



PICTURED LEFT: From left, Gavin Boyle, Chief Executive of the South Yorkshire Integrated Care Board, Barnsley Hospital Chair Sheena McDonnell, Amanda Pritchard, NHS Chief Executive, and Barnsley Hospital Chief Executive Dr Richard Jenkins.

And right: The Diagnostic Centre in the Glassworks.



Barnsley Hospital CEO
Dr Richard Jenkins



Optimism through the storms

Welcome to the winter edition of Barnsley Hospital News.

It's fair to say the last few months have remained challenging – not only in the hospital but in the wider world. South Yorkshire and other parts of the country were battered by storms, at the same time as we headed into our traditionally difficult 'winter mode' when Covid and flu are on the rise.

Despite this, we have many successes to celebrate. In October, we were proud that the Chief Executive of the NHS, Amanda Pritchard, visited our Community Diagnostic Centre (CDC) in Barnsley (see full story left). She said it was 'amazing' to see first-hand the huge difference the CDC is having on the lives of local people by bringing health checks to the high street.

In all, we spent £18.6 million on infrastructure last year on developments such as the CDC and our new Intensive Care Unit.

We also delivered our national elective recovery objectives despite emergency care pressures – we had over 100,000 visitors to our Emergency Department last year. Managing this is just one of the many achievements of our incredible staff. They are our greatest asset and, with the help of our hospital charity, we have funded extra measures to support their health and wellbeing (see page 4). These include engaging an occupational psychologist to offer help.

We increased our number of care support workers and welcomed new staff members including our Director of Nursing, Midwifery and AHPs, Sarah Moppett. We also welcomed new public and staff governors (see Page 3 – Tom Wood).

Patients, their families and carers remain at the heart of our Trust and we are dedicated to involving them in our improvement projects. Recently, this included projects to help families of those living with dementia (see Kelly Furniss' story on Page 3). We also improved our discharge processes and established a live booking system to support reduction in missed appointments and cancellations.

Our ambition is that over the next few years we'll continue to apply innovative ways to tackle health inequalities and meet some of the challenges we face. I hope you and your families have a happy and healthy winter, and that you enjoy a peaceful break as we look forward to the new year.

NHS chief praises diagnostic centre

The Chief Executive of the NHS, Amanda Pritchard, has visited the ground-breaking Community Diagnostic Centre (CDC) in Barnsley's retail centre The Glass Works.

Ms Pritchard toured the CDC and was welcomed by Barnsley Hospital Chief Executive Dr Richard Jenkins, and Gavin Boyle, Chief Executive of the South Yorkshire Integrated Care Board. She went on to meet radiographers, sonographers, speciality nurses in the Capsule Endoscopy Service and NHS apprentices and trainees.

Ms Pritchard said: "It was

amazing to visit Barnsley and see first-hand the huge difference that the community diagnostic centre is having on the lives of local people – by bringing health checks to the high street, staff there working with their local partners, are ensuring services are as convenient as possible for patients as well as successfully driving down waiting times."

The unit firstly offered breast screening and phlebotomy (blood test) services, plain film X-Ray, DEXA (bone density) screening and non-obstetric ultrasound.

Initially, the CDC was allocated approximately £2.8million of capital funding via the national CDC programme, and a further sum of around £4.6 million from the same pot. Additional services now include computerised tomography (CT), abdominal aortic aneurysm screening, URO-Dynamics (bladder) and retinal eye screening.

The CDC development means waiting times for some screening have been cut substantially. Waiting times for plain film X-Ray are down from two-and-a-half weeks in March 2022 to one-

and-a-half weeks, while waits for ultrasound screening have fallen from six weeks to just two weeks. Breast screening uptake rates increased from 50% in April 2022 to 72% in October 2022.

Ms Pritchard added: "The staff working at the Glassworks CDC and at local blood pressure checks in the market were incredible – from student radiographers to specialist nurses, they should all be immensely proud of their work - it is absolutely first class and exactly what we want to see happening for patients right across the county."



HOSPITAL HEROES: Hospital volunteer Margaret Broadhead, Robert Blackburn and Jane Parker and the Stoma Care team

Fabulous Proud of Barnsley winners

Barnsley Hospital was celebrating after Lead Colorectal/Stoma Care Clinical Nurse Jane Parker and her team won the 'Hospital Hero' category of the Proud of Barnsley Awards.

The announcement came at a glittering ceremony on November 17 at Barnsley Metrodome. Jane and the Colorectal Team beat off competition from two other hospital nominees, the Endoscopy Unit and the Diabetes team.

A grateful daughter (Julie Parkin) nominated Jane and her team following

the care and support that Julie's mum (Carmel) received as she adapted to living life with a stoma.

Friendly and compassionate, this unique team was praised for its humour as well as its outstanding emotional support.

In July 2023, following an emergency admission and colostomy surgery and cancer diagnosis of Carmel, Jane was introduced to support Carmel.

Julie said: "Jane was friendly and compassionate from the start and we quickly learnt from friends and family that Jane's rep-

utation preceded her. Jane consistently displayed empathy towards my mum and gave her the knowledge and confidence to understand her new regime, whilst using humour to address any negativity or uncertainty displayed by us.

"Jane also advocated for my mum on more than one occasion during her stay in hospital ensuring my mum's needs were met when we were not present to support her. It's clear that Jane is part of a unique team. When we have had contact either by phone or face-to-face with

any of the team, including the ward clerk, my mum is fondly welcomed by all and remembered. The emotional support has been outstanding."

A long-term supporter of Barnsley Hospital Charity was also a winner in the Charity Fundraiser category. Robert Blackburn, a swimming instructor at Royston Leisure Centre – Barnsley Premier Leisure, took on an epic challenge on 9 June 2023 swimming in the Great North Swim in Windermere, covering a total of two miles.

Robert raises money for

Barnsley Hospital Charity's Neonatal Unit fund for tiny babies who are born prematurely.

The hospital charity had a further celebration when its supporter Tony Batty won the Community Hero category.

Each Christmas and Easter, Tony (Tony's Barbers) rallies a group of likeminded volunteers to collect toys and gifts for the hospital and others across the region.

The Trust is extremely proud of all the fantastic work staff and volunteers do every day at the hospital.

Festival of Lights brightens day

Storm Debi failed to dampen spirits at Barnsley Hospital as staff celebrated the Hindu festivals of Diwali and Onam with music and dancing.

The hospital's international nurses and the Race Equality Staff Network met in Collier's, the hospital restaurant, and invited others to learn about their culture and customs.

Diwali is the Hindu festival of

lights, and India's biggest holiday of the year.

Onam is an annual harvest festival mostly celebrated by people living in and from, Kerala (one of India's states); it is the official festival of Kerala.

Roya Pourali, Inclusion and Wellbeing Lead at the hospital, said: "I'd like to acknowledge the huge teamwork and effort that goes into educating everyone

about different cultures and customs, and the diversity our international nurses bring.

"The majority of our international nurses are from India and Pakistan and we are proud to celebrate them. This event is such as success largely because of the support of our senior leadership and the fact that everyone in the hospital is participating and sharing cultures."



From the Chair

Hello, and welcome to the winter edition of Barnsley Hospital News. It's been an extremely busy time at the Trust since our last edition in summer when we were proud to celebrate 75 years of the NHS. We've had some important visitors to Barnsley since then. You'll see from our front-page story that Amanda Pritchard, Chief Executive of the NHS no less, visited our Community Diagnostic Centre (CDC) in October to learn about its expansion plans. In November, we also had a visit from Professor Em Wilkinson-Brice, NHS National Director for People. She visited teams across the hospital, and



Proud to Care conference: Richard Jenkins with Syena Skinner.

followed it up with some complimentary social media. One post said: "Speaking to nurses just arrived from India and how welcomed they are, to Intensive Care Unit and Emergency Department colleagues who talk

with such positivity about the people focus here." She also described our Estates and Facilities team as 'impressive'. We know our hospital is a friendly, hard-working place – but it's nice to have it publicly recognised by such a high-profile visitor. In other news, we'll be welcoming three new public governors in January following our annual general meeting at Barnsley College Business Centre in October, and in September also had our first ever 'Proud to Care' conference at the Holiday Inn, Dodworth. The conference was all about colleagues

from across the Trust meeting together and hearing how our values of Respect, Teamwork and Diversity underpin all that we do. These values are a common reference for us all. More recently, our governors visited the physiotherapy department and were invited to a Therapies Open Day. Physio and other therapies take a holistic approach involving the patient in their own care. It's worth remembering as we approach the holiday season that self-care - and just being kind to ourselves - is something we should all be doing more of.



Hospital Chair Sheena McDonnell

Hospital help for carers

Barnsley Hospital has set up a number of initiatives to help carers – including a coffee and chat group, and on-site care and support for people whose carers are attending hospital appointments.

Over 40 per cent of carers recently surveyed told us they had missed at least one hospital appointment for their own healthcare needs, due to their caring responsibilities.

The Patient Experience and Voluntary Services team have worked with our Learning Disability and Dementia teams to ensure on-site support can be provided to those who need it, whilst their carer is attending an appointment at Barnsley Hospital.

For more information, contact the

Patient Experience Team on 01226 434922.

The hospital is also aware that carers across Barnsley are looking after a loved one at home, and in some cases, those carers would like to chat about what help is on offer.

In October, the Trust held a coffee and chat group event for carers at Collier's, the hospital restaurant.

The hospital's dementia and learning disabilities and autism specialist nurses, as well as staff from Barnsley Carers' Service were on hand to offer advice and information.

For more details, contact the Patient Experience and Engagement Team on 01226 434925 or email: bhnftpatientexperience@nhs.net



Left to right: Mireille Nkamaniye, Lisa Brammah, Steph Ellis-Smith, Susan Deakin and Susan Darby.

Breast screening is saving lives

Barnsley's breast imaging team supported Breast Awareness Month by offering advice to residents from a promotional stand in the town centre market.

All women aged 50–71 years who are registered with a GP practice in the Barnsley area are invited to attend for breast screening at the Community Diagnostic Centre (CDC) in the Glass Works.

The Breast Screening Programme prevents 1,300 women dying from breast cancer in the UK each year. More than half of all cancers diagnosed through screening are very small – and they are treated earlier than they would have been without screening.

Women above the age of 71 years are not automatically invited for breast screening. They can however continue attending every three years by contacting the screening office on 01226 432100 to make an appointment.

Lisa Brammah, Breast Imaging Assistant Practitioner, said: "Being breast aware and checking for unusual changes can help discover breast cancer. It is important to recognise when something's not right, and see your GP with changes in the breast.

"Some women have anxieties around having mammograms, they sometimes find the examination uncomfortable or even painful. The new

state-of-the-art mammography equipment at the CDC is designed to deliver an experience with minimal stress, and in a harmonious environment.

"Staff are available at the Breast Imaging department or the CDC to discuss the mammography process and potential adjustments which can be made to make a more pleasant experience."

Women attending for breast screening will be screened by female mammographers only.

The team at Barnsley Breast Imaging are open and accessible to making reasonable adjustments to help all women achieve successful breast screening.

Barnsley Carers Service

NHS Barnsley Hospital NHS Foundation Trust

Helping carers

For more details, contact the Patient Experience and Engagement Team

01226 434925

bhnftpatientexperience@nhs.net

Barnsley Hospital gains 'Veteran Aware' accreditation



Barnsley Hospital has been accredited as 'Veteran Aware' – and was proud to receive a plaque unveiled in hospital main reception by Barnsley Central MP Dan Jarvis, also a former Army officer.

Guests were delighted at the event to have a visit from Ben Parkinson MBE, former paratrooper, veterans' campaigner and author. Ben is well-known for being the most severely wounded soldier to survive

the war in Afghanistan. Also among guests was Nigel Bullock, Barnsley Hospital Lead Acute Pain Nurse, a veteran himself. He has served as a Major in the British Army's 212 Field Hospital (Yorkshire) and was instrumental in re-establishing Barnsley Hospital's Acute Pain Service. Nigel said it was 'a real honour' to gain veteran accreditation in Barnsley. Achieving 'Veteran Aware' status means an organisa-

tion takes active note of the needs of the Armed Forces Community, having met standards laid down by the Veterans Covenant Healthcare Alliance (VCHA), a national NHS team. Dan Jarvis paid tribute to Ben Parkinson who he described as his 'personal hero'. Dan also praised all Barnsley Hospital staff for their commitment and service even in the face of huge pressures such as the Covid pandemic.

Welcome to our new Lead Governor

A warm welcome and congratulations to Tom Wood, new Lead Governor for Barnsley Hospital's Council of Governors.

Tom is filling the role previously held by Graham Worsdale who has now stepped down. The hospital thanks Graham for his dedicated service. Among Tom's ambitions in his new role are to promote Trust membership and governor roles to younger age groups.

Tom is 33 and works as a Regulatory Manager (medical devices) for the technical

consultancy JensonR+ Ltd. Originally from Rotherham, Tom grew up in Wath, then later worked in Derbyshire for around six years before returning to South Yorkshire and settling in Wombwell with his family, where he has been for the past six years.

He graduated from university with a Bachelor's in Applied Biomedical Science, then worked for six years in a private laboratory/diagnostic test manufacturer in Derby. He said: "Moving on from there, I spent 18 months in food man-

ufacture as a general manager. Then I moved to auditing/technical assessment of medical devices for five years. I'm currently a regulatory consultant focused on medical devices and drug device combination products."

Tom applied for the Lead Governor role at the Trust as he feels deeply invested in the work the Barnsley Trust does, both as a member of the public and a service user. He said: "The Lead Governor role allows me as a member of the public to support

and improve a key service in Barnsley. I would like to continue and build on the good working relationship with the chairperson. I would also like to promote Trust membership and governor roles to younger age groups to achieve a truer representation of services users on the board of governors."

Outside of work, Tom's free time is taken up by entertaining his two small children aged two and six. He added: "I also enjoy rugby, Formula 1 and I'm a self-professed geek!"



New Lead Governor Tom Wood



Staff governors Rebecca Makinson (left) and Joanne Smith.

Meet the governors

Staff Nurse Rebecca Makinson and Compliance Co-ordinator Joanne Smith are two of our staff governors at Barnsley Hospital.

They raise all kinds of concerns which are communicated to the hospital's senior teams and then acted upon. Joanne said: "For example, we were recently alerted to an incident of medicines having to be thrown away after they were not stored correctly in a fridge. Governors spoke up and gained assurances that measures were in place to prevent it from happening again. This illustrates one of the reasons I became a staff governor – to seek those assurances so staff know something positive is being done."

Rebecca has another example of improvement. She added: "We had an issue with the hospital lifts regarding patient dignity when patients were being transported between wards. We pushed this forward and now have clearer labelling on which lifts are for patients, staff and visitors."

Governors also have an engagement role in the

community. For example, they recently met with a youth organisation called Chilypep (Children & Young People's Empowerment Project); our governors heard from young people there and will report their findings back to the council. Dr Jon Maskill is also one of our staff governors. He says the role gives doctors the chance to meet a wide range of people with an interest in the Trust. This includes patients and their representatives but also the wider community. Dr Maskill said: "For doctors still engaged in clinical work it's an opportunity to meet and speak with senior members of staff directly about issues relevant to other clinicians." He added: "The staff governor role is one you are elected to – not appointed. As such, you have a popular mandate to represent people's thoughts, feelings and ideas. You are also in a position to feed back issues to your electors that concern the public and other interested parties. The post is well supported and, in Barnsley, we know the board appreciates the input of the governors."

Green Libraries Week

Barnsley Hospital library joined others across the UK to celebrate Green Libraries Week.

Libraries from Jersey to John O' Groats hosted more than 280 environmental and sustainability activities. Across our region, these included designing a LEGO eco-friendly house, drop-in craft sessions, and advice on energy grants. The event from October 2-6 was testament to the commitment of the Barnsley Trust's library to sustainability – and joining

in the fight against climate change. The focus was on innovative green initiatives and fostering social responsibility in line with the Trust's Green Plan, which contributes to overall NHS green objectives. In support of this cause, the hospital library hosted various activities and introduced new books on sustainability. For additional details, visit the Green Libraries page on the website of the Library and Information Association (CILIP).



Janine, left, mum Christine and Kelly at their Queen's Jubilee party.

Carer Kelly tells story of mum's Alzheimer's

Barnsley Hospital's Kelly Furniss took part in the hospital charity's 'Cold Water Plunge' at Manvers Lake to raise funds for the 'Make A Memory' appeal. Here she tells us why it's important to support this appeal – which helps hospital patients living with dementia.

Like many people, Kelly never imagined herself in the role of a carer. With a demanding full-time job as Barnsley Hospital's Head of Non-Clinical Procurement, Kelly already has a busy life ensuring the hospital has all the equipment and supplies it needs. She also has her own close family including her 84-year-old mum, Christine Riley. Christine lives in a flat in Stocksbridge and up until recently enjoyed her own active, independent life. Kelly said: "Everything was normal up until two years ago. Then we started noticing mum was becoming forgetful. It seemed to be a slow process and at first, we thought it was just old age. But then mum started not wanting to do as many things, like socialising. And she was becoming more dependent on me and my sister, Janine. "There was no need for external carers then and mum would still do the odd food shop. As time went on she needed a walking stick and she started becoming forgetful and was putting things in unusual places. She would put her handbag and purse in her wardrobe



Kelly doing the Cold Water Plunge.

or under the bed. She would hide her front door keys in a shower cap in a bedroom cupboard. If you don't know much about Alzheimer's, it's difficult to understand and frustrating to see someone who was so capable becoming so forgetful." Kelly's mum was diagnosed with Alzheimer's in January 2023 after having a CT scan, blood test and memory assessment. Kelly and her sister Janine – who lives in Stocksbridge and also works in safeguarding, in education – now share caring duties in looking after their mum, alongside professional carers. Kelly, who lives in Penistone, said: "In the last 12 months, we have seen a lot bigger decline in mum. We arranged for her to have a shower/wet-room installed and we take it in turns to go up, spend a couple of hours with mum and we cook her a meal every night. She has medium to severe Alzheimer's now, has lost

weight, and is at a stage where she doesn't want to go out. We have a carer in each morning who makes sure mum gets up and has breakfast. "We had to work closely with the carers as it was important that we had the same people coming in so they were familiar to mum. We also had cameras installed and a personal alarm which she wears around her neck for her safety and wellbeing. We now notice she is reliant on her personal alarm and the cameras are great for us to keep checking in on her whilst we are at work." Christine has had a few falls while she was alone and she also wears hearing aids. Kelly said: "Mum has started hiding things as she believes she is keeping things safe. Recently we believe mum may have accidentally put her hearing aids in the bin as we've searched the house top to bottom and cannot find them anywhere. She

has also started saying to us that she has been 'leaving the light on at night waiting for someone to come in'. It turned out that she thought Janine was still a little girl – she was actually waiting for Janine to come in from playing outside; it's heartbreaking to see." Now Janine looks after Christine four nights a week while Kelly does three. Kelly said: "In July, we placed mum in respite care so Janine and me could go on holiday. Mum also has grandchildren who go up and visit her regularly. The grandchildren were a great help whilst we took a holiday away together as mum found it hard being in a residential home." Christine had bowel cancer in 1990, which led to her having a stoma. Kelly added: "The Alzheimer's is bad enough, but mum also has to be super hygienic because of the stoma. That is difficult. On the bright side, mum still has her sense of humour, and keeps us laughing every day." Despite the challenges, Kelly and Janine are proud to be carers with the help of their supportive families. Kelly said: "I feel it's my duty to do it. Mum looked after me as a single parent and we had a lovely childhood, we didn't have much but we had the love of our mum who worked at Stocksbridge Steelworks and later at a bakery. We owe her such a lot and we will continue to love, care and support her whilst ever we can."

Support our Make A Memory Appeal

The Make A Memory Appeal is supporting our older patients and those living with dementia. It will enable us to transform our care of the elderly ward by providing a homely, calm and relaxing environment which supports all patients particularly those with dementia. The first phase of the

Make a Memory

project an activity room was completed in July 2023 and has already made a significant impact on patient experience. Jane Mills, Charity Development

Manager said: "Our appeal total is £300,000 and we have reached a huge milestone of £250,000 thanks to supporters like Kelly for their generosity and willingness to help us make a difference. If you can help us to reach our target please give Jane or Sam a call on 01226 432307 or email barnsleyhospitalcharity@nhs.net

Meet the team – Respiratory Nursing Team

We spoke to our new Respiratory Nursing team who are on hand to support inpatients and outpatients with respiratory illnesses including Interstitial Lung Disease, Chronic Obstructive Pulmonary Disease (COPD) and Bronchiectasis.

Tell us what you do?

We are a team of three nurses who see patients in the Outpatient department and on the wards. We look after patients with respiratory illnesses as well as assess for home oxygen on discharge if needed. We help by ensuring patients are on the right medication for their lung condition, reduce exacerbations, empower them to manage their own condition, and provide guidance and support.

People may see us in clinic or, if they have a stay in hospital, we will visit them on the ward.

What challenges do you face and what rewards do you get?

The most common respiratory illness in Barnsley is COPD – we have a 19% higher average of emergency admissions due to this condition. One challenge we face is patients who have other long-term conditions as well as a respiratory illness.

It often means speaking to multiple professionals that may be involved in the patient's care to ensure we are creating the perfect care plan. The huge reward is that we get to meet lots of different people, find out more about their lives and have a positive impact by managing their symptoms and increasing their quality of life.

Do you have any advice for keeping well in winter?

The best advice we can give is wrap up in layers and

keep warm at home. NHS guidelines say the best temperature in your living room should be 21C and 18C in your bedroom. We recommend keeping as active as possible, and breathe through your nose if you can – this warms the air up before it reaches your lungs! Make sure you keep up to date with all vaccines too. For more information about keeping well this winter search 'Keep Warm, Keep Well' on your search engine.



Pictured from left: Aleena Shibu, Respiratory Clinical Nurse Specialist (CNS), Jessica Guarmby, Respiratory CNS Lead, Athira Gopi, Respiratory CNS.

Milestone reached for Make a Memory

Make a Memory

Over the last few months a variety of fundraisers have taken place to help achieve the total.

Cold Water Plunge

Manvers Lake was the setting for the charity's second cold water plunge of the year. Twenty supporters took part and also completed a 30-minute breathwork exercise designed to boost wellbeing.



A mammoth £250,000 has been raised of the £300,000 appeal total for Barnsley Hospital Charity's Make A Memory Appeal, supporting older people and those living with dementia.

To help celebrate this achievement, the team visited Premier Foods who have been supporting their appeal as part of their

Charity of the Year activities. The fabulous team have taken part in cold water plunges, fire and glass walk, 'Snowdon at Sunset' event, and lots of on-site activities at their Carlton site.

The team have raised £8,000 so far this year and have given the appeal a big boost with their kindness, generosity and fantastic team spirit.



Barnsley Hospital Charity support local care
Charity reg. no. 1058037

Christmas Raffle

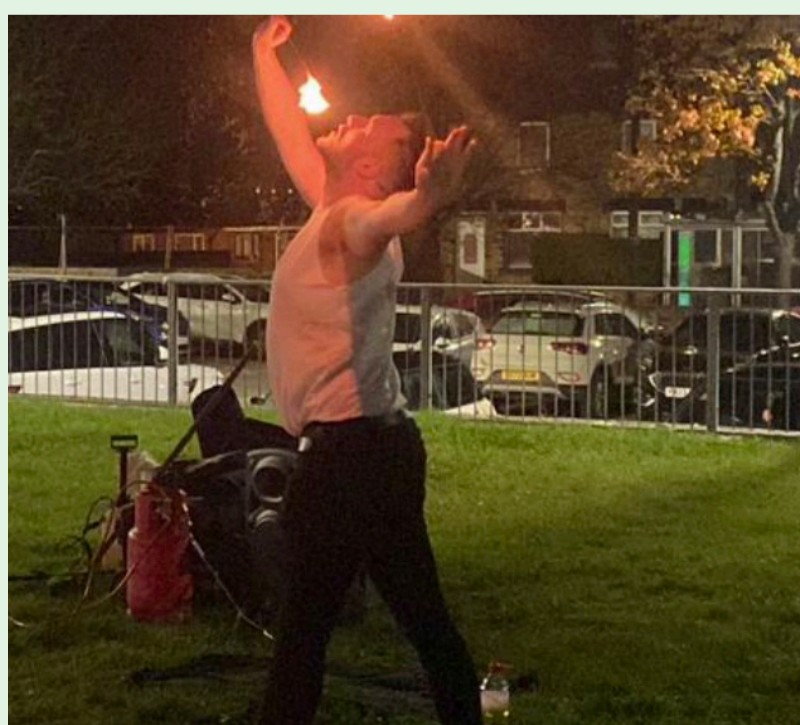
1st Prize: £1,000
2nd Prize: Christmas Hamper
3rd Prize: Chocolate Hamper
£1 per ticket

Available from the Barnsley Hospital Charity Hub
Books of tickets can be collected by request from
Charity Development Manager Jane Mills
Call **01226 431650** for more information
Full terms and conditions on our website:
<https://barnsleyhospitalcharity.co.uk/raffle>

Fire and Glass Walk



Forty brave supporters took on the challenge of walking barefoot over hot coals and broken glass. A fantastic evening was had by all with a fire-breathing performance by Sam Bentley, Fundraising Officer, topping off the event. A huge thank you to everyone who took part.



Barnsley Hospital Charity
support local care

Charity reg. no. 1058037

Great Barnsley Bake Off

Teams across Barnsley Hospital have been turning up the heat to find a 'Star Baker' in the charity's second annual bake-off. Congratulations to Harriet, Student Support, who was crowned the winner.



Brilliant Brita

We are delighted that Brita Vivreau UK have selected Barnsley Hospital Charity as their chosen charity. Jane Mills and Sam Bentley from the charity team enjoyed a tour around the Carlton factory to learn about operations.



If you would like to fundraise for the charity, please telephone: **01226 431650** or Email: barnsleyhospitalcharity@nhs.net
Upcoming Charity Events:
Skydive 4 April 2024
Cold Water Plunge 7 April 2024

