

the bulletin

staff magazine | Winter 2022

NHS
The Leeds
Teaching Hospitals
NHS Trust



Onwards and upwards



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search for 'Leeds Teaching Hospitals NHS Trust'





Welcome... and farewell

Welcome to the Winter issue of Bulletin – and farewell.

After over nine years as your Chief Executive I will be leaving the Trust on 1 February 2023 to take on the national role of Chief Executive of NHS Providers, which is the membership organisation representing all NHS hospital, mental health, community and ambulance services.

This has been an incredibly difficult decision to make. However, I am motivated by the opportunity to champion and advocate for NHS organisations at a time of great challenge and pressure faced by all of us who work in the NHS. I want to bring my experience and insight to the wider debate about the NHS at a time when we face one of the most challenging periods in its history. I owe the NHS everything in terms of the opportunities and learning it has offered me and I want to help in securing a positive future for the NHS at this crucial juncture.

Looking back over the last nine years I am indebted to all of you for your wonderful support and encouragement. The Leeds Way and Leeds Improvement Method have changed our culture and management in such a positive way and your engagement and ownership of our collective challenges and successes has been humbling and

inspiring. This is particularly the case over the last three years in tackling the biggest public health crisis in the history of the NHS.

As well as the direct impact on us at the Trust, we led the intensive care provision and vaccination rollout for the whole of our region. This was followed quickly by pandemic-related challenges of the backlog of treatments and emergency care and workforce pressures which you have consistently risen to tackle and overcome. There are far too many great achievements that you have all delivered to list here, but collectively they add up to Leeds Teaching Hospitals representing, in many ways, the best of the NHS.

I realise this is a time of change, but together with Dame Linda Pollard, our Chair, we will ensure there is stability and continuity with the strength in depth we have in our leadership team across the Trust. We have great leadership across our CSUs, corporate teams and Board of Directors, and between 1 February and the appointment of my successor, Dr Phil Wood, Chief Medical Officer and Deputy Chief Executive, will act as Chief Executive.

There will be opportunities for farewells publicised through our corporate communications channels over the winter, so do keep an eye on Start the

Week and elsewhere.

In the meantime, I'm proud to pen this last farewell editorial for Bulletin magazine. This issue, in particular, I hope will leave a lasting legacy, by providing an introduction to Living the Leeds Way – our new campaign which aims to empower you to make the changes you want to see in your workplace. To help you do this is What 3 Things – a monthly commitment to making specific changes where you work – with a pull-out chart on pp. 16-17 to help you achieve this.

I'd love you to share how you get on – get in touch at communications.lth@nhs.net or share your ideas on the dedicated Living the Leeds Way discussion forum on our Intranet.

Thank you, once again, for everything you do and for making Leeds Teaching Hospitals a magnificent place to work and to receive care. I'm sure we will meet again in the future, and I look forward to hearing all about the fantastic work you at LTHT will continue to deliver.

Kind regards

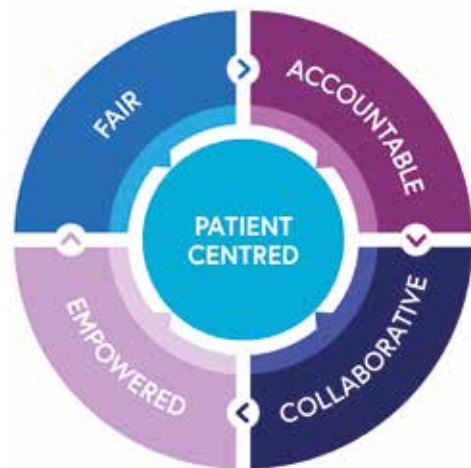
Sir Julian Hartley,
Chief Executive

Introducing Living The Leeds Way

The Leeds Way is the culture of LHHT, and sets us apart from other healthcare organisations. It is our identity, our ethos and how we work every day.

Our Trust values – patient-centred, fair, accountable, collaborative, empowered – were developed as a result of a trust-wide engagement programme which brought together colleagues from across the organisation.

These values formed The Leeds Way.



The values that were chosen then in 2014 are still a very big part of how we work now. In fact, The Leeds Way is much admired across the NHS as a great example of staff engagement and how it has been embedded across all staff groups and departments.

However, a lot has changed since 2014. Throughout 2022, we embarked on

Colleagues were asked to come together and share their views to reflect, connect and commit to The Leeds Way.

During July and August 2022, we had:

- Over 10,000 contributions
- 30+ face to face and online sessions led by staff, including the Board
- Feedback from every staff group and CSU

There were three key themes that came through in feedback from colleagues that they felt needed addressing.



a Summer of Connecting to look again at the values and behaviours we hold ourselves to and take the opportunity to make new and timely commitments.

We have already started to tackle some of the key issues under these headings, and you can find out more about them on the intranet page – just search ‘Living The Leeds Way’.

We also simplified our behaviours to better reflect what colleagues told us was missing.

Living The Leeds Way is the golden thread that holds all of us together. And it doesn't stop here.



We know that we don't have all the answers and that we face some really big challenges, but by everyone working together we can make real changes and foster an inspiring and supportive environment.

Our culture starts with us as individuals, and we can all do something to help make LHHT the best place to work.

We can do this together, The Leeds Way.



Patient Centred

We act with **compassion**, empathy and kindness towards those in our care and to each other.

We consistently deliver high quality, safe and dignified care, focusing on **individual needs**.



Fair

We seek to understand the **perspective of others**, respecting and embracing our differences.

We champion **inclusivity** by prioritising **fairness & equality**.



Accountable

We **keep our promises**, agree clear expectations and will **speak up** to respectfully hold ourselves and each other to account.

We are true to our word and act with **integrity and honesty** with our patients, colleagues and communities.



Collaborative

We are all one team with a common purpose and **value the contribution of others**.

We work in **partnership** with our patients, their families and carers, **our colleagues** and other providers.



Empowered

We empower our patients and colleagues to **have a voice** and make decisions, and are **considerate of their choices**.

We celebrate **innovation**, and we **take personal responsibility** for our learning.

Living the Leeds Way - in action!

Living the Leeds Way is all about empowering you to make a difference where you work. It's recognising that the people who know what needs fixing in their areas to make things work are also the best people to do the fixing. Here, we spoke to several teams and colleagues across the Trust using What 3 Things to identify where they can make a difference...

Chat with Chapman

We're pleased to hear about an idea from Gill Chapman who has been inspired by What 3 Things to bring forward a staff engagement idea. Gill is Head of Service for LTHT Staff Bank, and is setting up 'Chat with Chapman', informal opportunities for bank staff to have a chat with her about how they're doing. It's a really good opportunity to share The Leeds Way Values with bank

staff and is part of helping them feel part of the team.

Gill has a regular slot in her diary and is planning how best to get face to face with staff. Her sessions are due to start in the New Year and we're looking forward to hearing about how they go.

A great example from Leeds Children's Hospital

Dawn from Leeds Children's Hospital placed this care basket in the ladies toilets of the administrative offices, looking to help out and support any other members of the team or visitors who might be in need.

Suzanne Abrahams, General Manager at Leeds Children's Hospital said; "This care basket arrived out of nowhere anonymously for anyone to use. It has

everything in it from headache tablets to spare tights, but most importantly, it's just a really thoughtful contribution to the team, showing how someone else is really caring for others. It has made me proud to be a part of this very special team."

What 3 Things are you doing to make a difference in your area? We want to know! Get in touch by emailing communications.lth@nhs.net and share ideas in the dedicated What 3 Things discussion forum on the Intranet.



Leadership walkabouts at Chapel Allerton Hospital

Andy Bennet at Chapel Allerton Hospital was inspired to get out and meet teams and make connections with staff on site. His leadership team have made a special effort to get baking on Sundays, bringing in a selection of homemade treats to share with colleagues on Monday.

Andy said: "It's been a simple action, but one that keeps paying off. We're growing our community, learning from each other, and getting to know teams from one CSU to the next. It's been a great way for my leadership team to break down barriers, get to know people and become more recognisable and approachable for colleagues."

Kickstarting change with the Hands and Plastics team

Some teams have found the What 3 Things approach a really simple way to kickstart the changes they've been meaning to get round to but just haven't had the time to structure.

Kathryn Warner, Clinical Therapy Manager, said: "It has been a tough few years and my team have been wanting to look back at what we've achieved and set out what our next goals are going to be. What 3 Things has been a really useful framework to help us refocus. The best thing about it is how simple it is – it means we can all get behind a commitment and start working on making a difference."



Yorkshire Speak Their Name suicide memorial quilt

Four giant quilts, made up of 200 hand-decorated individual squares, were revealed to the public on 1 October as part of the Yorkshire Speak Their Name suicide memorial quilt project. The quilts were on display for the day in Millennium Square, Leeds, and dedicated to those lost to suicide in, from or connected to Yorkshire.

Karen Sykes, Head of Nursing for Safeguarding at LTHT and colleague Richard Gibson, Trust Risk Manager, have both been bereaved to suicide and were a part of the project that is helping raise awareness in suicide prevention and supporting those bereaved to suicide. Karen said that being part of this beautiful project has generated a lot of support and the feedback from individuals involved has been positive and uplifting, without diminishing the devastation of loss by suicide.

Karen has been instrumental in setting up the Yorkshire project, having seen something similar in Manchester. She wanted to set up a 'healing through crafting' project in Yorkshire where she works and where her daughter Beth – who sadly took her own life – also lived and worked. Weekly sessions to create the squares have provided considerable comfort and support for all those involved and a moving short film sharing



Jenny Lewis, Director of HR and OD, with Karen Sykes, Head of Nursing for Safeguarding.

people's stories has been created as an additional legacy and can be seen online: www.yorkshirespeaktheirname.co.uk.

The project is constantly evolving and the quilt is continuing to grow, with more people across the region joining the movement and taking part as they find

out about it. The hope is that the tour of the quilt will engage support far and wide, driving awareness of suicide and mental health.

Jenny Lewis, Director of HR at the Trust, was there on the day to see the unveiling. She said: "I have been inspired and humbled by the bravery and honesty of Karen and other colleagues from our Trust. The quilt is stunning, and to see it displayed in Millennium Square to honour those who have died and the families who love them, was awe-inspiring and heartbreaking all at once. I know that I will do everything I can to keep the conversation going about suicide and to continue to support all colleagues from across the Trust with their mental wellbeing."





LTHT welcomes former Villa Care teams to Trust

A huge welcome to the Trust to the teams on wards J30 and J31 at St James's Hospital, who have recently transferred over to the Trust from Villa Care.

The Trust has taken on these assessment and rehabilitation beds to help reduce the pressures facing our hospitals, especially as we approach winter but also throughout the year. These beds will care for people who are waiting for a transfer home or to a rehabilitation setting but no longer need acute specialist care.

"I'd like to say a massive thank you to everyone on the ward and in the wider Trust who has helped make the service's move across from Villa Care a smooth one."

Lelanie Abellera, Matron for J30 and J31, worked for LTHT a few years ago, and has broad experience across areas, including stroke, trauma and orthopaedics, elderly care, and discharge. She said: "It has been challenging supporting the staff with the move over to Leeds Hospitals but we have been made to feel really welcome at the Trust. We say to each that we can do this! The fantastic support we've had has really motivated us. The caring for patients doesn't change but the ways of

doing things has so it's about embracing the changes.

"We've been made to feel really welcome at the Trust. Thank you to our management team as well as people who have supported us with how things like nutrition training, safeguarding, end of life care, infection prevention and tissue viability are done at Leeds.

The team has also written to patients to let them know about the change of service provider, and have been talking to families to keep them in the loop.

Chief Executive Julian Hartley popped in to welcome the team. He said: "It was really great to see the team in action, and especially seeing patients up and about and getting ready to leave hospital. I heard about the steps colleagues on the ward take to get people ready to go home, such as getting them up and dressed and walking about each morning, and involving their families.

"I'd like to say a massive thank you to everyone on the ward and in the wider Trust who has helped make the service's move across from Villa Care a smooth one. I'm excited about taking it on and making a huge difference for our patients. The Leeds Way was already shining through very strongly!"

Introducing Advance Care Planning

Advance care planning (ACP) can make the difference between a future where a person makes their own decisions and a future where others do (NICE 2019).

'Patient Centred' is one of our core values here at the Trust and ACP is key to ensuring the individual has the opportunity to discuss and plan their future care, anticipating a time when they may lack capacity to communicate their wishes to others.

Chris Stothard is the Trust's ACP project nurse. He has a role which looks at ACP practice across the Trust as well as how we interface with community and other NHS trusts. Having spent more than ten years as an end-of-life care nurse with the Palliative Care Team, Chris has witnessed first-hand the benefits of effective advance care planning and never more so than when patients are approaching the end of their life.

Chris said: "Knowing that decisions are being made in line with what the patient would have wanted brings great comfort to those who are by the side of the patient. From family, friends and loved ones to those providing care, when the care we deliver is tailored to the needs and wishes of that person, it brings some peace of mind and comfort.

"This might involve being discharged to spend last days at home surrounded by loved ones, knowledge that pets will be taken care of or even avoiding admission to hospital."

There is already some great Advance Care Planning practice occurring throughout the Trust and you can read more about current projects on the intranet, alongside the offer of education sessions, project support and coaching. Log in at intranet.leedsth.nhs.uk and search 'Advance Care Planning'. You will also find further guidance on having conversations that count, how to record important information amongst, other useful resources.

If you would like to get your clinical area involved in a project, email leedsthtr.advancecareplanning@nhs.net to start a conversation.

Black History Month poetry and

The BME Staff Network celebrated the benefits of LHTH's diverse workforce during Black History Month in October, focusing on the mantra of 'If You Can See It, You Can Be it'.

A series of four lunch and learn sessions brought to life success stories from those connected to the BME Staff Network and were open to all staff. In addition, colleagues were encouraged

to join team fuddles and to take part in a display wall competition and a poetry competition.

Congratulations to all the winners!

Poetry competition winners

3rd Place

Brighter Day
by Modupe Hector-Goma

I listen, I talk, I explain
I negotiate, I make excuses
And then make some noise
Is anybody listening or am I so invisible
I am your sister, you are my brother
we belong to the same human race
Whatever the language I speak
The colour of my skin or hair
I need you and you need me
We are connected
For that is how it was meant to be
So, take my hand
And let's make this journey together
A journey of endless opportunities
Where true love is the antidote and everyone is equal
I see the clouds moving faster
than ever
And the sun is breaking through
Come closer, hold my hand
Wake up to the rising sun
Nothing can stop this
Brighter day has come, brighter day
is here
Though the road ahead seems long
and rocky
I am simply glad you are by my side
And together we usher in the
brighter day

2nd Place

Clouds
by Kirsty Heslop

Skies are filled with clouds that blight
They mask the sun that shines so
bright They darken days and block the
rays Our world under a cloudy haze
Clouds like privilege are white White
means that they don't have to fight Or
wonder if their colour skin Takes away
their dreams within
White privilege I recognise And know
the sun will always rise Racism won't
block my light Or take away my needs
and rights
I don't work twice as hard Don't
always have to be on guard
I don't know how that must feel But I
know it's life and I know it's real
Within my palms I've held your lives
And read your words and felt such
drive Black History Month I have heard
It's time for action now not words
Amplifying Voices, Mending Divides
Together we read, together we cry
Learn, understand, reflect Contributors
I respect
Experiences shared from the heart
Now I need to play my part
As an ally I APPLAUD Together we will
move towards
A world where the sun shines through
Not just for me but for you too Sun
rays wipe away the haze
A future full of brighter days
Skies are filled with clouds that blight
They mask the sun that shines so
bright But we can chase the clouds
away Follow me, I'll show the way

1st Place

The Definition
by Achese Hector – Goma

Being black is being proud to
withstand the storm
Being black is radiating beauty though
it's rejected as the norm
Being black is being ignored whilst
your ideas pave the way
Being black is years of struggle and a
foundation of pain
Our blackness can never be erased
Being black is opening doors meant to
be permanently shut
Being black is being first so others
won't be overlooked
Being black is having the coverage to
stand on your own
Being black is knowing together no
battle is fought alone
Our blackness cannot be cloned
Being black is Dr King's 'I have a
dream'
Being black is Mary Seacole's care,
compassion and good hygiene
Being black is your first black teacher,
who saw the magic in you
Being black is your first black doctor,
who displayed dreams can come true
Our blackness inspires you
Being black is celebrating how far we
have come
Being black is shining your light and
leading others along
Being black is being blessed with
resilience and vigour
Being black is knowing regardless of
obstacles we remain the winner
Our blackness is our prize
Let us hold the trophy of our
achievements up to the sky
And still we rise

Wall display competition winners

Display wall competition winners

Natalie Francis is the BME Champion/Lead in our Medicines and Pharmacy service and her poster display won the first prize for wall displays.



1st Place: Natalie Francis - Project Nurse Medicine Management and Pharmacy Services



Joint 3rd Place: Wasaq Hussain - Supervisor LGI Outpatients Admin Team



2nd Place: Rebecca McManus - Organisational Equality and Diversity Practitioner



Joint 3rd Place: Olabisi Ogunyinka - Staff Nurse GGOT and Anaesthesia and Lorna Coates - Staff Nurse GGOT and Anaesthesia

Congratulations to all the winners!

Billy: The lad who saved lives – a tribute to Leeds Teaching Hospitals’ first organ donor of his kind

Billy Mottershead became the first person in the UK to become an organ donor following circulatory death in 2002.

He was on the organ donor register so his parents knew that was what he would have wanted. However, at that time, only patients who were brain dead were generally considered as possible organ donors. Although Billy’s injuries were very severe, it was not possible to diagnose brain death meaning that he was not able to become an organ donor in the way it was done then.

Billy’s parents Ian and Elaine were insistent that some good had to come from their son’s death and worked with clinical teams to change the organ donation policy almost overnight.

Ian remembers: “We just kept saying that they had to find a way for him to become



Changing lives: Billy Mottershead

a donor. We just couldn’t accept that a young, fit lad like our Billy was just going to go. It felt like a relief.”

Elaine adds: “They were incredible. The whole team in that hospital were amazing. They knew that they couldn’t do anything to bring Billy back but the way they cared for him and us was out of this world. I’ll never be able to say thank you enough.”

Billy changed 30 lives with his donation. However, since he died, our teams have been sharing his story.

Dr Paul Murphy, Consultant in Neuroanaesthesia and Critical Care at LTHT, said: “We had plans to start DCD (donation after circulatory death) in Leeds, but sometimes in life to get things going, you need someone to push you over the line. This is what Ian and Elaine did. They got DCD going.

After Billy’s donation, we went across the country talking about how we had made this happen and telling people about Billy and his parents. And slowly, doctor by doctor, hospital by hospital, more and more people started approving DCD.

Now, every hospital in the country does this.”

In November, some of the clinical team who cared for Billy and other colleagues joined Billy’s family to unveil a lasting tribute at the LGI. A family room on L2 has also been named ‘Billy’s Room’, somewhere for families to spend time away from the clinical area and learn about his legacy.

This year, 20 years later, more than 8,000 people and around 20,000 transplants have taken place in this way. What an incredible legacy.



Billy’s parents Ian and Elaine with clinical team members who cared for their son.

New pathology laboratory reaches major construction milestone

The roof of our new, state-of-the-art Pathology Laboratory at St James's Hospital is now complete, marking another significant milestone in the delivery of the project which is set to support improvements in diagnostic testing across the region.

A topping out ceremony was held on Tuesday 8 November marking the milestone with our staff and key stakeholders by signing the concrete stair core of the building. Several members of pathology staff were also invited to celebrate the completion of the highest point of the build and to see where they will be working in the future.

Based at SJUH, the new facility will be part of the West Yorkshire and Harrogate Pathology Network, formed through the collaboration with the West Yorkshire Association of Acute Trusts (WYAAT) and will support the delivery of pathology services across West Yorkshire and Harrogate.

“We can't wait to welcome everyone back here to celebrate the grand opening!”

As well as supporting improvements in diagnosis for people across the region, the new laboratory will help to meet the growing regional demand for specialist treatment and care whilst providing development opportunities for our staff.

Dr Phil Wood, Chief Medical Officer and Deputy Chief Executive at LTHT, said: “We are incredibly proud to reach this significant milestone in the construction of our new pathology laboratory.

“To be able to stand on the roof and see the building taking shape has been really exciting and means we are one step closer to realising our ambition to drive collaboration across multiple trusts in our region and support improvements in specialist and routine diagnostic testing for all our patients, right across West Yorkshire and Harrogate.

“It's going to be a fantastic working space for our staff, with cutting edge technologies paving the way for



more innovative and transformative pathology services supporting both primary and secondary care delivery.

“We can't wait to welcome everyone back here to celebrate the grand opening!”

Building completion is planned for the end of summer 2023 with pathology services then transferring throughout 2023 and 2024, becoming fully operational following the installation of new, high-tech equipment.

New exhibition launches show

A new photo exhibition inspired by Leeds rugby legend Rob Burrow was unveiled at Leeds Train station in November.

Curated by Leeds Hospitals Charity, the pop-up exhibition, '7 Stories of Motor Neurone Disease', showcases the impact of the disease on seven people, including Rob. The number 7 was Rob's Rugby League shirt number.

The exhibition is touring across key locations in Leeds from November 2022 to May 2023, to help raise awareness and funds for Leeds Hospitals Charity's appeal to build the new Rob Burrow Centre for MND.

Esther Wakeman, Chief Executive of Leeds Hospitals Charity, said: "Seven people, including Rob, bravely volunteered to tell their stories for this powerful exhibition. Rob is an absolute hero to the MND community for the courage he, and his family, have shown. We are just under half-way to our target to build the new Rob Burrow Centre for Motor Neurone Disease; the hope is this exhibition inspires people to help get us to the finishing line."

Many of those featured in the exhibition have signed up to the Rob Burrow Leeds Marathon on 14 May 2023, to help raise funds for the new centre.

Rob Burrow said: "I'm humbled, and thankful of the brave efforts of MND



patients and their loved ones in their resolve to help make this vision of a new centre, a reality. I'm also proud to put my name to this new centre, which will have a vital and lasting legacy. It will be a haven for patients and their families. It will also importantly, be a place of hope. I am still defying the odds, with a smile on my face. I won't give up."

The new centre will be the first of its kind in Europe, providing an uplifting space for patients and their families and carers. The design will be led by the holistic needs of the patient and



Katie Dowson

their families, creating a supportive environment that complements the expert team providing the care.

Dr Agam Jung, Consultant Neurologist at LHT said: "I'm really looking forward to seeing 7 Stories displayed in public spaces across Leeds and seeing the impact they will have. This feels like a really important step forward in helping the public understand Motor Neurone Disease further, something that Rob Burrow and his family have so bravely led on. I am fortunate to work with, and care for, so many more people like those who have shared their stories for this exhibition. Despite the devastating nature of this condition, this is a really uplifting collection of stories that gives a voice to the people who have felt the impact of MND. My hope from this is that more people will understand what it is like to live with the disease, and why it's so important



Rob and Lindsey Burrow

showcasing '7 Stories' of MND



Kerry Everett

we have the right facilities to care for them. If you can help us to make the Rob Burrow Centre for MND a reality, please donate."

Featured in the exhibition are those whose loved ones have died of MND. Katie Dowson, 39 from Ilkley, lost her dad Warren to MND in 2018. Katie has raised over £10k in his memory to date.

Dr John Hamlin, 53, works at Leeds Teaching Hospitals, his wife Susie died of MND when she was 45. He's raised over £34k in her memory.

Retired nurse, Jude de Vos from Holmfirth, climbed Ben Nevis to raise



Louise Jordan

funds for her son Jody, who died of MND in 2017 aged 38. Kerry Everett, 50, lost her brother Scott when he was 48 to the disease, and she plans to run the Rob Burrow Leeds Marathon next spring in his name.

The exhibition also showcases MND patients Ian Flatt, 56, from Harrogate, who was diagnosed the same year as Rob in 2019. Ian has undertaken a series of fundraising challenges in his wheelchair, dubbed the 'tangerine dream machine', including scaling Snowdon for the charity.

Louise Jordan, 61, a GP from Hope Valley was diagnosed in October 2021 after initially putting down



Dr John Hamlin

her symptoms to being tired and overworked as a GP working through the pandemic. After a life committed to her patients' quality of life, she's determined to raise funds and awareness for the new centre. She said, "The new Rob Burrow Centre for MND will be a huge source of hope, comfort and positivity."

MND affects the nerves in the brain and spinal cord. It is a life-shortening disease with no cure. Although the disease will progress, symptoms can be managed to help achieve the best possible quality of life. It can affect adults of any age but is more likely to affect people over 50. There is a 1 in 300 risk of being diagnosed with MND.



Ian Flatt



Jude de Vos

Join the LTHT Liftshare community!

In October, LTHT launched a new lift sharing scheme for staff, which will help reduce the number of single occupancy cars commuting to our sites and lower carbon emissions across Leeds.

The demand for car parking across all Trust sites is very high and consistently exceeds the number of spaces that we have available. As part of the Trust's Green Plan, we are looking at promoting sustainable travel, which can include active travel, such as running, cycling and walking, and using public transport.

Lift sharing is another form of sustainable travel, and the Trust has worked alongside Mobility Ways to set up a bespoke Liftshare app.

Initially, the app is available for staff who work at the LGI and St James's sites, with the rollout to Chapel Allerton, Seacroft and Wharfedale taking place at a later date.

How does it work?

Lift sharing is when there is more than one occupant in a private car, something we all do regularly with our family and friends. By using the app, staff can search for other members of staff who live on their route to work to find a potential journey match. They can be from the same or from different households, only one person needs to own a vehicle, and you can share with up to four people.

Once you've registered your journey, you will be presented with a list of potential staff who match. You can then use the Liftshare internal messaging system to contact them to see if you are a suitable



match. You can select which days you are available and whether you are happy to drive, be a passenger, or both.

The Trust is further supporting lift sharing by providing a guaranteed ride home scheme. The scheme guarantees the lift share passenger a return journey home in the event of an unforeseen problem, such as a home emergency or unforeseen work reason, with the cost of using public transport or a taxi to get home reimbursed. You can read the full details of the scheme on the intranet.

The benefits

The top reason for car sharing is it can save you money, and regular lift sharers save an average of £1,000 per year. It can also reduce congestion and pollution from car emissions, as fewer cars drive on the roads. Single occupancy car journeys are one of the worst emission offenders, and by sharing, you could reduce your carbon footprint by 10%.

Those who lift share say it improves their health and wellbeing, reduces stress, and is an excellent way of networking and

making new friends. It can also reduce parking pressures as fewer parking spaces are needed when staff lift share.

How can you sign up?

So far, we've had 158 members of staff sign-up for the scheme. It's quick and easy to register, simply visit: ltht.liftshare.com

Frequently Asked Questions

How do I pay for Liftshare?

The Liftshare platform is free to join and use

How do you calculate the cost of sharing?

Liftshare calculates a suggested contribution per passenger for your journey based on the length of your trip and using HM Revenue and Customs approved mileage payment allowance. You can use this or create your own informal agreement.

What are the legal and insurance implications of car sharing?

The Association of British Insurers clearly states that car sharing won't affect their members' insurance so long as a profit isn't made.

Who can see my journey details?

When you join, you can decide whether it can only be seen by members of the Trust's lift-sharing community or any member of the wider Liftshare network.

Sharing with Silvia

Silvia Bono works as a Personal Assistant at the Trust and signed up for the scheme and wanted to share her experience of using the app:

"Recently, I have joined Liftshare and successfully matched with few colleagues who are either local or on my way to work. The platform is very intuitive and easy to use as you set your journey, and you quickly see your possible matches (and get in touch with them). It has been amazing so far as I used to drive to work on my own, and now, I take 3-4 people with me depending on the day. It has given me the chance to meet really nice people working in different areas of the Trust."



New £8.5m purpose-built eye clinic opens at St James's Hospital

A newly-designed clinic space opened at St James's Hospital in December, providing a new home for the Ophthalmology outpatients department.

The purpose-built department cost £8.5m and followed months of planning and consultation with patients to ensure the needs of partially-sighted visitors could be met with the new design and layout.

The new department, which opened on Monday, 12 December, is situated in Gledhow wing, a short walk from the old location of the department in Chancellor's wing.

The new clinic space provides significant improvements over the old location, including larger rooms, improved access and clearer wayfinding – all designed with the needs of visually-impaired patients in mind.

Craige Richardson, Director of Estates and Facilities at LTHT, said: "This is an exciting moment for what is our largest outpatient department in Leeds. We see a significant number of eye patients every week and this purpose-built environment will provide a setting that is both cutting-edge in its design and sympathetic to the needs of visually-impaired patients."

The 2,500 square metre facility features 108 rooms, including consultation rooms, central diagnostic rooms, a refractive unit, as well as a virtual clinic room.

Ophthalmology is the largest outpatient department at LTHT treating over 100,000 patients per year. The new location is optimised for patient care and will help support the reduction of the Ophthalmology outpatient backlog as a result of the pandemic.

Jonathan Bilmen, Clinical Director of Head and Neck services at LTHT, said: "I'm really proud to see the completion of this state-of-the-art facility which will massively improve patient care in Ophthalmology



LTHT Chair Dame Linda Pollard with colleagues who have helped make the new clinic a reality.

outpatients. This is the culmination of an £8.5m investment and a huge amount of planning and multidisciplinary input to ensure we deliver the best in care. I want to thank all our clinical and non-clinical teams, patient groups, and our contractors, who have worked together to get us to this point."

Patient needs were a key priority for the department planners, with engagement with members of the patient panel early on in the process to establish what patients would find most beneficial from in the new unit.

Jonathan added: "Accessibility has been really important to us, and we

have worked closely alongside our patient panel to incorporate features that will help visually-impaired patients throughout the department, including different coloured waiting areas and easily identifiable zones."

An emphasis on designing wide corridors with lots of natural light has ensured the new department is easy to navigate for its patients.

Wall art included in the new department displays familiar Yorkshire scenes, creating a pleasant environment inspired by nearby countryside, as well as providing further wayfinding cues for visitors.

WHAT THINGS

Living the Leeds Way - What 3 Things

Living The Leeds Way is all about empowering you to take action and make improvements to the way you work with colleagues in your area. This pull-out and keep wall chart will help you work out what your What 3 Things actions are for the months ahead. It will help keep you and your team accountable to your goals and will be something to look back on and celebrate with pride!

What is What 3 Things?

What 3 Things is a simple way of committing to make meaningful actions to change things for the better where you work. They don't have to be big – they could be unique to you and your workplace. At the other end of the spectrum they could involve entire teams and the way people work together. In short, it's a way of empowering everyone to be part of the solution.

Why 3?

During our Trust-wide conversation that took place as part of our Summer of Connecting, the feedback could largely be themed into three areas: Behaviours, Basics, and Communication. This forms the basis of What 3 Things – by choosing an action that fits into each area, you are helping contribute to Living The Leeds Way and making improvements across the organisation.

How does it work?

Simple! Take a look at each of the three areas below, as well as some of the examples on this page and on p5, and choose one from each area you want to focus on this month. Don't feel limited to the below! If you've already got some great ideas, crack on! Once you've decided, write down the three commitments on the chart opposite,

and put it up somewhere nice and obvious where you and your team can be reminded of what you're aiming to achieve this month.

What 3 Things – choose three actions to commit to:

Behaviours

- Choose one behaviour that make up The Leeds Way values.
- Ask how can you better display this with colleagues, patients and other people we work with?
- Discuss a shared behaviour in your team huddles or 1-1s and decide what you will do to demonstrate it.
- Highlight when the behaviour is being shown and occasions when it needs to be emphasised. Celebrate your progress and achievements.
- Make a commitment in your annual appraisal.



Basics

- Identify a 'basic' improvement that will make your working day better.
- We want colleagues to feel empowered to 'just do it'.
- Some basics aren't easy to fix – but we're working on it. Find out about work that's already happening through Staff Survey feedback – take a look on our Intranet for more.



Communication

- What could improve communication between yourself and colleagues?
- Our Executive team has committed to being more visible, accessible, and spending more time with colleagues in their workplaces. Could you do the same?



Need some ideas? Pick something from the list below...

Behaviours

- Act with compassion, empathy and kindness to those in our care and each other.
- Deliver high quality, safe and dignified care, focusing on individual needs.
- Seek to understand the perspectives of others, respecting and embracing our differences.
- Champion inclusivity by prioritising fairness and equality.
- Keep our promises, agree clear expectations and speak up to respectfully hold ourselves and each other to account.
- Act with integrity and honesty to our patients, colleagues and communities.
- Value the contribution of others as part of one team with common purpose.
- Work in partnership with our patients, their families and carers, our colleagues and other providers.
- Empower our patients and colleagues to have a voice and make decisions, being considerate of their choices.
- Celebrate innovation and take personal responsibility for our learning.



Basics

- Introduce yourself to patients, service-users and colleagues with 'Hello My Name Is' – order your own badge by searching on the Intranet.
- We're all busy – so why not take some time to review the regular meetings and processes in your team – what could be simplified, shortened or removed?
- Agree to have a meeting-free period over lunchtime so that everyone has the chance to get a break.





Complications of Excess Weight Service recognised by as prestigious centre

In October 2022 Leeds Children's Hospital was delighted to announce that its Complications of Excess Weight (CEW) Service - hosted on behalf of West Yorkshire - has been recognised by the European Association for the Study of Obesity (EASO) as a 'Collaborating Centre for Obesity Management' (COMs) in Europe. This recognition follows recent accreditation by the UK Association for the Study of Obesity.

Collaborating Centres for Obesity Management are a network of accredited multidisciplinary treatment centres spread across Europe. Centres are accredited by EASO's Childhood Obesity Task Force in accordance with accepted European and academic guidelines, ensuring a network of high level, well-structured centres.

EASO COMs status has been awarded to Leeds Children's Hospital for a duration of three years. Leeds Children's Hospital is one of only two children's hospitals in the UK to be awarded this status and joins another eleven children's hospitals across Europe.

The Leeds CEW Service will now be part of a network implementing state-of-the-art evidence-based care for patients with obesity. We will be networking with EASO's clinical practitioners, researchers, policy makers and industry with the aim to improve the management of obesity in children.

The Leeds service will participate in COMs exchange programmes, welcoming European partners to the Leeds clinic to demonstrate best practice in paediatric obesity management, as well as travelling to other centres to develop new ways of working.

Leeds Children's Hospital Clinical Director Colin Holton said: 'We're delighted that our CEW Service has been recognised in this way by European and UK organisations. We're incredibly proud of our CEW Service and our colleagues who bring it to life. Our CEW team have been really innovative in the way the service has been set up to combat health inequalities in West Yorkshire and

we're excited to share this learning with colleagues internationally'.

Hilary Benn MP pays a visit to the CEW Service

Hilary Benn, MP for Leeds Central visited the CEW team on 4th November. Mr Benn was invited by the team to visit the CEW Clinic hosted at Parkside Medical Centre in Hunslet. He met with Dr Caroline Steele, CEW Lead; Kate Brennan, CEW Dietitian; and Helen Robinson, CEW Clinical Nurse Specialist.

Mr Benn enjoyed trying out some of the equipment used by the service including the smoothie bike! He was interested to learn about how the service operates, why the clinic has such a fun, informal feel, and the challenges faced by young people living with obesity in Leeds.

The visit was prompted by the team's desire to raise awareness of childhood obesity, specifically in West Yorkshire and the link to health inequalities and deprivation.

Digital news

New Intranet – drop-in on Teams to find out more

Our new intranet was launched at the end of September, accessible from home or work, and from any device, using your NHSmail details. Since then, nearly 20,000 colleagues have successfully signed in and our new pages have been viewed over 1.7 million times.

Drop in and find out more

If you've got a question to ask, or you'd like to find out more about using the new intranet, we're running some regular drop-in sessions on

Microsoft Teams. If you can't make the sessions, you'll be able to ask questions in advance and leave your contact details so we can send you a reply. Information will be included in Trust-wide communications, and if you have any questions or need help in the meantime, please email the team - leadsth-tr.intranet@nhs.net

Intranet admins user group

Many of our CSUs and Corporate Services already have dedicated Intranet



Administrators who have been working hard to add and update content. We're holding monthly user group meetings for these colleagues, so if you'd like to join the group and hear more about the latest functionality, share ideas and access support, email the intranet team - leadsth-tr.intranet@nhs.net

Single Sign On

The new intranet is set up for Single Sign on using the Imprivata application. This will log into the intranet and other applications for you once you've set up your security questions. Imprivata will be included as standard on all new PCs which are currently being issued across the Trust, and this replacement activity will be complete by March 2023.

my job

Sandra Fernandes Sargento Dias



Sandra is a Senior Fellow for Paediatric Neurosurgery working with the Trust on a 12-month Fellowship until Summer 2023.

Q What are the main aspects of your role?

I treat mainly paediatric patients needing neurosurgical care. My responsibilities include patient care and management, operating in theatre, and assisting in outpatient clinic. I try to learn as much as I can from the consultants while trying to share my knowledge and experience by mentoring younger colleagues. I want us to grow and learn together. I often spend most of the day in theatre, with some surgical procedures taking more than eight hours, therefore I consider that looking after my own mental and physical wellbeing is also an important aspect of my role.

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

After completing my Medical Degree in Lisbon, I then moved to Switzerland to do one year of research in the Neuro-Pathology Lab. Thereafter I did most of my neurosurgical training at the University Hospital of Zurich, alongside spine training at the Schulthess Clinic, in Zurich. In September 2020, after obtaining my board certification as a neurosurgeon, I started working with half of my time as a Consultant Neurosurgeon at the University Hospital Zurich and the other half as Paediatric Neurosurgeon at the University Children's Hospital Zurich. To continue my development, I applied to LTHT for a fellowship in paediatric neurosurgery in August 2022.

Q What's the best thing about your job?

Being able to perform neurosurgery and operate on the brain of another person is a huge honour and a privilege. The brain's anatomy is so beautiful and delicate, whilst being so powerful in its function, that I still get fascinated with every single case. I think this feeling will continue throughout my whole career. This is the best thing about my job.

I decided from the age of 13 that I would become a neurosurgeon after my brother was diagnosed with a brain tumour. I am proud and extremely happy to be doing the job I love, and helping people as my brother was helped, for the rest of my life.

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

The system needs to be seen as a whole. I have only been here for four months, but I think there is potential for optimisation of some patient referral pathways as well as the organisation of the hospital. Our Trust covers a very big population, and the resources need to be optimised by increasing their efficiency. The most important aspect in my opinion is patient-centred teamwork. We should aim to reach maximum safe patient care in our scheduled working hours to give the system and our colleagues the relief needed for them to take over the next patients. But for this principle to be implemented we need to start from the bottom – staff and beds. If the hospital is understaffed and there are not enough beds the healthcare system will not work in an efficient manner, resulting in long waiting lists, and delayed patient care, which compromises the course of the disease and outcome. For that I think the UK needs to invest in rehabilitation clinics so that hospital beds are available for the acute and elective patients.

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

For somebody who is coming to the Trust from abroad, my advice would be to come with an open mind. There are a lot of positive aspects, but one also needs mental flexibility to adapt to the system. The UK is known to be one of the best countries for medical, surgical and research training and there are many opportunities to learn and grow within LTHT.



Leeds Nurses receive Chief Nursing Officer for England Silver Awards

Congratulations to Ester Jamera, Senior Project Nurse, and Elizabeth Rees, Lead Nurse for End of Life Care who have both received coveted Chief Nursing Officer for England Silver Awards.

The CNO awards were launched in March 2019 at the Chief Nursing Officer for England's Summit by Ruth May, Chief Nursing Officer at NHS England and NHS Improvement. They are an exceptional accolade and recognise nurses and midwives who make a significant contribution to patients and the profession.

Ester received her award in recognition of her work developing LTHT's Race Equality Agenda and regularly speaking at events internally and on a national scale. She also published the anthology *Amplifying Voices, Mending Divides*, which tells stories from staff in Leeds. Free copies of this book are available to all staff using the details on the intranet.

Elizabeth was praised for her leadership, courage and compassion to patients, relatives and colleagues, especially throughout the COVID-19 pandemic. She is the first nurse and joint clinical lead for the National Audit of Care at the End of Life (NACEL) steering group and considered an excellent role model.

Staying safe after dark – personal safety tips



Mark O'Byrne, Conflict Resolution and Personal Safety Trainer at LTHT, recently visited St James's and LGI to speak with staff and share his tips and advice for staying safe, especially when walking at night. He will shortly be visiting the peripheral sites and shares his advice below.



The chances of a crime happening are low, and when incidents of this nature occur at the Trust (which is extremely rare), we have procedures in place to support staff. The security of every staff member is something we take very seriously, and we work with the police locally to make sure sites are safe for everyone who frequents our hospital sites.

The tips below can help you stay safe, especially during darker nights, both at work and at home.

- Be alert to your surroundings. Do not walk whilst chatting on your mobile phone or whilst using earphones.
- Stick to well-lit and well-used areas.

Do not take short cuts through dark and remote alleyways, parks or wasteland.

- If you go walking or jogging a lot, avoid always going the same way.
- Where possible, walk facing on-coming traffic and with confidence.
- If you have concerns about a group of people or a particular situation, keep away and find a well-lit, busier area.
- Make sure your mobile phone location settings are switched on.
- Let friends and family know where you are and what time you will be expected.
- Avoid walking with your phone or other valuables visible in your hand.
- Make sure your phone is fully charged before going out, so you can call someone in an emergency.
- Keep your bag closed and at the front of your body where you can see it. If it's a rucksack, make sure all the zips are closed.

You can hear more from Mark by watching his Q&A session with the Health and Wellbeing Team, which is available to watch on YouTube by scanning this QR code. Or by email at mark.obyrne@nhs.net

NHS
The Leeds Teaching Hospitals
NHS Trust

Personal Safety

Tips and Advice

Mark O'Byrne, Conflict Resolution and Personal Safety Trainer



Chief Executive Julian Hartley meeting members of the team behind the Navigator project.

Navigating young people away from violent crime

It can be a shocking but all too regular occurrence to see young patients coming into the Trust as a result of violent crime. The situations that these young people find themselves in are often stemmed from their circumstances such as poverty, drug and alcohol addiction and gang-related activity. Unfortunately, once discharged from hospital, it is likely that without intervention they will return to the same environment and a cycle of violence.

To try and address this, the Trust has established the A&E Navigator programme. Our A&E Navigator youth workers receive referrals for patients who have arrived at hospital having been victims of violence, exploitation, or who are identified as being at risk of these. They work with them as individuals to understand their circumstances and put measures in place to try and bring about a meaningful and positive change in these patients' lives.

Since its launch in February 2021, more than 650 referrals have been received by the Navigator team. Of these 650 referrals, 50% were for 15-17 year olds and 20% had been victims of knife crime. The youngest patient referred was 11 years old.

LTHT was the first Trust in West Yorkshire to establish an A&E Navigator programme, with Bradford Teaching Hospitals following suit more recently.

The programme has already shown successful results in Trusts elsewhere in England and Scotland which established the programme due to rising cases of youth violence.

Dr Najeeb Rahman, Consultant in Emergency Medicine at LTHT said: "Seeing young people come into our hospitals having been involved in serious and violent crime is a reflection of the difficulties that many young people in

our society experience.

"The medical impact on these young people and their friends and family can be huge; with both physically and psychologically traumatising injuries. We have such a small window of opportunity to engage with them and help divert them to a different path, so we must do all we can in that 'reachable moment'. On-site A&E Navigators provides the Trust with an extra tool to be able to do that."



Multimillion pound investment for NIHR Leeds Biomedical Research Centre

LTHT, in partnership with the University of Leeds, has been awarded £19.8m by the National Institute for Health and Care Research (NIHR) to fund the NIHR Leeds Biomedical Research Centre (BRC) for five years. This award represents the largest amount of research funding LTHT has ever received.

NIHR Biomedical Research Centres are partnerships between healthcare professionals and academics in the country's leading NHS trusts and universities. The centres, part of NIHR's research infrastructure, receive substantial levels of sustained funding to attract the best scientists and create an environment where experimental medicine can thrive.

This fourth round of NIHR Biomedical Research Centre funding, awarded following an open and competitive process judged by international experts and members of the public, will support research over the next five years in areas such as cancer, mental health, dementia and infectious diseases. The new funding will also provide opportunities for a diverse range of professionals to undertake research, expanding research expertise in allied health professionals - such as physiotherapists, radiologists and dietitians - as well as in doctors and nurses.

The NIHR Leeds BRC is a vital part of the Trust and a key element in our academic collaboration with the University of Leeds and, excitingly, formalises a new partnership with the University of York. The BRC will enhance our joint work with the life sciences industry and further supports the development of an Innovation District with partner organisations across the City.

The award represents an exciting step-change, to address urgent challenges of an ageing population, and the reality that patients do not live with just one disease but multiple conditions.



Professor Philip Conaghan, Director of the new NIHR Leeds BRC and Professor of Musculoskeletal Medicine in the University of Leeds' School of Medicine, said: "I am thrilled at the funding award of £19.8m by the NIHR for the Leeds BRC, which represents a three-fold increase. This will allow the foundation of sustained excellence that has been established in Leeds in musculoskeletal disease to now expand across research, in heart disease, cancer, and infection.

"This new BRC is an exciting step-change, reflecting the joint ambition of the strong LTHT and University of Leeds partnership, to address urgent clinical challenges of an ageing population, with the reality that patients do not live with just one disease but multiple conditions.

"Our vision is to drive impactful research led by patient need, with patients and the public at the heart of all activities. This can make a meaningful difference to patients and the public, particularly those who are most at need.

"I am also delighted to formalise our academic partnership with the University of York, bringing their expertise in haematology into the new BRC."

Sir Julian Hartley, Chief Executive said: "I am delighted to hear the news of the funding award to the

NIHR Leeds BRC. This increased level of funding will enable the BRC to capitalise on advances in technology, including harnessing advances in diagnostics, pathology, and therapeutic technologies including robotics, and artificial intelligence. This has the potential to improve patient outcomes and quality of care.

"The NIHR Leeds BRC is a vital part of the Trust and a key element in our academic collaboration with the University of Leeds and formalises a new partnership with the University of York. The BRC will enhance our joint work with the life sciences industry and further supports the development of an Innovation District with partner organisations across the City."

The NIHR invests significantly in people, centres of excellence, collaborations, services and facilities to support health and care research in England. Collectively these form the NIHR infrastructure.

NIHR infrastructure funding supports the country's leading experts to develop and deliver research funded by the NIHR, other public funders, charities and the life sciences industry. In doing so, its investment plays a crucial role in underpinning research in England and supporting economic growth.

Health and Wellbeing booklet

You can't fail to be aware of the cost of living crisis everyone is going through at the moment – costs are going up everywhere and balancing the books is becoming more and more of a challenge.

The Trust has put together a comprehensive Intranet section – log in at intranet.leedsth.nhs.uk and search for 'cost of living' – which covers a range of helpful topics including financial wellbeing, mental health, physical health, and support for working carers.

That said, feedback from colleagues has highlighted that many colleagues prefer communication which isn't centred around emails or the Intranet, which is why we've made a special printed booklet which is being posted out to everyone's home addresses. It contains all the key information about services that are available to support your health and wellbeing – sharing much of the advice and support that's on the Intranet but in a hopefully more handy way.

Jenny Lewis, Director of Human Resources and Operational Development, said: "2022 has been another challenging year for all of us. But when I talk to you



when I am out and about, the positivity and kindness that you demonstrate continues to amaze me. Thank you for all that you continue to do for our patients and each other.

"Many of you have shared with me the personal impact that the ever-changing world and our operational challenges are bringing. Your honesty about how your health and personal wellbeing has been affected has genuinely moved me.

"We offer a very comprehensive range of health and wellbeing services for our staff, which I know many of you have already used. However, I know that some colleagues aren't aware of all the services, and therefore we've produced

this printed booklet."

Given that the increases in cost of living are impacting all of us, it's helpful to highlight two sections in the booklet. Firstly, the Money Buddies service provides one-to-one advice on how to manage your expenditure, and they will undertake a full review of all your bills to make sure you are paying the best price. Staff who have accessed this service have found it hugely helpful and have reported considerable savings.

One of the other ways that staff are maximising their income is through active travel: walking, running or cycling to work or by using public transport. Over 35% of staff travel to work without using a car and they report both financial and health and wellbeing benefits.

It is hoped that you find the booklet really useful, and please do use the services when you need them. These resources are in place for you – please access them whenever you need to. If you or a colleague needs this letter and booklet in a different language or format please email leedsth-tr.healthandwellbeing@nhs.net.

Leeds Dental Institute receives Outstanding Ofsted report

Leeds Dental Institute has been rated Outstanding by Ofsted, following the first full Ofsted inspection of the Trust's Employer-Provider apprenticeships.

A team of three inspectors visited the Leeds Dental Institute School of Dental Nursing and Technology earlier this summer and inspected the provision of the level 3 Dental Nursing apprenticeship. During the inspection, they interviewed leaders and managers, all training staff, workplace supervisors and apprentices, as well as scrutinising programme delivery and apprentices work.

The final report commented that 'Leaders recruit tutors who are well qualified and who have extensive experience of dental nursing. Tutors make strong use of this expertise to teach apprentices about current dental practices that are aligned well to the NHS and General Dental Council standards and expectations' and 'Leaders and managers have a strong



focus on ensuring that apprentices receive a high quality of education'.

This is an incredible result and a

real testament to the brilliant teams involved for their continuous hard work, passion and commitment to the programme.

Leeds Hospitals Charity news



Bexley Charity Shop Re-opening

In December the refurbished Leeds Hospitals Charity shop in the Bexley Wing re-opened, run by our incredible volunteers.

The shop provides a range of products to purchase, including a health and wellbeing section and charity merchandise, with all funds helping us support vital projects at Leeds Teaching Hospitals, including funding for numerous cancer initiatives.

Rob Burrow Leeds Marathon smashes Target!

Over 10,000 entries have been sold for the Rob Burrow Leeds Marathon in May 2023. A previous target was set of 7,777 entries to honour Rob's shirt number at Leeds Rhinos.

This event will mark the first time the city has hosted a marathon in 20 years, honouring Leeds Rhinos legend Rob Burrow MBE.

Runners who join team Leeds Hospitals Charity will help raise vital funds for our appeal to build the Rob Burrow Centre for Motor Neurone Disease at Leeds Teaching Hospitals NHS Trust.

We have a limited number of guaranteed charity places available, you can find out more and sign up on our website.



Charitable funding supports Trust Diwali and Sikh Prayer Day celebrations

Leeds Hospitals Charity were able to provide funding to the Chaplaincy Service at LTHT to help support celebrations for Diwali and Sikh Prayer Day.

Staff and patients across our hospitals joined in these celebrations throughout November, and funding helped provide refreshments to all attendees.



Donations help fund Neonatal Transport Incubator for Leeds Children's Hospital's smallest patients

We were delighted to provide over £45,000 to fund a new transport incubator for the Neonatal Unit at St James's University Hospital.

Dr Cath Harrison, Consultant Neonatologist on the Unit said: "We're so grateful to Leeds Hospitals Charity for funding this vital piece of kit which means we can provide the highest quality of care across both sites and even during transportation.

"The state-of-the-art incubator allows us to continue intensive care for very ill babies who require time-critical treatment at Leeds Children's Hospital before and during their journey here. We can now also provide better support to mums with complex medical conditions who need to deliver their babies in a specific theatre at St James's that may not be near the Neonatal Unit."

Read more about the projects we can fund thanks to donations on our website.

my job

Denise Jones



Denise Jones as been an Honorary Chaplain at LTHT since 1961

Q What are the main aspects of your role?

I provide pastoral, spiritual and religious care to patients, their families and carers, to those of faith or no faith, helping them to cope with illness, pain, loss and grief.

Pastoral care is about being present with a patient and listening in a non-judgmental way. It is about being able to reach out, forgetting yourself in giving yourself to the patient and their needs, regardless of your own feelings or beliefs.

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

After a brief stint as a singer, I began my working life with the Trust back in 1961 as a trainee medical secretary. I worked for Professor John Goligher, a world-renowned colorectal surgeon, and what a privilege and joy it was to work for him. He was a mentor, a nurturer and he was so pro-women's opportunities in a time where many women, including me, had to give up work completely when they had a family.

When I returned to the Trust in 1979, I worked in the Plastic Surgery department as a Medical Secretary, before transferring to work in the Special Surgery and Ophthalmology Directorates. I was able to undertake some in-house managerial courses and was appointed as a PALS Officer in the dedicated PALS Service in 2000 before joining the Overseas Patients Team and becoming Overseas and Private Patients manager until my retirement in 2013.

Q What's the best thing about your job?

Despite retiring in 2013, in 2014 I joined the LTHT Chaplaincy Department as a volunteer visitor and I've remained an active member of the team in a volunteer and substantive capacity since.

I feel useful, I get to work with some wonderful people, patients and staff and I know I am making a difference.

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

Maybe to have more time and the pandemic made it very difficult to work with patients and staff in the same way.

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

Never stop learning.

There are so many opportunities for development. Now at the age of 70, I've recently completed a master's degree in NHS Chaplaincy in Health and Social care. It was a three-year degree course at Leeds Beckett University, and it was a wonderful experience being at university and mixing with so many people of different ages and backgrounds.

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**.

To get a free copy of the book, or start your own reading group, search 'Amplifying Voices' on the Trust's Intranet.



INSIGHTS LECTURE SERIES 22/23



Join us on the first Saturday of each month to learn from leading academics and world-class speakers before joining in with the discussion yourself.



3rd December - Spirits and Disease on the High Seas
7th January - Ancient Wisdom in Modern Medicine
11th February - Health and Horticulture

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Accreditations



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Staveley Birkleas Nursing Home

For young adults with physical disabilities

Staveley Birkleas provides registered nursing care with an active lifestyle, rehabilitation and atmosphere, supporting adults from the age of 18 to 65. We are a specialist nursing home caring for people with Brain Injuries, Multiple Sclerosis (MS), Motor Neuron Disease, Huntington's Disease, Epilepsy and many other complex conditions.

- Short stays or long term care
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9.6

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