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www.cddft.nhs.uk
Laura Robson, Director of Nursing retires

In January, Laura decided to retire from her role as Director of Nursing.

Laura said: “I would like to thank all of you for the support and help you have given me over the last 15 years. I have seen many of you develop into exceptional senior people who I am privileged to have worked with.

“I am very proud of the services we deliver and the dedication, skill and compassion of our staff. We have a huge responsibility to provide health services to the population of County Durham and Darlington. I am sure you will retain that focus and continue to deliver great care in the future.”
**Stop Press**

Stephen Eames has been asked by the Department of Health to take on the leadership role at The Mid-Yorkshire Hospitals NHS Trust, an organisation which is currently facing a critical period.

Stephen will join the organisation as its chief executive at the beginning of March in an interim role.

This approach to take on a high profile role reflects the esteem in which his skills as a Chief Executive are held nationally, and the track record of County Durham and Darlington Foundation Trust as a top NHS organisation.

Trust chairman Tony Waites said: “The Trust Board have asked me to share their sadness at this news, their appreciation for Stephen’s huge contribution to the organisation over the last four and a half years, and our best wishes for Stephen in this next stage of his exciting and varied career.

Stephen will be leaving us with a strong reputation as a successful organisation with a regional and national profile.

The Trust has a clear successor in Sue Jacques, who has been a successful Director of Finance for many years, and who has, in recent years, taken on a wider and more comprehensive brief as Deputy Chief Executive and Chief Operating Officer.

Sue is also a figure on the national healthcare stage, and is currently president of the Healthcare Financial Management Association. Most importantly, she has a passion for this Trust.

Sue will take up her appointment as Chief Executive with effect from 1 March. This is on an interim basis until formally approved by the Governing Council.

Sue has the full support of the Board, and I am sure you join me in wishing her every success in her new role.”

**New ENT service launched**

Thanks to a generous donation from the Friends of the Hospital, the Trust has purchased state of the art digital video-scope equipment for the ENT department.

This has allowed Consultant Mr Shane Lester and the team to introduce a new treatment at Darlington Memorial for people with vocal cord palsy, which badly affects the speech of some lung and neck cancer and other patients.

Mr Lester said: “Until recently patients in the area had to travel to Middlesbrough for a surgical procedure to treat this condition. The new service means they can be treated locally and as an outpatient.”

You can read more on this story on the Trust’s website – www.cddft.nhs.uk
Our annual awards ceremony is always a great occasion and gives us a chance to recognise and celebrate the talented workforce we have in County Durham and Darlington NHS Foundation Trust.

The awards really recognise the achievements of staff at all levels who have undertaken learning in the last 12 months, those who have achieved 20 years service as well as those who have excelled and won awards for contribution to excellent services.

In addition to this, our latest awards ceremony had another purpose – we are now a new and very different organisation: an integrated acute and community Trust.

You can see all the award winners and read a bit about their work and achievements over the next two pages.
Prevention First, Public Health and Health Improvement Award

Focus on Undernutrition Team

Focus on Undernutrition is a flagship service both locally and nationally in tackling undernutrition from a regional perspective. The service has been implemented in over 75 local care homes and trained over 3000 healthcare staff. The course has been extremely successful at empowering cooks and care homes have reported improvements in patients gaining weight previously lost weight and better menus for clients with diabetes and those requiring a pureed or soft diet.

The FoU team was also awarded the CHAIRMAN’S QUALITY AWARD.

Shining Star Award

Jason Wigham, MS Nurse Specialist

This member of staff continually goes the extra mile for patients, clients, colleagues, the public and the organisation. He covers a large rural area and works ridiculously long hours, yet nothing is ever too much. He has ability, intelligence, enthusiasm and a capacity for sheer hard work.

In summary – this member of staff is a brightly shining star and richly deserves to be recognised.

Making me feel better award

Catherine Naylor, Physiotherapist UHND & Helena Wilson, District Nursing Sister

There were two winners of this award from very different roles which sums up the new integrated approach to care delivery that we are striving towards.

The gratitude and real emotion in each testimony describing the level of quality care should make the two winners feel really proud.
Making a difference behind the scenes award

The winning team is the combined chemotherapy day unit teams from UHND, Shotley Bridge and Darlington Memorial Hospital, supported by volunteers and Macmillan.

The winning team developed a head wear service for cancer patients who have lost their hair due to chemotherapy treatment.

What really appealed to the governors about this team was that it covered several parts of the Trust, involved volunteers and charity providers and when the team realised they needed to raise some money.

Award for quality and Innovation

Catering staff & ward sisters for introducing a la carte menu

Involving everyone from the ward hostess to the ward sisters, the catering department introduced a new A La Carte Menu at Darlington Memorial Hospital which has improved quality and reduced waste.

Leadership for change award

Nurse Led cardio version service at DMH

The team has introduced changes to how and where this service is delivered which have made a real difference to patient care.

Chief Executive’s team award

Community Dermatology Team & Clinical Dermatology Team - Acute Sites Trustwide

We were looking for a team that has shown a relentless focus on achieving its targets, a team that works together and shows a real commitment to promote both its service and our Trust positively.

One team that has faced substantial challenges this year has been the Dermatology service, but in the face of these challenges the team has pulled out all the stops and continued to deliver and sustain a service to our patients.

Congratulations to the many staff who received learner awards!
How £40 million is being spent to improve Darlington Memorial Hospital

With relatively new hospitals in Bishop Auckland and Durham, Darlington Memorial is now over 30 years old and is beginning to look its age. So the Trust has invested £40 million on upgrading the site. Director of Estates and Facilities Bill Headley explains the money has been spent:

**£5.5 million**
Intensive therapy unit
A state of the art new unit for our most unwell patients, which increases our capacity from 5 to 8 beds, and is fully equipped with modern technology.

**£26 million**
Energy centre and engineering services infrastructure
After over 30 years, the hospital is being given a complete overhaul in terms of boiler plant, heating, electricity, ventilation and water supply mains. Much of the investment has been on a new – and more environmentally friendly energy centre to supply the site.

**£1 million**
A&E expansion
In 2009, acute services at Bishop Auckland moved to Darlington, in order to meet quality standards. This has meant A&E at Darlington required expansion to treat the increase in patients.

**£ to be agreed**
A&E and urgent care co-location
As part of the local plan for improving A&E and urgent care, a proposal is being developed to "co-locate" the urgent care centre, currently provided at Dr Piper House in Darlington, with A&E. Putting the services together will make it easier for patients to decide where to go in an emergency, and should reduce waiting times.

**£250 thousand**
Additional car parking
By using brown field areas on the site we have been able to provide an additional 50 car parking spaces for patients and visitors.

**£6.5 million**
Upgrades and improvements
We have a rolling 3 year programme of general upgrade works including window replacement, re-roofing, fire precautions, environmental and engineering improvements.

Trauma boost

Hospitals gain Trauma Unit status for next three years

The Trust’s two acute sites – Darlington Memorial Hospital and University Hospital of North Durham – have achieved trauma status.

Trauma unit status means that the hospitals can continue to treat most emergencies in Durham and Darlington – although, as now, the most serious of injuries will go to Newcastle or Middlesbrough.

Mr Ola Afolabi of the A&E department at Darlington says: “This is great news for patients. It’s also great news for the hospital, and an excellent reward for the staff who work so hard to provide the best possible service 24 hours a day.”

In the last couple of years, the Trust, has made investments in both departments and further investment is planned at Darlington to provide integrated emergency and urgent care.
Hospital food gets ‘royal seal’ of approval

Darlington Memorial Hospital has been congratulated for the excellent food we are providing at a reception hosted by Prince Charles at Clarence House.

The event was held to celebrate the best of British hospital food with fourteen of the UK’s highest achieving hospital trusts in attendance. Our Trust was one of those invited and the Chief Executive and members of our catering team including catering manager Stuart Wray attended the reception.

We have reported before on the excellent reputation Darlington has for the food we provide and how meals are prepared on the premises for staff, visitors and patients. The Trust also works with local suppliers to source as many products as possible locally.

Our nursing commitment

Excellence begins and ends with you – believe it, do it, live it. That was the Trust’s message to nursing staff when they gathered at the end of last year for their annual conference.

The conference was used to promote to nurses the national ‘Energising for Excellence (E for E) initiative which is a ‘Call to Action’ to nurses and midwives to improve the quality of the service we provide to patients, save where we can on costs and share our success stories with others. Staff were delighted to welcome Michelle Mello, the National Implementation Director for E for E, who encouraged all nurses to sign up to the ‘Call to Action’ via the E for E website.

In line with the initiative we are refreshing our Nursing Strategy and will be measuring performance under five themes. Wards will display their results for staff, patients and visitors.
Spotlight On...

Joanne Johnston
Head of Unscheduled Care

How long have you been with the Trust?
I started work with County Durham and Darlington Community Health Services in February 2008 as a Clinical Services Manager. I have recently been appointed as Head of Unscheduled Care for the new integrated Foundation Trust.

Tell us a bit about your role?
I am responsible for the delivery and performance of unscheduled care on a trust wide basis which includes strategic planning of the clinical services, working with internal and external parties to ensure quality services are delivered based on patient, GP and commissioner needs.

Delivery of excellent clinical service will be key; ensuring standards and targets are met and were possible exceeded, to ensure the Trust is the “provider of choice” offering integrated care pathways, moving care closer to home, and more importantly high quality services for our patients.

What are your day to day duties?
Too many to mention!!

What are your team/colleagues like to work with?
I have only been in post since 1st November last year so I am still getting to know a lot of the team, however up to now everyone has been very welcoming!!

What do you enjoy about your job?
No day is ever the same and as long as I can continue to improve services and quality for patients as well as develop a happy workforce then I am happy.

Tell us a bit about your home life – or what you enjoy doing when away from work?
I am very much into horses and live on a farm just outside of Durham with my partner Glen. I have had my own horses since the age of 6 and they are very much a big part of my life. I bought my current horse as a 4 year old (she is now 18) and trained her myself which is very satisfying but also hard work and have sustained a number of injuries producing youngsters!! Until recently I was regularly show jumping at BSJA level, however I have had some time out, as my mare has had a foal who is now 2 years old, (I was present at the birth which was a fantastic experience!!) and I have been concentrating on showing her in hand for the past two years. I can often be seen driving around County Durham and Darlington in a horse box!! I love the outdoors and also spend a lot of time with my two Rottweiler’s Holly and Harvey walking, I am happiest when in my wellies! I love the Lake District and Scotland and whenever possible try to go walking there. I love entertaining and have a wide circle of family and friends who I also spend a lot of time with.

Success as Department of Health Pilot Site

The Trust has been successful in its bid to become one of seven national pilot sites for the latest “Be Clear on Cancer” campaigns.

Led by Dr Anjan Dhar, Consultant Gastroenterologist and members of the Health Improvement Team, the pilot will aim to raise public awareness of the signs and symptoms of oesophagogastric cancer, working closely with local GP practices and pharmacists.

It is estimated that 950 deaths from oesophagogastric cancer could be prevented in England every year through better awareness and earlier diagnosis.

Involvement in the DH pilot is an exciting opportunity for the Trust to help shape the future national roll out of “Be Clear on Cancer” Campaigns for oesophagogastric cancer.

The pilot will be delivered between April 2012 and June 2012 and more information will be provided in the next edition of ‘Your Trust’. However if you would like to find out more please contact Fiona McQuiston, Health Improvement Lead, Health Improvement Service on 0191 5692828 or email fiona.mcquiston@nhs.net.
In this new feature we’ll hear about some of our staff members’ ‘other lives’. Starting with Jackie Cleminson, Procurement Specialist by day, football manager by night...

Jackie is the manager and treasurer for the Bishop Auckland St Mary’s Junior Football Club. Last summer, Jackie led the under 16s team from Bishop to Barcelona to play in an international tournament and even returned with a trophy!

Jackie said: “I’ve always had an interest in football but really started to get more involved when my son James started to play. I’m very passionate about what I do and when I commit to something it’s 100% so I was determined last year that we would be able to take the team to Barcelona. It was a fantastic experience – a trip of a lifetime.

The whole team got so much out of it.

“It took a lot of hard work and generosity to get there when my son James started to play. I’m very passionate about what I do and when I commit to something it’s 100% so I was determined last year that we would be able to take the team to Barcelona. It was a fantastic experience – a trip of a lifetime.

“Although it’s a world away from my day job my colleagues are all very supportive and helped out with the fundraising and despite the hard work it is something I really enjoy being involved in!”

To us about your ‘other life’ email communications@cddft.nhs.uk

Be Clear on Cancer

Over the next three months the Trust’s Cancer Information and Support Service will be working with our local communities to raise awareness of the National Be Clear on Cancer Campaign for Bowel Cancer.

The Trust is supporting the national launch of the campaign to promote Earlier Diagnosis of Bowel Cancer on 30th January 2012 through to March 2012.

The campaign aims to:

- give simple information about bowel cancer symptoms
- provide a clear call to action to see the doctor
- give a reassuring message that earlier diagnosis improves the chances of successful treatment

There will be television, radio and press adverts as well as different events.

During the campaign, the Trust’s Cancer Information and Support Team will be running events and information stalls across the county in different community venues.

If you would like any further information on the local activities planned please contact Fiona McQuistion, Health Improvement Lead on 0191 5692828 or email fiona.mcquiston@nhs.net
Healthworks CELebrates life-changing awards

Healthworks has been honoured with two regional awards for the positive impact it is having on the lives of people in one of the country’s most deprived communities.

Based in Easington Colliery, Healthworks is part of the Trust’s Health Improvement Service. It scooped the awards at the 5th annual Cels Business for Life Awards, which recognises the achievements of the North East’s healthcare and life sciences industry.

Healthworks won the Primary Care Award and the Partnerships with the NHS Award.

The healthy living resource centre provides a range of health and community information services and activities to promote and support positive health and well-being.

Fiona Maher, Healthworks Coordinator said: “We are delighted to receive this recognition, Healthworks is a true partnership project with over 60 partners involved providing services and activities to improve health, well-being and quality of life for our community. I would just like to acknowledge their part in achieving these awards.”

Pathology ‘Celebrates Science’

There could be an increase in budding young pathologists across County Durham after members of the pathology department took part in Durham University’s “Celebrate Science 2011” Science Fair.

Staff intrigued and entertained visitors of all ages with an event called ‘disease detective’ which explained a bit about what a pathologist actually does and what happens to blood samples along with also performing a ‘virtual autopsy’!

Over 3500 people attended the event, which was based on Palace Green, over three days and it has been hailed a great success!
ELECTING YOUR GOVERNING COUNCIL

Many of you voted in our annual Governor elections at the end of last year. Governors have the important role of representing you on the Trust’s Governing Council and influencing and providing advice to the Trust on how it develops services to meet the needs of local communities.

The Trust’s annual elections for the Governing Council start in October and the close of poll is in December. The winning candidates officially take up their Governor posts on 1 February each year. In addition, from time to time throughout the year the Trust may have to hold a by-election, when a vacancy occurs in a particular constituency. These elections are carried out in accordance with the “Model Election Rules” and by an independent election campaign company. Essentially, if you are a member of the Trust and over the age of sixteen years then you are eligible to nominate yourself to stand for election in the public constituency in which you live. Equally if you are employed by the Trust you are eligible to stand for election in the appropriate staff constituency. Governors are voted in by the members from their own constituency.

Our 2012 annual elections results are:

- Durham – Barbara Dyer is re-elected unopposed for 3 years;
- Darlington – Betty Hoy is re-elected for 3 years;
- Derwentside – Patricia Mason is elected for 3 years;
- Sedgefield – Linda Moore is elected for 3 years;
- Wear Valley and Teesdale – Dr Ken Davidson is elected for 3 years and Mr Ray Taylor is elected for 1 year.

A further by-election will be run in early 2012 to fill vacant seats in Chester-Le-Street, Sedgefield and three Staff Governor vacancies. We will post details of the elections on our website throughout the year. If you would like further information about how to participate in the election process or what it means to stand as a Governor, please contact the Foundation Trust Office.

Remember as a member you will:

- receive our magazine, Your Trust
- be notified of events and consultations about services
- have a vote in elections to our Governing Council, which appoints the Trust Chairman and has a key role in deciding who runs the Trust.

CHESTER-LE-STREET PUBLIC GOVERNORS

Adele Bone is one of two Public Governors for the Chester-Le-Street area (the other C-le-St Governor seat is currently vacant and up for by-election early 2012). Adele was first elected for three years back in 2007, and went on to win a further three year term in 2010.

Adele originally joined as a Member in 2005, after being a patient in UHND. She states “I received excellent treatment and aftercare and I felt that I would like to give something back to the NHS.” Adele’s personal experiences of being a patient, as well as her previous career experience working for the Department of Employment, are of real benefit when considering matters at Governing Council meetings.

Adele sits on the “Audit and Governance” committee and the “Quality and Healthcare Governance” committee. “Being a member of both these committees is a privilege and a challenge.” she says.

Adele is a hard working member of the Governing Council and provides a strong voice for C-le-St and the Community Hospital.

If you are interested in joining Adele as a Public Governor then contact the FT Office for more details or visit www.cddft.nhs.uk

http://www.cddft.nhs.uk
The Governing Council holds six full council meetings a year, one of which is the Annual General Meeting (AGM) and two are joint meetings the Trust’s Board of Directors. You are welcome to attend these meetings and details can be found in ‘Your Trust’ or on our website.

At the last meeting in December, the main items on the agenda were reports on the Trust’s performance and financial position, findings from inspections around patient experience and news on how the Trust was planning for the winter months. Governors are able to put questions to the Board and also report back comments they have received from their local communities.

Governor Lawrence Welsh said he had received very good reports from members of the public regarding the Urgent Care Centre at Shotley Bridge. He believed that the general public was beginning to recognise the usefulness of Urgent Care Centres.

Why not attend the next meeting – Wednesday 15 February 2012 at 5.30pm.
Get Active Get Cycling

Cycling is one of the best exercises to take part in - it's a low-impact type of exercise, so it's easier on your joints than running or other high-impact aerobic activities.

The Get Active Get Cycling programmes aim to get more people cycling more often by providing a wide range of cycling activities, including weekly rides and family cycle rides.

Rides take place across the whole of County Durham. If you don’t have a bike, Get Active can supply you with a bike and a helmet free of charge. And if you haven’t been on a bike for years Get Active’s ‘Back on ya Bike’ programme can help you regain your confidence.

If you would like any further information on any of the Get Active Get Cycling sessions, please contact 0191 5692847 or email cdda-tr.getactive@nhs.net

Staff wanting to signpost a patient to the Get Active Get Cycling programme can do so without completing a referral form – simply provide them with details of the ride closest to them – details on www.cddft.nhs.uk

Check 4 Life

The Health Improvement Service is taking the Check4Life Roadshow out and about in County Durham and Darlington. It is an opportunity for members of the public to access local information and support around lifestyle issues. The events are free and include a mini health MOT, information about eating more healthily, stopping smoking and becoming more active.

Find your nearest check4life at www.cddft.nhs.uk

Fifty not out!

If you’ve hit your half century, but haven’t made a new year resolution yet - now’s your chance! “Fifty not out” is a free community health programme for people aged 50 being launched by Durham County Cricket Foundation and supported by the Trust and Northumbria Water.

Open to all those over 50 across County Durham and Darlington, this free community health programme will include a choice of physical activities, and the chance to learn new skills such as digital photography, internet browsing, internet shopping, e-mail and Skype, through monthly sessions. Anyone wishing to find out more about the “Fifty not out” programme should call Durham County Cricket Club on 0844 499 4466 or 0191 387 2816 for more information. Or visit www.cddft.nhs.uk
Help the Heroes charity ball success

A charity event organised by staff on ward 32 at Darlington has raised nearly £2,000 for Help for Heroes.

The donation will support the development of a rehabilitation centre at Catterick.

Sister Margaret Clothier, Ward 32, Darlington Memorial Hospital said: “I was absolutely delighted with the total. I was also grateful for the support I received from colleagues and hospital staff. On the evening many of those who attended were hospital staff, their friends and family. A lot of the surgeons on my ward are linked to the armed forces and my brother was in the air force so it is something that I am close to. When I heard about the plans for the rehab centre at Catterick I just felt it was something positive that we could support locally and really a worthy cause.”

Library Staff recognised at Celebration of Achievement Day

Trust staff were recognised for their hard work and dedication when they were presented with their NVQ certificates in ‘Information & Library Services,’ Level 3.

Cathryn Graham, Library Assistant from UHND (left), and Sandra Hole Library Assistant from DMH (right) attended a Celebration of Achievement held at the Education Centre Library, North Tyneside General Hospital last year.

Janet Tonkin, Librarian at UHND, said: “Encouraging staff to develop their skills and knowledge through a number of training and development courses including NVQs is a key objective of the Library and Information Service, and we are happy to support staff in pursuit of knowledge applicable to their role.”

Nemo ‘finds’ new home

Thanks to local artist Katie Bird who has donated this lovely canvas to the children’s ward at Darlington.

Your trust Winter Edition 2011/12
Notice Board

FOUNDATION TRUST (FT) OFFICE CONTACT DETAILS
The FT Office is on hand, to deal with membership enquiries, Freedom of Information requests or queries regarding Governing Council matters.
FT Office Tel: (01325) 74 3625
Email: foundation@cddft.nhs.uk
Donna Swan
Trust Secretary
Gaye Ferguson-Boyes
Trust Secretariat Coordinator
Joanna Tyrrell
Freedom of Information Officer
Foundation Trust Office
FREEPOST RLZJ-XHJJ-CXLL
County Durham & Darlington NHS FT
Trust Headquarters
Darlington Memorial Hospital
Hollyhurst Road
Darlington
DL3 6HX

Do YOUR bit for MEMBERSHIP!
As a Foundation Trust it is essential we keep building our membership. Our target for the end of this financial year is 7,500. Currently we stand at just over 7,200!!!

We would like to invite existing members to help with recruitment of new members.

Membership is always FREE and as a member you regularly receive this quarterly membership magazine (Newsround) with news and information about what’s going on in your local hospitals.

Members receive a personal invite to the Trust’s Annual General Meeting, as well as other important events involving proposed changes to services.

Members can also (if they want to):
• vote (or stand) in Governor elections;
• give their views on the future of hospital services;
• attend membership events.

Could YOU help shape the future of your local County Durham & Darlington NHS Foundation Trust by encouraging someone else to become a member?

Membership forms are available from the FT Office or online at: www.cddft.nhs.uk

Meeting of the Trust’s Governing Council
HELD IN PUBLIC - ALL WELCOME!

Wednesday 15 February 2012
17:30hrs (5:30pm) – 19:30hrs (7:30pm)
Venue: To be announced.

The above meeting of the County Durham and Darlington NHS Foundation Trust’s Governing Council is held in public. Staff, trust members, members of the press and the general public are ALL WELCOME to attend and this meeting as observers.

If you would like more details please feel free to contact:
Tel: 01325 74 3625
Email: foundation@cddft.nhs.uk