These resources are available to children and young people in West, North and East Yorkshire. Referrals will be mainly from Leeds Children's Hospital's Respiratory and Cystic Fibrosis Service and also other specialties including Haematology/ Oncology, Rheumatology, Allergy, Cardiology, Surgery, ENT, Neuromuscular and Endocrine.

Respiratory sleep studies including oxycapnography and cardiorespiratory are now supported and the service also allows the on-going provision of home spirometry for families, where appropriate.

Before the creation of the Physiology Lab, the paediatric respiratory service had to send young patients to Sheffield Children's Hospital or to the adult Physiology Centre at St James's, neither of which have been appropriate for patient-centred care. Being able to provide care closer to home and in a child-friendly environment is hugely important, especially for children with more complex needs.



Leeds Children's Hospital General Manager Suzanne Abrahams and Clinical Director Colin Holton recently visited the new facility to congratulate the team and try out the new equipment.

Colin said: "We're absolutely over the moon that this amazing facility is up and running. The team have done a first-rate job in setting up this really complex and specialised equipment. We're already seeing the benefits for our patients. It's so important that we're able to provide care in a child friendly environment and as much as possible, all under one roof. This facility brings Leeds Children's Hospital in-line with other leading paediatric centres. Huge congratulations to the team who should be very proud of what they have achieved."

Evie Robson – Consultant in Paediatric Respiratory Medicine said: "The new lab allows for improved efficiency in a patient journey and supports our continued strive to be a centre for excellence for patients, research and education. We're incredibly grateful to Leeds Hospitals Charity for supporting this amazing new facility that is already having a huge impact on patients."

The new Paediatric Respiratory Physiology Lab is located on A-Floor, Clarendon Wing, Leeds Children's Hospital. The team are happy to offer show-arounds and share learning. Please contact: rachael.olney@nhs.net





Milestone 75th year celebrated for the National Health Service

On 5 July 2023, LHTT joined colleagues, patients and the public up and down the UK to celebrate 75 years of the NHS.

Across the Trust, colleagues got involved with the celebrations by decorating their wards and departments, and sharing memories of years gone by over tea and cake. Hospital buildings joined other landmarks across the city to be lit up in blue to commemorate the occasion.



LTHT nurse amongst winners of national NHS photo competition

Ewa Gasior, Senior Research Nurse, was one of five winners of a nationwide photography competition celebrating the 75th anniversary of the NHS. The five winners of the photography competition were unveiled at the FUJIFILM House of Photography during the week of the NHS' birthday in July.

Ewa won in the category 'Our Care' with a striking black and white photo depicting the many hands that contribute to delivering patient care. The photo, captioned "We've got you, You've got this," was chosen for how it managed to capture the NHS core value of care, whether care to patients, volunteers, or to each other as colleagues.

On winning the competition, Ewa said: "It has been an incredible experience to come together to celebrate 75 years of our National Health Service and all those who have contributed to it. To be a part of the NHS means that, at times, we face unprecedented challenges whilst striving to continuously deliver



high quality care. During those times, we may struggle to find the right words and the right ways to support our patients through their journeys."

She added: "The photo is a way to remind us all that, in the midst of so many challenges, what makes a real difference are the connections we build with our patients, how they get translated into our best practice, and the impact they end up having on our patients' lives."

The national competition, run by NHS England in partnership with Fujifilm, saw hundreds of the health service's staff and volunteers from across the country enter photographs that told their unique stories of what the NHS means to them.

Interim Chief Nurse, Helen Christodoulides, said: "Care is the motivator of everything we do as nurses, and I'm really proud that the winning photograph for the Our Care category came from a nurse here in Leeds. Patient-Centred is one of our Leeds Way values, and Ewa's photo perfectly captures our philosophy of putting the patient at the centre of all we do. Congratulations, Ewa, this is very well deserved!"

Caitlin O'Connell, Clinical Photographer at LTHT, was also shortlisted in the 'Our People' category, for her warm capture of a volunteer at the Trust who spends his time volunteering in the Trust's patient library, often loading up his trolley with books and distributing to patients in hospital.



Winner: Ewa Gasior

250 hats knitted for babies born in Leeds during NHS75

Generous knitters have donated more than 250 hats in response to a campaign by the maternity team at LTHT as part of celebrations for the 75th anniversary of the NHS.

Knitters from across the country sent in a colourful array of hats in a variety of sizes which are being given to babies born in Leeds this year. 25 babies were born on the 5 July at Leeds General Infirmary and St James's Hospital.

Laura Walton, Deputy Head of Midwifery at Leeds Teaching Hospitals NHS Trust said: "We wanted to make sure everyone in our hospitals could join the NHS75 celebrations, including our newborn babies! When born, it's important our babies wear hats to help maintain their temperature. Knitted hats are the best hats to help with keeping newborn babies warm!"

She added: "In Leeds we have an enthusiastic and talented army of knitters and crocheters, who always respond in huge numbers whenever we ask for donations of handmade clothes or other items. A huge thank you to everyone who sent in knitted hats, we now have a fantastic supply to give to babies born during this special year for the NHS."



Operational Transformation – spotlight on Outpatients

The work to transform, standardise and improve the Outpatients experience across the Trust continues with some strong developments and marker points. Here are some of the key updates from the last few months.

Patient Hub marks first year of use

At the end of June, Patient Hub had been in use for a full year. The use of the online digital portal began with a phased roll out from Leeds Children's Hospital, and a year later, this is now nearly fully rolled out across the Trust with 92% of services live.

To date, more than 630,000 appointments have been communicated through the hub, with a forecast of more than 1m to be accessed in the next 12 months.

Staff feedback has been very positive, with time freed up for new appointments and short notice slots being filled. Patient feedback has also been overwhelmingly positive, with an ongoing piece of work now with the Patient Experience team to look at the minority of negative experiences and how we can help patients better use the service.

The main aims of offering Patient Hub to LTHT Outpatients was to make accessing appointments easier for patients, to reduce did not attend (DNA) numbers and to support the Trust in saving money on postage. These outcomes are currently looking promising, with new developments and features planned for Patient Hub over the next few months to make the journey even easier.

Robotic Process Automation saving time

Robotic Process Automation (RPA) is the process of using robotic systems, or bots, to complete repetitive administrative actions on our data systems. This might be things like migrating data and copying information, essentially much of the background work that can take a lot of time. The Trust currently has five bots working 46 processes, which is just a fraction of the potential.

To date there have been 19 years' equivalent human time returned, enabling colleagues to concentrate on direct patient care. RPA is cutting-edge technology with the potential to have the biggest impact on our patient pathways and the team is looking to grow the number of processes and areas that will benefit from this.

Bookwise increases efficiency

Bookwise - the management software to maximise clinical rooms - has already been implemented in Leeds Children's Hospital and in the first year of use, the CSU was able to see 1,758 more patients due to the better use of rooms. The system is now being implemented in phases across adult services commencing in Surgical Outpatients, Adult Therapies, Oncology and Haematology, and there is an implementation plan to roll out further.

New switchboard connects callers quicker, when you know where you want to go

From this summer, a new automated Switchboard means quicker direct access to departments and wards and no call waiting queue for an operator. The new system was implemented to enable those who know the ward or department they want to speak to, to be directed automatically. Colleagues should continue to check that all their ward, departments and contact numbers are up to date on AVA online.

Consultant story

Case studies of good practice are a regular feature in the Outpatients operational transformation programme. Dr Rani Khatib, Consultant Pharmacist in Cardiology & Cardiovascular Research, recently gave a fascinating insight into the cardiorenal metabolic outpatient service, a nationwide centre of excellence. We heard about the MyMeds development to explore barriers to people taking their medication, which was highly commended in the HSJ awards.

Operational Transformation Strategy 2022-2027 • Leeds Teaching Hospitals



Shape Up 4 Cancer Surgery

New preparation programme for patients with cancer launched

Shape up 4 Cancer Surgery - in partnership Macmillan - is a free exercise, nutrition and psychological wellbeing programme that aims to improve the health of patients undergoing cancer surgery at LHT.

This is a bespoke programme created from a partnership of organisations across Leeds, including Active Leeds, Leeds Beckett University, and Leeds University. Patients from selected cancer specialities who require surgery will be offered additional support through cancer treatment, helping them feel in the best shape possible ahead of their cancer surgery.

Being diagnosed with cancer is a stressful time, for patients and those around them. We know that there are many positives in having good preparation 'prehabilitation' and active recovery pathways in cancer care.

Physical activity, eating well and psychological support are all core to improving outcomes and quality of life and it is essential to stay as fit and

healthy as possible ahead of starting treatment. Being fitter generally means that the chances of developing complications are decreased and recovery is faster and easier.



By improving mental health, it's more likely that the emotional distress associated with cancer treatment is lightened.

The initial 'pilot' phase will see patients in urology, colorectal cancer, pancreatic cancer, and upper GI specialities will be seen in a one-stop assessment clinic and then supported across approximately 6-8 weeks with one-on-one sessions with a specialised cancer exercise personal trainer, personalised advice and guidance from a dietitian and access to psychological support. Continuous data analysis will be taking place to demonstrate the benefit to patients of being a part of this personalised, perioperative 'prehabilitation' programme.



Leeds preterm midwives shortlisted in 2023 HSJ Patient Safety Awards

The Preterm Midwifery Team at LHT has been shortlisted for Maternity and Midwifery Initiative of the Year at this year's HSJ Patient Safety Awards which recognises safety, culture and positive experience in patient care.

The Preterm Midwifery Team was formed in 2022 with the aim of improving care for those at high risk of giving birth prematurely and improving outcomes for babies born prematurely.

They have been shortlisted for the award for their improvement work which includes:

- Increasing early access to maternal breast milk through widescale provision of expressing packs, equipment and education to improve neonatal outcomes.
- Increasing screening for chlamydia and gonorrhoea in early pregnancy by 71% - these sexually transmitted infections are known risk factors for preterm birth.
- Creating a national network of preterm birth midwives from over 30 NHS trusts to share best practice across maternity services. Midwives from other areas regularly visit Leeds to shadow the team and observe the care provided.
- Developing a midwife-led clinic including antenatal and postnatal (before and after birth) pathways.



- Visiting inpatient wards to support those in preterm labour, threatened preterm labour or having a planned preterm birth to provide advice on preparing for the birth of a neonatal baby.

The team includes two midwives and a maternity support worker who work across the maternity units at St James's Hospital and Leeds General Infirmary. They work collaboratively with specialist obstetricians, neonatal teams, perinatal mental health teams and other specialist maternity services.

Gemma Miller, Preterm Midwife, said: "This is such exciting news – it's a real positive 'boost' for the team to be shortlisted for an HSJ Patient Safety Award. As a new specialist midwifery team we're delighted to have been recognised on this prestigious shortlist for the work we've done to continually improve safety and care for families who have preterm babies."

Fair - Winner: Haamla Midwifery team.



Collaborative – Winner: The Homecare team.



Accountable – Winner: Genomics Laboratory inherited cancer and technical teams.



Over 350 colleagues together for the awards this Summer

This was our first in person award ceremony since 2019 and it was so important to us that we brought everyone together in person to celebrate the hard work of our teams.

Dame Linda Pollard, Trust Chair, said: "Our colleagues continue to be amazing. Resilient and resourceful in the face of unprecedented pressure.

Continuing to find new and innovative ways to work around the challenges the last couple of years has brought.

Offering expert and compassionate patient care and to embody the spirit of The Leeds Way, the values that underpin everything we do at the Trust.

Time To Shine and The Leeds Way awards celebrates everything about our organisation and our people."

Well done to everyone who was nominated and shortlisted for an award. The competition is always incredibly tight!

An extra special well done to our winners:



Patient-Centred – Winner: Oncology Outpatients.



Unsung Hero – Winner: Volunteers.

Teams joined Time To Shine Awards

- The Leeds Way award for Fair – Haamla Midwifery Team
- The Leeds Way award for Collaborative – The Homecare Team
- The Leeds Way award for Accountable – Genomic laboratory inherited cancer and technical teams
- The Leeds Way award for Patient-Centred – Oncology Outpatients Department
- The Leeds Way award for Empowered – Surgical Outpatients Nursing team
- Unsung Hero – Kirsty Hambleton and Hospital Volunteers
- Hospital Hero – Nigel Simpson
- Exec's special recognition – Building the Leeds Way Team

A huge thank you to our sponsors for their continued support of our awards – Altodigital, Sovereign Health Care, Leeds Hospitals Charity and Believe. Without their generosity our awards event would not be able to take place.



Unsung Hero – Winner: Kirsty Hambleton.



Hospital Hero – Winner: Nigel Simpson.



Execs' Special Recognition: Building the Leeds Way team.



Architect announced for new Rob Burrow Centre for Motor Neurone Disease

Multi award-winning architect Corstorphine & Wright has been announced as the design agency that will develop the new Rob Burrow Centre for Motor Neurone Disease (MND) at LHTT.

A small engagement session was attended by Rob Burrow and his family, together with members of the MND clinical team and patients, at St James's in July, as part of the journey to build the new centre at Seacroft Hospital.

Toby Ingle from Corstorphine & Wright presented the agency's approach to the design, which will include a number of engagement sessions with patients, the public and staff, and using interactive tools such as VR and 3D models.

The chartered architectural practice has 11 studios throughout the UK and has worked on a wide variety of projects across the country from the redevelopment of the former Waterloo International terminal to the transformation of the Royal Liver Building. The Leeds studio highlighted links with grassroots sports clubs, as well as long-standing relationships with local schools and universities. Corstorphine & Wright was part of a competitive tender to be appointed on the project.

Craige Richardson, Executive Director for Estate & Facilities at LHTT, said: "We're delighted to welcome Corstorphine & Wright on board to the project and to start the journey that will now take us through to the construction of the new centre. This is a milestone moment in the project and we're looking forward to an exciting phase of creativity as the team brings their experience across healthcare and commercial building design to this unique project. This first engagement session has begun, and we've really embarked on the journey now."



Since Leeds Hospitals Charity launched its appeal to build the Rob Burrow Centre for Motor Neurone Disease in September 2021, £4.5 million of the £6.8 million fundraising target has now been raised, thanks to thousands of fundraisers, including Kevin Sinfield and his epic challenges. Recently more than 600 runners took part in the inaugural Rob Burrow Leeds Marathon, which alone raised £1 million for Leeds Hospitals Charity appeal.

Esther Wakeman, Chief Executive of Leeds Hospitals Charity said: "We're delighted that Corstorphine & Wright has been appointed to design the new Rob Burrow Centre for Motor Neurone Disease, this is an exciting step forward on our journey to build a new centre for MND patients and their loved ones. We are looking forward to working closely with the architects, the Burrow family, staff and patients at the MND centre to help make Rob's

dream of a specialist MND centre in Leeds a reality.

"Over the coming months, we hope to share plans and concept designs for the new centre with our supporters who have so generously donated to help us get one step closer to building the centre."

How you can support the appeal

Leeds Hospitals Charity has some very special events coming up, all to raise valuable funds for The Rob Burrow Centre for MND Appeal. The '7 Locks MND Family Walk' taking place in September, whilst colleagues are invited to join Team Leeds Hospitals Charity for the 2024 Rob Burrow Leeds Marathon. There are a limited number of spaces, so please visit the Leeds Hospitals Charity website for more information.



Our 7 Commitments: Deliver the financial plan

We all know the financial challenges happening in our day-to-day lives at the moment – the NHS and the Trust is no different.

Achieving financial balance is one of our 7 Commitments – however it is important that we continue to focus on all of our commitments as they will all contribute to our financial position. It's so important that we continue to keep patients at the heart of everything we do and at the same time provide value for money.

Since the pandemic, our costs have risen substantially. Cost increases include inflation, additional staffing, arrangements for industrial action and underfunded pay awards. It is important that we bring our spending back in line with our income and to do this we need

to make a waste reduction saving of around £120m this year.

The good news is that already, colleagues have been doing some amazing work to identify how we do this. We have plans identified to deliver £80m of savings but need everyone to think about how they can make changes in their areas to help us deliver the rest. We have been sharing some examples of how people are relooking at their services to see if they can deliver it more efficiently or identifying things they could stop doing that add no value – a couple are featured here.

Phil Wood, Chief Executive, said: "Financial sustainability is really important to us, it brings good things and allows us to have freedoms to take

on new developments. This includes a huge increase in capital spending, revenue investments and key investments for the future.

"Please take a moment to discuss within your teams if there are areas you can see where we can reduce waste and make savings – I am sure there are things that frustrate you on a day-to-day basis where you have suggestions for how they could be done more efficiently.

"I am confident with everyone pulling together this is achievable. Thank you for your continued hard work and focus on working together in The Leeds Way."

If you have any thoughts or ideas please speak with your line manager or email communications.lth@nhs.net.

Making savings on stents

Our procurement team have been working with NHS Supply Chain to create a new contract for Percutaneous Coronary Intervention (PCI) – that's stents, balloon catheters, guide wires and accessories.

Each year we order approximately 4,000 stents, 9,000 balloons and 7,000 guide wires, and after a new, necessary tender process we were faced with a cost increase. Collaborative meetings held with the two major suppliers, NHS Supply Chain, two Cardiology Consultants, our Cardiac Service Manager and Supplies to understand our needs and the options available.

Our Cardiology Consultants agreed to remove one supplier's stents and guide wires and change the supplier of balloon catheters, with no difference on quality or impact on patient need. The best patient outcome and best value option selected. This has led to a cost saving of £34,000 over the year, rather than a cost increase of £275,000 to remain with the current suppliers.



Reusable blood pressure cuffs – saving money and reducing waste

The Trust's Clinical Contracting and Procurement Team have worked with the Senior Nursing team on J96 (Oncology Admissions) at St James's Hospital to look at swapping to reusable blood pressure cuffs, from single use ones. The cuffs are wrapped around the upper arm and inflated to stop the flow of blood in the artery.

After discussions and testing with the ward team, the reusable cuffs were trialled from February to April this year. They are very similar to the single-use ones, but more durable and wipe clean. It costs roughly 1p per cuff to clean, about £200 per year. Feedback from the ward has been positive.

It has been calculated that for every one reusable cuff, the ward would have been using 25 single-use cuffs – a big difference. By switching to reusable cuffs, we will make an average saving of £22,947 each year. It also means a reduction of approximately 8,520 cuffs per year. This will lead to a reduction in single-use plastic of approximately 505.2kg. There is now interest in other areas, with J93 now trialling them and J97, AMS, Children's and Critical Care considering the reusable cuffs.





Team Spotlight

Building the Leeds Way Programme Team

CSU: Finance

Number of colleagues: 30

Site(s) worked at:
2 Park Lane

What are the different roles within the team?

The Building the Leeds Way Programme Team is made up of programme managers, project managers, a communications team, and an admin team.

How does your team make a difference at LTHT?

Mike Bacon – BtLW Programme Director: “The Building the Leeds Way Programme Team has a once in a lifetime opportunity to transform the way patients and families access and experience hospital-based care.

“We’re responsible for planning, managing and delivering a complex programme of transformational

change across the Trust. Change that will oversee the construction of new patient-focused, digitally enabled buildings that make a significant contribution to the Trust’s net zero ambitions.

“Working collaboratively with strategic partners and colleagues from across the Trust we will ensure the new Centre for Laboratory Medicine and the new hospitals at the LGI site, meet the needs of patients, families, and staff. Our programme also helps our services develop the capacity and flexibility to adapt to and manage new models of care, emerging healthcare needs and demands well into the future.”

What happens on an average day?

Sarah Duce – Senior Communications Manager: “With so many ongoing projects and so many different stakeholders to inform and engage with, it’s a busy and varied role. We work closely with our project

teams to understand their tasks and timelines. We then design and deliver communications to support the team – sharing programme news with colleagues across LTHT, as well as with our partners, stakeholders and the public.

“We research, write and submit stories for LTHT internal communications channels and work with journalists too, answering their enquiries and sharing information about the programme. We devise BtLW social media posts as well as planning and managing high-profile events like the upcoming official opening of the new Centre for Laboratory Medicine, and VIP visits such as the recent visit by Lord Markham.”

What is the most surprising thing about your team and your work?

Chris Devine – Assistant Programme Officer: “I’ve been surprised by how competitive members of the team are. Whether that’s taking part in a

charity bake-off for who can claim the title of team's best baker, a game of shuffleboard on a team night out, challenges on team away days such as who can make the best bridge made from cardboard straws or, who can complete a fun run (clambering over a series of large inflatables) the quickest.

"There's a real competitive edge with this bunch. (By the way, I was joint winner of the 2022 Leeds Hospitals Charity Bake Off)."

Are there any recent achievements or plans for the future?

Dan Auld - Project Management Officer: "We've received a number of awards over the past few months but I'm highlighting one I was involved in. We won a "No Code Hackathon" during the Climb 23 Conference at the Royal Armouries recently. Along with fellow BtLW team member Chris Devine and Ryan Purdie, a Junior LTHT Doctor, I was part of a team 'Watts Up Doc'. Working with reps from two Leeds based tech companies, we developed an online app without using any computer coding. We designed two dashboards to analyse several aspects of building estate performance - connected with the new hospitals that will be built on the LGI site in the coming years. We fought our way through to the final where we presented our app to the conference. And won the vote, emerging victorious."

What do you enjoy the most about working in the team?

Thomas Grant - Administrative Officer: "As an Administrative Officer within the BtLW team my day-to-day tasks include arranging meetings for members of my team, attending meetings to take minutes and/or update spreadsheets and circulating documents in addition to other day-to-day housekeeping such as ordering stock and providing assistance to other members of my team if possible.

"What I enjoy most about working in this team is the camaraderie. The team overall has a shared goal

and all members of the team are approachable. If I have a question regarding any area of work or need a general chat about a topic of interest that came up during a meeting, I know I can rely on getting the responses I need."

Nearly 5,000 hours gifted by volunteers – thank you

In June the Trust celebrated National Volunteers Week by saying Thank You to all of our volunteers. During the last year, the Voluntary Services Team has been busy returning and recruiting volunteers to roles to support patients and staff and during the celebration week, the volunteer team got out and about visiting volunteers in their varied roles and handing out certificates thanking them for the hours they have gifted, 4,929 in total!

In addition, we are establishing our volunteer-to-career pathway and always do what we can to support volunteers gain the skills and confidence to join the workforce.

The Voluntary Services Team not only recruits, trains and supports LTHT volunteers, but also supports and manages relationships with many third sector partner charities that facilitate volunteers to deliver specialist and

peer support to patients. The team also identifies and secures funding to deliver volunteer-led projects such as our innovative Shape Up 4 Surgery.

Sarah Rogers, Volunteer Workforce Lead, said: "One of the highlights of recent months has been our partnership with Guide Dogs and Our Leeds Way Welcome volunteers have been able to complete their Guided Sighted Training, to empower them to be able to offer support to blind and visually impaired patients and visitors. In addition, we are establishing our volunteer-to-career pathway and always do what we can to support volunteers gain the skills and confidence to join the workforce. Recently some of our volunteers have taken up roles as trainee clinical support workers, drivers in the transport team and a staff nurse."

The Voluntary Services Team is based in the hub in Trust HQ at St James's. This is a warm, welcoming place for the team to support volunteers from. Do pop in to meet the team or to find out more about volunteering.



Digital Nursing Care Plans launch in Leeds Children's Hospital

New Digital Nursing Care Plans have launched in Leeds Children's Hospital this Summer, helping us document the care we're providing for patients. Integrated with PPM+, the new way of working will help us improve information sharing and support the development of best practice.

Care plans provide a complete record of the care provided for patients during their hospital stay. Moving from paper to digital allows information to be shared more securely and effectively with clinicians and organisations involved in patient care, enabling faster, more effective decision making. Digital care plans also support the consistent use of best practice, combining patient history with continually updated, evidence-based clinical practice guidelines. Longer term, using the new plans will lead to better data analysis and insight. By capturing information electronically, we'll gather valuable information to identify trends, patterns, and areas for quality improvement in care provision.

"Our nursing teams have worked collaboratively with DIT, and we've

been fully involved throughout the planning and rollout stages. This way of working means we're all aware of the many benefits and have an enthusiastic, engaged team supporting the roll out. Our approach to collaboration has undoubtedly contributed to successful implementation." Celia McKenzie, Head of Nursing, Leeds Children's Hospital

We've had some great feedback so far, with over 1,000 different care plans activated since we launched in June, and implementation across the Trust planned later this year. If you have any questions or would like to find out more, visit our intranet page or contact Dave Pickles, Lead Nurse for the project - david.pickles@nhs.net



This is just one of the many digital projects the team is working on - read more about the work we're doing to get the IT basics right and our wider portfolio of IT projects on the Intranet.

New podcast "Vital Signs" launches

A fascinating new podcast journeys into the heart of LTHT

We are excited to announce the launch of our brand-new hospital podcast series, Vital Signs. In this captivating four-episode series, that follows on from the BBC broadcast series, Saving Lives in Leeds, we invite you to join us as we venture behind the scenes and bring to life some of the fascinating stories from across the Trust.

The four episodes each take in a different area of a hospital speciality and feature 'Innovation and building our future workforce', 'A day in the life of the Major Trauma Unit', 'A journey through Liver Transplantation' and 'the power of play at the Leeds Children's Hospital.'

The characters within our Trust really bring this series to life. In one episode you spend a day alongside colleagues on L10, the Major Trauma Unit. In the unit's 10th anniversary year, you get



to understand more about what takes place on this ward and why Leeds is leading in the field of trauma care.

A maternity apprentice and a pioneering gynaecology surgeon are both part of the future workforce

episode, giving two very different accounts of their working lives and how they are developing their own learning to bring about better patient care.

A third episode follows the story in the liver transplant team and brings to life the multiple voices involved, from surgeon to patient's family. Leeds is a national centre for liver transplant and just one of the specialties that sets the Trust apart.

The series would not be complete without a focus on the Leeds Children's Hospital, and the importance of play in supporting children, and their families, through treatment.

Get ready to immerse yourself in the captivating stories that make up the heartbeat of our hospital. Vital Signs is available on all main podcast platforms, and we look forward to sharing the highs, the lows and the bits in between.

my job

Alan Salada

Senior Clinical Specialist Practitioner, St James's University Hospital, has worked at the Trust since 2001



Q What are the main aspects of your role?

I perform Crosslinking surgery – for patients suffering from keratoconus. Keratoconus is a degenerative condition that usually affects both eyes. It affects the eyeball's shape and causes blurred vision and light sensitivity. Crosslinking is performed as an outpatient procedure under local anaesthesia. This procedure aims to stabilise the outer coating of the eyeball, called the cornea, intending to prevent further changes to its shape.

In the UK, Ophthalmology has been recognised as the busiest outpatient speciality. The Royal College of Ophthalmologists has highlighted the need for new ways of working to deliver timely outpatient services to meet increasing public demand. With the Royal College's recommendation, I introduced Crosslinking service at Leeds Teaching Hospital with the initiative of the Corneal consultants.

Although we are aware of other hospitals instituting a similar service, however, to our knowledge, we are the first NHS Hospital Trust in the UK to publish the audit findings of our experience. We encourage others to evaluate their service, share best practices and help those without a nurse-led service to start safely in their units.

My service enhances and develops patient-centred care through a process and performs functions also performed by medical staff. In addition, service provision will be more flexible and less reliant on the availability of doctors, with the potential for increased treatment capacity. Efficient delivery of the Eye External Diseases clinic within Leeds NHS Trust. It will also enable service delivery targets to be met. Reduced waiting times for treatment and improved continuity of care.

Taking Cross linking out of the surgeons waiting lists and provided nurse led theatre also means that the consultants can concentrate on more complex cases, reducing waiting times.

Q What else have you done in your career so far?

With the trust given to me by all the corneal consultant in Leeds, I performed Photo-therapeutic keratectomy (PTK) for patients suffering from Recurrent Corneal Erosions Syndrome (RCES).

Photo-therapeutic keratectomy uses an excimer laser to treat conditions affecting the surface of the cornea. PTK is performed by removing the epithelium (or outer skin of the cornea) and then applying the laser to the surface of the cornea. The goal is to produce a smoother and clearer cornea, or to enable the epithelium to bond better to the rest of the cornea to prevent problems such as recurrent corneal erosion. It does not reduce dependency upon spectacles or contact lenses.

Moreover, I am seeing all follow-up laser and crosslinking patients, as well as dry eye patients.

Q What's the best thing about your job?

The best thing about my job is saving people's eyes and their eyesight. This is very rewarding for me and can change my patients' lives.

Q What is the one thing you would change at LTHT to help you do your job better?

More nurses to be trained to perform PTK to contribute to the efficient delivery of the service. This will enhance and develop patient-centred care through a process of enabling nurse practitioners to perform functions also performed by medical staff. In addition, service provision will be more flexible and less reliant on the availability of doctors with the potential for increased capacity for treatment.

Q What's your best advice to a new starter at the Trust?

Aim high and follow your dreams. LTHT gives you the best start to enhance your career. Give your best tender, loving care not only to the patients but to everybody you work with.

£27m extension for Chapel Allerton Hospital planned

Investing £27 million in Chapel Allerton Hospital to allow more non-emergency surgeries to take place and reduce waiting times for patients is the reason for a planning application submitted to Leeds City Council in August. This is subject to consideration and approval by NHS England.

This application is part of efforts by the Trust to create Elective Care Hubs, which are protected spaces specifically for planned operations away from emergency pressures. This will help to reduce waiting time backlogs and ensure patients have their operation sooner.

If successful, the application by the Trust will see the creation of a new theatre and associated office extension building, a new surface car park, the realignment of the existing surface car park, and three electric vehicle parking spaces.

The application also covers the refurbishment of an existing space for a new ward which will support the new operating theatres, the replacement of existing windows to Ward C7 and the refurbishment of the pharmacy block.

The aim is to complete works by March



2025. The majority of Adult Spines elective care will move from the Leeds General Infirmary to Chapel Allerton as part of this work. The Trust provides one of the largest spinal surgery services in the country, with over 1,500 elective procedures, over 500 emergency operations and over 12,000 clinical appointments each year.

Professor Hemant Pandit, Clinical Director for Chapel Allerton, said: "This planning application demonstrates the Trust's vision for creating protected, specialised clinical areas to help us tackle the post-

Covid planned operation backlog and ensure we are doing all we can to care for patients as soon as possible. It will be a huge step forward for patients and staff.

"By having a dedicated Elective Care Hub away from the main hospital sites we will have capacity which we can confidently use all-year-round for planned surgery. It will help services be protected from surges in urgent care in winter, and reduce the uncertainty for patients around last-minute cancellations. It will help to reduce the time patients wait for treatment."

Maternity Services at Leeds Teaching Hospitals rated 'Good' by CQC

The Care Quality Commission (CQC), has rated maternity services at LTHT as 'Good', following an inspection in May and June.

Inspectors looked at the areas of safe and well-led in maternity services at St James's Hospital and Leeds General Infirmary as part of the national maternity inspection programme. Both hospitals were rated as Good overall and Good for being safe and well-led. On average, 29 babies are born in Leeds every day so this is a big achievement for a service of this size.

The CQC also highlighted a number of areas of outstanding practice including the services' strong focus on health equity, work with Leeds Maternity Voices Partnership and the specialist care provided by the preterm midwifery team.

Prof Phil Wood, Chief Executive at LTHT, said: "I am delighted that our maternity services have been rated 'Good' by the CQC. This is testament to the hard work of our teams at both sides of the city who are committed to providing the best possible care for our patients.

"This rating by the CQC gives confidence to patients and the public that the maternity services they can

expect to receive here in Leeds are safe and well-led.

"Of course, there are areas for improvement and the report does highlight where further work is needed. These are all areas that our maternity team are aware of, and they are prioritising the work needed to make these improvements. We look forward to demonstrating further progress in future inspections."



Amplifying Voices, Mending Divides, and us – Outpatients book club report

By Kirsty Heslop, Outpatients Site Manager

The Outpatient CSU book club formed in June 2022 and concluded in March 2023. Over the course of nine months, we read Amplifying Voices, Mending Divides, LHTH's book of stories on race and racism.

Each month we focused on two chapters, reading them individually, at our own pace and in our own safe space. Each book club member contributed their personal thoughts and reflections after reading each chapter answering questions about how they felt, what they learned, what surprised them, what resonated with them and if they had experienced anything similar to what they had read.

At the end of every month we came together to share our thoughts and reflections, which led to deep and meaningful, open and honest discussions. Some of our book club members had never experienced what they had read in the book, whilst others openly shared that they had. For some book club members the stories resonated because they are from a protected characteristic group, and for others the stories highlighted privilege, what that means to those who have it and what it means to those who don't.

When we started our journey as a book club, we didn't know what was ahead. We felt passionate about Equality, Diversity and Inclusion and wanted to commit

the time to reading each contributor's experiences whilst learning together. We knew the book would have a positive impact on each of us individually, but we did not expect to be moved in the ways we have experienced. We have gone through many different emotions reading each chapter from feeling frustrated, angry, disappointed, sad and shocked to feeling empowered, proud, committed and ready to make a difference. One book club member commented that the book had really touched their heart. They shared that the stories made them feel sad and emotional, but they knew the book had educated them and how important this was. They have now committed to carry and consider what they have learned with them every single day.

Through reading Amplifying Voices, Mending Divides we have connected with wonderful people across LHTH like Modupe Hector-Goma, Co-Chair of the BME Staff Network, who we wanted to meet in person to share how we felt after reading her chapter in particular. It was a great opportunity to discuss her contribution to the book and for us as a group, to make a commitment to stand as allies to really make a change. We are now connected with the BME Staff Network and will continue to work alongside them with our commitment and dedication.

As a book club we feel so privileged to have been given an opportunity to read

such a powerful collection of staff stories. We want to thank Ester for all that she has done to bring the concept to reality. Amplifying Voices, Mending Divides is more than a book, it is an invaluable resource which will continue to have an impact for years to come. One of our book club members commented that Ester and all the contributors have left a real legacy for change, creating an opportunity for people to learn and read the stories for future generations which we all agree is truly inspirational.

Whilst our original book club has now concluded, we have committed to continue our journey together and we are now seeking a new Equality, Diversity and Inclusion themed book so we can continue to read and learn together. We are also supporting a second book club within the Outpatient CSU to read Amplifying Voices, Mending Divides again with a new group of staff to continue raising awareness and learning for others.

Claim your own free copy

Any member of LHTH staff may claim a free copy of Amplifying Voices, Mending Divides - LHTH's anthology of real-life stories of race and racism. To get a free copy of the book, or start your own reading group, search on our Intranet: "Amplifying Voices".



farewell

A fond farewell to our long-serving staff

Celia McKenzie

After qualifying as a registered general nurse in 1978, Celia did her Sick Children's training and began working in Children's medicine in 1981. From there she has had many roles throughout Children's services from staff nurse, sister, Matron, Deputy Head of Nursing and finally, three years ago, secured the role of the Head of Nursing for Children's.

Celia has been an inspiration in this role, whilst showing amazing leadership skills during difficult times and at the same time showing her care and compassion for not only children and their families but also all the staff within the Children's Hospital.

She will be extremely missed as Head of Nursing but is returning part time in October to support the service in a patient experience role. Celia will also continue to help lead Leeds Paediatric Transplant Games team. Her colleagues all wish her a healthy and happy retirement and the opportunity to spend more leisure time with her friends and family.



Sharon Beanland

After over 40 years of true dedication and spending her whole career at Leeds Teaching Hospitals, Sharon Beanland - after already returning once - is finally retiring!

Sharon started her career in 1983 and moved to Neonates in 1984 and she finally found her forever home in PICU. She has seen it grow from the one bed that was based within Neonates, to a unit that was spread across the two sites, where she was the lead nurse for St James's, to the centralisation of the two units and the amalgamation with cardiac PICU, and finally the move from Jubilee to Clarendon Wing where it is today.

Sharon has supported many nurses throughout her years in PICU. She has a heart of gold, always goes the extra mile along with a great sense of humour that brightens everyone's day. Many staff came to the unit to celebrate Sharon's last day with her and her colleagues in PICU want to wish her a happy and healthy retirement and that she will definitely be missed.

A fond farewell
to our
long-serving staff

Mandy Dryden

Mandy Dryden, Office Manager for Blood Sciences, has retired from the Trust after 39 years. Mandy's long service in the Trust began in the Finance Department in 1984 before she moved to Haematology in 1985. Her big personality and fantastic sense of humour was missed when she moved to Clinical Biochemistry and Immunology until she gained her current role as Office Manager in Blood Sciences.



Mandy has provided immense support to Blood Sciences and other teams, particularly in the last few years. Her team are all especially grateful to her and she will leave a huge gap to fill. Mandy doesn't have any immediate plans but is very much looking forward to being a stay-at-home dog mum to Belle. She will be greatly missed, and her colleagues all wish her the best for her retirement with Ian and Belle, saying: "Thank you for your commitment, your tenacity, and your hard work over the years."

Lynda Pickles

Lynda Pickles recently retired having worked for the Trust for 47 years, initially as a nurse and then the last 40 years as a midwife, with the majority of this time as a community midwife. She has seen many changes over the years and has taken them all in her stride and has stated: "It has been a pleasure and a privilege, with tears and laughter and its many challenges on the way through the years".



Lynda has been a valued member of the community and will be missed by not only her colleagues who worked alongside her but by the women she has cared for and the students she has mentored.

Year of dialysis shared care celebrated

Renal services hosted a shared care celebration event at the Beeston dialysis unit in June to mark a year of shared care within the service.

Over the preceding 12 months the service saw an increase of patient involvement from 10% to 25% across the Trust's eight dialysis units.

Shared haemodialysis care allows for patients to contribute to their dialysis care and engage at a level that suits them. This is to promote independence and let patients regain control over their care.

This may involve patients checking their own blood pressure, preparing their dialysis machine, and even cannulating themselves.

The event was a way to thank all the shared care champions for their hard work to embed shared care into the culture of their unit and to show appreciation for the passion and time they have spent training their colleagues and patients.

Awards were given out to the top three units for developing shared care, with B Ward, Seacroft Dialysis Satellite Unit, winning top prize, while Huddersfield Dialysis Unit, came second, and R&S Ward, Seacroft Dialysis Unit came third.

Patient representatives Christopher Wilman, Isaac Fraser and Tracy Schofield attended the event to speak about their experiences of shared care and home haemodialysis.

The event was also an opportunity for the respective clinical teams to come together and discuss further ways in which the patient experience can be improved in future.

The shared care group has been led by Sister Joy Diego and supported by Dr Usha Appalsawmy.



Nurse-led paracentesis team celebrate 5,000th liver drain milestone

The nurse-led paracentesis drain team achieved a milestone moment in August of delivering 5,000 liver drains since the service was introduced in 2016.

The service, set up by Jacqueline Jennings, Clinical Nurse Specialist in Hepatology, sees patients with end-stage liver disease come for drainage of excess fluid from their livers – which can only be achieved through surgical intervention. This process, which for many patients must be done weekly, takes a matter of hours when seen on the nurse-led service, but before this was established, could take days.

Jackie said: "The nurse-led service was set up in 2016 to improve the drain experience and decrease hospital stay for this group of patients. In 2023, we are now a nine-bed, five-day hepatology



ambulatory day unit and still one of a kind in the country. Through our unique drain service we have saved approximately 32 years in bed days for the Trust since our first drain in 2016."

The patient to undergo the 5,000th liver drain, Dawn Nichols, was invited to a special celebration event in August, where she got to meet the very first patient to have undergone this

procedure, Brian Stockdale.

Brian used to spend three days a week in hospital to undergo the drainage, but when the new service was introduced, it changed his life. He said: "It's simply one of the best things that has happened to me. For 18 months I would come in to hospital for three days a week. The nurse-led service has meant I can leave the same day after just six hours. It is a godsend."

Phil Wood, Chief Executive, said: "This is an absolutely fantastic achievement for a homegrown service unique to Leeds that has really put the patient at its heart. A really big congratulations to Jackie and the team for reaching this impressive milestone and continuing to deliver such life-changing care for our patients."

Leeds Hospitals Charity news

MRI Simulator to revolutionise radiotherapy treatment for cancer patients

In June, staff at Leeds Cancer Centre celebrated the official opening of the new MRI Simulator, which will revolutionise radiotherapy treatment at Leeds Teaching Hospitals.

Back in 2017, Leeds Hospitals Charity launched a £2.4 million MR Sim fundraising appeal to purchase the state-of-the-art machine and the target was met in 2019.

The machine was installed in late 2022, and it first opened to patients in April 2023. The radiotherapy department at Leeds Cancer Centre is one of a handful of radiotherapy departments in England to offer this cutting-edge imaging technology to benefit patients to receive more precise, targeted treatments whilst



reducing the risk of treatment-related side effects.

In March 2023, 47-year-old Joanna Williams from Temple Newsam was diagnosed with a brain tumour called a high-grade glioma and was one of the first patients to benefit from this new equipment.

"I'm so grateful to everyone who has donated to help cancer patients like me,"

said Joanna. "The whole experience was less daunting than my previous scans as the machine told me how long each scanning process would take. This helped reassure me that the scan would be finished soon and made me feel calmer and more comfortable."



Leeds Bear Hunt

The Bear Hunt launched into the city of Leeds on 1 July and it has had an incredible response with hundreds of Leeds residents and visitors joining the trail since the launch.

35 giant bear sculptures are currently hiding in plain sight on the streets of Leeds until 9 September, bringing Michael Rosen's iconic 'We're Going on a Bear Hunt' story to life.

This exciting project will enable Leeds Hospitals Charity to raise vital money for Leeds Children's Hospital, funding much-needed equipment and technology to provide the best care possible for very ill babies and children in a comfortable environment.

For the final event for the Leeds Bear Hunt, an auction will be taking place on the 28 September, where the bear sculptures will be auctioned off to raise funds and support Leeds Children's Hospital.

Find out more by searching 'Leeds Bear Hunt' online.

Photographer Credit:
@SteelCitySnapper (Dave)



60 seconds

Christine Mullan



As a volunteer, has worked at the Trust for four and half years

Q What do you do to wind down and relax after a hard week at work?

I like to go to the gym to keep me fit, have a swim and then go in the jacuzzi and steam room. These help me to relax and take some well deserved selfcare.

Q What is your ideal holiday destination and why?

Venice - so much to see and do and generally guaranteed the sunshine. It was exactly how I envisioned the city with the bridges over the water, so beautiful and not too busy.

Q What is your favourite food?

Indian or a Roast Dinner. Hard to choose my favourite. I often go out with friends and family to socialise - nothing beats a good curry.

Q What did you want to be when you were growing up?

Air Hostess, the thought of travelling the world and seeing all the beautiful countries was really appealing - or Hotel Receptionist.

Q What is your favourite film?

The "Rocky" series of films with Sylvester Stallone. I love the theme music especially when he is running up the stairs, what an iconic scene. "Adriaaaan!"

Q Who would you most like to meet and why?

Dolly Parton - as well as enjoying her music, when I worked in Rotherham, I remember her launching the "Imagination Library" which was designed to encourage children to read by providing free books for children from birth to 5 years old. It was funded by Dolly and the Council but came to an end in 2015 due to Council budget cutbacks despite its success and calls for it to continue.

Q What is your favourite book?

A difficult one. I love reading and enjoy many authors of crime and thriller novels including Patricia Cornwall, James Patterson, and Lee Child to name a few.

Q Tell us something we don't know about you ...

My brothers said I wouldn't do it, but I proved them wrong and completed the London Marathon when I was 40. Such a brilliant achievement I am proud of.

First year of Critical Care Support Group celebrated

The Critical Care Support Group celebrated its first anniversary in August following 12 months of operating after being set up in 2022 by former critical care nurse Rosie Wilson with funding from Leeds Hospitals Charity.

The group is run by the Critical Care Rehab team and provides a safe space for patients and their families who have previously spent time in critical care to come together to share their experiences.

Being admitted for critical care can leave patients emotionally drained for months and even years following discharge. Being able to talk things through with people who have been through similar experiences has provided huge benefits to their continued recovery.

One of the regular attendees said: "The support group has helped me come



to terms with and explained what happened to me in ICU. It does exactly what it says it does - it supports." Another patient explained how close the group had become over the months.

Since the first meet-up in August last year, the support group has attracted regular attendees, with around seven patients each month, with one travelling from as far as Liverpool. The group has since extended to welcome patients from critical care units across

West Yorkshire, and has seen several guest speakers attend the monthly meetings, including a physiotherapist, consultant, speech and language therapist, and more.

Claire Harris, Critical Care Rehabilitation Assistant leads the group. She said: "It's made a massive difference to this group of patients. They all support one another and are so passionate about each other's recovery. It's great to know they keep coming back and get so much out of our sessions."

Thanks to funding from Leeds Hospitals Charity, the group is set to support patients for the next year and beyond. If you or someone you know may benefit from attending the group, email leedsth-tr.followup@nhs.net for more information.



TRUST US TO GET HARRY BACK ON HIS FEET

We knew how much Harry wanted a walkabout



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Getting to know Park Avenue

Park Avenue is located in a peaceful residential setting overlooking Soldiers Field and close to Roundhay Park. It offers care for people living with dementia.

Park Avenue's homely, welcoming feel and pleasant setting are part of its unique charm. Its closeness to the local community makes it convenient for trips into town and for family and friends to visit.

At Park Avenue, we take great care to focus

on the person. It's important for our residents to feel at home, so we create a friendly environment with an individually appropriate balance of care and independence.

Our care

At Park Avenue our team of registered nurses and well-trained care assistants are available around the clock to ensure our residents' comfort and well-being. Each person has a unique care plan as well as a named carer and named nurse.

Valuing the individual

Each of our residents has an important life story which we want to learn and understand. By spending time listening to residents along with their family and friends, we create and capture each person's experiences in My Day, My Life, My Story – this helps us tailor our care to the needs of each person. We want family and friends to get involved in our residents' daily lives and they'll always receive a warm welcome when visiting.

The home

At Park Avenue all our bedrooms are brightly decorated and furnished to a high standard. Most have en-suite facilities for privacy and convenience. Residents are encouraged to personalise their rooms with their favourite ornaments, pictures and small items of furniture.

Expert care

Wherever there are very particular care needs, you have the reassurance of a careful balance of independence and security along with the very best expert care. Our person-centred approach emphasises respect, dignity and quality of life.

Respite/short stay

Regular time off is essential for carers – and for their loved ones – so we offer respite stays of anything from a few days to several weeks. This helps carers to recharge their batteries, knowing that their loved ones are getting excellent care around the clock. It's ideal when carers have been unwell or are planning a holiday, or as a trial before a person moves permanently into a home.



What the home offers:

- 43 rooms
- On-site parking
- WiFi hotspots

Types of care

- Nursing care

Additional extras

- Hairdressing
- Therapies not in care plan
- TV Licence (for residents under 75)
- Personal toiletries
- Newspapers and magazines

Email: parkavenuecarehome@outlook.com

Tel: 0113 2120 602

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