Happy Birthday to Us
5 years young

For those of you who remember, the Hospital celebrated its 30th anniversary last year. We invited our friends for tea and cake and we remembered how the Hospital has blossomed over the first 30 years. Now we have something even more special to celebrate because on 1st June 2010 The Rotherham NHS Foundation Trust, which manages Rotherham Hospital, was 5 years old.

If you are thinking “what’s so special about that?” then let us remind you. You, our Members, make us special. So thank you.

In 2004 when the first Foundation Trust was established it was the dawn of a new type of NHS Trust. As a Foundation Trust we remain part of the NHS but we have more freedoms and we are run locally and are accountable to our community, making us more responsive to you, the local people. It is all about creating a patient-led NHS and providing high quality care, shaped by the needs and wishes of today’s patients, in the most efficient way.

We have made the most of these new freedoms, and below are at least 5 reasons for us to celebrate.

**No. 1 = 2**
The number of consecutive years we have achieved an Excellent Excellent rating from the Care Quality Commission (previously the Healthcare Commission). We are the only acute Foundation Trust in South Yorkshire to achieve this rating and one of only 13 in the UK to have achieved it 2 years on the trot. We have also achieved the highest rating from Monitor in terms of the services we provide and our use of resources. In the last 5 years we have achieved public recognition for our success (and our trophy cabinet is getting full to prove it) but it’s not about the accolades it’s about the patient and the care we provide. We are committed to providing the best service that we can and we will continue to go from strength to strength.

**No. 2 = 9**
With a national 18 week waiting time target, we have worked hard to set and achieve our own internal target of 9 weeks. This is now being achieved in most disciplines and we have 2 week waits in some areas. In 2005, waiting times could have been up to 37 weeks.

**No. 3 = 17,500**
The number of Members who support us and work with us to ensure we are on the right track, delivering services and facilities that the people of Rotherham need. 14,000 Public Members and 3,500 Staff Members who have their say, who get involved in different ways and who have elected 16 Public Governors and 5 Staff Governors to represent your views and hold our Board of Directors to account.

**No. 4 = 206,303**
The number of patients who have been treated in the last five years through our Accident and Emergency department where we provide the care people need when they need it most.

**No. 5 = 223,486**
The number of inpatient and outpatient we have treated over the last five years. Knowing we touch the lives of so many of you and do our best to make things better for you, well that makes us very proud. And you should be proud too.

Thank you for your support over the last 5 years. We really could not have done it without you. Please stay with us on our journey for the next 5 years and more. With your help, we can all make a difference.

If you want to read more about what we have achieved in the last year, please read our Annual Review available at www.rotherhamhospital.nhs.uk or ask for a copy by telephoning 01709 307800.
One hundred and fifty years on, we are still celebrating Florence Nightingale’s contribution to modern nursing. Her most famous work Notes on Nursing was published in 1860 and recognised as best practice for sanitation, military health and hospital planning; some of which still endure today. Her pioneering vision to improve patient care and influence nursing as an honourable professional was certainly ahead of the times.

Florence is well known for her work in the Crimean War and was often described as ‘the lady with lamp’. She founded the Nightingale School of Nursing at St Thomas’s Hospital, London, which revolutionised nurse training. She was never afraid to take on authority and ask questions about improving health care; never afraid to challenge current working practice and question how resources were allocated.

2010, sees The Rotherham NHS Foundation Trust as one of the best performing Trusts in the country. We too like Florence have a passion for healthcare; our vision is to build a healthier future together, our mission is clear, we believe that health care is not a job, it’s a passion.

We invite our FT Members to get involved and help direct our first footsteps into the next 150 years...

Community Involvement Manager Lorraine Brinnen is interested to hear your views on how we may travel this journey together. Telephone 01709 307800.

Elections 2010

Following our Council of Governor Elections this spring we would like to share with you the following results:

Firstly appreciations to:

Jeanette Mallinder
Public Governor for Wentworth Valley

Lew Vizard
Public Governor for Wentworth North

Both Governors resigned in year – a hearty ‘thank you’ for the contribution they’ve made to Rotherham Hospital.

Welcome back to our Returning Governors:

Anna Chester
Public Governor for Rotherham South

Jim Bristow
Public Governor for Rest of England

Sylvia Bird
Public Governor for Rotherham North

Jill Ward
Staff Governor for Other Health Professionals

Bev Doane
Staff Governor for Other Direct NHS Employees

Welcome aboard to Newly Elected Governors:

Ann Flack
Public Governor for Rotherham South

Cynthia Shaw
Public Governor for Wentworth North
The Rt Hon Andrew Lansley CBE MP, Secretary of State for Health, believes “that patients must be at the heart of everything we do, not just as beneficiaries of care, but as participants, in shared decision-making. As patients, there should be no decision about us, without us”.

This was part of the message he gave on the 8th June 2010. We also share this vision; to show that patients are indeed at the heart of our plans to improve NHS services at Rotherham Hospital. Read more about our ‘Being with Patients’ Awareness Day…

Trust staff are finding out just how important they are to people’s experiences of care at Rotherham Hospital. They have been taking part in ‘Being with Patients’ training which aims to help them better understand what it means to be a patient or relative using our services.

To date 500 staff have already taken part in a ‘Being with Patients’ Awareness Day which is based on people’s real experiences. Actors portray these experiences to demonstrate how staff behaviours and attitudes, however subtle, can positively or negatively influence how the public experience us.

Brigid Reid, Deputy Chief Nurse, who developed the approach in East Lancashire and has now brought it to Rotherham, says: “Whilst we work with patients’ everyday we can sometimes forget what it’s really like for them, how vulnerable they feel. Every patient’s experience is different and this programme is an excellent way for us to see things from the perspective of patients and relatives. We are exploring how we can make a positive difference remembering every interaction we have, even with each other, is an opportunity to increase or decrease people’s confidence in us.

“The programme is giving staff a valuable chance to reflect on how they may be perceived and how their approach influences how others respond. Caring is our core business and this approach enables staff to feel valued, refresh their skills and remember why they joined the hospital and the NHS.”

The ‘Being with patients’ team have been getting a great response to the training. Brigid explains: “Staff are telling us that the scenarios from the Awareness Day really bring to life the way they behave and it has helped some of them re-assess their practice. Just remembering how we come across - especially by our facial expressions, body language and tone - can improve our approachability and treating every patient as an individual can make a big difference.”

Brigid hopes the training will have a lasting positive effect on staff, she says: “Through more encouraging feedback and coaching by their managers, our aim is that the programme will equip staff with a renewed emotional connection to our patients and their relatives. It will give our staff the confidence and skills to continually improve their practice.”
THE QUEEN’S Birthday Honours List was a cause for celebration at The Rotherham NHS Foundation Trust as Chairman Margaret Oldfield was among those recognised for their outstanding achievements and service.

Margaret was awarded an OBE for services to the community in South Yorkshire. Having been actively involved with the NHS in Yorkshire for more than 15 years Margaret was appointed Chairman of the Rotherham General Hospitals NHS Trust in 2002. Since then Margaret has helped to guide the organisation to achieving NHS Foundation Trust status in 2005 and becoming one of the top performing Trusts in the country. On hearing the news of her award Margaret said: “I am surprised, thrilled and humbled to be recognised in this way. I do feel that this award is not just for me, it is something I can share with all the dedicated people I work alongside in the NHS and the voluntary sector.”

Working tirelessly in the education, voluntary and health sectors, Margaret has been a staunch advocate for patients, victims, and the local voluntary sector. She says: “I’m passionate about the NHS and improving healthcare for local people and in my time as Chairman of The Rotherham NHS Foundation Trust I’ve made every effort to help develop services patients need and build a hospital the town can be proud of. I am also committed to supporting voluntary organisations particularly those supporting the most vulnerable in our society.

“Health and social well being are inextricably linked and having an overview of both has helped me make a difference in both these areas. I’ve been lucky to have the support of great family, friends and colleagues and that opportunities to help change and improve things have come my way, which I’ve grasped with both hands - I love a challenge. Doing the work day to day is the real reward and to be honoured like this is the icing on the cake!”

Brian James, Chief Executive, says: “I am sure I speak on behalf of all of the staff of Rotherham Hospital in congratulating Margaret on this distinguished honour. Her contribution to making Rotherham Hospital one of the best Hospitals in the UK is unquestionable, and we simply could not have achieved it without her leadership. “Margaret is a person of great integrity, whose life has been passionately committed to supporting and improving the lives of Rotherham citizens through the many public and voluntary sector positions she has held, not least of which is as Chairman of The Rotherham NHS Foundation Trust, and her OBE is thoroughly well deserved.”
The Rotherham NHS Foundation Trust has re-developed its internet site to provide a better and more modern facility for patients and visitors.

Visitors will notice a change to the design, look and feel of the internet and find it is more user friendly and easier to navigate. There is more room for news and campaign stories and GPs will even get a special area for advice and information.

The aim of re-developing the internet is to provide lots of information for patients such as visiting times, car parking fees, floor plans and even what’s available for lunch in the restaurant!

The new address which is now live is: www.rotherhamhospital.nhs.uk but anyone searching for the old one will be re-directed.

Here’s a glimpse of Lorraine Brinnen, Community Involvement Manager in the community, as she meets Cllr Pat Russell (top left), one of Rotherham’s Learning Disability Champions, at the LD Partnership Board Health Day back in May 2010.

The day was very well attended by people with learning disabilities, families, carers and health professionals alike. The focus of the day was obviously health and well being, although influencing health care and choice was a great talking point.

As a Foundation Trust Hospital it is so important that everyone’s voice is heard at all levels throughout the organisation. Sometimes the ‘harder to be heard’ voice of minority communities is overlooked and the opportunity to influence health care for all can be missed.

The Community Learning Disability Team at Badsley Moor Lane are also supporting Lorraine in helping her cascade community opinion about the design and style of the information signage for the new entrance of Rotherham Hospital.

If any Member too, would like to get involved in our wider public discussion about the new signage please telephone Lorraine in the first instance on 01709 307800.
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Have a Say
How can I What can I do How can I

The Trust has recently welcomed a new Equality and Diversity Advisor to make sure they continue to fully represent the people of Rotherham.

Mahmood Hussain has joined the Trust from Rotherham Metropolitan Borough Council and says he is really looking forward to working with everyone:

“Equality and diversity is about everyone working together. It is our staff, patients and visitors making sure that all groups in Rotherham are represented and catered for.”

Mahmood says his first step will be getting people to think outside the box:

“The make up of the Rotherham community has a massive impact on the health services we provide. For example, like many places we have an aging population which means demands for certain types of healthcare are greater than others. But the aging population has another impact on the hospital – particularly as an employer. As more and more people reach retirement age, recruitment could become an issue for us so we need to find ways of ensuring we make the most of the experience and expertise we have.

“Also certain illnesses affect certain groups more than others, for example people of South Asian heritage are more likely to suffer from diabetes. As a health provider it is important that we understand the things that effect the population of Rotherham and this is where I can help.

“Equality is everyone’s business and I want to look at the way we work as a Trust to help us to continue to move forward and work even more closely with people across Rotherham.”

One of the key projects Mahmood has been working on since he joined us earlier this year is our Single Equality and Human Rights Scheme. This document, only in draft format at the moment, will be available on our website later in the year for public comment. It sets out our commitment over the next three years and we invite the local community to get involved with this and let us know what you think.

Mahmood Hussain’s telephone number is 01709 307686.

Electronic Patient Record Project comes to life with opening of Demo Room

The Trust’s revolutionary Electronic Patient Record (EPR) project is one step closer to reality with the recent opening of the EPR equipment demonstration room.

The EPR system will hold comprehensive, computerised details of patients care in one single electronic record, to include clinical notes, diagnoses, tests, treatment results, drug interactions, management plans and procedure reports. By having access to patient clinical information in one place, clinicians will be able to make better decisions about investigations, care plans, and treatments, which will enhance patient care at every level and in some cases could help staff make life-saving decisions more quickly.

The EPR demo room will allow members of staff to look at the variety of IT tools and equipment being considered for staff to access the new EPR system. IT staff and trainers will also be on-hand to demonstrate the equipment, the developing functionality of the EPR system and to answer any queries.

Raided Abdul-Karim, Director of Technology and EPR, said: “It is fantastic to see the opening of the EPR demo room as we can finally see the project starting to take shape. The demo room will help our staff find their way around the EPR system and it will also provide extra support as they embark on their EPR training.

“The implications of having this system are enormous, as the benefits to staff and most importantly to the care of our patients, will be huge. As such we are looking forward to working closely with staff over the coming months as the project develops.”

Above: Charlotte Pickard and Glenis Thurston with IT trainer David Wild
The CHKS Top Hospital Awards are based on the evaluation of key indicators of safety, clinical effectiveness, efficiency, patient experience, quality of care and health outcomes.

Jason Harries
Managing Director, CHKS Limited
12 May 2010

The Rotherham NHS Foundation Trust

The programme

Rotherham Hospital has been named as one of the CHKS Top 40 Hospitals in the Country for the second year running.

Outstanding local health heroes working in all areas of the hospital were honoured for their hard work and dedication at The Rotherham NHS Foundation Trust’s Pride of 2010 Awards for staff. Trust employees, from porters and nurses to midwives and doctors, nominated by members of the public and fellow hospital employees, were recognised at a glittering awards dinner at Aston Hall on 18th June.

From the dozens of nominees, seven individuals and two teams celebrated winning awards across seven different categories. Nominated by their colleagues and sharing the ‘Our Shining Star Award were Dr Marla Prasad, Sally Short, Dr Margaret Wood and the late Margaret Baker. Also nominated by fellow staff, Dr Fiona Fawthrop and Sue Elsey walked away with the Our Top Team Award.

Carole Taylor won Most Accomplished Learner and Julia Wing was the Idea of the Year Winner. All were commended for their exemplary work and support for colleagues.

Physiotherapist team leader Judy Robinson, 63, from Rotherham, was picked out as the Patients Shining Star. Patient Brian Nelson, 29, from Mexborough nominated Judy because of her long term dedication in providing him with care and support over a 25 year period. Brian said: “I first met Judy when I was four years old - she has really been there for me for most of my life helping me to cope with my psoriatic arthritis and lead as normal and active life as possible. She’s been brilliant to me and has always gone that extra mile!”

Judy, who retired in March 2010 after 38 years of NHS service, said: “During my career in the NHS all my work has been centred around patient care and respect for the individuals. As a physiotherapist one of my main aims was to try to promote maximum physical independence and mental wellbeing for my patients, despite them having a chronic disease. I also worked hard to promote holistic care to my colleagues and junior members of staff throughout my working life. This award is a great honour and I cherish my memories of working within the NHS.”

Winning the Patients Top Team Award and the overall prize the

Patients get ‘Top 40’ care at Rotherham Hospital

Rotherham Hospital has been named as one of the CHKS Top 40 Hospitals in the Country for the second year running.

The CHKS awards celebrate healthcare excellence across the UK and are based on key performance indicators including patient safety, health outcomes and patient experience.

Chief Executive, Brian James says: “We’re delighted to get this award and it’s a wonderful tribute to all our staff. We aim to provide the best possible healthcare to all the communities we serve and it’s nice that the passion and dedication of our staff can be recognised in this way.

“Because these awards are independently assessed they are more valuable to us. The judges review a significant range of quality and performance indicators before deciding on the winners, so it is a great honour. Awards are always nice to receive but what is really important to us is that this increasingly reflects the experience our patients take away from Rotherham Hospital.”

Now in its tenth year, the Top Hospitals’ Award Programme has recognised and rewarded the achievements of acute trusts since 2001.

The winners were announced at an awards ceremony in London hosted by CHKS, the UK’s leading independent provider of healthcare intelligence and quality improvement services.

Director of Research at CHKS, James Coles, said: “We are thrilled that The Rotherham NHS Foundation Trust has been named as one of our 40 Top Hospitals. These awards recognise outstanding performance in 21 areas which we believe are critical to delivering good patient care.”
Member Talks for 2010

THE ROTHERHAM BRANCH of Diabetes UK have extended an invitation to members of The Rotherham NHS Foundation Trust to join them at their monthly meetings which take place in the PGME Lecture Theatre, D Level, of Rotherham Hospital. The guest speakers are usually staff from the hospital and they deliver talks on a variety of health related subjects. The remaining talks this year are:

<table>
<thead>
<tr>
<th>Date</th>
<th>Speaker</th>
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<tr>
<td>Monday 23rd August</td>
<td>Dr Franke, Diabetes Consultant, RFT</td>
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<tr>
<td>Monday 27th September</td>
<td>Liz Fairclough, Medicine for Elderly, RFT</td>
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<tr>
<td>Monday 25th October</td>
<td>Sri Karkalapudi, Diabetes Dietician, RFT</td>
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The meetings begin at 7pm and refreshments are provided.

More details can be obtained from either Mr John Sargent – Chairperson 01709 540614 or Mrs Joan Duffield – Vice Chairperson 01709 372547
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WORK is progressing apace on the redevelopment of the main entrance at Rotherham Hospital, which will provide easier access to services for patients, visitors and staff.

The construction work will transform the main entrance and reception area and this will be one of the most visible parts of The Rotherham NHS Foundation Trust’s ‘Hospital of Tomorrow’ programme which is focused on developing and upgrading services and facilities across the hospital.

The Trust’s Chief of Service Transformation Mark Trumper said: “It is hoped that the new main entrance and reception area will create a lighter, brighter environment for all visitors to the Trust, making it easier for them to find information and access the services they need.”

The exciting development forms the first phase of The Rotherham NHS Foundation Trust’s eight year Site Utilisation Development Programme. Sheffield-based architects Race Cottam Associates are working alongside BAM Construction on the project.

The Council of Governors Meetings for 2011 have just been released:

- Wednesday 12th Jan 2011
- Wednesday 13th April 2011
- Wednesday 13th July 2011
- Wednesday 14th September 2011

These public meetings will commence at 5pm and are to be held at Woodside. Please come along and share your views with us.

Who’s listening?
We’re listening!

Make your voice heard… and that of your friends, family and neighbours!

Hospital Governors are vital to help represent the Trust’s patients, service users, staff and general public and directly challenge the Board of Directors about the Trust’s performance.

If you would like to help represent our patients, the people of Rotherham and be directly involved in YOUR hospital then please contact Lorraine Brinnen on 01709 307800 for more information.

You can make a difference.
Rotherham Hospital says thanks to volunteers

Volunteers are very important to Rotherham Hospital, and as part of National Volunteers Week, from 1 - 7 June, staff have been showing their appreciation. A dedicated force of more than 200 volunteers provide vital support and help out in many different areas of the hospital - collecting prescriptions, welcoming visitors to wards or having a cup of tea and a chat with patients.

Pamela Strong, 66, from Sheffield has been volunteering at Oakwood Centre for Rehabilitation (OCRM) for 18 months, helping patients with a range of neurological conditions. Pam says: “Volunteering can be a very rewarding experience, we’re working with some younger patients and it can be quite difficult when you see teenagers who have had an accident and are in a wheelchair. I feel really sad for them, but we can help by playing games and keeping their minds stimulated. It’s amazing how far some of the young people have come and it’s really nice because you start to develop relationships with them and they recognise us and look so happy when we come in.”

Acting Ward Manager on OCRM Margaret Donson explains what a valuable service their volunteers offer patients: “Our patients have conditions which limit their movement and speech so interacting with different people and stimulating their senses though different activities like quizzes and games can help them to recover better. Volunteers make a massive difference to the people we have at the centre. Even having time to sit and chat with patients about little things like their day or their favourite hobbies can bring them out of their shell and gives our staff a chance to devote more time to their clinical needs. Our volunteers offer patients a vital service and we are so pleased to have them working with us here. “

Pat Wiles, 68, from Rotherham who also volunteers at OCRM and was convinced to get involved by her daughter, says: “My daughter works as an Occupational Therapist at the Unit so she understands better than anyone the difference we can make to the patients. We get involved in all sorts of activities from card making - which is very popular at Christmas - to bowling and we even have a giant ‘Connect 4’ game which the patients love! We’ve built up a great team here, we always have a laugh together and the staff are always very welcoming.”

More than 30 volunteers work with the Chaplaincy department at the hospital to provide spiritual care to patients regardless of their faith or beliefs.

Joan Ashton, the coordinator of Chaplaincy Services says: “We’re privileged to have such a dedicated, gifted and supportive group of volunteers. They are an essential and valued part of our Chaplaincy team. All the different gifts that our volunteers bring are greatly valued – including their sense of humour!”

She adds: “Our volunteers help in so many ways - some come in on Sunday mornings to help get patients in wheelchairs or beds to and from the Sunday service held in the Chapel - a couple of volunteers even come in to operate the music system during the service. They also go out onto the wards and offer a confidential listening ear to patients who want to talk - they’re such a great support to all our patients and we are very grateful to them for all their help.”
A TEAM of local teenage volunteers have been recruited by Rotherham Hospital to form its new ‘Ward Crew’. The 20 strong team of youngsters will be spending their spare time getting a taste of what it’s like for people in hospital, finding out how they can help, and getting first hand experience of working in a clinical environment.

Focussing mainly on welcoming visitors and talking to patients the Ward Crew will provide much needed company for people who don’t have regular visitors.

The Ward Crew was set up in response to a big demand from young people wanting to get involved at the hospital. Joanne Farey, Voluntary Services Co-ordinator explains: “We’ve been inundated with requests from people as young as 17 who wanted to volunteer so we wanted to give them the chance to come along, take part and make a difference.

The team will be a great support to our wonderful staff and it will be a learning experience for Crew members especially if they are considering a career in healthcare.”

The Crew will work together with older patients and people with respiratory conditions. Ward Crew recruit Henna Khalid says being part of the Ward Crew will give her new experiences:

“It’s quite a young and vibrant team so it’s great fun working with everyone. I like meeting a wide range of new people, including staff, patients and relatives and am hoping that interacting with people from different backgrounds will help me to develop my social skills and give me more confidence. I feel like I’m making a big difference, especially for patients who have no family or visitors.”

If you are interested in finding out more about Volunteering at Rotherham Hospital, please contact Joanne Farey, Voluntary Services Co-ordinator on 01709 304329. The minimum age for Ward Crew is 17.

Former hospital worker spends retirement volunteering

June Smith, 72, from Swallownest worked in Medical Records at Rotherham Hospital for more than 14 years. She retired from the hospital in 1997 - but she couldn’t keep away and has been volunteering on the welcome desk since March.

June explains: “I missed the fast paced, busy environment and all my wonderful colleagues, a few of whom are still here! When I started my retirement I had lots of things lined up to keep me busy, but I discovered I had quite a lot of spare time and wanted to get involved in something new. Volunteering at the hospital has given me the chance to meet new people and keep in touch with some of my old friends.

“I have a soft spot for this place as it is my local hospital and somewhere I have been part of for a long time. It’s nice that I can be here to welcome nervous patients and direct them to where they need to be. We all know how nerve wracking it can be to come into hospital so the more smiley faces patients see the better.”
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RACHEL LISTER, 31, from Brecks in Rotherham was the first to use the state-of-the-art birthing pool to have her new little bundle of joy – daughter Chloe.

Rachel was so impressed with the new facility she came back with 12 day old Chloe and the rest of the family to share her experiences at the official opening of the pool.

“Having my baby in the pool was a brilliant experience,” explained Rachel. “I was so much calmer and more chilled out than before when I had my other daughters, Lilly-May (5) and Annabel (3). My husband Daniel was there to mop my brow and rub my back, but being in the pool was a much nicer experience than being confined to a bed. You feel freer to move around and change position when you get a strong contraction and if it’s uncomfortable you can just float which makes you feel lighter. It was easier to manage the pain as well - I only asked for gas and air this time but before I had an epidural for Lilly-May and Diamorphine for Annabel.”

“Rachel was definitely more at ease delivering Chloe,” said husband Daniel Lister, 32. “The midwives were amazing and the pool seemed to make everything much calmer, plus she didn’t need any stitches this time which she needed before. We had the radio on while Rachel was in labour which was a nice distraction but I had to keep switching it off if a song came on that she didn’t like - especially if it was ‘Queen’ - I want to break free!”

The new pool was officially opened recently by Christine Talbot from ITV’s Calendar News. Christine said: “It’s great for mums to have this new facility on their doorstep - there is so much more choice now. I didn’t really think about a water birth when I had my daughter, but with a facility like this I might have been tempted.”

Every year more mums in Rotherham are opting for a water birth and so far 6 mums have given birth in the new birthing pool at the hospital and 2 mums have used it for pain relief in labour.

“We are all very excited to see Chloe today and she is coming on really well, it’s great we are able to offer this new facility to more mums like Rachel,” said Lead Midwife Teresa Walker. “Increasingly women in Rotherham are opting for a more natural way to give birth which they can get from a water delivery and they have been giving us great feedback about their delivery with us. Surrounding the mother in water can make her more relaxed which is good for mum and baby. We even have a sound system which plays tranquil music and twinkly mood colour lights to add to the ambience in the room and the birthing experience for the mother and her partner”.

Rachel said: “I would recommend any mums-to-be to think about having a water birth as it is less stressful and can really add to the amazing experience of giving birth. We have really been looked after at Rotherham Hospital -the labour ward even gave us a teddy bear for Chloe as she was the first baby to be delivered in the pool which was lovely. Lilly-May and Annabel have been looking after it and have called it Sarah after the Midwife who delivered Chloe.”