

# the bulletin

staff magazine | **Summer 2023**

## NHS 75



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search for 'Leeds Teaching Hospitals NHS Trust'



**Correction.** In the last issue we made an error in the text of the winning poem of the Black History Month poetry competition. In the poem 'The Definition' by Achese Hector-Goma, 14th line, the word 'coverage' should read 'courage'. We'd like to apologise for the error.



# Welcome

## Welcome to the Summer issue of Bulletin

Hello, my name is Phil Wood and I am the new Chief Executive of Leeds Teaching Hospitals.

Having started in February I've now had a few months to settle into my new role. Of course, many of you reading will know me already from my previous role as Chief Medical Officer. I have worked in the Trust for over 20 years and it is truly an honour to take on this role as your Chief Executive and to have the opportunity to work alongside the talented and dedicated staff at this outstanding organisation.

Throughout the 2023-2024 financial year, my focus as Chief Executive is on delivering exceptional quality patient care, strengthening our partnerships with the wider health and social care sector, and ensuring the Trust remains at the forefront of medical research and innovation. I believe that we have an incredibly talented team of staff, who are passionate about making a difference to the lives of our patients, and I am committed to supporting them in achieving their goals.

We want to build on the excellent work that has been done to date, to continue to drive up standards and to deliver the very best outcomes for our patients. This will involve working closely with our partners in the wider health and social care sector to ensure that we are providing joined-up, holistic care that meets the needs of our patients and their families.

As a Trust, we are fortunate to have a strong track record in medical research and innovation, and I am determined to build on this reputation. I believe that it is crucial that we continue to invest in research and development, so that we can find new and better ways of treating our patients, and ultimately, improve their outcomes. To achieve this, we will be working closely with our academic partners, as well as seeking out new collaborations and partnerships, both within the UK and internationally.

Fiscal integrity is a fact of everyday life, and I am committed to ensuring that the Trust remains financially sustainable, so that we can continue to deliver the high-

quality services that our patients deserve. This will involve careful management of our resources, as well as exploring new ways of working and delivering care that are both efficient and effective.

I am really excited about the future of Leeds Teaching Hospitals, and I am confident that by working together, we can continue to deliver outstanding patient care, drive forward medical research and innovation, and remain a world-class healthcare organisation. Turn to p. 7 to find out more about Our Seven Commitments that will help shape everything we do at LTHT over the coming year.

Kind regards

A handwritten signature in black ink, appearing to read 'Phil'.

**Prof. Phil Wood**  
Chief Executive



### Leading in The Leeds Way

Winner: **Emma Crawford** - Highly Commended: Tracey Jackson, David Cussons, Shabela Mukhtar.



### Patient Experience

Winner: **Baljit Sahni** - Highly Commended: Georgina Rimmington, Louise Ambler, Angela Dennison, Gemma Issrir, Caroline Stott.



### Innovation

Winner: **Sarah Ndidi** - Highly Commended: Lucy-Ann Wiltshire, Kyla Wardman.



## Celebrating Admin

LTHT has launched a new initiative, **Celebrating Admin**, to recognise the hard work of administrative professionals who play a vital role in the smooth running of the Trust.

Launched in October 2022, the programme set out to celebrate the often-overlooked work of these professionals and highlight the important contribution they make to the Trust's operations.

Administrative professionals form the backbone of any organisation, and their work is critical to its success. Admin professionals work in a wide range of roles, including receptionists, medical secretaries, and personal assistants. Each of these roles requires different skills and competencies, and Celebrating Admin seeks to recognise and celebrate this diversity.

The development of this initiative came about from feedback shared by LTHT colleagues through Staff Survey results, Pulse Surveys and Wayfinders. It was further enriched during the summer when almost 600 admin colleagues shared their ideas to shape the direction for the programme.

The programme includes several initiatives aimed at recognising and rewarding administrative professionals, including the Celebrating Admin Awards for outstanding performance, and the Excellence in Admin programme for professional development, as well as an expanding hub of career resources available to access on the Intranet.



Find out more about the C by searching on t

# Celebrating Admin Admin at LTHT

## National Administrative Professionals Day and the Celebrating Admin Awards 2023

In April we put the spotlight on our administrative colleagues to coincide with Administrative Professionals Day on 26 April, with the whole Trust getting involved by sharing and recognising admin colleagues on social media - #LTHTCelebratingAdmin.

That week, the first cohort of the Excellence in Admin programme had their celebration ceremony for completing their professional development course, recognising their commitment to their roles and their profession.

We also held our inaugural Celebrating Admin Awards ceremony. Held at Thackray Medical Museum, attendees were treated to an afternoon tea and got to hear more about the work of colleagues living The Leeds Way. Prof. Phil Wood, Chief Executive; Clare Smith, Chief Operating Officer; and Jenny Lewis, Director of HR and OD; attended the ceremony to help present the awards.

Prof. Wood said: "Congratulations again to all those who were nominated, Highly Commended, or won in their respective categories – it's very much something to be proud of! I know the judging panels have had a very difficult time in deciding the final shortlist from so many brilliant entries, so well done to everyone who was nominated."

Winners and Highly Commended nominees in each of the six awards categories are as follows:



Celebrating Admin initiative  
The Trust Intranet.



## Team of the Year

Winner: **Ophthalmology Administration team** - Highly Commended: Digital Business Support team, Endoscopy Admin team, Building The Leeds Way admin team



## Waste Reduction

Winner: **Paula Bourke** - Highly Commended: Jackie Armitage, Mark Wareing, Erin Vaughan.



## Unsung Hero

Winner: **Darren Johnson** - Highly Commended: Sarah Ndreu, Donna Rogers, Ross Dingwall.

# Maternal Medicine Centre for women with serious medical conditions launches in Leeds

The Yorkshire and Humber Maternal Medicine Network is one of 14 across England which have been developed in response to the NHS long term plan (2019) ambition to reduce maternal mortality by 50%.

The network is made up of two Maternal Medicine Centres (MMC) – one is held at Leeds Teaching Hospitals NHS Trust and the other at Sheffield Teaching Hospitals NHS Trust, alongside services delivered at the 11 other Trusts in the region.

The aim is to provide equitable and expert care and support to women with pre-existing or pregnancy induced medical conditions, before, during and after pregnancy.

A small percentage of women will be advised to receive all of their care at the MMC, however the majority of women will be able to receive care at their local



*Lauren Fletcher Admin Manager*

hospital with advice and guidance from the specialist teams in the MMC. The aim is to keep care as local as possible by working in partnership with all involved in the woman's care.

The Yorkshire and Humber Maternal Medicine Network launched in March and information about referrals can be found on the professional page on the website: [www.maternalmedicine.org.uk](http://www.maternalmedicine.org.uk)

The criteria for referral on the website has been developed using the NHS England Maternal Medicine Service Specification (October 2021), the Pregnancy Care Guideline for Women in Yorkshire and Humber Network with known Congenital Cardiac Disease (Y&H Congenital Heart Disease Operational Delivery Network 2021) together with consultation with Lead Obstetricians and Physicians at both MMC.



*Dr Medha Rathod Lead Obstetrician*



*Debbie Scott Consultant Midwife*



*Dr Tessa Bonnett Lead Obstetrician*



*Vicky Elliott Specialist Midwife*



*Natalie Anderson Specialist Midwife*



*Emma Walkinshaw Obstetric Physician in training*

# Our Seven Commitments for 2023/24

During his first 100 days as chief executive, Prof. Phil Wood has been visiting colleagues and listening. He's heard that you want a clearer focus on what is important to the Trust and a priority. To help us achieve this, Our 7Cs – seven annual commitments – have been developed by the executive team, working with the wider leadership group across the Trust.

Our 7Cs are the seven key things we want to achieve and focus on over the next 12 months. They link back to our multi-year goals, The Leeds Way values, strategic priorities and our vision, ensuring that they are aligned with the organisation's overall direction.

Phil said: "Every single person across the Trust has a part to play in helping us achieve our annual commitments. Everyone across the Trust can contribute to the delivery of these commitments through your individual objectives, which is a discussion line managers can have with staff during their appraisal process."

## Our Seven Commitments for 2023-2024 are:

- Effective development and deployment of new assets (buildings, equipment, IT)
- Reduce healthcare associated infections
- Improve staff retention
- Deliver the financial plan
- Reduce average length of stay by 0.5 days per patient
- Achieve the Access Targets for Patients
- Support a culture of research & innovation

Each of these commitments is essential to the Trust's success and will help to create a more efficient and effective healthcare system.

One of the key aspects of the 7Cs is that everyone across the Trust can contribute to their delivery through their individual objectives. During the appraisal process, line managers can discuss how each employee's objectives align with the 7Cs and identify areas where they can make a positive contribution. This helps to create a shared understanding of the commitments and ensures that everyone is working towards the same goals.

## Effective development and deployment of new assets

This commitment is essential for ensuring that the Trust can continue to provide high-quality care to patients. By

developing and deploying new buildings, equipment, and IT systems, the Trust can improve the efficiency of its operations and provide better care to patients.

## Reduce healthcare associated infections

This commitment is important for improving patient outcomes and reducing healthcare costs. By implementing effective infection control measures, the Trust can reduce the risk of infection and improve patient safety.

## Improve staff retention

This commitment is essential for maintaining a stable and motivated workforce. By creating a supportive and positive work environment, the Trust can retain its best employees and provide high-quality care to patients.

## Deliver the financial plan

This commitment is critical for the long-term sustainability of the Trust. By managing its finances effectively, the Trust can continue to provide high-quality care to patients and invest in new infrastructure and technology.

## Reduce average length of stay by 0.5 days per patient

This commitment is important for improving patient outcomes and reducing

healthcare costs. By improving the efficiency of its operations, the Trust can reduce the length of stay for patients and improve the quality of care they receive.

## Achieve the Access Targets for Patients

This commitment is important for ensuring that patients receive timely and appropriate care. By meeting access targets, the Trust can improve patient outcomes and reduce healthcare costs.

## Supporting a culture of research and innovation

Finally, this commitment is essential for driving continuous improvement and innovation in the healthcare sector. By supporting research and innovation, the Trust can develop new treatments and technologies that improve patient outcomes and reduce healthcare costs.

Over the coming year, the Trust will be sharing more about the 7Cs and building awareness across the organisation. This includes finding ways to link the commitments into standard work and day-to-day business, ensuring that they become an integral part of the Trust's culture and operations. Find out more by searching "Seven Commitments" on our Intranet.





## Leeds Major Trauma Centre celebrates 10 years of life-saving care

**In April, the Leeds Major Trauma Centre (MTC), based at LGI, marked its 10th anniversary of providing life-saving care to people across the region who have suffered serious or multiple injuries.**

Major trauma refers to injuries which include severe head, chest, abdominal and skeletal injuries. More than half of major trauma cases in the UK are caused by road traffic collisions and falls, and trauma is recognised as the main cause

of death for people under the age of 45 and is a major cause of debilitating long-term injuries.

The heart of the West Yorkshire Major Trauma Network, the Leeds MTC is the centre for escalation for complex trauma cases from major trauma units elsewhere in the region.

Prof. Peter Giannoudis, Consultant and Professor in Trauma and Orthopaedic

Surgery and founder of Day One Trauma Support charity, said: "Working in trauma brings together highly-skilled teams from across multiple specialties to bring life-saving care to our patients. The extent of the trauma dictates which of those skills are needed, and our trauma teams can be made up of more than 20 specialists, including surgeons, nurses, anaesthetists, porters and more.

"I'm proud to mark 10 years with this incredible team not only in Leeds, but wider across the Yorkshire region, in what is in many ways the NHS at its cutting edge."

Treating over 1,600 seriously injured patients every year, the Leeds MTC boasts an 92.5% overall survival rate, and is the second busiest Major Trauma Centre in the country.

Orthopaedic Trauma Consultant and Clinical Lead Nik Kanakaris, said: "It's important to recognise and thank all those who play a vital role in the major trauma network as we mark 10 years. Our survival rate is exceptional, when we consider the large number of severely injured patients we treat each year, (on average more than 1,600 annually). For this to be possible each cog in the major trauma wheel is a vital one."





To help the team mark the occasion, former patient Henry Morris returned to visit the centre and thank the team who saved his life following a road traffic collision five years ago.

Henry, then 32, was seriously injured in a motorbike crash on the morning of 21 June 2018. He was riding from his home in Halifax to a new job in Leeds when a car pulled out from a side road in Wyke. The car hit Henry's bike, crushing his leg between the bike and car before he was thrown off and rolled along the road. He immediately knew the severity of his injuries as his left leg "felt like it was on fire". He also lost a lot of blood at the scene.

Henry was rushed to the Major Trauma Centre at Leeds General Infirmary where he was treated for his life-changing injuries, including several breaks to his left leg and foot. Despite the best efforts of doctors, he had to have his left leg amputated.

Henry said: "It's difficult and emotional to go back to the hospital after so many years. But I am indebted to these people who did so much. They saved my life and got me onto the road to recovery."

Now, nearly five years on from the crash, Henry himself is training to become a



volunteer for trauma support charity, Day One, so he can help other people who suffer major trauma.

Mr Kanakaris said: "Welcoming one of our patients, Henry, back to the unit and seeing his recovery journey has been so rewarding for everyone in the team. It's an immediate recognition of the work that we do."

The Trauma Audit & Research Network, (TARN) data over the years shows that trauma cases are steadily rising. A slight exception was through covid (2020-2021) where there was a decrease in the annual rise of major trauma cases due to the

lockdown. Since 2022 the rise in numbers of major trauma patients is back to pre-pandemic numbers.

The Major Trauma Centre in Leeds was opened in April 2013 in Jubilee Wing at the LGI. It was designed specifically across each floor of the building to facilitate close connection with each of the vital medical areas and resources. From the helipad on the roof patients can be transferred via a designated lift to the Emergency Department on the Ground Floor, up a floor to Theatres and Intensive Care Unit, and a second floor up to a dedicated major trauma ward, L10.

The Leeds Major Trauma Centre is one of 24 similar centres in England and is the second busiest in the country. Serving a wide geographical region from the Yorkshire Dales in the north-west to Hull in the east and Sheffield in the south, the centre manages injured adults and children brought in from across Yorkshire for emergency care. Often the major trauma team assembles with just a five-minute warning.

For more about the Leeds MTC, the team and activity surrounding the anniversary year, search online: "Leeds Major Trauma Centre".



# Quality Partner programme brings unique perspectives to Trust decisions

**At LHTT decisions are made every day which affect patients, carers, the public, and the care provided to them.**

The Quality Partner programme at LHTT first started in 2019 with the aim to include members of the public in the Trust's quality and safety work as equals, to ensure their voice is included in the discussions.

The programme aims to recruit and support patients, carers and other lay people to be involved in the heart of decision making and champion the needs of patients, carers and the public.

Working within the programme, partners work with staff to influence and improve the quality and safety within the Trust. Partners are empowered to review plans from a patient, carer or public perspective, drawing upon on their experience as well as the training provided by the Trust, to make a meaningful difference to patient care.

The independence of the partners allows them to raise questions, bring unique perspectives, and provided a wealth of professional and personal skills to



discussions about actions the Trust is taking to improve our services and the quality of care we provide to our patients.

Quality Partners are involved in a wide range of quality and improvement activities and collaboratives across LHTT, such as Falls and Pressure Ulcers collaboratives, groups looking at patient safety incidents, KPO workstreams, drugs and therapeutics group, and governance meetings.

The Quality Partner programme is expanding to include Patient Safety Partners (PSPs) in order to meet the

requirement of NHSE/I Patient Safety Strategy (2019). It is anticipated that PSPs will contribute to the Trust's governance and management processes for patient safety and be involved in a number of safety and quality activities including patient safety improvement projects, membership of safety and quality groups and committees, safety training, and so on.

In January, we formally welcomed 12 new cohort of partners to the LHTT and we expect them to make valuable contributions to quality and safety matters across the Trust.

## For colleagues who are able to, working remotely has been a positive change in recent years

**As one part of the Trust's wider flexible working offer, remote working is crucial for retaining staff and attracting talent as well as providing flexibility to our patients, their families and to our people.**

All staff should have the opportunity to explore flexible working and remote working is one way of achieving this. Even if many clinical teams have roles which require an on-site presence, although there may be elements of a role that can be completed remotely.

'Remote Working Guidance: Enabling Remote Working for You and Your Team' has been produced to guide discussions and help support colleagues to ensure they can work remotely in the most effective ways possible. This can be found on the Trust Intranet.

The guidance covers a range of topics including what remote working is, the

Trust's ambition, the benefits of remote working and who can work remotely.

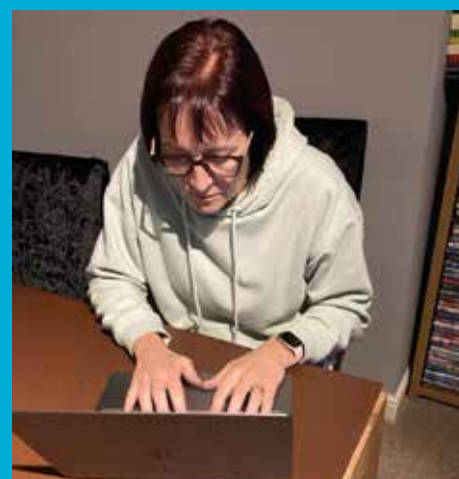
**Sarah Hibbert – Clinical Service Manager, Paediatric Physiotherapy**

The benefits are twofold, really, from a personal perspective. I live a long way from work, so it's a 50 mile round trip that I do on public transport. To not have to do that journey one day a week makes a huge difference. Travel is an extra two hours on my day, battling public transport.

The little things make a difference. I've got a dog. So on the day I'm at home, he just merrily sits alongside me and isn't bothered. On those days I can walk him at the very beginning of my day and at the very end of my day. That's really nice, plus he's not on his own for those extra two hours.

There are fewer distractions so I can just get on with things at home if I've got

project work to do. And I do have a work mobile phone, so I can ring patients. My caseload is regional across the whole of Yorkshire and Humber, so a lot of that has always been done remotely. There's no reason not to do that from home as well as from the office.



# Family fundraise for a new generation of Bereavement Bears

In May 2021 Sarah Bennet-Carr from Ilkley lost her husband Nick when he died suddenly and unexpectedly following a heart attack at the age of 55.

Sarah and her two daughters Bea and Maisie, aged six and twelve, arrived at the Emergency Department at LGI in the early hours of the morning to be told that Nick had passed away. Sarah remembers how lost she felt leaving the hospital with just a carrier bag of Nick's clothes and a leaflet about bereavement:

'I had my two young daughters with me still in their pyjamas, all bewildered at the horrific news we'd just received, and we just left A+E with a bag of Nick's clothes. It was devastating.'

A year later, on what would have been Nick's 56th birthday, the family held a 'Red Day' fundraiser at Bea's school in Nick's memory. Pupils wore red (Nick's favourite colour) and ran a cake stall raising £400!

Sarah contacted her friend Chloe Fisher, a Family Care Sister and Bereavement Liaison for Paediatric Intensive Care Unit at Leeds Children's Hospital, to find out how to best use the fundraised money to support families. Chloe has first-hand experience of how bereaved families are cared for in the children's hospital:

'In paediatric ICU when there has been a death of a child we spend a lot of time memory-making and ensuring that families do not leave with empty arms.'

Chloe came up with the idea of Bereavement Bears – cuddly friends to be given out to children who may have lost a parent or sibling suddenly. Chloe's idea was that children affected



Family photo with Nick, Sarah, Bea and Maisie



Charlotte and Chloe

by bereavement in adult services would receive some of the comfort and support associated with paediatrics.

Chloe said:

'Bereavement Bears are something that is soft and easy to hold, something that they can cuddle, hug and squeeze and hopefully provide some comfort at such a distressing time.'

The initial fundraising was used to source and purchase 70 Bereavement Bears which have been given to children and young people in the adult Emergency Departments at LGI as well as PICU at Leeds Children's Hospital. Charlotte Smith (Bereavement Nurse in ICU) says the impact of the bears has been priceless:

'A recent patient had several children who could not visit so the bears were smuggled into their relative in their absence and once the patient had passed

away, the children then had the bears as comforting keepsakes.'

On 5 May 2023 Sarah, Bea and Maisie held another 'Red Day' at Bea's school, raising money to fund a new generation of Bereavement Bears. The family hope to make it an annual event, continuing to provide comfort to bereaved families in Nick's memory.



Chloe Fisher with Bea and the initial delivery of Bereavement Bears

# Behind the scenes of Saving Lives in Leeds

Last year we opened our doors to new BBC documentary, *Saving Lives in Leeds*.

This ground-breaking series aired on BBC 2 from 1st March, with eight episodes showing behind the scenes of life-changing surgery, the decisions our teams make every day and their incredible patient-centred care.

For many of our colleagues, this was the first time they had been in the limelight and took to it like true professionals!

With over 1.2 million views and an additional 200,000 plays on BBC iPlayer, LTHT is now firmly on the map as one of the very best hospital trusts in the country – which, of course, we knew already!

Here are some of our consultants who starred in the show with how they found taking part...

"Although slightly odd to have our daily working lives filmed it did feel important to allow them to highlight the amazing work that all the staff do here at Leeds Children's Hospital and perform on a daily basis. It also felt important in showing the challenges we face in aiming to provide the highest quality of healthcare to all our patients."  
- **Colin Holton**



"Although the filming process was quite stressful at times I was very impressed by how willing all the patients were to get involved and be filmed in a vulnerable situation. I also think the BBC team did a great job of showing the frustrations of the job but also the reasons why we do the job and how rewarding it can be."  
- **Sheila Fraser**



"I enjoyed taking part in the filming and was very grateful to the patients' willingness to participate. I believe that the programme offered the opportunity to demonstrate the excellent quality work that the teams are able to do under extremely difficult circumstances and this certainly came across in the final showing."  
- **Betsy Evans**

"Being part of the filming for *Saving Lives* was a surreal experience. Initially I did feel somewhat self-conscious but very soon one forgot the camera trained on you, and immersed back into the clinical problem solving and patient interactions. It was a pleasure for myself and the clinical team to share our passion with the film crew!"  
- **Sanjay Verma**

"Taking part in filming *Saving Lives* in Leeds was a real privilege and honour. I grew up in Leeds, and my family and friends have been treated in St James's and the LGI. I think the program really highlights just how hard all our staff are working, and the professionalism and dedication that everyone in the team



has. It's not just the person doing the operation in theatre but everyone from the nursing staff to porters, to admin and support staff which makes the difference in helping our patients!"  
- **John Davies**



"All I can say that it was an enjoyable experience. Patients liked it and parents were happy as they were further reassured due to the presence of the cameras. Some colleagues had reservations and thought it could put pressure on them but the camera crew were excellent and very professional. They stayed out of everyone's way and there were no complaints about any intrusion of privacy."  
- **Naved Alizai**

"It was a privilege to showcase some of the work we do here in Leeds every day. Although initially it was slightly daunting and stressful being filmed, we quickly forgot they were there and carried on our work as normal."  
- **Emma Collins**

"It was a real privilege to get the chance to show the world what a great team we have and the effort and care



that goes into looking after our patients despite the challenges we all face. And it was fun." - **Andrew Hogarth**

"It has been an absolute pleasure to contribute to the programme and feature in the episodes, and ultimately showcase some of the great work we do. I have received such positive feedback from many people. The programme painted the Trust and all involved in patient care in a very positive light and also allowed the public to better understand the challenges regarding resources that we face on a daily basis which, in turn, will help patients to deal with those difficult situations when their procedure is cancelled." - **Kenan Deniz**

"Taking part in Saving Lives in Leeds gave us a fantastic opportunity to highlight the challenges we have in getting our neurosurgery patients to theatre for timely surgery and raise awareness of brain tumours. It also allowed us to showcase the amazing people and teamwork in neurosurgery that enables us to deliver a world-class service in brain tumours and spinal surgery. It was demanding but fun, and the production team were very professional and respectful." - **Ryan Mathew**

All eight episodes of Saving Lives in Leeds are available to watch on BBC iPlayer now.



# 75 Years of the NHS in Leeds



**NHS 75**  
The Leeds  
Teaching Hospitals  
75th Year

Leeds  
Hospitals  
Charity



**NHS 75**  
The Leeds  
Teaching Hospitals  
75th Year

Leeds  
Hospitals  
Charity



**NHS 75**  
The Leeds  
Teaching Hospitals  
75th Year

Leeds  
Hospitals  
Charity



**NHS 75**  
The Leeds  
Teaching Hospitals  
75th Year

Leeds  
Hospitals  
Charity

**The NHS was founded on 5 July 1948 as part of a post-war reconstruction effort to rebuild Britain into a fairer and more equitable society. Prior to this, access to the best physicians, treatment options and standards of care were the privilege of those with the means to pay for it.**

Leeds in the 1940s was marked by significant challenges. The city had suffered heavy bombing in World War II leaving a shortage in housing and resources. As a result, a large percentage of the population still lived in poor conditions which contributed to the spread of infectious diseases such as tuberculosis and polio. That healthcare was still chargeable in the UK, and fraught with inconsistent care and discrimination, prevented many from seeking help.

The NHS was established with three core principles: that it should be available to all, free at the point of access, and funded by general taxation. Suddenly, it didn't matter who you were, if you needed medical help, you could get it.

The creation of the NHS brought together the various hospitals, clinics and healthcare services in Leeds that had been developed in the preceding years. Combined with the presence of the School of Medicine at the University of Leeds, the city began to shine as a centre for healthcare in the UK. Then in the 1990s, the government introduced a new policy of decentralisation of the NHS and so Leeds Teaching Hospitals NHS Trust was born.

Incorporating seven hospital sites, each with its own areas of specialism and expertise, our Trust now provides a huge range of services for the people of Leeds and beyond, receiving national and international recognition for excellence in care. We provide state-of-the-art facilities for training and development and with a commitment to innovation and research, the Trust has been involved in some ground-breaking projects in areas such as cancer care, genetics, infectious diseases and more. We also have a reputation for embracing digital technology to improve patient outcomes and care, keeping Leeds at the forefront of healthcare innovation.

However, despite all this wonderful progress, it would be remiss not to acknowledge that recent years have presented immense challenges for the NHS and our Trust. The COVID-19

pandemic pushed us all to extremes both personally and professionally, and the recovery is still ongoing. Funding and the fight for resources often holds us back from delivering the level of service that we really want to provide. And yet, through everything the one thing that continues to hold us all together is the people.

People are, and have always been, the essence and backbone of the NHS. It is a service for the people, delivered by people who give their all every single day. We have around 20,000 people at Leeds Hospitals Trust who have joined us from across the world to care for our community, and support and empower one another. For the last 75 years the NHS has changed lives and even though the future will not be without its struggles, it is our people who will remain at the core of the organisation with the passion and compassion to keep serving the population of Leeds.

That is why celebrating our people is core to how we are marking the 75th anniversary of the NHS this year. Working with Leeds Hospitals Charity, we captured photo portraits of 75 staff members showcasing just some of the fantastic colleagues and the diverse breadth of roles we have in our Trust. These are being released daily on our Instagram channel until the eve of the 75th anniversary.

We celebrated our midwifery and nursing colleagues on International Day of the Midwife and International Nurses Day in May during which the Thackray Museum of Medicine held a pop-up exhibition at St James's Hospital. Capturing the spirit of this important anniversary year, the exhibition of weird and wonderful nursing items from the past reminded us of just how far we have come.

We'll also be celebrating the 75th anniversary of Windrush which falls this June, including installing commemorative plaques within the Trust. We're also working with our BME network to celebrate the influence and impact the Windrush Generation has had on many of our current staff members. We'll be sharing their stories around the anniversary on 22nd June.

We have many more exciting plans afoot, so whether you've worked for the NHS for 30 days or 30 years, we look forward to sharing this milestone in the NHS's history together.



**NHS 75**  
The Leeds Teaching Hospitals NHS Trust

Leeds Hospitals Charity



**NHS 75**  
The Leeds Teaching Hospitals NHS Trust

Leeds Hospitals Charity



**NHS 75**  
The Leeds Teaching Hospitals NHS Trust

Leeds Hospitals Charity



**NHS 75**  
The Leeds Teaching Hospitals NHS Trust

Leeds Hospitals Charity

# Reduced waiting times and protected space the aims of new Wharfedale Hospital operating theatre

Reducing the time patients wait for surgery and helping to reduce the elective operation backlog caused by the Covid-19 pandemic are the aims of the new Vanguard theatre at Wharfedale Hospital.

The theatre creates additional operating theatre capacity away from the Trust's main acute hospital sites to increase the number of patients that can be treated each week.

The theatre is part of plans to develop long-term services at Wharfedale Hospital, and help the Trust continue to reduce its waiting lists for patients needing a planned operation. Having a dedicated Elective Care Hub away from the major hospital sites in Leeds means there is capacity which can confidently be used all-year-round.

It is in use five days a week and is completely connected to the main hospital building by a corridor. It's being used for procedures across a mixture of specialities – urology, plastics, maxillofacial, colorectal, breast and vascular.

Helen Odedra, Matron, said: "The theatre took a fair amount of

planning but it is really good and has proved to be an excellent way of supporting the installation of our new theatres which are going to be built. We can do most of the procedures that would normally be carried out in our theatres upstairs down in the Vanguard. It's an excellent clinical space. Clinicians have given really positive feedback about working on the unit."

Separate to the mobile theatre, there is a proposed £10m investment in a permanent Elective Care Hub which will be within the existing footprint of Wharfedale Hospital. The business case includes two new theatres, a recovery area, admissions and discharge area alongside making an existing ward operational overnight. The aim is for this work to be completed in 2024.

The Hub will provide operations including general surgery, minor cancers, urology and benign gynaecology. As part of the development there will be changes with the day unit and phlebotomy services moving into refurbished areas and a dedicated hysteroscopy treatment suite. Overall, the space for clinical services will increase.



# Team Spotlight: Workforce and Education Hub

## How does your team make a difference at LTHT?

With LTHT staff shortages we believe our team makes a huge difference to the wards and demands. We have successfully trained 241 trainee clinical support workers and 32 international nurses within just six months.

## What are the different roles within the team?

The workforce and education hub team consists of our lead nurse, Amy Copley, and senior project nurses Iris Bituin and Olabisi Ogunyinka. These three work on NHS portfolios, international nursing, and new to care projects.

Our education practitioners include Michelle Dempsey, Aneasha Rinoj, Ambika Kumari, Namita Gerald, and Oluwatosin Ogunfowokan. Their main role is to provide training to prepare our international nurses for their the Objective Structured Clinical Examination (OSCE), whilst also providing pastoral support for nurses on the ward when in their supernumerary period.

The team also includes our international programme learning facilitators – Bethany Waldegrave, Courtney Bruce, Nichola Mcgrath and Vincenzo Le Blanco. Their role is to provide four weeks of training in bootcamp to help prepare the nursing trainees for life on the ward, whilst also providing pastoral support whilst trainees complete their care certificate and providing help with any concerns they may have.

## What happens on an average day?

The Workforce and Education Hub runs both the International Nurses Programme and the Trainee Clinical Support Worker bootcamp. On an average day when our bootcamps are running we facilitate the teaching, whilst also visiting and providing pastoral support to our trainee clinical support workers and international nurses.

## What is the most surprising thing about your team/your work?

We are a brand-new team which formed in December 2022. We are all from previous clinical backgrounds working for the trust as nurses, clinical educators and clinical support worker roles. However, we feel like we have adapted to the



needs for teaching in such a short space of time using skills we have learnt over the years of working for the Trust.

Another thing that has surprised us since working with our learners has been the amount of gratitude we have received from our trainees. We believe that we are doing a job that we love, and to receive such gratitude and great feedback is very rewarding and makes us feel appreciated.

We have successfully trained 241 trainee clinical support workers in total through our bootcamp and 36 international nurses through the International Nurses Programme. These are now all new members of LTHT in which we believe will be great additions to the Trust.

## Are there any recent achievements/milestones or plans for the future?

Our biggest and proudest achievements have been the amount of trainee clinical support workers and international nurses we have been able to successfully train and bring into the trust.

Our recent achievements from the trainee clinical support worker bootcamp have been teaching 132 new trainees, in which all are competently trained including moving and handling, resus and trained in vital signs.

Our recent achievements from the International Nurses Programme have been preparing student accommodation, facilitating airport pick-ups, and

having some of the team greeting new arrivals at the accommodation to help them get settled in. Alongside the teaching elements when the bootcamp commences in preparation of their OSCE exam.

Our plans for the Workforce and Education Hub are to continue to grow, nurture and nourish our workforce working hand in hand with The Leeds Way values.

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

We enjoy every aspect of working for the Workforce and Education Hub – some of our favourite things about working within the team over the past couple of months have been:

- Meeting our new trainees and being able to get them off to the best start with their new careers.
- Picking up the international nurses from the airport and greeting them with a friendly face.
- Helping to set up all the student accommodation.
- Pastoral visits and monitoring the progress of our trainees within their clinical areas.
- Building new relationships with ward managers/external staff.
- Developing new ways to help our trainees learn/adapt to the health care sector.



# RHS Healing Garden

As announced earlier in the year, the Trust is working with the Royal Horticultural Society (RHS) to develop a healing garden at St James's.

It is part of a national programme launched by the RHS in partnership with the NHS to develop a network of healing gardens. The garden will support the Greener NHS sustainability and the Trust's staff wellbeing strategies.

From providing quiet respite areas to reflect, to active gardening groups bringing people together, the garden will boost staff wellbeing and positively impact the environment.

The Trust's Sustainability Team, along with Olivia Kenyon, who works in the Oncology Speech and Language Therapy Team were approached by the RHS after the success of last year's Growing Well Programme.

So far, the RHS has held four consultation sessions with staff and a co-design workshop with Adam Frost, RHS Ambassador and a regular presenter on BBC Gardeners' World.

St James's and the area around Trust HQ were selected as it offers publicly accessible land of a suitable size.

The fundamental design principles include:

- Accessible and inclusive space
- Year-round seasonal and sensory planting interest
- Communal spaces for staff to meet and run social events
- An all weather shelter to enable outdoor events
- Quiet spaces and seating for reflection or therapeutic conversations
- Wellbeing walk that connects to local community walking routes



- Active growing spaces – a working garden where fruit and vegetables can be grown

In addition to the garden, the RHS will provide a three-year activity programme, allowing staff Trust-wide to participate in regular wellbeing activities.

During the workshop, staff who participated were asked what they would like to use the space for, how

they would like to feel in the garden and the activities they would like to happen there. We had some fantastic suggestions, including:

- Bird and bug watching
- Monitoring wildlife, using bird box cameras
- Educating people about organic methods and sustainability
- Quiet, private space for bereavement services
- Seed and plant swaps
- Table top games
- Knit and natter
- Yoga, pilates and meditation

The RHS is currently collating all of the feedback, and an update on the next stages of the project will be communicated via internal channels.



# Men's Action and Awareness Network celebrates first 12 months

The Men's Action and Awareness Network (MAAN) is celebrating its first 12 months of operating since it was set up towards the end of 2021.

Founded by colleagues David Goulding and James Royal, the support group meets monthly and currently has around 60 members on the mailing list.

James, who is BME Health & Wellbeing Lead at the Trust, said: "It's a sad fact but a lot of male health issues go under the radar due to lack of awareness. We set up MAAN as we wanted a way to address this by bringing together colleagues and starting the conversation on men's health."

In the UK, 1 in 5 men will die before the age of 65. 76% of people who die by suicide in the UK are male, and suicide is the leading cause of death for men under 35. Men are also more likely than women to be overweight or obese.

Since starting in late 2021, the group has covered a whole range of subjects,



including prostate and testicular cancer, suicide prevention, toxic masculinity, mindful alcohol consumption, fitness, and various aspects of mental health. A recent presentation saw a colleague present on the mental health benefits gained from fishing. The support group meets during a lunch hour every month, and will usually have a guest speaker to talk about a particular topic relating to men's health.

Promoting active fitness, sport and exercise has been a key item on the group's agenda, and the network has

taken advantage of the city's many sporting links over the past year, with presentations, partnerships and opportunities from Leeds Rhinos, Leeds United Football Club, Leeds United Foundation, and more. Over 100 LHTT staff joined a live Q&A with LUFC and Germany defender Robin Koch earlier in 2022.

David said: "We know physical activity is hugely important for both physical and mental health. With Leeds a renowned centre for sporting activity, it was an opportunity we jumped upon, and I'm grateful to everyone from our sporting partners who have given up time and opportunities to MAAN."

2023 is already shaping up to be another exciting year for the group, with new speakers on a wealth of health issues lined up every month. Anyone and everyone is welcome to join the monthly meet-up, which takes place on the first Thursday or Friday of the month, online and in person. Find out more by searching "MAAN" on the Intranet.

## IT - getting the basics right

There's a huge amount of work going on to get the IT basics in place so we can support the way we want to work in the future. We know this is one of our top priorities across the Trust, and we've got detailed plans in place to help us do everything we can to secure the investment we need now and in the future. This issue, we're profiling two major programmes of work:

### New PCs and Windows software

Rolling out new PCs and Windows software involves an investment of £12 million. This investment has allowed us to buy new devices and has also meant we can implement industry best

practice to reduce the time and effort involved with setting up so many new devices and improve the way we provide and manage our PCs and software in the future.

Over 50% of colleagues across the Trust now have new Windows 10 PCs, and with the help of our partner Dell, we're issuing 500 devices every week to get old kit replaced as soon as possible.

### Upgrading our Data Network

This programme will modernise the data network that connects all systems and devices across the Trust, investing £10 million over the next 5 years.

The network is managed and maintained by the Data &

Telecommunications team in DIT, and there's a lot of work that goes on in the background (and often during the middle of the night) to ensure our network remains resilient and any faults are addressed before they affect service.

Elements of the current network are over 20 years old and out of supplier support, meaning parts needed for repairs are in short supply. A full upgrade will make sure we have a modern, supported network fit to support our digital plans for the future and capable of delivering the performance demanded by modern clinical systems.

Read more about the work we're doing to get the IT basics right and our wider portfolio of IT projects on our Intranet.

OVER 50% OF COLLEAGUES NOW HAVE A NEW DEVICE



WE'RE ISSUING 500 NEW WINDOWS 10 DEVICES EVERY WEEK

THE NEW DEVICES START AND CONNECT FASTER...



...AND CYBER SECURITY RISK IS REDUCED



200 TERRABYTES OF DATA IS TRANSMITTED THROUGH OUR NETWORKS EVERY DAY...



...THE EQUIVALENT OF 110 MILLION KINDLE EBOOKS!



OUR NETWORK IS MADE UP OF 10,000 MILES OF WIRE, WITH 4,000 INDIVIDUAL COMPONENTS



ON A TYPICAL WEEK DAY, WE HAVE OVER 30,000 DEVICES TALKING TO EACH OTHER

# my job

## Michael Fulton

**Marketing and communications manager – Research and Innovation, Mike has worked at the Trust for 2 years, 3 months**



### Q What are the main aspects of your role?

My role is to communicate activities, successes, and achievements of medical and clinical research teams, innovators and staff with entrepreneurial ideas across the Trust internally and externally. This includes sharing stories which highlight achievements to broadcast media – including ITV, BBC, on radio and beyond; through social media, newsletters, to supporting events and conferences.

I work across the Trust's large and wide-ranging research and innovation infrastructure. This encompasses the Research and Innovation department, the National Institute for Health and Care Research (NIHR) Leeds Biomedical Research Centre (BRC), NIHR Leeds Clinical Research Facility (CRF), research at Leeds Children's Hospital, the National Pathology Imaging Co-operative (NPIC), and alongside the Building the Leeds Way team for the Innovation Pop Up.

Research and innovation has many inter-related activities. I work alongside teams from partner organisations across Leeds and West Yorkshire; nationally and internationally, including local and national government, Universities, pharmaceutical and commercial industry, NHS England, the NIHR, Genomics England, and hospital Trusts.

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

In my 15-year career in marketing and communications I've worked in further education, adult social care, primary care, the Charity sector and now at the Leeds Teaching Hospitals NHS Trust.

In my career, I've been incredibly fortunate to work in organisations and places where the products and services I promote and publicise

have a real, lasting, and genuinely positive impact on people's lives. In my roles in education, I worked at leading further education colleges in Greater Manchester where students were able to develop their abilities, skills and knowledge to achieve their learning goals, but also establish bright futures which enabled them to go further and truly achieve their dreams. I have been involved with numerous award winning marketing and publicity campaigns from establishing new brands to working with Rio Ferdinand to publicise apprenticeships.

More recently in my career, I've been involved with media, marketing and publicity activities in health care services and charities – this has been varied and interesting – but always has people at the core. Being able to work alongside professionals who support and care for others is genuinely inspiring and rewarding.

### Q What's the best thing about your job?

Working in the NHS is humbling, inspiring, challenging, and exciting in equal measures. I feel privileged to be in a marketing and communications role where the impact of the research and innovation activities that happen in Leeds have a huge impact – both for people in Leeds, but also on a world-wide level.

It's incredibly exciting to see and work with staff who are advancing medical science through breakthrough research and world-first innovation which is enabling patients in Leeds and beyond to access improved services and new treatments which are at the forefront of healthcare in the world.

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

Have a transporter (one for the Star-Trek fans) to move instantly between one place and another.

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

Take time to absorb the size, scale and scope of the Leeds Teaching Hospitals NHS Trust – it's a big place.

# How Research and Innovation is an Always Event at the Trust

LTHT has an enviable reputation for research and innovation, placing the city of Leeds as a frontrunner in the UK for clinical research trials and innovation in health. The Trust's Research and Innovation infrastructure is wide ranging and research programmes are centred at LGI, St James's, Chapel Allerton Hospital, Leeds Children's Hospital, and Leeds Dental Institute.

The Trust has an impressive record for recruitment to research studies. From April 2022 to March 2023, the Trust managed and delivered a complex and diverse range of research activities across all sites. During this time over 22,000 participants were recruited into 774 active research studies, with 597 taking part in National Institute for Health and Care Research (NIHR) portfolio studies.

Focusing on Research and Innovation helps to ensure our patients benefit from advances in clinical science and technology by improving access to world-leading research studies and translating research results into improvements in patient care.

Dr Ai Lyn Tan, Director of Research and Innovation at LTHT said: "I'm delighted to see the progress that is being made to cement the culture of Research and Innovation across the Trust.

Every day, teams are working to recruit patients and deliver research. The achievements that are being



seen are testament to the hard work, dedication and commitment of teams at LTHT. I'd like to say well done and thank you to everyone who has been part of this achievement."

## Welcoming an international trade delegation from Norway to Leeds

Working internationally and collaborating with partners across the

wider world is a key to Research and Innovation at Ltth. The Innovation Pop Up team, based at LGI, are pioneering this area of work. In March the team organised the Leeds – Norway Growing HealthTech Partnerships held at the Nexus centre, University of Leeds.

A delegation from Norway and Sweden were welcomed to Leeds, with over 10 innovative HealthTech companies, Nordic municipal representatives, Norway HealthTech, Innovation Norway and Norway Hospital representatives.

Dr Richard Evans, Head of Business Development and Innovation said: "The two-day event demonstrated the best of work taking place in Leeds and collaborations between the UK and Norway. This event was a valuable showcase for the Trust's Research and Innovation infrastructure including NIHR Leeds Biomedical Research Centre, National Pathology Imaging Co-operative (NPIC), the NIHR Leeds Clinical Research Facility to national and international audiences."

## World first performed in Leeds by the Interventional Oncology team

A world first procedure to target and destroy kidney tumours took place at the Trust in March. Led by Professor Tze



Min Wah, Professor of Interventional Radiology, this procedure was the initial treatment in the HistoSonic sponsored "CAIN" Trial. The trial is an early phase study to evaluate the histotripsy system in targeting and destroying primary solid renal tumours, completely non-invasively and without the need for incisions or needles.

Anthony Harris, aged 73 from Castleford, received the treatment which uses the novel science of histotripsy, a form of therapeutic focused ultrasound.

Mr Harris said: "I was quite honoured to be the first person in the world to receive this treatment at the hospital. From the minute I went to see the doctor last December, the ball has

moved really fast. I'm hopeful about the outcome of the surgery and I think this could really benefit other people affected by kidney cancer."

Professor Wah said: "I was delighted to lead the clinical team in carrying out this world first treatment for kidney cancer. It is a real privilege that my patient, Mr Harris and his family trusted our clinical team to translate this innovative technology as the global first in the treatment of renal tumors. The CAIN trial represents a significant milestone for kidney cancer treatment with histotripsy as a needle-less technology and a paradigm shift from this point onwards for kidney cancer treatment generally."

## First trial for AI software within breast cancer screening

A first-of-its-kind trial in England will see Artificial Intelligence (AI) software used in breast cancer screening at LTHT. The LIBRA (Leeds Investigation of Breast-screening AI) study aims to generate evidence for the safe use of AI and investigate if it could increase cancer detection rates, reduce unnecessary patient recalls and ease workforce pressures.

According to data from the Royal College of Radiologists, the NHS faces a 30% shortfall in clinical radiologists, which leads to longer waiting times and worse health outcomes. To help tackle the problem, the Trust will deploy an AI reader – Mia (Mammography Intelligent Assessment) – alongside two human readers to analyse mammograms for signs of cancer.

Under the current standard of care, every mammogram is seen by two human readers. If they disagree on their readings, a third reader reviews the mammogram film in a process called arbitration before a decision is made whether to recall the patient.

In the LIBRA study, if two humans and the AI reader agree a mammogram is normal, the patient receives the all-clear. If any of the human or AI readers disagree, clinicians carry out arbitration before a decision on recall is made.

The study is designed to be safe and non-invasive. If successful, it could lead to an AI reader replacing one of the two human readers in the standard model of care. This could free up clinicians to spend more time with patients, speed up screening and increase the numbers of women seen by the service.

Dr Nisha Sharma, consultant breast radiologist at the Trust said: "The LIBRA study is important because AI will help us to sustain a high quality service in the future. Breast screening isn't perfect and it is hoped that the LIBRA study will lead to improvements in reviewing mammograms. Cancers that present between screening rounds are often quite aggressive and the reason these can be overlooked is because they are not clearly visible on a mammogram.

"AI works differently to humans and by combining human expertise with technology advances this could lead to earlier detection of cancers and impact positively on women's lives."



## £5m research centre supported by charity funding to improve outcomes for poorly children across the UK launches

Leeds Children's Hospital and the University of Leeds are delighted to launch the CHORAL (Children's Health Outcomes Research at Leeds) Research Centre. This £5 million research partnership, delivered over five years, will be the biggest children's research programme ever undertaken by the hospital.

The CHORAL Research Centre has been made possible by a pioneering partnership between Leeds Hospitals Charity, and the Faculty of Medicine and Health at University of Leeds.

Leeds Hospitals Charity is providing £2.6m in funding to support new research projects to be undertaken at the centre, joining with the University of Leeds who are investing £2.4m to help kickstart the research, and LTHT who have contributed £500,000.

Professor Glaser will oversee the research alongside Professor Richard Feltbower, Dr Simon Pini, from the University of Leeds' School of Medicine, and Dr Carole Burnett, Visiting Research Fellow at the University of Leeds's Institute of Medical Research (LIMR).

Professor Glaser said: "I am incredibly excited to launch the CHORAL Research programme in Leeds. This is a fantastic opportunity to establish a world-leading research centre in the city, led by Leeds Children's Hospital. Through a clear focus on child health, the CHORAL team will deliver truly transformative research to improve the lives of future generations in Yorkshire, and beyond.

"This collaborative research will bring together clinicians, scientists and academics and we hope that this multi-faceted approach will improve the care we provide, helping us tailor treatment to prevent illness and improve outcomes for young patients."

# farewell

## A fond farewell to our long-serving staff



### Doris Morris

Doris Morris, Clinical Support Worker, has retired at 78 years' old, after a 45-year career in the NHS.

Doris started working for the NHS in 1973 as a Nursing Auxiliary at St James's Hospital. Following stints at Seacroft Hospital, St George's Hospital in Rothwell, and elsewhere, she returned to St James's in 2007.

Doris retired and returned in 2004 but has continued to work for the past 18 years. Doris has committed to promoting and maintaining independence for her older adult patients. She always keeps her ward clean and tidy, paying particular attention the little things that make patients feel better.

Doris is dearly loved by all on Ward J15 and has many friends within Specialist and Integrated Medicine and across the wider Trust. Her team wishes Doris a very happy and well-earned retirement.

### Anne Lunt

Anne Lunt has worked as the Trust's Advanced Trauma Life Support Course Coordinator for 26 years and retired at the beginning of April.



She has developed the course from its small beginnings here in 1994 to the largest ATLS programme in Europe and one which is envied and admired worldwide.

Anne's tireless commitment to the ATLS programme has been recognised nationally by The Royal College of Surgeons and The American College of

### Dr Eileen Burns

Dr Eileen Burns, Consultant Physician in EMS, has retired after 42-years within the NHS.



Eileen commenced her employment with the NHS in 1981 as a house officer and in 1992 became a consultant at the LGI.

She has been instrumental in developing better services for older people, Eileen's drive and determination leaves a legacy of a thriving department which has today over 30 consultants. Eileen will be carrying on her role for NHS England as specialist advisor for older people's services and also her role at St Gemma's Hospice as a Trustee.

Eileen will be missed by all her colleagues for her unwavering commitment to championing care for older people.

The Trust and Eileen's colleagues wish her the happiest of retirements taking on her Spanish trips and travelling around in 'Alice the Camper van'.

Surgeons. She has been responsible for organising the training of thousands of doctors in the UK in Trauma Management and in supporting them through one of the most vital educational components of their training.

Anne's team said: "We will miss her huge capacity for work, her ability to organise Faculty and Course participants alike, her attention to detail and her wonderful sense of fun and good humour. We will always be grateful to her for looking after us all these years and we will miss her hugely. Anne deserves a long and relaxing retirement, enjoying time with her family, and exploring the Lake District."

### Gail Paley

Gail Paley, receptionist from Gledhow wing, St James's, main reception has retired from the Trust after 21 years.



Gail commenced working at the Trust in 2002 and has worked in various departments and in 2016 she moved onto Gledhow wing reception.

Gail would meet and greet anyone that entered the Gledhow wing and her knowledge of the site was incredible as she could direct anybody to anywhere on site. Gail will be missed by a huge number of staff throughout the Trust.

It was never a dull day with Gail at the helm and the team are already missing her, who said: "Good luck in your retirement, enjoy your time relaxing and supporting your grandson who is representing Great Britain at the WUKF Karate Open in July."

### Kate Smith

Kate Smith, Head of Nursing for Oncology has retired from the role after devoting 33 years to the NHS. She qualified as a nurse in 1989



and has worked in a variety of roles including ward sister to clinical nurse specialist, matron and has been in her current role since 2013. Kate has been a wealth of support to all colleagues, across all specialties and services in the Oncology CSU – Kate's door was always open, and her wisdom and knowledge will be missed. She really does live and breathe the Leeds Way - she is a courageous, compassionate, and inspirational leader who will be dearly missed in her role.

After a well-earned break and holiday with her family in the sun, Kate will be returning on a part basis as the Patient Experience Senior Nurse for Oncology.

# Leeds Children's Hospital heart surgeons perform life changing heart surgery for two patients in a UK first

**In March, Leeds Children's Hospital heart surgeons performed two scimitar syndrome repairs using an innovative surgical procedure, never-before performed in the UK.**

Scimitar Syndrome is a rare condition where oxygenated blood is returned from the right lung back into the inferior vena cava, rather than into the left atrium of the heart and out to the body. This causes an overload and enlargement of the right side of the heart and in time will lead to heart failure.

The Lugones procedure involves re-directing the anomalous pulmonary 'scimitar' vein using the in-situ pericardium, directly into the left atrium. This achieves a direct flow of blood to the left atrium as in a normal heart. The traditional procedure carries greater risks as the long tunnel created can narrow over time.

Patients Vicky Waite (43) from Tingley and Emma Clements (29) from Wetherby are the first patients in the UK to be treated using the Lugones procedure, developed by surgeon Dr Ignacio Lugones in Buenos Aires. Vicky and Emma are treated within the children's hospital as congenital cardiac patients.

Full time mum of two, Vicky, only discovered she had been born with a heart condition after she'd had children. She found herself feeling breathless and tired even after climbing one flight of stairs or cleaning around the house.

Both patients may not have been candidates for surgical interventions due to the complexity of their condition



and risks associated with the traditional procedure. Surgical alternatives would have been temporary whereas the Lugones procedure has the potential to be a permanent fix that will reduce the risk of heart failure and enhance the patient's quality of life.

Only four weeks after the major heart surgery Vicky had a better appetite, slept better, and a post-operative scan four days later showed that the right side of her heart that was severely enlarged had dramatically reduced in size.

Leeds Children's Hospital Consultant Congenital Cardiac Surgeon Giuseppe Pelella was introduced to Dr Lugones and his procedure at a surgical conference in Milan. Mr Pelella identified that

this procedure could be beneficial for patients in the UK and invited Dr Lugones to deliver training and fly in to the UK to supervise procedures on the first two UK patients. Following success in Leeds other UK centres are adopting the procedure.

Dr Pelella said: 'The Lugones procedure has the potential to improve the quality of life of the patients, correcting an anatomical defect. With the defect corrected patients will have reduced risk of heart failure, feel less fatigued and be able to live full and active lives. I'm extremely pleased for our two first patients and I hope that more patients will now benefit from this procedure in Leeds and across the UK.'



L-R: Dr Lugones, patient Emma, Mr Pelella



L-R: Dr Lugones, patient Vicky, Mr Pelella.

# Leeds Hospitals Charity news

## Leeds Hospitals Charity runners raise hundreds of thousands for Rob Burrow Centre for MND Appeal!

**On Sunday 14th May, tens of thousands of runners took part in the Rob Burrow Leeds Marathon and Leeds Half Marathon.**

Lindsey Burrow was joined by thousands of runners, including staff from the current MND centre at Leeds Teaching Hospitals NHS Trust, raising funds to help make Rob's dream of a specialist MND centre in Leeds a reality.

It was an incredible day which saw a community of people united by sport, friendship and determination to support people living with MND and their families.

Paul Watkins, Director of Fundraising at Leeds Hospitals Charity said:

"I would like to say a special thank you and congratulations to everyone who proudly wore their purple running t-shirts as part of Team Leeds Hospitals Charity. We have surpassed the half-way mark of our fundraising target to raise £6.8 million to build the Rob Burrow Centre for MND in Leeds, which will make a huge difference to people with the condition and their loved ones."



## Leeds Bear Hunt

**We are delighted to be going on a Bear Hunt this summer to raise money for Leeds Children's Hospital.**

Leeds Hospitals Charity is working with Wild in Art, leading creative producer of spectacular public art events, and Walker Books/Lupus Films, the production team behind the stunning animation based on the bestselling children's picture book *We're Going on a Bear Hunt*, to create a family-friendly art trail of 35

giant Bear sculptures. Decorated by local and national artists, designers and illustrators, the Bears will hide in plain sight on the streets of Leeds for 10 weeks from the 1st July.

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 to very ill babies and children in a comfortable environment.





# 60 seconds

Sarah Garside



Lead Nurse for The North and West Yorkshire Haemophilia Network, Sarah has worked at the Trust for 21 years

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

I have two children aged 12 and 5, so I don't get much opportunity to relax! I do love snuggling up with them, watching a film and eating popcorn though. If I do get child free time, I love live theatre, live music and eating out.

**Q What is your ideal holiday destination and why?**

It would need to be hot and sunny. My husband and I went to Baros (one of the Islands in the Maldives) for our honeymoon. I would love to go back there.

**Q What is your favourite food?**

I love Italian food, cheese and chocolate but my favourite meal would be beef wellington.

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

I wanted to be a TV news reporter, journalist or researcher and chose to do A Levels in English, Government and Politics and History with this in mind. Babysitting a 10 year old boy called Matthew, who had Down syndrome, altered my career path as his Mum said I needed to work with children!

**Q What is your favourite film?**

I really enjoy any film starring Tom Hanks. The list is lengthy and eclectic, from voicing Woody in the Toy Story franchise to acting alongside a football in Castaway (!) and an outstanding performance as an AIDS patient in Philadelphia; I

don't think he's ever been involved in a bad film.

**Q Who would you most like to meet and why?**

I think it would be amazing to be taught how to dance by one of the professionals from 'Strictly'. My favourite was Ian Waite who left the show in 2009.

**Q What is your favourite book?**

"Tuesdays With Morrie", which is a memoir written by American author Mitch Albom, about a series of visits he made to his former sociology professor Morrie Schwartz, as he is gradually dying. It is both heart-warming and incredibly humbling.

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

I live with several autoimmune conditions: Type I Diabetes, Ulcerative Colitis and Hypothyroidism, as well as Depression and Anxiety. These are all invisible to anyone who meets me, but are a constant balancing act in my life. I have trained to become a Mental Health First Aider in order to support others in the Trust with their mental well-being.

## Claim your FREE copy of Amplifying Voices, Mending Divides

Any member of LTHT staff may claim a free copy of the Trust's first anthology of real-life stories, **Amplifying Voices, Mending Divides**.

The book, edited by Ester Jamera, former Co-Chair of the BME Staff Network, features 14 diverse voices from across the Trust and beyond, giving deeply personal stories of racism and of hopes for race equality.

The stories are not intended to blame or shame – together they form a learning resource that encourages staff of all backgrounds to listen to the experiences of people both alike and different to themselves.



This is a teaching and educational resource that encourages colleagues to start inclusive conversations within their teams about what we can all do to help make LTHT a place where everyone can thrive, no matter their background.

Why not make reading Amplifying Voices and helping create a more inclusive workplace part of your What 3 Things?

**How to get your FREE copy**

To get a free copy of the book, or start your own reading group, LTHT staff should search online "Amplifying Voices LTHT" to find out more on the Trust's website.

**THE HEATH**



**STYLISH DESIGN**  
*Peerless Quality*



**THE HEATH PROVIDES THE PERFECT HAVEN OF  
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*- Barbara H., Daughter of Resident*

**T: 0113 2120 602**

**W: [www.parkavenuecare.co.uk](http://www.parkavenuecare.co.uk)**

**E: [enquires@parkavenuecare.co.uk](mailto:enquires@parkavenuecare.co.uk)**

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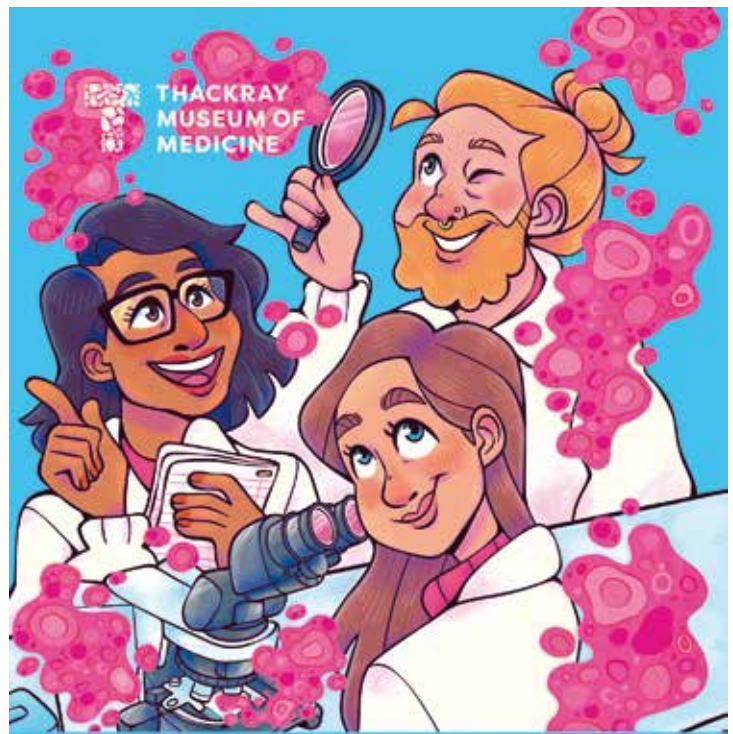
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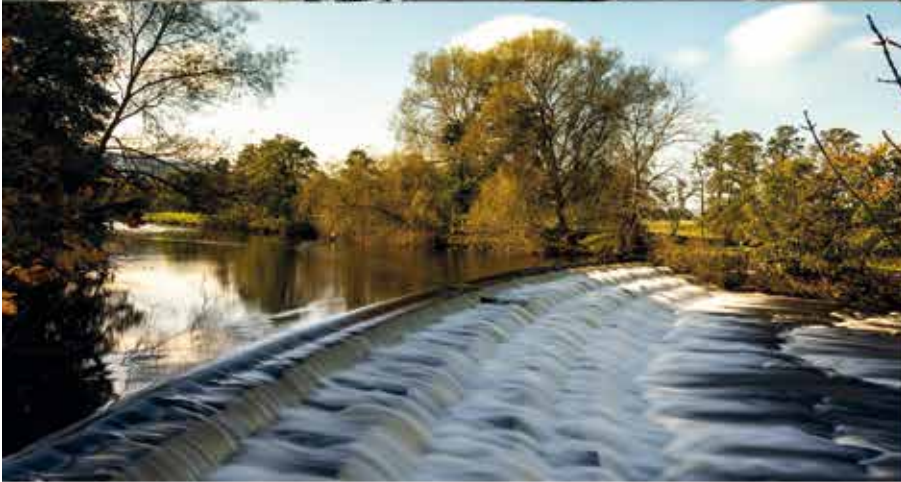


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