



Investing £7 million into services for Rotherham patients

The Rotherham NHS Foundation Trust has been successful in its bid to secure £7 million from the government's Additional Capacity Targeted Investment Fund (ACTIF).

ACTIF is ring-fenced funding specifically to be used to expand urgent and emergency care capacity.

The money will be used to increase Rotherham's Urgent and Emergency Care Centre (UECC) creating additional capacity for urgent primary care, minor injuries and the medical same day emergency care (SDEC) unit. This additional capacity will support the Trust's improvement journey working towards achieving the national four-hour emergency care standard.

In order to create the additional space required, the funding will also be used to develop a new purpose-built fracture clinic

with its own x-ray facility, and relocate the sexual health service. This will provide each service with dedicated facilities that can be accessed more easily by patients. In addition, the pre-assessment centre will also be relocated to a self-contained and easy to access unit within close proximity to day surgery.

Sally Kilgariff, Chief Operating Officer at the Trust, said: "Our success in securing this funding is great news for Rotherham and for the patients we care for.

"The expansion and improvement of urgent primary care, minor injuries and medical same day emergency care will go a significant way to help reduce our UECC waiting times and overcoming capacity challenges that many Trusts face."

"The newly designed, purpose built area will provide additional consultation and clinic

rooms where patients can be assessed and seen in a timely manner. This new area will support an excellent patient experience whilst also improving overall patient outcomes.

"These improvements are not solely limited to UECC as we see similar works and improvements planned to take place in a number of other departments, including an improved co-located orthopaedic, fracture clinic and orthotic service, and new departments for sexual health and pre-operative assessment."

Dr Eamon Staunton, Clinical Lead for the UECC, said: "This is a fantastic investment in emergency care for Rotherham. It will provide us with much-needed additional capacity as demand on the UECC increases.



"However, it remains important that people use the service appropriately, and should only attend the UECC in an emergency or when advised by a healthcare professional. This helps us to care for those in the most urgent need of medical attention. Pharmacies, GPs and NHS111 should be the first port of call for any common or minor illnesses and ailments."

Works on the project started recently with the existing fracture clinic temporarily relocating to B level, junction 2. Patients and visitors can expect disruption while works are ongoing and are advised to check the Trust's website for the latest information and service locations. It is expected that all works will be completed in Summer 2025.

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Welcome from our Chair



At the start of the new year, I will have been in post as Chair for a full 12 months. Despite the challenges the NHS has faced in those 12 months, I have seen the determination of our colleagues in Rotherham as they strive to provide the best care and services for our patients. This is something I have found inspiring, and Rotherham should be proud of the NHS services we have here.

I am pleased to see the hard work of our colleagues is being recognised on a national stage. Throughout the year, we have been shortlisted for, and won, a number of

healthcare sector awards across different disciplines. I am particularly proud of the Trust being shortlisted for Nursing Employer of the Year Award with the Nursing Times. This, along with being the one of the most improved Trusts in England for the 2023 staff survey, shows just how far the Trust has come over recent years. A few months ago, we recruited 90 newly qualified nurses, the most in our history, which shows the Trust is a desirable place to work.

We also saw significant improvements in our CQC inpatient survey results, maintained high scores in the CQC maternity survey and improvements in the CQC Urgent and Emergency Care survey. This is all down to the effort our colleagues put into providing

patients with effective care and treatment, while also taking a holistic approach to delivering person-centred care.

The achievements of 2024 are not the end of our journey, and we know there is more work we need to do. As I reflect on my first year, I see a Trust that is making great strides towards improvement, driven by a dedicated workforce that want the best for the people of Rotherham. I look forward to seeing this continue to develop and the achievements we make in 2025.

I wish you all a very happy Christmas.

Dr Mike Richmond
Chair

A message from our Chief Executive



Since the last edition of Your Health, the winter pressures on the NHS have increased. As you will have seen in the news over the past few months, pressure on NHS services is a big talking point. We have made great progress in reducing the number of patients waiting long periods of time for treatment, and we are continuing to focus on bringing this down further. We are also working to improve the timeliness of care and treatment for those attending the Urgent and Emergency Care Centre. This involves ensuring patients are able to access the right treatment by the right professions, when they need it. As you can see from the front page, we are investing a significant amount of national funding into our urgent and emergency care services

While the Urgent and Emergency Care Centre is here 24 hours a day for those who need urgent medical treatment, I ask that you use this service wisely. Some people attend emergency departments because they don't know where else to go, however this can lead to long waits as we see those with the most urgent needs first.

Throughout winter, there are steps you can take to help reduce the risk of you needing medical treatment. This can include staying warm, eating healthily and looking out for friends, family and neighbours, especially if they are more vulnerable. You can also help to protect yourself and those around you from serious illness by having a flu or Covid vaccination. If there is particularly cold or snowy weather forecast, please plan ahead and avoid any unnecessary journeys as this is when we typically see an increase in injuries as a result of slips, trips and falls.

Keeping a well-stocked medicine cabinet can help with minor injuries or everyday illnesses. If you do need assistance, local pharmacists are highly qualified professionals who can provide advice on a large number of illnesses and injuries without having a long wait. Some pharmacies will also be open on Christmas Day and over New Year. If you're unsure where is best to get treatment, you can visit NHS 111 online or by phone, and they will help find the best service for you.

You can help us this winter by using healthcare services appropriately and only attending the Urgent and Emergency Care Centre in a life or limb threatening situation, or if advised by a healthcare professional.

Dr Richard Jenkins
Chief Executive

**GET VACCINATED
GET WINTER STRONG**

If you have a long term health condition like diabetes, check your eligibility for flu and COVID-19 vaccines and book now at nhs.uk/wintervaccinations

Taking care of your health and wellbeing this winter



Winter vaccinations

If you are eligible for a flu jab or the Covid-19 booster, please get them as soon as you can. Vaccination is the best way to protect yourself from serious illness. The flu jab is free to those eligible through your GP, midwife, school, or many pharmacies across Rotherham. Find out more by searching 'flu vaccination' or 'covid booster' on [nhs.uk](https://www.nhs.uk) – you can also find out about other vaccinations you may be eligible for.

Pharmacy

Your local pharmacy should always be your first choice for help, advice and treatment for common conditions. If you or your family become unwell, you may not always need to see a doctor. Local pharmacies offer many of the same services local GPs do, including providing prescription medication for a number of common conditions.

Community pharmacists are qualified health professionals who can offer expert advice on lots of minor ailments and conditions. They can help you with common problems such as coughs, colds, aches and pains, as well as perform health checks and screenings and treat minor injuries and ailments.

NHS Talking Therapies

The NHS Talking Therapies Team in Rotherham is encouraging people 18 and over to get in touch to improve their mental wellbeing.

The service which is run by Rotherham Doncaster and South Humber NHS Foundation Trust – known as RDaSH for short - provides a range of talking therapy support to help people to manage their mental health.

Are you feeling unwell?

If you start to feel unwell during the winter months don't wait until it gets more serious.

Over-the-counter medicines such as paracetamol or ibuprofen are available to help relieve the symptoms of common seasonal coughs and colds. Talk to **NHS 111**, use the online symptom checker at 111.nhs.uk or speak to any pharmacist.

Urgent care

There's always a health professional available 24/7. If you think you need a doctor or a nurse and can't get an urgent appointment at your practice, call 111. There may be alternative appointments available.

For less urgent situations when you call your practice, you may be offered a phone or video consultation, or an appointment in the evening or at the weekend. If you're assessed as needing a face-to-face appointment, you will get one.

You should **ONLY** call 999 for an ambulance or go to the Urgent and Emergency Care Centre (UECC) in the case of a serious life-threatening illness or injury.

Respiratory illnesses

Information and advice for pregnant women and parents on respiratory illnesses can be found at: sybhealthiertogether.nhs.uk. If you're worried about a child under two with a contagious respiratory virus, contact a healthcare professional.

Some pharmacies in Rotherham are open on Christmas Day, Boxing Day and New Years Day.

+ PHARMACY
OPENING TIMES

Christmas Day Wednesday 25 December

PHARMACY	ADDRESS	OPENING TIMES
Allied Pharmacy Church Street	2 Church Street Wath upon Dearne S63 7QY	10am - 4pm
Allied Pharmacy Aston	82/82A Worksop Road Swallownest, Rotherham, S26 4WD	10am - 4pm

Boxing Day Thursday 26 December

PHARMACY	ADDRESS	OPENING TIMES
Asda Pharmacy	Aldwarke Lane Off Doncaster Road, Rotherham, S65 3SW	10am - 4pm
Boots Pharmacy	Retail World, Stadium Way, Parkgate, Rotherham, S60 1TG	9am - 5pm
Swift Pharmacy	108 Broom Valley Road Rotherham, S60 2QY	10am - 2pm

Find the best service for your illness or injury

Self care

Treat minor injuries and ailments such as diarrhoea and vomiting at home. Keep stocked up – be prepared with essential medicines and supplies.

Pharmacy

Your local pharmacy can help treat minor ailments including:

- Acute ear infection
- Bites and stings
- Shingles
- Sinusitis
- Sore throat
- Urinary Tract Infections (UTIs)

NHS 111

Non-emergency help.

Use 111 if you're unsure which service you need. Call 111 or visit [111.nhs.uk](https://www.111.nhs.uk)

Information about money matters, warm spaces and other winter advice is available on Rotherham Council's website.

The team offer free NHS counselling and cognitive behaviour therapies to help people to cope with and manage a range of mental health problems including stress, depression, anxiety, post-traumatic stress disorder and obsessive compulsive disorder. Services are delivered in a range of ways to suit the patient, from face to face to telephone and video calls.

To get help residents can either refer themselves by visiting <https://talkingtherapies.rdash.nhs.uk/about-nhs-rotherham-talking-therapies/> or call 03000 215 108.

RDaSH also has a crisis team for anyone feeling at risk to themselves or others due to their mental health and they can be contacted by calling NHS 111 and selecting the mental health crisis option.

Talking Therapies will be open this holiday period apart from bank holidays.

RotherHive

RotherHive provides a range of verified practical mental health and wellbeing information, support and advice for adults in Rotherham. Visit rotherhive.co.uk

Medication

It is important to ensure you always have enough medicine in case you can't leave the house. NHS 111 should be able to help with an emergency supply if you run out of prescribed medication. Find out more: [nhs.uk/live-well/seasonal-health/keep-warm-keep-well](https://www.nhs.uk/live-well/seasonal-health/keep-warm-keep-well)

Make sure you have enough prescribed medication to get you through bank holidays, such as Christmas and New Year. If you need more, request this from your GP a few days in advance

Our highlights of

2024

2024 has been a year of significant progress for The Rotherham NHS Foundation Trust, with a clear focus on person-centred care, staff development and community engagement. Here's a look back at some of our highlights:



January

The year began with the launch of the £15 million Mexborough Elective Orthopaedic Centre of Excellence (MEOC) in conjunction with Barnsley Hospital NHS Foundation Trust and Doncaster and Bassetlaw Teaching Hospitals NHS Foundation Trust. Thanks to Rotherham Hospital and Community Charity's Tiny Toes appeal, Rotherham Hospital's neonatal unit received a much-needed refurbishment.



February

We became a regional leader by integrating GP Connect, allowing healthcare workers to quickly access patients' GP records. Positive results from the Care Quality Commission's (CQC) annual maternity survey showed Rotherham scoring higher than average in key areas like patient inclusion and respectful treatment.



March

March saw the launch of "Race Across Rotherham," a rehabilitation initiative using an Inerva Cross Cycle machine to help patients stay active. We also adopted the #CallMe campaign, allowing patients to be addressed by their preferred name. Our new Armed Forces Welfare Officer started in post to support members of our armed forces.

April

A new, state-of-the-art CT scanner was installed at Rotherham Hospital, providing high-quality imaging with reduced radiation. We also became the first Trust in South Yorkshire to use ROSA, a robotic assistant for knee replacements, enhancing surgical accuracy and promoting faster recovery.



May

We celebrated the success of our Asthma Friendly Schools initiative on World Asthma Day. We also highlighted our zero-tolerance policy towards abusive behaviour towards staff. Student nurses initiated a project to combat loneliness among discharged patients by providing wellbeing packs and friendly conversation.



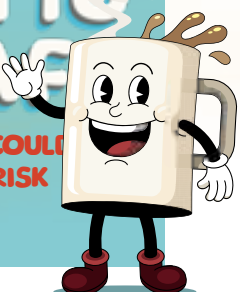
June

A new programme promoting decaffeinated drinks launched to improve bladder health and reduce falls among elderly patients. We also partnered with the CYPF Consortium and Rotherham United Community Trust to support young people with long-term health conditions. We held our annual Proud Awards, celebrating staff achievements.



SWITCH TO DECAFFE

REDUCING CAFFEINE COULD ALSO REDUCE YOUR RISK OF FALLS.





July

Following a trial, lightweight body-worn cameras were introduced in the Urgent and Emergency Care Centre (UECC). We were shortlisted for three categories in the Nursing Times Awards and launched a new booklet to support person-centred care for patients with dementia or delirium. The Macmillan Cancer Information and Support Service was relaunched, a new pain management project was initiated and a new CT scanner was opened at BreathingSpace. We also received the prestigious RoSPA Gold Award for the eleventh consecutive year.



August

Duncan Burton, the newly appointed Chief Nursing Officer for England, visited Rotherham Hospital. We were also recognised as one of the most improved NHS Trusts in the CQC's inpatient survey.

October

The Purple Butterfly In Memory Giving Model Of Care launched to support patients and families at the end of life. We welcomed 90 newly registered nurses and launched a Carer and Care Partner Promise.



November

We celebrated the 30th anniversary of our Eye Care Liaison Officer (ECLo) service in conjunction with the Royal National Institute of Blind People. A new Patient Advice and Liaison Service (PALS) office opened at Rotherham Hospital. BreathingSpace hosted an event to mark World COPD Day. The Urgent and Emergency Care Centre (UECC) showed improvement in its CQC survey scores. Kayty Richards was named Royal College of Midwives (RCM) Student Midwife of the Year





Kickstart your health for a prosperous 2025

The New Year is often a time for reflection and resolutions. If you're looking to prioritise your health in 2025, why not focus on two areas that can make a huge difference: smoking and alcohol consumption.

Quit smoking for good

Stopping smoking is one of the best gifts you give yourself and with the right support, you can break free from the habit. Speak with your GP for advice who may be able to refer you to local community-based services.

Meanwhile, for hospital inpatients, our Tobacco Treatment Team is ready to help with free nicotine replacement therapies like

patches, gum and lozenges. They will do their best to support in finding what works for you. They also offer specialist support with Tobacco Treatment Advisors who provide personalised guidance and encouragement. You can continue your quitting journey with ongoing support after leaving the hospital through community-based services.

Rethink your drinking

Cutting down on alcohol can bring a number of benefits, including increased energy, better sleep, weight loss and a reduced risk of serious illness like liver disease, cancer and heart disease. Plus, you'll have more money in your pocket.

If you're looking to change your relationship with alcohol, Rotherham offers excellent support:

- Rotherham Drug and Alcohol Service (ROADS) provides assessments, treatment, and support for alcohol problems. Call them on 0808 1753981 or visit their website to complete an online referral form.
- Alcoholics Anonymous offers nationwide support groups and a helpline (0845 769755).
- DrinkCoach is an online service that provides advice, support, and a free app to help you track and manage your drinking.

Take the first step today

Making a positive change can feel daunting, but remember, you don't have to go at it alone. The Rotherham NHS Foundation Trust and our partners are here to provide the tools and support you need to smash your health goals in the New Year.

Don't wait – make 2025 your healthiest year yet!



Rotherham Hospital patients report significant improvements in maternity experience

The Rotherham NHS Foundation Trust has received positive results in the Care Quality Commission's (CQC) 2024 Maternity Survey. The survey, which gathered feedback from 124 women who gave birth at Rotherham Hospital, highlights areas of strengths and areas for improvement in maternity care.

The survey found improvements in the following areas:

- Respectful treatment
- Trust in staff
- Involvement in decision-making during labour and birth
- Partner involvement during the postnatal stay
- Support during labour
- Postnatal midwife visits
- Mental health support during pregnancy

The results also highlighted areas where patient experience scored lower than other Trusts, including:

- Enhancing partner involvement during labour
- Providing more feeding support during evening and weekends
- Ensuring concerns are consistently taken seriously throughout the maternity journey

Sarah Petty, Head of Midwifery at the Trust said: "We are encouraged by these positive results, which reflect our team's dedication to providing compassionate, personalised care to women and families throughout their maternity journey.

"We understand that this is a precious and often vulnerable time, and we are committed to continuously listening and learning from our patients to ensure we are providing the best possible support for every pregnancy and birth experience."

Cindy Storer, Deputy Chief Nurse commented: "These results are a testament to the hard work and dedication of our maternity staff, who strive to create a positive experience for every family. We believe that listening to our patients is crucial for providing person-centred care.

"The recent opening of our Patient Advice and Liaison Service (PALS) has strengthened our commitment to providing a safe and accessible space for families to voice any concerns or suggestions they may have. We want to ensure that every voice is heard and that we are continuously improving our services to meet the needs of our patients and their families during and beyond their maternity journey."

+ PHARMACY

OPENING TIMES

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Swift Pharmacy	108 Broom Valley Road Rotherham, S60 2QY	10am - 2pm

New Year's Day Wednesday 1 January

PHARMACY	ADDRESS	OPENING TIMES
Asda Pharmacy	Aldwarke Lane Off Doncaster Road, Rotherham, S65 3SW	10am - 4pm
Boots Pharmacy	Retail World, Stadium Way, Parkgate, Rotherham, S60 1TG	10.30am - 4.30pm
Swift Pharmacy	108 Broom Valley Road Rotherham, S60 2QY	10am - 2pm

Why you should volunteer for The Rotherham NHS Foundation Trust

There are more reasons than you might first think to become a volunteer with your local NHS Trust. Regardless of your age, background or other skills, there are plenty of benefits to giving your time

Mohamed is a university student and volunteers with us on Ward A6 at Rotherham Hospital.

"I think there are lots of good reasons to become a volunteer.

"No matter what age you are - whether you're young, retired, or in-between, there will always be something you can do. By volunteering, you feel good about yourself. Patients and colleagues see you as being part of the team, and you will feel like it too.

"Volunteers are important as we make the time patients spend in hospital go by quicker, which helps. By being here, we're supporting NHS colleagues to give the best possible patient care. We do make a big difference.

"If you're young, it prepares you for the workplace. You get used to coming in and being on time, professional and reliable. You can work on your communication skills and get used to being part of a team in a busy workplace.

"I know some volunteers here have said they've managed to take their experience and put it towards applying for a job they wanted or course they wanted to take. So if you're between jobs or just starting out, it can be helpful."

"If you're a student like me, it can be a good way to further your experience of being in a hospital or clinical environment. You can observe key skills you might have seen on your course and learn more about them. You can work on soft skills like how to talk to patients or colleagues, which they can't teach in a classroom.

"And generally, you will interact with people from all sorts of different backgrounds that you might not normally meet. It's really interesting to meet them and learn about their different lives and experiences."

There are many volunteering roles available, from helping on wards and pharmacy, to supporting with our charity book sales and events.

Find out more about our volunteering opportunities by visiting our website or contact our Volunteer Coordinator.

rgh-tr.volunteers@nhs.net



Or simply scan the QR code with your mobile device

<https://www.therotherhamft.nhs.uk/get-involved/volunteering>

Volunteers
Hospital and community together

If you are passionate, caring and want to give something back to your community, we would love you to join us!

Find out more about our volunteering opportunities by visiting our website or contact our Volunteer Coordinator.
rgh-tr.volunteers@nhs.net

Or simply scan the QR code with your mobile device

<https://www.therotherhamft.nhs.uk/get-involved/volunteering>



Knitting together for a warmer welcome

The Labour Ward recently received a wonderfully kind and festive donation of knitted hats. Members of local befriending group, Friendly Domain Services, have been busy with their knitting needles to provide the hats for newborn babies.

This incredible group set an ambitious goal to knit 150 hats of various sizes in time for Christmas. Starting back in June, they rallied their members and, with amazing support, smashed their target.

One shared: "It's beautiful. It's great to give back" She has a personal connection with the donation having previously worked for the Trust.

The hats were delivered to the Labour Ward in a beautiful hamper. Lead Midwife, Alexa Birks expressed her gratitude, stating, "Every baby born here receives a hat lovingly knitted by our local community. To give 150 hats is incredible. That's 150 babies helped by their generosity!"

These tiny hats can provide warmth and comfort to our newest arrivals in those first precious moments.

The maternity team extends their thanks to members of the local community who have helped us keep our smallest patients warm.





Rotherham Hospital
& Community Charity

DEMENTIA APPEAL

Transforming dementia care in Rotherham

Rotherham Hospital and Community Charity is aiming to improve the quality of life and hospital experience of patients living with dementia by raising £250,000. This will help us to create a hospital environment that fosters dignity, independence and safety for the thousands of dementia patients in Rotherham.

All money raised will fund:

- **Enhanced safety features:** Continuous handrails, contrasted flooring, and colour-coordinated walls and doors to help patients move around safely and reduce confusion.
- **Comforting and familiar surroundings:** Incorporating reminiscence-inspired decor, retro-style TVs, age-appropriate music, and old newspapers to foster connection and reduce isolation.
- **Support for families:** Creating en-suite rooms with recliner chairs, beds and amenities, so families can stay close to their loved ones during challenging times

**HELP US
RAISE £250,000**



JustGiving
Donate in 30 seconds

by scanning the QR code or by visiting
www.justgiving.com/campaign/RotherhamDementiaAppeal



Remember your loved ones this Christmas with Rotherham Hospital and Community Charity's Tree of Memories

We are inviting you to celebrate those who will never be forgotten by making an in-memory dedication on our Tree of Memories.

For a suggested donation of £10, you can dedicate a memory to your loved one while supporting the charity's Dementia Appeal.

Your loved one's name and your message to them will hang on the twinkling tree in Rotherham Hospital throughout the festive season, with each bauble representing a cherished memory.



Pop in and say

Hello!

Thank You!

Rotherham Hospital and Community Charity funds projects and equipment giving additional support to your NHS services. Caring for patients and families is at the heart of everything we do. We exist to give every patient the extra care they deserve, whilst supporting our colleagues to do what they do best.

The money we raise goes towards enhancing the health, happiness and wellbeing of our patients.



Charity hub, Rotherham Hospital, opposite Boots.
Make a donation
However big or small,
every penny counts.



- ✉ trft.charity@nhs.net
- 📘 [RotherhamHospitalCommunityCharity](https://www.facebook.com/RotherhamHospitalCommunityCharity)
- 📷 [rhcc_charity](https://www.instagram.com/rhcc_charity)
- 🐦 [@RHCC_Charity](https://twitter.com/RHCC_Charity)
- 📌 [The Rotherham Hospital and Community Charity](https://www.linkedin.com/company/The Rotherham Hospital and Community Charity)