

Further £4.6m awarded to improve diagnostics in Barnsley

Additional NHS funding will provide more appointments

Those living in Barnsley will be able to access more diagnostics tests, earlier and outside of hospital after it was announced that the Community Diagnostics Centre (CDC), in The Glass Works, has received a further £4.6m of capital funding.

The funding will see the expansion of the existing centre which opened in April 2022, and will introduce an additional eight services, which will mean more people can access their diagnostics appointments in a convenient location whilst going about their daily lives.

The continued expansion of the centre will help with pressures on existing hospital facilities and will provide staff, dedicated resources and capacity. This will support the provision of prioritising those people waiting for appointments and help diagnose life threatening conditions such as cancer earlier.

Work has already begun to prepare the facility for these changes and by autumn 2023



our local residents will be able to receive CT and MRI scans, aneurysm screening, urine testing, retinal eye screening, EEG scans (which can check your heart's rhythm and electrical activity) and specialist lung condition tests.

The CDC is the first facility of its kind and since it opened its doors, staff have received a lot of positive feedback with the majority of people noting their overall experience had been excellent or very good.

The team are working to continuously improve the facility based on the feedback they

have received and recently installed new signage to help people locate the site more easily and have added frosting to the windows to make the waiting area feel more private.

Associate Director of Operational Recovery James Townsend said: "The CDC in town centre is a brand-new concept that allows us to bring much-needed care to our local people in an accessible space that is away from our main hospital site.

"This allows our staff to be able to focus on delivering

routine care that is best suited to that person's needs at every stage of their journey.

"We will continue to collect people's feedback to help us further improve the services on offer. By taking a person-centered approach we can deliver the best care and treatment for everyone."

If you have been invited to an appointment at the CDC please contact the relevant team who will be able to book you in for your appointment. Please note the CDC is not a walk-in centre.

A welcome message from Chief Executive Dr Richard Jenkins



Health care improvements for NHS 75th year

Welcome to the first Barnsley Hospital News of 2023, and I hope you had a good break seeing in the start of another year with friends and family.

We did anticipate a tough start to this year across health and care and this has proved to be the case both locally and nationally. There has been a peak in illnesses such as Strep A and respiratory viruses and increasing Covid-19 and flu. This is set against high levels of staff sickness and rising demand for emergency care, coupled with pressure on social care preventing the discharge of those in hospital, as well as several days of industrial action.

It's important that we maintain good working relationships with our staff and we hope national negotiations between unions and government reach a positive resolution. Our staff here in Barnsley have again been continuing to work flat out and my thanks go to all of them.

They do a difficult job which is sometimes open to abuse in the 'real' world and also online. With that in mind, it's worth mentioning that we continue to strongly support Barnsley's 'No Place for Hate' campaign, a borough-wide initiative which aims to curb hateful online comments.

As well as dealing with situations day-to-day, we have been working towards the future and are delighted that we have secured further funding of £4.6m for the Phase 2 expansion of the pioneering Community Diagnostic Centre (CDC) in the town centre's Glass Works.

The CDC opened in April 2022. The unit offers blood tests, DEXA, Ultrasound, X-ray and Breast Screening Services and is the first of its kind in a town centre retail facility. The Phase 2 plan aims to offer CT and MRI, Urodynamics, ECG and Spirometry and Retinal Screening Services by the end of 2023.

In addition, work is almost complete on Barnsley Hospital's new £7.3m Intensive Care Unit (ICU) due to start caring for patients in March. This will be a landmark for Barnsley in terms of future-proofing the town against current and future demand for intensive care beds.

Further down the line, 5 July 2023 marks 75 years of the National Health Service. Treating 1.3 million people a day in England, the NHS touches all our lives, and we cannot imagine life without it.

On the day, we will look back on the achievements of our organisation as well as looking ahead to the opportunities we have to shape the future. Here's hoping we can celebrate the 75th anniversary together – and that summer brings better days for us all.

Innovative ways to tackle deconditioning

Deconditioning is the loss of physical, psychological and functional capacity due to inactivity and is associated with loss of muscle mass, increased risk of falls, and reduced independence.

In Barnsley lots is being done to prevent deconditioning through innovative and fun ways to promote physical activity and emotional wellbeing.

Reconditioning Games at Barnsley Hospital

The Urgent Care Therapy Team at Barnsley Hospital support the emergency department to prevent unnecessary hospital admissions. They specialise in assessing and treating patients who are medically fit for discharge, but may require further support or aids and adaptations to be able to manage at home. Evidence suggests that deconditioning contributes to delayed discharge for almost half of all older patients, so the team have an important role in keeping patients active while they are in hospital.

For the past couple of months, the team have been involved in a national initiative to raise awareness of deconditioning known as the Reconditioning Games. Running between December 2022 and April 2023 they are encouraging patients to get involved in different ways to help them avoid deconditioning. In the run up to Christmas, patients got to participate in the

team's reconditioning advent calendar where each day a new activity was revealed behind a new door. The various activities included exercise groups, decorating Christmas trees, playing bingo, and even getting to meet some real reindeer that visited the hospital site.

Specialist Physiotherapist Liz Roughley helped to organise the activities and told us, "As a team we felt the initiative was the perfect opportunity to boost patient and staff morale by keeping people physically active and mentally stimulated."

The team are now including hospital patients in a "virtual 3 peaks walk" which will see patients each make a contribution to a 26 mile hike, 10 metres at a time!

Find out more about a career in Occupational Therapy or Physiotherapy at healthcareers.nhs.uk

Barnsley Older People Physical Activity Alliance (BOPPAA)

The BOPPAA is an alliance of those working across health and care in Barnsley which aims to increase the provision of physical activity programmes that will improve the strength and balance of those over 50 living in Barnsley.

Between November 2021 to September 2022 over 200 people have taken part in 11 Healthy Bones Falls Management Exercise (FaME) classes,



with over 100 people attending regularly.

The majority of people who have been involved in a FaME class have seen improved mobility. One person who attended a class said: "You get wary as you get older about doing things. This has really increased my confidence to be able to do things."

In addition, 70 people have undertaken a Functional Fitness MOT – a 12-week strength and balance physical assessment. The results of these assessments help the team signpost people to different services offered by BOPPAA such as strength and balance classes.

The team has also delivered significant training to staff working across the alliance to help them deliver these assessments.

There are over 60-member

organisations who make up BOPPAA and they deliver over 170 physical activity sessions for over 50s across the borough that help improve strength and balance.

To find out more about the alliance and the activity sessions you or a member of your family could get involved in please visit: boppaa.ageukbarnsley.org.uk/



From the Chair

Hello and welcome to this first edition of Barnsley Hospital News for 2023, a year when we not only see a fantastic expansion of the hospital's capability to care for the most vulnerable and poorly patients in our new Intensive Care Unit, but also an expansion of the diagnostic services which will be available in our ground-breaking Community Diagnostic Centre in The Glass Works.

In my first winter as Chair, I have seen first-hand the dedication and duty our teams have. The management teams, the clinical teams and the support teams have this winter once again pulled out all the stops to provide services and care for patients. The NHS has been in sharp focus in the media in the past few weeks and we seen some staff

groups taking industrial action.

We need you to know that regardless of any strike action taking place, it is really important that patients who need urgent medical care continue to come forward as normal, especially in emergency and life-threatening cases - when someone is seriously ill or injured, or their life is at risk.

I have been privileged to meet many wonderful people over the past months. In November I was honoured to be invited to the Proud of Barnsley Awards at the Metrodome. Barnsley Hospital's Dr Chan-Lam and the Chemotherapy Hub, Hospital Volunteer and fundraiser Beryl Fairclough, and the Children's Diabetes team were all nominees in the Hospital Hero category. Amazing individuals like seven-year-old

Abigail, and serial fundraising runner Matthew Tonks were also nominated in other categories for their efforts in raising money for our Children's department and Neonatal Unit. Congratulations to Hospital Hero winner Beryl and her inspiring story - we have incredible support from our community, and I was extremely proud to have been able to represent the Trust at the event.

My role as Chair has brought me opportunities to bring the voice of the hospital - patients and staff - to forums across the region. I am a proud advocate of change and hope the diverse work of the many dedicated individuals, teams and organisations is able to fully realise Barnsley's ambition for everyone to be able to enjoy a life in good

physical and mental health. Barnsley truly is a place of possibilities, and I'm excited to be a part of it.

You could be a part of it too. Not only have we recently welcomed new governors to our Council of Governors, we've just opened applications for additional positions too. After talking with people I believe would make excellent governors, I'd like to reassure anyone thinking of applying that they don't need to commit a huge amount of time. Governors only need attend five Council of Governor meetings each year, but will have many opportunities to be more involved in other committees and groups as we seek assurance and feedback about our plans for providing outstanding integrated care in Barnsley and beyond.



Hospital Chair Sheena McDonnell

How's Thi Ticker? Campaigning to make blood pressure checks more accessible

Health and care professionals in Barnsley have come together to deliver around 70 blood pressure check sessions in convenient locations across our borough.

The 'How's Thi Ticker?' campaign has seen people from Barnsley Council's Public Health Team, Area Teams, GPs and pharmacies out in communities, encouraging those most at risk of high blood pressure to get tested.

The team has delivered more than 1,550 blood pressure checks for local residents. 62 per cent of people checked did not have a previous diagnosis of high blood pressure.

Of those checked at the sessions, 32 per cent were referred to their local pharmacy and nearly 100 people (six per cent) were advised to contact their GP as they were at risk of high blood pressure.

Most people do not have symptoms from high blood pressure. However, if high blood pressure is not diagnosed and treated, it can lead to serious problems, such as heart attacks, strokes, kidney failure, problems with your sight and vascular



dementia.

Anyone over the age of 40 is advised to get their blood pressure tested regularly.

If you do have high blood pressure, there are simple things you can do to bring your numbers down, including cutting down on alcohol, stopping smoking, being more active and eating a healthy diet that's low in salt.

Dr Ceryl Harwood, Consultant in Public Health and Chair of the Barnsley Heart Health Alliance, said: "Many people often do not know they have high blood pressure as they have no symptoms and may not have been tested.

Identifying and treating people with high blood pressure is an important way to keep our community healthy.

"In Barnsley, rates of heart disease and risk factors for ill health are higher than in other places, so getting your blood pressure checked is important. Measuring blood pressure is quick and painless, and there are several local pharmacies in Barnsley now offering free tests. Look out for the 'How's Thi Ticker?' sticker in the windows of the pharmacies taking part."

If you're concerned about your blood pressure, please visit your local pharmacy or GP.



Partners welcome talented youngsters to life-changing scheme

Young people with learning difficulties and autism have been enrolled onto a new transition into employment programme by Barnsley Hospital, Barnsley College and Barnsley Council.

Nine young people aged 17 to 24 have been gaining vital work-based learning opportunities and experience in a number of different roles at the hospital, in partnership with DFN Project SEARCH, to help them secure meaningful long-term paid employment.

The interns, who are students of Barnsley College's Learning for Living and Work Department which supports students with additional needs, have been given extensive training and taught competitive, transferable skills as part of the programme.

Barnsley Hospital Chief Executive, Richard Jenkins said: "We're all very excited to welcome these fantastic young people to our business and to help them develop their skills and confidence.

"The number of young adults with learning disabilities in employment is shockingly low. I'm pleased that we're able to make our own contribution to help address that, and I really hope some of the interns will be able to find jobs with us as well as other local employers."

Cllr Robert Frost, Cabinet Spokesperson for Regeneration and Culture, said: "It's great to hear about the partnership working that has gone in to this project to open new opportunities for people with learning difficulties and autism. It shows how we are working with anchor organisations like the hospital to ensure we have an inclusive economy in

Barnsley.

"There are many benefits to work; it provides people with a renewed sense of purpose and belonging, supports good health and helps connect people. Through these types of projects, more people can unlock the benefits of work, regardless of their background or starting point."

Stacey Greenman, Learning for Living and Work Programme Manager at Barnsley College, said: "I believe education changes lives, and we aim to provide our students with the best opportunities to progress into further or higher education, training or employment after their time with us. The opportunities provided for our young people with special educational needs at the hospital so far have been fantastic. It is such a supportive environment where they are flourishing and learning transferable skills, preparing them for work."

The DFN Project SEARCH programme runs across the UK and since its launch it has supported over 1,475 interns with learning difficulties and autism to secure full time employment, with the view of supporting 10,000 over the next decade.

DFN Project SEARCH Chief Executive Claire Cookson said: "We are very proud to have launched our programme here in Barnsley. We can't wait to see how when given the right support, young people with autism and learning disabilities can truly thrive and make a huge contribution to society."

You can learn more about DFN Project SEARCH at <https://www.dfnproject-search.org/>

Barnsley Hospital is no place for hate...

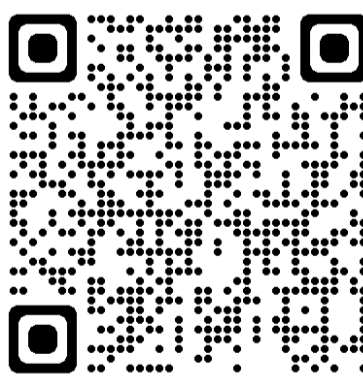


The vast majority of patients and the public show nothing but respect and thanks for the skilled care they receive at Barnsley Hospital, but the unacceptable actions of a small minority have a massive impact on the professional and personal lives of colleagues providing vital services to Barnsley.

The No Place for Hate campaign champions Barnsley to be a place of possibilities.

A place where nobody faces abuse, online or in their community.

Make your pledge to support the campaign by scanning the code or visiting the website:



<https://surveys.barnsley.gov.uk/s/NoPlaceForHate>

Help and support with the rising cost of living

The rising cost of living is a concern for everyone, and we're doing what we can to offer help and support. On the More Money in your Pocket webpage at barnsley.gov.uk/MMIYP there's plenty of information and advice if you need support managing the rising cost of living. It's also a great webpage and resource to share with people you know if they're having financial difficulty.

Find out more - visit barnsley.gov.uk/MMIYP or scan the QR code:



MORE MONEY IN YOUR POCKET



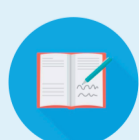
Housing support



Support with utility bills



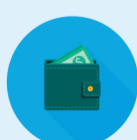
Food support



Employment and skills



Money saving tips



Support grants and schemes



and much more...



Hospital initiative saves 374 Trans-Atlantic flights worth of carbon footprint

Barnsley Hospital has smashed a further target in its Green Plan vision towards achieving carbon net zero, by ditching the use of desflurane anaesthetic gas.

The use of this gas is one of the largest contributing areas of overall health service carbon footprint. Removing desflurane from usage

at Barnsley Hospital, saves a whopping 161 tonnes of carbon dioxide equivalent, which is the equivalent to 374 Trans-Atlantic flights (London to New York JFK) in carbon footprint per year.

Consultant Anaesthetist, Dr James Turnbull who led the project said: "Operating theatres have a significant environmen-

tal impact on the planet. Much of this impact comes from the use of desflurane anaesthetic gas.

"We have taken the decision to remove desflurane and all our staff fully support this initiative. The use of lower carbon replacements has no negative impact on patient care, experience or recovery. This decision demonstrates a

clear commitment to reducing the harmful effects of anaesthetic gases and making our hospital greener in line with our Green Plan launched earlier in 2022."

Read more about our sustainability strategy in our Green Plan:

<https://www.barnsleyhospital.nhs.uk/green-plan>



Consultant Anaesthetist, Dr James Turnbull

LEAD GOVERNOR UPDATE



My name is Graham Worsdale and I have been a volunteer at Barnsley hospital for nearly seven years and I currently work in outpatients on a Wednesday.

Four years ago, I was elected as a Public Governor of Barnsley Hospital, and I am currently the Lead Governor. Being both a volunteer and Governor is not unusual. Two other volunteers, Ann Wilson and Phil Hall, are both Public Governors and there have been a number prior to Ann, Phil and myself.

The process of electing new Governors is underway, and we welcome volunteers putting their name forward. Volunteers have a good insight into the work of the hospital and so can contribute

significantly to discussions and decisions relating to the work of the hospital and, very importantly, how the hospital can develop.

There are two primary roles of a Governor, firstly we help ensure the hospital is running effectively by holding the Non-Executive Directors to account, and secondly, representing the views of the community.

To do this you will attend and contribute to around five meetings of the Council of Governors each year. As Governors we also examine areas of the hospital in more depth through "Insight meetings". Our most recent meeting relates to the process of discharging a patient

from the hospital and the various teams involved throughout the patient journey.

Governors are also able to undertake visits to specific parts of the hospital, and during 2022 visits have taken place to the Community Diagnostic Centre at the Glass Works in Barnsley Town Centre, and to the new Paediatric Emergency Department and Assessment Centre. We look forward to visiting the hospital's new Intensive Care Unit this year which is expected to be open in March.

If you would like further information on being Governor please contact Andrea Spencer on andrea.spencer@nhs.net or 07874 895237.

Breast Unit recognised nationally

The Faster Diagnosis Team within the NHS Cancer Programme have identified several Trusts who have shown strong Faster Diagnosis Standard (FDS) performance in prostate, colorectal, skin and breast suspected tumour pathways.

We are delighted that our Breast pathway has been identified as performing particularly well.

Colleagues from NHS England visited our Breast Unit on 15 January.

Julia Dicks, our Clinical Lead for Cancer said: "As a team we work hard to ensure patients will be diagnosed or have cancer ruled out within 28 days of being referred urgently by their GP for suspected cancer.

"For patients who are diagnosed with cancer, it means their treatment can begin as soon as possible.

"For those who are not, they can have their minds put at rest more quickly.

"We are very pleased that the National team have highlighted our achievements and want to work with us."

Adriana Rrustemi reflects on her time as a governor

Being a governor is a privileged position to be in and despite my work and personal commitments, I still find it possible to do my part as a governor and make a difference within my community.

The governor's role is flexible and allows me to get involved as much as I can. I find that I have a deeper

interest in some areas of Barnsley Hospital and I get involved in those areas in addition to the governor's meeting.

The governor's meetings are arranged well in advance and this then makes it easier for me to organize my commitments as needed. Also, the meetings are held online so I

don't need to travel and I can join the meetings from home.

The meeting reports are always sent to me in advance, so this makes it easy for me to fit the reading time into my schedule. I usually spend an hour in the evenings or a couple of hours over the weekend. If I need any support

or clarification on the reports, I can easily get in contact with the team and get the support I need.

I encourage anyone who has an interest in how their local hospital is run to consider becoming a governor. We need a rich diversity of voices to ensure we are the best we can be.



Get involved in shaping the growth of the community diagnostic centre

Barnsley Hospital is pleased to announce the upcoming expansion of its pioneering Community Diagnostic Centre (CDC) in the town centre's Glassworks.

In order to ensure services at the CDC are tailored to the needs of the community, the hospital is inviting

users of the services to an engagement event where their views and feedback can help shape the design, environment, communication and information provided within the Centre.

The Patient Experience Team is inviting anyone interested in being

part of the CDC phase 2 engagement process to contact them on 01226 436302 or bhnpatientexperience@nhs.net.

See our Barnsley Hospital News front-page feature article for details of the new services coming to the CDC.

Nominations now open! Become a Governor at Barnsley Hospital

We're looking for several Public Governors to join us. You'll be asked to scrutinise our decisions, and to help shape our plans for the future.



To become a Governor, you'll first need to be a signed-up Member of Barnsley Hospital NHS Foundation Trust.

Complete the application form before Friday 10 February telling us why people should vote for you, why you want to become a Governor, and what skills and experience you can bring to the role.

Hospital Governor application check list:

- ✓ Become a Member of Barnsley Hospital
- ✓ Secure the support of two other Members
- ✓ Complete the election application form
- ✓ Upload a photo of yourself to the application site
- ✓ Apply to become a Governor

Scan for more info



Join us today, have your say..

www.barnsleyhospital.nhs.uk/gov-elections



Meet the team

Michelle Evans is a Learning Disability and Autism Acute Liaison nurse at Barnsley Hospital. She has worked in Learning Disability and Autism services for 22 years, alongside teams in the hospital and the community such as surgeons, paediatrics, physios and the ambulance service.

Michelle previously worked at Sheffield Children's Hospital and last year received a silver CNO (Chief Nursing Officer) award for her outstanding contribution to patients and her profession. She also has personal experience of autism, having a 14-year-old son who is autistic.

What do you do?

My main focus is to reduce health inequalities for people with learning disabilities and for autistic people. People with learning disabilities die

up to 26 years earlier than those in the general population and are also six times more likely to die.

This is a shocking statistic, especially when you consider that it's often just a question of making reasonable adjustments for these sections of the community to access better healthcare. It might be just getting someone to meet them or making changes to which entrance they use. There can be lots of factors why people with learning disabilities and autism – two distinct groups – do not get the care they need. It might be they have a fear of hospitals, needles or general anaesthetics.

Women in these groups can find it difficult accessing screening services, such as breast and cervical screening. We are currently working on a project with the Community

Learning Disability and Autism Liaison

Diagnostic Centre in Barnsley with the aim of getting as close as we can to 100% uptake of screening for people with learning disabilities.

We hope to achieve this by offering a person-centred approach for each person's screening experience. The staff at the CDC are currently looking at ways to improve engagement with women with learning disabilities to identify reasonable adjustments needed to support breast screening.

How does your work fit in with the wider NHS?

Part of the NHS strategy is looking at how we reduce health inequalities experienced by people with a learning disability and autistic people. Among practical solutions are annual 'head to toe' health checks that anyone with a learning disability

over the age of 14 can access.

Transition into adult care can be a frightening prospect for families. Having an opportunity to meet and build relationships with their local GP practice, staff can reduce some of this fear and support transition into adulthood. It is important that children over the age of 14 are registered with their GP as having a learning disability, as this will ensure the young person is offered an annual health check.

What are the rewards and challenges of the job?

The role of Learning Disability nurses is sometimes not as understood or accepted as well as it could be by the wider nursing community. We do have our own professional networks and social media support groups which is helpful. Overall, we've made some progress as a society in reducing inequalities for people with a learning disability and autistic people but there is still



much to do. In England we have 17,000 Learning Disability nurses on the register and that is not enough. It's also important that we respect the language used by communities and individuals. For some this may be 'Autistic' or 'Autism', for others this may be 'Neurodiverse'.

Contact number 07725 482891

Thank you to our supporters

Thank you to our supporters in 2022 who helped us make a difference. Here are a few highlights



Make a Memory

Our Make A Memory Appeal surpassed the halfway mark at the end of 2022 with a grand total of £154,361 raised so far. Thank you to everyone who has fundraised and donated to help achieve this as we push towards reaching our target to transform our Care of the Elderly Ward, helping older patients and those living with dementia. The next stage of the project will see us complete a new activity room for patients.



Our supporters choose to donate or fundraise for us for a variety of reasons including appreciation of theirs or their loved ones care, to leave a lasting legacy to Barnsley in their will, challenge themselves to help a particular area of the hospital or simply as a thank you to our amazing NHS.

Here are a few of our most recent supporters:

Catch of the day!

Derrick Finney 75, Darfield and his son Paul Finney, Mexborough. Following a bout of health issues which included a heart attack, stroke and cancer diagnosis Derrick supported by his son Paul wanted to give something back to



the NHS and care organisations that have supported him.

In 2016 the pair came up with the idea of an annual fishing competition.

The competition has been generously supported by CEFCO Doncaster and their charitable arm CEF Cares and in total has raised £2,100 benefiting our cardiology department at Barnsley Hospital.

Paul said: "We decided to organise a match, provide prizes and charge the fishermen for taking part. The first year about 19 came along, but this year we had nearly 70 join us at Retford's Hallcroft Fisheries for an absolutely fabulous day." Derrick said: "I wanted to do something to thank everyone for the care and support I received, everyone at Barnsley Hospital has been brilliant and I can't thank them enough.

"I love being involved in the competition it's like a second family, my nickname is Papa Finney and for the first time ever this year I won a Section trophy for netting the most fish!"

On your Bike!

Kevin Greenfield, 62 from Hoyland raised an astonishing £600 for Breast Care at Barnsley Hospital. Kevin undertook a challenge of riding a static cycle at Hoyland Leisure Centre a total of 50 miles inside three hours.

Kevin said "I was spurred on by a friend who said I wasn't particularly fit and couldn't achieve the challenge and I was determined to prove I could. The landlord and landlady and my friends at The Prospect Tavern, Hoyland really got behind me with morale and sponsorship support. I even had to wear a Sheffield Wednesday shirt for the challenge as I was offered double sponsorship if I did – being an avid Barnsley FC fan, this was probably the hardest part of the challenge. I was proud to complete the challenge in two hours, 29 mins."



Big thanks to caring customers

The tremendous team at Speed Butchers, Monk Bretton are long term supporters of our charity. They have previously supported our Tiny Hearts Appeal and the current Make A Memory Appeal with generous customers and staff donating over £1,103 with their collection tub donations.

A special thank you to the Crown and Anchor team who supported us as their charity of the year and raised £1,212 with their Firework Spectacular. We look forward to their continued support in 2023.



Kevin Greenfield

2022 in 2022

Ben Hampshire, 30 from Royston who is a dad of one and a happy husband to wife Kerry, set himself the challenge of a lifetime for 2022.

Ben who works at Edenbridge Healthcare is running 2022km in 2022 to raise money for our charity at Barnsley Hospital.

Ben welcomed daughter Arabella into the world mid Covid-19 pandemic in 2021.

Arabella was breach so arrived via caesarean-section and went home within 22 hours.

Ben and Kerry said: "This was an incredible experience from start to finish."

Ben added: "Throughout Kerry's pregnancy, after the birth of Arabella, the antenatal and postnatal support during a global pandemic could not have been any better."

To say thank you Ben set an incredible goal of running 2022km – one kilometre for each number of the year.

Ben says he also wanted to set an example to Arabella and anyone following that wherever you start from, you can set ambitious goals and with drive and dedication you can achieve them.

Ben started running in March 2021 and says he caught the running bug. Its helped Ben to transform his life losing over six stone in weight.



Dr Jenkins consults with Cheerio before his jump

Chief Executive takes to the skies

We can't think of many chief executives who would jump 15,000 feet to support their charity! We are very proud that our Barnsley Hospital Chief Executive Dr Richard Jenkins did just that. Back in September Richard joined nine staff and supporters who reached new heights for our Make A Memory Appeal at Skydive Hibaldstowe.

Undertaking a skydive for the first time, Richard's daring efforts raised £1,400 which was split between ourselves and Rotherham Hospital & Community Charity. To follow in Richard's lead and take part in a skydive email us at barnsleyhospitalcharity@nhs.net to book onto one of our events in April, June or September.

Paint the town blue!

Join us on 5 July to celebrate the 75th birthday of the NHS. Help us paint the town blue by holding a dress in blue day or host an afternoon tea to help us celebrate. You might even have a product you could turn blue for the day and sell – we can't wait to see what



ideas our amazing community can come up with! Register your support at www.barnsleyhospitalcharity/events or contact Jane or Sam on 01226 431650 or 01226 432307

ARE YOU READY FOR A CHALLENGE IN 2023?

Sunday 23rd April – **Wingwalk**
Thursday 27th April – **Skydiving**
Saturday 20th May – **Walk Snowdon at Sunset**

Email barnsleyhospitalcharity@nhs.net to sign up today

If you have your own fundraising idea we would love to support you in the 75th NHS Birthday year, our supporters never fail to amaze us with their kindness and generosity from maternity to end of life care your fundraising helps us make a difference for patients and staff at Barnsley Hospital.