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A visit from the Prime Minister

The Prime Minister and Health Minister visited North Tees and Hartlepool NHS Foundation Trust to find out more about our innovative patient flow model. Page 4

One-stop health hub in Stockton to help speed up diagnosis for cancer, heart and lung disease

A new community diagnostic centre is set to open within the next year in the centre of Stockton – after getting government approval

The centre, on the former Castlegate Shopping Centre site, will be a one-stop shop offering tests to help speed up diagnosis of conditions from cancer to heart or lung disease for people across the Teesside, North Yorkshire, Hartlepool and Durham.

The scheme is being delivered by the North East and North Cumbria Integrated Care Board in collaboration with North Tees and Hartlepool NHS Foundation Trust and South Tees Hospitals NHS Foundation Trust.

The site will provide a number of diagnostic functions including MRI scans, CT scans, ultrasound scans, cardiology, X-rays, blood tests and respiratory checks.

Phil Woolfall, clinical director for radiology at our Trust, said: "This is fantastic news for our population – this diagnostic centre will help make healthcare readily available for all.



Phil Woolfall – the Trust's clinical director of radiology

"Having access to services including MRI scans and CT scans means patients can receive faster health checks outside of the hospital setting and closer to their homes.

"Diagnostic centres have already proven their effectiveness across the country – it's something we and our partners believe is the right one for our population."

The site as it currently looks



Tobacco dependency team credited with saving 166 lives

Our tobacco dependency team has helped save 166 lives in just one year.

The team, which provides bespoke support for any in-patient who wants to quit, was reviewed by the North East and North Cumbria Integrated Care System, which established:

- 166 lives have been saved
- £507,944 saved (by reducing hospital readmissions)
- Created the equivalent of four spaces (by reducing hospital readmissions)

Julie Bardsley, tobacco dependency specialist lead, said: "This is brilliant news. Knowing we have helped save 166 lives is just incredible. I'm so proud of this team!

"We work really closely with the medical teams to make sure everything we prescribe is compatible with any medication or treatment the patient may be receiving."



Julie Bardsley, tobacco dependency specialist lead

Nurses from Philippines celebrate 20-year milestone

The first group of nurses from the Philippines to have made the move to Teesside as part of a nursing recruitment drive 20 years ago marked the special anniversary

The group moved to the Trust in the winter of 2002 as part of a wider national drive to recruit nurses from overseas.

Many of the 52 nurses gathered at a reunion event at Wynyard Hall to celebrate the move and achievements.

Mercy Cabrega, now a ward matron in the haematology day unit and anticoagulation, and Gerwin Premarion who is an advanced clinical practitioner in emergency care, both organised and hosted the event.

Mercy said: "I remember arriving here so clearly – it was winter and everything was dark and gloomy!

"We all soon saw snow for the very first time. We spent lots of time looking for places with rice and all we seemed to find was potatoes – everything was so different.

"But above all else, what we really remember was how friendly and helpful people were.

"Most of the first group who came to the Trust are still here, that says everything. We have been supported by people here since the very beginning and are extremely loyal to the organisation.



"I now help with training the new nurses from the Philippines and India and tell them 'I was in your seat 20 years ago and I hope you will be in my place 20 from now.

"We have all really taken to living in the area and being part of the community – we have had families here and it is our home."

The event included some of the original staff members involved in welcoming the first cohort – including Jean Angus and Colin Slater from the nursing education team and now-retired associate directors of nursing Barbara Carr and Lesley Wharton.

Jean Angus, head of nursing education, who was invited by the group as a VIP, said: "It was an absolutely brilliant night and as VIPs we were treated like royalty and felt really privileged to be invited."

Many of the group gather together for a celebration evening



Prime Minister and Health Secretary visit Trust – to find out about innovative care model

The Trust hosted Prime Minister Rishi Sunak, Health and Social Care Secretary Steve Barclay and NHS Chief Executive Amanda Pritchard recently. Trust colleagues explained more about the model of care set up to help reduce the time patients spend in hospital.

The visit to the University Hospital of North Tees included a tour of the integrated co-ordination centre and the urgent and emergency care service.

The visit was arranged after Dr Catherine Monaghan, care group clinical director, visited the Prime Minister at 10 Downing Street to explain more about innovations the Trust had made to improve patient flow.

She said: "The visit was an opportunity to explain more about the model of care we have in place to speed up the flow of patients through our hospitals and offer more care in the community and in people's own homes.

"This included a visit to the hospital's integrated co-ordination centre and our use of the OPTICA system, which is helping us provide high quality care

to our in-hospital patients and have them discharged from hospital as quickly as possible.

"The visit also included a trip to the urgent and emergency care department to speak more about the innovative work carried out to help make it one of the best performing in the country.

"Many other topics were also discussed, including our work to create hospital at home services – highly-specialised care in people's own homes, where we know they want to be cared for.

"We look forward to working with the government and health partners to further develop these programmes and share good practice."



Prime Minister Rishi Sunak and health secretary Steve Barclay among visitors touring emergency care and the integrated co-ordination centre

"If I can overcome challenges, then anybody can" – A porter's journey in professional development



Richard Hardy

A familiar face at North Tees and Hartlepool NHS Foundation Trust, Richard Hardy has worked at the organisation for 20 years now.

He began his journey at the Trust as a part-time catering assistant in the kitchens. When the opportunity arose in February 2008 for him to join the Trust's portering team, he seized it.

Richard worked on the hospital grounds outside and spent some time in the radiology department. As his confidence grew in his role and in himself, he took on a full-time position as a radiology porter – and he's remained in this role for the last 14 years.

Over the last few years, Richard has taken opportunity after opportunity to develop himself professionally – and he's been supported by his colleagues throughout his journey.

Last year, Richard signed up to the Trust's 100 Leaders programme, highly commended at 2022's NHS Communicate Awards, to work with colleagues across the organisation to implement a positive change to benefit staff – creating a shared governance voice position which facilitates interaction and conversations between colleagues.

He said: "The 100 Leaders programme enabled me to meet new colleagues and friends. I've really developed my skills and become much more confident in my abilities – it gave me the skills to continue to where I am today and now I'm looking for more learning and development opportunities.

"If I, a person with learning disabilities, can overcome the challenges and obstacles I've faced and achieve the things that I have, then anybody can."

In Richard's 20 years with the Trust, he has found support in departments right across the organisation. He would especially like to thank:

- Tim Carter, facilities team leader
- Gail Griffiths, operations manager for radiology
- Jayne Pailor, head of radiology and breast services
- Helen Sixsmith, radiology
- Ian Riordan, operations implementation lead
- Tracy Lynch, NTH Solutions HR
- Brian Christelow, project manager
- Mike Worden, managing director of NTH Solutions
- Helen Smith, HR advisor for NTH Solutions
- Dan Sullivan, education and development lead for NTH Solutions
- Faye Scio, assistant director of sales and marketing for NTH Solutions



"I've known Richard for a number of years and have been amazed by the transformation he's made. When he first started in the catering team, Richard was very shy, withdrawn and difficult to bring out of his shell but he's since been a revelation, embracing every piece of training we've offered. He's grown into a confident and energetic man whose willingness to help patients, visitors and staff alike is a credit to him. I wish Richard all the best with his future endeavours and compliment him on his progress within the Trust!"

Tim Carter, Facilities Team Leader

£1 million fire alarm upgrade for University Hospital of Hartlepool

The University Hospital of Hartlepool has benefited from a massive £1 million investment in a new, state-of-the-art fire alarm system.

Thank you to our expert team at NTH Solutions who installed the new system in just one week.

The installation of the new fire alarm system follows the £720,000 replacement of the hospital's roof in early 2022.



Special trip to India to raise awareness of organ donation

Organ donation nurse Clare Fletcher made a special trip to India to raise awareness and share good practice.

The SVJC Trust charity has been visiting Bhaktshreshtha Kamalakarant Laxman Walawalkar Rural Medical College and Hospital for more than 15 years.

This was Clare's second visit and the first since the pandemic.

The team of volunteers were made up of a range of specialists including surgeons, an anaesthetist, intensivist, senior operating department practitioner, surgical scrub practitioner, sonographer and a microbiologist.

Clare worked as part of an education team, training medical, nursing and physiotherapy students in basic life support.

The team also provided education to the medical interns.

The visiting surgeons performed more than 200 operations, providing support and training to the hospital's surgeons, doctors and medical students.

After a week at the hospital, Clare and Dr Sanjay Deshpande – an intensive care consultant from South Tyneside charity trustee, travelled north to Pune.

Clare said: "We were invited to the local transplant centre to present about organ donation.

"Donation rates in India are much lower than in the UK as donation after circulatory death is very rarely considered.

"Sharing our experiences really motivated the local donation and transplant service, who may in the future travel to the UK for more experience.

"I'm already looking forward to next year's trip."



Endoscopy service recognised as "exceptional" following independent inspection

The endoscopy service has been described as "high quality, innovative and progressive" – following an assessment by the Joint Advisory Group (JAG) for Gastrointestinal Endoscopy.

The Trust's service has two units – a hot-site at the University Hospital of North Tees for higher risk procedures and the Rutherford Morrison unit at the University Hospital of Hartlepool.

An official report sent to the service states: "It is a high quality, innovative, and progressive service. The visiting team found this to be an exceptional endoscopy service. It exemplifies genuine and inclusive teamwork from the executive team down to the domestic staff."

The assessment found "excellent achievements" in a number of areas including maintaining patients' privacy and dignity, procedure information videos on the Trust's website, "excellent decontamination services" and having excellent feedback from patients.

Other findings included that the dedicated nursing team had strong leadership and the team had "passion and compassion for their work, patients and each other".

It also acknowledged the achievement in recently opening a new cutting-edge regional training facility at the Hartlepool site as part of the newly formed Northern Endoscopy Training Academy.

Joan Lattaway, endoscopy service manager, said: "To once again receive such an excellent assessment is fantastic recognition of the dedication and commitment the team has to the service and our patients. Each and every member of the team goes above and beyond to do all we can for our patients – and that is clearly shown in this report.

"We also have a number of recommendations which will help us make further improvements to the service – something which is just as important as acknowledging all of the fantastic feedback we have had.

"I would like to thank all members of the service for everything they have done in what has been a challenging period over the last few years.

"We are determined to improve further – with new developments in the service, including the opening of the training academy, it really is an exciting time to be a part of the service."

Gastroenterologist appointed chair of national body

Congratulations to Professor Matt Rutter on his appointment as chair of the Joint Advisory Group (JAG) for Gastrointestinal Endoscopy – the national body that oversees the quality of endoscopy.

Matt, who qualified as a consultant gastroenterologist in 2003, said: "I am delighted to have been appointed as the next chair of JAG. Throughout my career, JAG has been pivotal in the modernisation of UK endoscopy services and endoscopy training. Despite the many challenges that our specialty faces, both new and old, the UK's multidisciplinary endoscopy



Matt Rutter

community remains its strongest asset. I look forward to working with the JAG team and the endoscopy community at large to help us overcome these challenges and to continue to evolve our services to deliver the highest quality care for our patients and population."

Developing our nursing staff

Nurses Jennie Gibbs and Aimie Newcombe are undertaking a new development course with Macmillan Cancer Support. The Macmillan Cancer Nurse Specialist Workforce Development Programme is brand new to the North East and Yorkshire. They are funding 42 specialists across Yorkshire and the North East.

The fully funded training scheme had just 16 places for the North East and North West of England, two of which were given to the Trust.

Here are Jennie's and Aimie's stories:



Aimie Newcombe

27-year-old Aimie Newcombe is dedicating her healthcare career to her late nana who passed away from cancer. She has worked for North Tees and Hartlepool NHS Foundation Trust for 10 years, joining the organisation when she was just 16 years old.

Her career has spanned across several Trust departments but it was at the University of Hartlepool Hospital where Aimie began her journey.

"I started as a healthcare apprentice on Ward 7 at Hartlepool and this gave me the chance to understand what I wanted to do," Aimie said.

"Working on the wards at such a young age was an eye opener for me. Whilst my friends were out partying I was

treating patients at all stages of their healthcare journey, it enlightened me and I grew up a lot."

Aimie has since moved to the University Hospital of North Tees and worked on various wards including elderly care, respiratory and surgery.

In 2020, Aimie became a nurse after completing her Adult Nursing degree at Teesside University.

However, it was working in the cardiology department where Aimie discovered the opportunity to train as a specialist cancer nurse with Macmillan Cancer Support.

Aimie commented: "If you had asked me a couple of years ago if I wanted to work in palliative care I would have said that wasn't for me.

"Losing my nana Christine in 2021 made me realise my calling as we were really close. The care she received during her cancer treatment was outstanding and I wanted to be that source of support for patients and their families.

"I think that everyone needs to be at their best when going through a bad time. When my nana was undergoing cancer treatment, the staff went above and beyond for us and I want to give others the same experience."

Aimie's next challenge is undertaking the specialist Macmillan training to become a qualified cancer nurse.

Their Specialist Workforce Development Programme is new to the North East and Yorkshire and offers 42 training places, two of which were given to the Trust.

Aimie's current role involves supporting patients through their journey of colon rectal cancer including diagnosis and post-surgery.

"Although I'm only 27 years old I have worked in healthcare for 10 years and this often shocks people.

"I started in this sector because I knew I wanted to help people, this desire hasn't faded and I know that I'm only scratching the surface of my career."



Jennie Gibbs

From marketer to Macmillan nurse, Jennie is following her healthcare career passion

39-year-old Jennie Gibbs swapped the world of fashion for cancer care in a career change. Jennie has worked for North Tees and Hartlepool NHS Foundation Trust for 13 years, recently taking up specialised nurse training with Macmillan Cancer Support.

Her healthcare career has spanned across various Trust departments but it was in the haematology unit that Jennie found her true calling.

"Working in haematology, I was already caring for cancer patients and that it gave me a real sense of pride helping them in their treatment," Jennie said.

"I love everything about oncology and, when this development training with Macmillan came up, I knew it was the one for me.

"To get that funding and support from a renowned charity is a once in a lifetime opportunity, I am incredibly grateful that I have secured a place."

The course allows Jennie to work on the wards with chemotherapy patients alongside specialist training at Teesside University.

However, the mother-of-two's career has not always been in the healthcare sector.

Jennie commented: "When I left school I followed a different path. I completed a Fashion and Marketing course before starting my career in this industry.

"It was during this time that I took a work first aid course and I loved everything about it, especially the job satisfaction you receive from helping those in need. I decided immediately to quit my job and take the leap into healthcare.

"It was a risk for me to leave a full time salary but I always knew that it was the right path for me."

Following an evening healthcare course at Middlesbrough College, Jennie then enrolled to study Adult Nursing at Teesside University aged 24.

"I have a lot of friends who work in healthcare and their careers inspired me to take a leap. I enjoyed my time in marketing but I knew that there was more out there for me.

"I feel like my career is only just beginning and this training course has got me excited to see where the future takes me."

**MACMILLAN
CANCER SUPPORT**

Future-proofing the heart failure service for our community

Our heart failure team is making huge steps in future-proofing the service through a number of initiatives and research projects – all for the benefit of our patients in the community.

Managing Heart Failure @ home

Our specialist heart failure nurses are among the first in the country to help patients self-manage their conditions at home – reducing the need to come into hospital. The team is one of ten successful NHS sites in the UK to adopt a national project, Managing Heart Failure @ home.

It means that patients diagnosed with heart failure can have their health monitored remotely and self-manage their condition from the comfort of home – all with the personalised support of a community heart failure nurse.

Heart failure specialist nurse Trudy Hunt said: "This is a massive achievement that will bring many benefits to our patients and their carers – most importantly, reducing the need for hospital admission. It will allow those taking part in the project to be more in control of their condition and, through integrated care, the service can deliver an improved experience for patients."

Researching heart failure

The heart failure team is also currently involved in a number of research projects, including drug trials testing new treatments and looking at the possible benefits of an exercise programme for patients.

Heart failure specialist nurse Karen Hann is leading on the projects alongside the Trust's research and development team.

She said: "As part of the specialist heart failure team, I've had the fantastic opportunity to work one day a week with the research team. This has allowed a more collaborative approach to recruiting for research studies into heart failure care.

"The whole team is involved – we're all actively screening to find potential candidates to take part in the research trial. We're really enjoying learning more about research and how being involved in studies can ultimately enhance the care we provide to our patients."

Most recently, specialist nurses Lynette Hardy and Anne-Marie Doyle were invited to the British Society for Heart Failure's annual meeting to discuss the findings of a successful research trial on point of care testing devices.

The trial compared readings with laboratory samples and ultimately showed that point of care testing is indeed accurate and reliable.



Trust pilot scheme to reduce missed appointments saves more than £10,000

We're proud to announce a saving of £10,494 due to a pilot scheme to reduce appointment no-shows. Missed appointments not only impact patient care, they come at significant cost with a missed paediatrics visit costing some £272.91.

“Just by getting in touch I can remind them about their upcoming appointment, make sure they can get here okay and help change the appointment date if that suits them better.”



Liam Jones

The pilot, operated in partnership with Hartlepool and Stockton Health GP Federation, has seen a 70% reduction in 'Did Not Attends' within the obstetrics, gynaecology and paediatrics services.

We are two months into a six-month project that sees social prescriber Liam Jones proactively contact patients to offer them the chance to rearrange their appointment and offer another patient that time slot and reminders of locations and site directions.

The initial results, from 1 January to 20 February, show out of 213 patients contacted:

- 176 of those planned appointments went ahead
- 19 appointments were proactively cancelled following calls which allowed the opportunity for rebooking
- Only 18 'Did Not Attends' were recorded

Liam said: "Just by getting in touch I can remind them about their upcoming appointment, make sure they can get here and help change the appointment date if that suits them better."

Positive feedback for new community dental clinic

A massive well done to our community dental team at Guisborough Primary Care Hospital who are receiving excellent feedback from patients and staff about their new clinic.

The clinic has been described as 'calming and welcoming', allowing delivery of the highest levels of care for their patients in a fantastic new environment.



Patient views



Here is just a small sample of some of the lovely comments our patients have made about our staff and services online!

Suzanne Gray
Claire is lovely! I had to have my last smear at the hospital and she was so kind, I was very nervous and she really put me at ease 🥰

Sacha J Ansbro
The staff on ward 28 are fantastic xx

Natalie Nicol
Aww Mr Jafri is one of the nicest Dr's I've ever seen such an amazing Consultant so kind and always so happy makes such a difference when your a patient 🙏❤️ xx

Lynn Morgan
Fantastic. Great team working in collaboration with our health and social care colleagues to ensure safety 🙏🙏

Sharon Jayne Day
I was here yesterday with my daughter, from start to finish we were kept well informed and very well looked after 😊

Stephanie Bennett
We'll done Sharon. I'll never ever forget your kindness and support during the birth of my little girl Eliza. ❤️ xxxx

Brenda Waller
Such a Fantastic respiratory team at North Tees, they are already above and beyond, from the consultants down to ward staff, wishing you all well as you carry your service on in to the future. Thank you

Karen Brimble
Met this man. He worked during his lunch hour to scan my daughters heart. Sometimes you meet someone and think the world is a better place because of them. This is one such man.

Denise Jones
I was on Ward 25 and all the staff were efficient and very caring, made me feel comfortable and safe X all with a smile on their faces ❤️

Top fan
Caroline Ince Stones
Our domestic team are amazing 🙏 xx very much the beating heart of the Trust xx ❤️

Abby Lauren Whincup
Fantastic midwife grateful for helping to bring my healthy baby girl into the world ❤️ x

Chris Ward
This is palliative care at its absolute best. Well done team. What a huge difference you have made to this man and made some more wonderful memories for his family. ❤️

Rachel Emily Nicholson
Congratulations 🎉
We had our little boy on mothers day, we were so well looked after by the Midwives & staff on ward 22 and the delivery suite. Thank you so much to Midwife Danielle for looking after us and delivering our little boy safely 🥰

Megan Tunstall
Just had a placement on here as a student nurse and it was incredible! Well deserved for such a supportive hard working group! Well done!

Rab Jamieson
Fantastic wonderful job ur doing big shout to all the nurse and support staff for excellent services nhs 🙌🙌🙌

Emma Louise
Ann is an absolute diamond 💎 I spent alot of time on ward 26 and Ann used yo sit and talk to me for ages 🥰 made a really good friend who I'm still in touch with even now, love her to bits! ❤️

Linda Kidson
God bless our NHS thank you for your hard work x ❤️

17deedee I suffer from Crohn's and have attended endoscopy many many times, I couldn't praise them more. They really do look after you and are so calming. Everyone person in the big team are amazing xx

ameyrosemcgrogan I loved my Mother's Day card with my boy's hand and footprints sent from the NICU team up to me in ICU. 15 years ago now and I still have the card safely tucked away with his first outfit ❤️

Paul Elliott
I had a stroke in January 2017 & was admitted to the North Tees stroke ward. They were absolutely amazing, saved my life & for that I could never thank Dr Anwar & the rest of the team enough

Samantha Wells
Shannon was my midwife 2 years ago she was absolutely amazing, she was taking over another midwife whilst she was off, couldn't thank her enough for getting a very anxious 1st time mam to relax through out my pregnancy xxx

Helen Rigby • 2nd
AVP - C&SD Engagement Consultant
3w (edited) ...
My dad passed away at north tees on 14/02/2023, following a battle with cancer. He was admitted the early hours of the Sunday morning and passed the Tuesday evening. The care he received from A&E, to emergency admissions department, to ward 26 was amazing. They all treated my dad and us (me mum and my sister) with respect and were constantly on hand and caring and were open with us as to what was happening and preparing. We do intend to write a proper letter thanking these departments, but thank you for making my dads last few days as comfortable as possible and allowing him to pass with dignity

We'd love to hear your comments on our services and hospitals as we strive to continually improve the services we provide.

You can share feedback and let us know about things we are doing well or give suggestions for improvements through our patient experience team by emailing: nth-tr.patientexperience@nhs.net or contacting the team on: 01642 624719.

Alternatively, join us online at:

- [NorthTeesHpoolNHS](#)
- [@NTeesHpoolNHSFT](#)
- [northteesandhartlepoolnhsft](#)
- [@nteeshpoolnhsft](#)

Ambitious echocardiographer takes on new role as cardiac clinical scientist

Lead echocardiographer Steven Hogdson has recently taken the leap in becoming a clinical scientist – something he never thought possible.

With more than 30 years in cardiology under his belt, Steven pre-dated the route in taking the next step in his career. He had the knowledge, skills and experience to become a clinical scientist but missed one vital thing – the modern masters degree to get him there.

become a prescriber, consent patients for procedures, and take more opportunities to progress my role to include tasks more traditionally performed by doctors.

"I'm the first cardiac physiologist in the Trust to do this and I'm hoping others will follow. It's been hard work but I don't think that should put anyone off – it's a fantastic opportunity."

“It's been hard work but I don't think that should put anyone off – it's a fantastic opportunity.”

But now, thanks to an equivalent programme, he can now proudly take on his new role as a clinical scientist. It gives Steven the opportunity to progress his career and take on new duties traditionally performed by doctors.

He said: "Although the majority of my career is behind me now, being a clinical scientist gives me the scope to develop my own career further and lead my colleagues who are the future of cardiac physiology and science. It means I'm able to



Well done to our echo team who have recently achieved their reaccreditation from the British Society of Echocardiography.

Awarded every five years, they have been recognised for their transoesophageal echocardiograms (TOE), transthoracic echocardiograms (TTE) and for their bespoke and extensive training.

The team were the first in the region to be accredited five years ago. And they're still leading the way in proven quality as one of just two accredited trusts in the region currently.



NORTH TEES + HARTLEPOOL TOGETHER

A warm welcome to the first edition of our new Anthem charity section!



These next couple of pages will be a regular feature in the magazine as we have so many exciting fundraising activities and updates going on across the Trust.

This is my way to update you on all of the amazing things that have been going on as well as promote any new fundraising opportunities that are coming up.

It has been a busy few months for North Tees and Hartlepool Together. We have had the busy Christmas fundraising rush, with over 40 people taking part in our Boxing Day Dip!

We have also launched Great North Run, Great North Swim and our new legacy fundraising scheme with Guardian Angel – more on that to come in the next few pages.

I would like to take this opportunity to thank all of our supporters, old and new.

Thanks to your kind support, we were able to allocate over £50,000 of donated money back to our staff and patients.

We had over 20 applications for the money and the charity has been able to fund projects from dementia-friendly activity packs to electronic communication devices.

If you would like to speak to me about how to donate to our charity or support us, my contact details are below.

Suzi Campbell
Fundraising Coordinator
Email: Nth-tr.charity@nhs.net
Tel: 07517 829 331

What is legacy fundraising?

Throughout our hospital's history, there has been continual charitable support from our local community. Most recently, our wonderful fundraisers took on Yorkshire Three Peaks and Great North Run to raise money for us.

As an NHS charity, our funds come entirely from grateful patients and groups. These range from the league of friends to people who choose to leave a parting gift in their will.

When thinking of fundraising, the stereotypical images always come to mind. For example, a bake sale, raising money by hopping on one leg or hosting a charity night. These are all great ideas and we welcome all efforts, but there are other ways that you can contribute.

One of these is through a legacy gift, which is a donation in your will.

Leaving a legacy gift is a significant consideration. It is one of the most deeply personal and important things that any of us can do. However, when writing their will, some choose to make a lasting charity contribution as a show of final support.

The impact of our donations is recognised daily. Due to the kindness of

our donors, we have funded:

- A bronchoscope to provide minimally invasive lung cancer solutions
- A miniprobe for us to deliver precise diagnostic treatments
- A Paxman cooler to prevent chemotherapy patients from losing hair

As your Trust charity, we are committed to supporting you in all aspects of your wellbeing and this includes your finances.

With the cost of living crisis, it is more important than ever to ensure your affairs are in order. This includes considering what will happen when you are no longer here.

Therefore, we have collaborated with will writing experts Guardian Angel to offer staff and the public the opportunity to write or update your will free of charge in 2023.

If you would like to use this offer, please use the code NTHFREE. Please note you are under no obligation to leave a donation to our charity.

Scan the QR code to visit the website. You can write the will online, by phone or face to face - it is completely up to you.

Of course, we understand that there is lots to think about before starting your will.

Take our free one-minute quiz and find out what legal, financial and emotional plans you already have in place. You will receive a tailored preparedness score and top tips on how to improve this.

Scan this QR code to be taken through to the quiz and start your will writing journey.



A big festive thank you!

A huge thank you from North Tees and Hartlepool Together for your Christmas fundraising efforts.

2022 was a busy year for our charity. From running larger scale events such as Great North Run to taking on Yorkshire Three Peaks for the first time, it has been a whirlwind of charitable activity and we've loved every second.

We challenged Trust staff and the wider community to some festive fundraisers over the winter period. We loved seeing how you got involved with activities such as Boxing Day Dip and Christmas Jumper Day. It was the first year that our charity took on the Boxing Day Dip and we were blown away with the positivity and energy on the day.

All thanks to your support, the Christmas fundraising efforts went on to raise over £1,000 for the charity.

This money will be used to support staff projects that aim to improve wellbeing and patient experience. Watch this space for updates on the impact your donations have had on our Trust.

If you want to fundraise for us in 2023, we would love to welcome you to #TeamNTH



Paediatric staff nurse Emma Chan and fundraising coordinator Suzi Campbell

North Tees and Hartlepool Together gives back more than £50,000 to staff and patients

Staff were encouraged to put in applications for the money, all focused on improving wellbeing and patient experience.

Applications ranged from a dementia-friendly resource library to stroke observation devices, all dedicated to innovating patient experience.

Fundraising efforts that contributed to this included corporate and general donations as well as events such as Great North Run and Yorkshire Three Peaks.

The University Hospital of North Tees children's emergency department was one of the areas benefitting from the funding; applying to purchase ten iPads for children attending appointments.

The iPads will feature a range of interactive and educational games, all aiming to alleviate the stress of medical operations and treatments.

Emma Chan, paediatric staff nurse, said: "There are times when procedures such as venepuncture and cannulation cause a lot of anxiety to the children who visit our department.

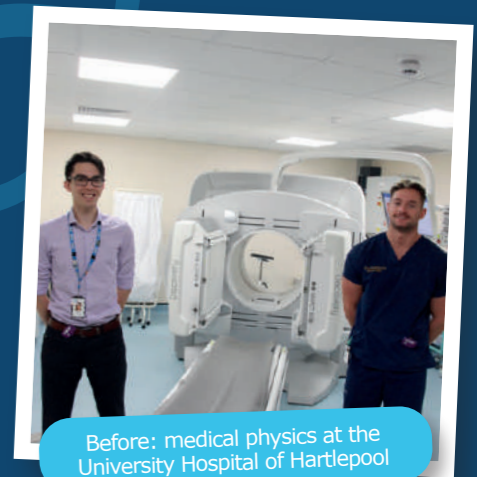
"The iPads will provide a positive distraction for children undergoing treatment, allowing them to receive the medication and treatment they require without it being too scary an experience."

At the University Hospital of Hartlepool, our medical physics department was successful in securing funding for a selection of LED sky image ceiling tiles in the scanning room.

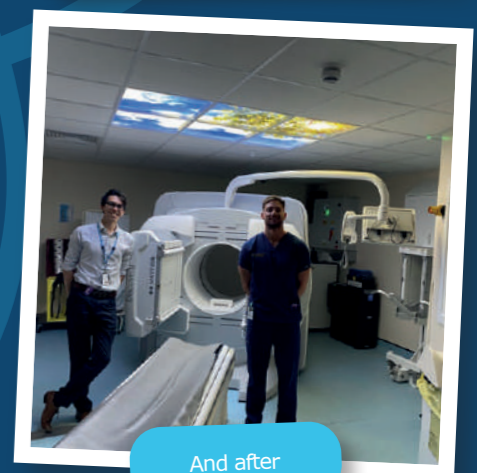
With some scans taking over 30 minutes, the tiles will improve the image quality of scans due to a reduction in patient movement.

Suzi Campbell, fundraising coordinator, said: "This money is an example of how we can achieve our charity ambitions and it's fantastic to see it helping staff and making a real impact in their areas.

"Of course, this couldn't have happened without the generosity of our fundraisers. It is thanks to their efforts that we are able to offer this opportunity."



Before: medical physics at the University Hospital of Hartlepool



And after

Great North Run 2023

Final call to join Mo Farah as you take on the world's greatest half marathon on Sunday 10 September 2023. You can't beat the atmosphere of taking part in this challenge with thousands of likeminded people!

Running from Newcastle to South Shields, the 13.1 mile half marathon is the perfect opportunity for you to take part in this iconic event, as well as raising money whilst hitting your fitness goals.

It doesn't have to be you flying solo; your friends, family and loved ones are welcome to be part of our GNR family.

Whether this is your first time or you are a seasoned runner we will be there to support you throughout your GNR journey. Whether it supplying you with your exclusive running top or pampering you in the charity village afterwards you are in good hands.

To join us we will ask you to pay a registration fee of £59 to secure your space and raise a minimum of £150 to support our hospitals. Please note you need to be over 17 on the day to run.

To register or for more information contact Suzi on nth-tr.charity@nhs.net or on 07517 829 331.

"Huge thanks again, to everyone involved for making my experience of the Great North Run live up to its name and reputation. I feel very lucky to have had the opportunity to take part and fundraise for such a wonderful cause."

"It was such a wonderful event to be part of. Although I'm not a local, I was incredibly proud to run for you, have felt very much part of the team all along!"

Helen Eales – 2022 Great North runner



Charity bike ride for critical care unit in memory of Stockton man

The brother and son of a man who died suddenly are planning a charity bike ride to raise money for the Trust's critical care unit.

The fundraiser is in memory of Patrick Sullivan who was treated in the unit at the University Hospital of North Tees.

To thank the unit for supporting Patrick in his final days, his brother Jay Petch and eldest son Rhys Gleaves will be cycling from Paddy Freemans Park in Newcastle to North Tees.

Jay, who is from Hartlepool, said:

"Money raised will be donated to unit who kept Patrick comfortable in his final days and supported myself and my family.

"Patrick was known to his friends and family as Paddy so it seems a perfect starting place.

"Patrick was the type of person who could have a laugh in an empty room. He was always there for his family and would do anything he could to support them. Patrick was a keen Gym lover and would normally be seen out on his pedal bike.

"On the day of the bike ride, his son Rhys will be riding his dad's bike."



Patrick had three children - Rhys who is 15, Millie, 13, and Mila aged seven and lived in Stockton with his partner Sarah for around 12 years.

To donate to the cause, visit www.justgiving.com/page/jay-petch-1685740680828 or text PADDY (plus the amount you want to give) to 70085



The cervical screening team

Cervical screening tests as part of new staff initiative

A health worker will help carry out cervical screening tests for NHS staff – after gaining specialist qualifications.

Claire Murphy, a nursing associate, is now fully qualified to perform the tests in the new service at the Trust.

It comes after Claire, who is already an associate practitioner, passed her cervical screening training exam.

The service, which launched at the end of last year, is hoping to capture those women who may have challenges taking up their invitation for a screening appointment.

Claire said: "I have always been passionate about helping provide that care for our women – this next step in my career is something I have wanted to do for some time.

"This qualification means I now have the skills and knowledge to carry out screening tests. It means the team can work more flexibly and help even more women.

"I have worked in the Trust for more than 20 years – I know the difference we make to people's lives and this service is just another example of that."

One in three women do not take up the offer of a screening in Teesside.

But since the service launched, lead specialist nurse colposcopist Nicola Anderson says staff have responded in significant numbers.

She said: "It is fantastic news that we are now able to add Claire to a team of staff who are able to carry out screening tests.

"It will not only help our whole gynaecology department and women across our area – but will also help our new staff screening service as it responds to demand.

"Claire is an example of how we are developing our staff for the benefit of our patients."

Staff can call the colposcopy hub and an appointment will be arranged from either women's outpatients at the University Hospital of Hartlepool or main outpatients at the University Hospital of North Tees.

To contact the service, staff should ring 01429 522268 or email nth-tr.staffcervicalscreening@nhs.net

“ Claire is an example of how we are developing our staff for the benefit of our patients. ”



Members of the Israel health ministry meeting staff in the single point of access team

Staff team up with Israel health ministry to share digital innovation expertise

The Trust teamed up with health experts from the the Ministry of Health of Israel as we continue our digital transformation.

The two-day visit included a meeting with Trust chief executive Julie Gillon and Hartlepool MP Jill Mortimer, a tour of our two hospital sites, an overview of some recent improvements and ongoing projects in the organisation and the sharing of good practice.

The visiting party included Etsi Shelly, director of digital health in the Israeli Ministry of Health, Oshrat Attar-Schneider, director of the Israeli telemedicine community and Hodaya Avzada, head of domestic and civil society affairs department.

As part of the visit, the Trust showcased some recent successes – including the launch of our virtual ward programme which is helping free-up hospital beds and offer more care in patients' own homes.

It also included information around the use of a new digital system, OPTICA, to improve patient flow through hospital and around the use of barcode technology CareScan+ to track and trace products used by staff to deliver care.

Trust chief information and technology officer Gillian Colquhoun said: "We were delighted to be able to host professionals from another country's health system. It was a fantastic opportunity to share with them some of our challenges and successes as we look to improve our use of digital technology in patient care.

Financial health and wellbeing advice at Hartlepool

As part of our continued drive to help colleagues through current cost of living challenges, we invited a range of local businesses, charities and support groups to offer advice and support to staff at the University Hospital of Hartlepool.

The financial health and wellbeing event featured dozens of exhibitors and internal support departments offering signposting, guidance and advice.

Susy Cook, chief people officer, commented: "Following a successful event held at North Tees we were delighted to hold an event of a similar type for our community in Hartlepool as a direct response to staff's requests.

"We know that by working together we can be stronger and we can thrive, even in times like these. It's so important we continue to support one another."



Hospital cancer support service reaching out into community

Alison Parsons has joined the Trust's Macmillan cancer information service as a cancer support worker.

Part of Alison's role will involve engaging with the local population and attending outreach events – to offer expert help to those affected by cancer in the community.

Alan Chandler, Macmillan information and survivorship manager, said: "Part of Alison's role will involve reaching out to our community at events – offering information and support we have available from the cancer information centre and pointing people in the right direction about how to access this help."



"Ali would like to hear from any local group or organisation who would like a presentation from the cancer information centre and find out more information about how we can help."

Ali can be contacted on 01642 383041.

Technology gives Teessiders their voice back after speech loss

Our speech and language team has adopted innovative technology to allow people at risk of losing their voice to still communicate with their loved ones. The voice banking technology is a way to give patients their voice back after speech loss.

The innovative software adapts a patient's voice and creates a new synthetic voice which maintains their characteristics and accent. Patients can then type in an app on their phone or tablet to talk using this digital voice.

Adult speech and language therapist Zoe Underwood is leading on the project at the Trust. She assists patients in completing a processing system to create their digital voice.



Zoe said: "The purpose of voice banking is to still give someone a sense of their identity, even when they are losing their voice. It's a little bit computer-y still but it really does have a lot of characteristics of a person's voice."

"It gives families a lot of comfort because they're able to support their loved ones and are able to communicate with them – but in a personal way so it still sounds like them."

Health support worker shows passion for end of life care

A health support worker with a passion for caring for end of life patients is now set to train to specialise in the area.

Claire Pollard, healthcare assistant in the medicine and respiratory unit at the University Hospital of North Tees, had the idea to create special signs on the doors of rooms where patients on end of life care were being treated.

This was to prevent staff entering the rooms when they were not aware of the patient's condition.

With support from the Trust's palliative care team, Claire was given the confidence to make this improvement and was also provided with training to become the first health support worker to become an end of life care champion.

Claire was also supported to transfer to a new joint role with Butterwick Hospice and the palliative care team. This will involve completing a qualification in an introduction to supportive care for people with cancer and other long-term conditions at Teesside University, starting later this month.

Claire said: "I was supported so much by the palliative care team, particularly facilitator Michael Lambert. Others recognised my passion for this subject, namely Rachel Blackmore (care group manager) who helped make this all happen."

"The wider team I work with have also been so supportive too, including my manager Elizabeth Meldrum and the team in ward 25."



Maternity service best performing in two major national research trials

The maternity service has been highlighted for its recruitment of volunteers to research trials – after it took on the most women to the iHOLDS study.

The Trust is one of eight involved in the study.

The trial is comparing high dose versus low dose Syntocinon for first-time mothers undergoing induction of labour, to see if it affects the caesarean section rate.

The team is also the second highest recruiter to the COPE study which is investigating carboprost versus oxytocin as the first treatment of primary postpartum haemorrhage.

Sharon Gowans, research midwife, said: "This is an incredible achievement for the maternity team."

"While the research team has been there to support them, the maternity staff have worked independently to talk to patients and encourage them about the benefits of being involved in these trials."



Hartlepool academy partners invite comments on health and social care future

A new skills academy which aims to kickstart the health and social care careers of Hartlepool's next generation has been unveiled at a public showcase this week.

The event focused on the importance of recruiting local talent into the sector, discussing how the investment will affect our communities.

The new Hartlepool Health and Social Care Academy, part of the Towns Deal funding secured for Hartlepool, invited delegates to have their say on the future of the ambitious project at a recent industry event.

academy event; the room had a fantastic atmosphere of collaboration and innovation.

"The Hartlepool Health and Social Care Academy is our commitment to future proofing not only the Trust but community based health and social care services. It is an opportunity to upskill, attract and retain the workforce of the future.

"Importantly, it is an investment in Hartlepool, and we remain dedicated to ensuring that our hospital continues to grow to reflect the ambition of this region."

The academy secured a share of Hartlepool Borough Council's £25 million Towns Deal fund in order to provide significant health and social care training for the region.

Held in real-life simulated areas including a clinical ward, it is a joint venture between the Trust, Hartlepool Borough Council and Hartlepool College of Further Education.

Health and social care is a key sector for the region, accounting for an estimated 44,150 jobs in 2020 and 20% of employment is concentrated in this industry.

The academy looks to reduce the significant skills gap in Hartlepool, helping to prepare the region's health and social care workforce for the future.

The event, held at Hartlepool College of Further Education, brought together industry experts from across the region including local volunteers, educational institutions and community groups.

As well as offering a networking opportunity for delegates, attendees received an exclusive look at new academy plans for 2023 including the drafted floor plan and prospective courses.

Trust chief people officer Dr Susy Cook said: "It was fantastic to see so many people at our first

Health and social care is a key sector for the region, accounting for an estimated 44,150 jobs in 2020 and 20% of employment is concentrated in this industry



World Cup

Millions of football fans enjoyed the World Cup, watching as team after team was knocked out before Argentina lifted the trophy in triumph.

But sadly, with football often comes a rise in emergency admissions to hospitals due to drunken slips and falls, increased drink driving, higher levels of domestic abuse and violence in pubs.

To help ease the pressure on A&E, we ran a campaign to encourage fans to enjoy the World Cup in safety based on classic football stickers to get our message out to the public: Support your local NHS with the same passion as you support your football team.

The football cards feature Trust staff from around the world – no matter which football team they support, they are all 'Team NHS'!

Consultant in public health Dr. Esther Mireku features in one of the cards. Originally from Ghana, Esther said: "The football sticker social media posts are a little bit of fun, but the message is very serious.

"No one wants to spoil anyone's fun and there are many football fans working in our hospital. We asked people to consider how much they are drinking and not to compromise their health due to excess drinking."

South Tees Hospitals NHS Foundation Trust and Cleveland Police joined the campaign to help us get the message out.

“I thought that you needed a degree to work in the NHS” 20 year-old Amy is aiming high in her healthcare career

Hartlepool resident, Amy Todd-Davis, is blazing the path for the younger generation in healthcare. The 20-year-old joined North Tees and Hartlepool NHS Foundation Trust in 2021, beginning her professional career as a clerical officer at the University Hospital of Hartlepool.

Since joining the Trust, Amy has seized multiple development opportunities including the regional Quality, Service Improvement and Redesign (QSIR) programme.

With a passion for quality improvement, Amy is now using her experience to make small changes in her department,

Amy said: “I have known from a young age that I loved to help people but it was during Covid that I considered a career in the NHS.

“I never believed I could work in this organisation, I thought that you needed a degree to have a career in healthcare. It shocked me when I discovered that you could join with just your A Level results.

“I was extremely excited when I got the job and since then I have worked every day to make sure the service that we offer our patients is the best it can be.”

Amy currently works as a clinical support officer, supporting the Trust’s clinicians by offering information, guidance and administrative help to patients.

At 19, Amy enrolled on the highly-commended 100 leaders programme, taking on the role of pack leader on an outdoor rejuvenation project.

Even though she was new to the organisation, she knew this was her chance to learn from other departments and expand her skillset further.

Amy commented: “I have loved every minute on 100 leaders; it has allowed me to grow and learn who I am as a professional.

“When I joined the Trust I was quiet and shy but, with the support of my manager Rachel, I have pushed myself out of my comfort zone with all of these development opportunities.

“I always thought that you needed higher education to work in the NHS but that is a complete myth. Even without a degree I can go so far in my career and that excites me.”



Fire safety checks

Thank you to Paula Gowland and Andrew Lindridge from Cleveland Fire Brigade for offering our staff advice on home fire safety and arranging visits to assess people’s homes and install top-of-the-range smoke alarms.

If you would like to arrange a home visit: www.clevelandfire.gov.uk/safety/home-safety/home-safety-check



Research study looks at impact artificial intelligence may have on bowel cancer detection

Our research and endoscopy teams have joined forces to help find out if artificial intelligence could help catch bowel cancer more quickly.

The Trust is part of the Colo-Detect study which is looking into the effect the GI Genius Intelligent Endoscopy Module could have on the detection of abnormalities such as polyps and cancer.

This is in comparison to performing a standard colonoscopy – which involves the use of a long, thin, flexible tube with a small camera used to take images of the bowel.

The special technology connects to existing endoscopy systems and

analyses real time images from the colonoscope camera live feed using artificial intelligence. It then highlights areas (with a green box) to the colonoscopist that would benefit from a more detailed inspection.

John Jacob, consultant in gastroenterology and principal investigator, said: “Our highly skilled team in the unit is very experienced at performing the colonoscopies to help detect any issues a patient may have in the bowel and we are proud to be a bowel cancer screening centre.

“But, while this is the case, if technology can help assist the team in finding any pre-cancerous polyps

early, then we want to do this for the benefit of our patients.”

As part of the study, participants are randomised to receive either GI Genius assisted colonoscopy or standard colonoscopy. The results of the colonoscopies are recorded and will be analysed to evaluate the effect of the GI Genius in the detection of abnormalities such as polyps and cancers.

The study is being led by Newcastle University and South Tyneside and Sunderland NHS Foundation Trust working with North Wales Organisation for Randomised Trials in Health Clinical Trials Unit.

Five years of NTH Solutions



We're looking back on the successes and achievements of NTH Solutions as we celebrate our subsidiary company's fifth anniversary.

Established in March 2018, NTH Solutions is an innovative estates and facilities management company.

Mike Worden has been managing director of NTH Solutions since 2019. He said: "To look back on what we have achieved in the last five years is phenomenal. We are a small company of around 800 staff and yet continue to push the boundaries of innovation and excellence to provide fantastic services and products to not only our Trust, but the wider local and national communities.

"I believe the success of our organisation has been driven by our people. We have the most passionate, caring and committed colleagues I could ever wish to work alongside.

"The achievements we have made together are a clear reflection of our fantastic members of staff who always rise to any challenge and provide excellent service day in day out."

NTH Solutions highlights include:

- Enhanced oxygen infrastructure
- £1 million made from the Community Kit Bag
- Continuous PPE provision during the global COVID-19 pandemic
- Establishment of the NHS Deep Cleaning and Advisory Service
- Continued investment across our hospital sites
- Reusable PPE
- Enhanced A&E facilities.



Project Choice student turned porter becomes mentor

Porter Dom Cain has proudly taken some of our Project Choice students under his wing, after completing the support internship programme himself.

Dom, who has autism, was one of the first Project Choice students to start at our Trust back in 2018. Five years on, he's still working with us as a porter in our mail room and has since taken on a mentor role for the latest cohort of students.

He said: "I really enjoyed my placement and was thrilled to be offered a full time role in the department. I remember feeling a bit nervous when I first started my placement, the hospital is such a big place and there is a lot of information to take in, which is why I thought it would be nice for the new students to have a mentor who had been through the same journey they were on.

"I am really enjoying helping them settle into their new roles and hope sharing my experience with them will make them enjoy their time with us as much as I did."

Dom has been a welcome face to the new students, introducing them to the workplace and being a central contact.

Project choice aims to help young people with learning disabilities, difficulties and autism get the work experience they need for paid employment.

Woman shares her mum's personal experience as part of resuscitation campaign

"My mum was clear she did not want to be resuscitated – it gave comfort to our family to know."

Mary Sayers from Sedgefield has shared her personal experience as part of a campaign to highlight do not attempt cardiopulmonary resuscitation (DNACPR).

DNACPR means that if someone's heart or breathing stops, health professionals will not try to restart it.

Mary's mum, also called Mary, died in January 2019 after suffering with dementia for two and a half years.

When she was diagnosed, staff discussed with Mary about DNACPR at the start of her illness.

Mary said: "It is a certainty in life that you will die. It's so important we discuss our views when it happens.

"It gave comfort to the family, to know mum had made this decision and wouldn't be put through something she didn't want.

"The moment mum was diagnosed with dementia, she was very keen to put an end of life care plan in place herself so she could control it.

"As a family we felt lucky we had those conversations early on."

A DNACPR decision is recorded on a special form and kept in a person's medical records – it is also a patient document which can be kept in their possession.

Mary added: "Having a DNACPR does not mean that you will not get the same care and treatment – mum lived as long as she would have anyway. Mum continued to have all the care, treatment and support she would have already had."



Mary Sayers, who is raising awareness of DNACPR

“It gave comfort to the family, to know mum had made this decision and wouldn't be put through something she didn't want

New hospital-based role to support carers in Hartlepool

Hartlepool Carers now has a dedicated contact working with the Trust – to support anyone who may care for a loved one.

Support officer Sharon Cook is the first point of call for anyone providing unpaid care to loved ones.

Sharon, who has a range of experience in areas including mental health nursing and as a case worker, will be available at both the University Hospital of Hartlepool and the University Hospital of North Tees to help anyone from the Hartlepool area.

Christine Fewster, chief executive at Hartlepool Carers, said: "We want to ensure carers understand they do not need to be in receipt of any carer specific benefits, caring for a certain number of hours or be in a paid capacity to receive our support.

"We can help identify services that may be available to families and ensure carers have access to essential services to enable them to live well around their caring role in their community."

For further information please contact Christine Fewster or Sharon Cook on 01429 283095 or visit Hartlepool Carers in Lowthain Road in Hartlepool.



“We can help identify services that may be available to families and ensure carers have access to essential services to enable them to live well around their caring role in their community.”

Pebbles for Premies

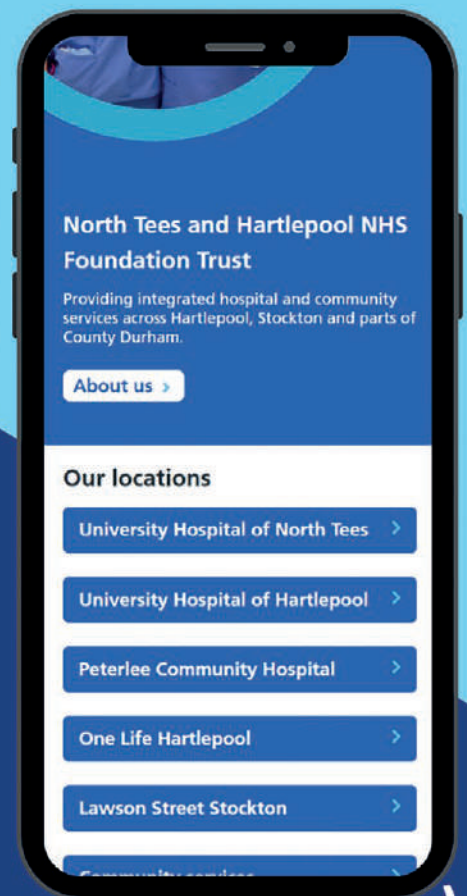
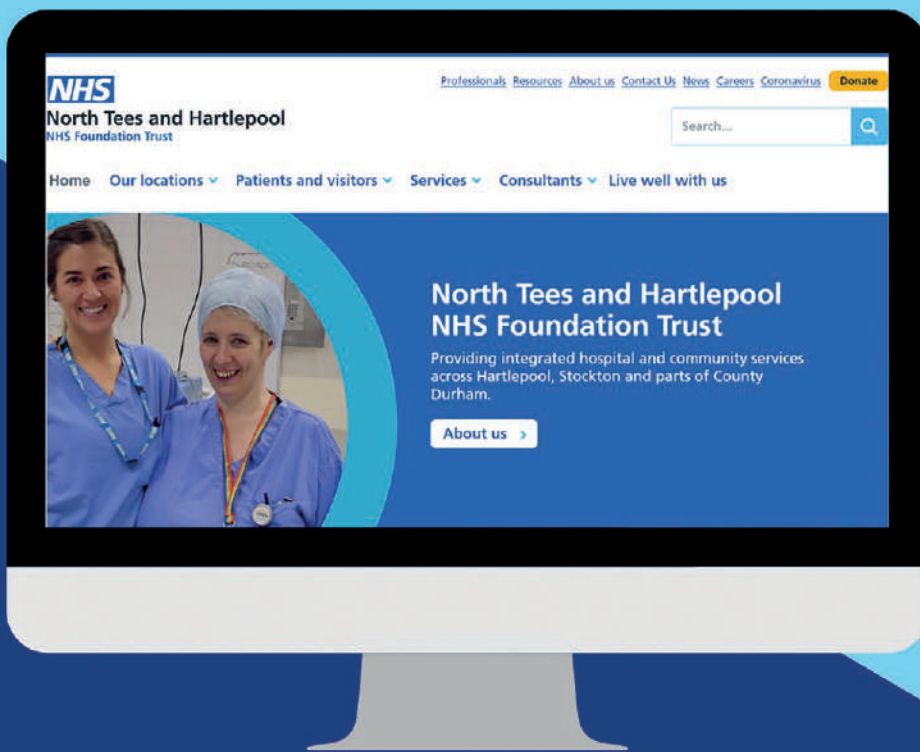
Our maternity, paediatrics and special care baby unit teams raised £784 for Leo's Neonatal, a charity providing specialised support for families who have pre-term babies.

The 'Pebbles for Premies' fundraiser saw the walkers tackle Roseberry Topping, leaving pebbles which were kindly painted by local school children, with babies' names and weights along the way.



NEW TRUST WEBSITE

41.4K
MONTHLY VISITORS



FRESH, BOLD NEW LOOK

Key features include improved accessibility, consultant headshots and easy navigation



66% OF USERS VIEW OUR WEBSITE ON A MOBILE

