

# Choose members newsletter 2017

## Public Consultation: 'The Path to Excellence' – how we create the best possible improvements for healthcare in South Tyneside and Sunderland

A consultation to gather public views around the different ways in which stroke services, maternity services (obstetrics), women's services (gynaecology) and children and young people's urgent and emergency (paediatrics) NHS services could be arranged in South Tyneside and Sunderland will start in July 2017.

Called 'The Path to Excellence', the public consultation will run for 14 and a half weeks from Wednesday, 5th July until Sunday, 15th October 2017, and will focus particularly on areas of hospital care which are delivered at South Tyneside District Hospital and Sunderland Royal Hospital for the services listed above.

The Path to Excellence programme is being led by a partnership of local NHS organisations including NHS South Tyneside Clinical Commissioning Group, NHS Sunderland Clinical Commissioning Group, South Tyneside NHS Foundation Trust and City Hospitals Sunderland NHS Foundation Trust – working together as the South Tyneside and Sunderland NHS Partnership.

The purpose of the public consultation is to allow local NHS clinical leaders to explain the challenges around the way these services are currently being delivered, the different ways local doctors, nurses and hospital-based therapy staff think these services could be provided both now and in the future, and to listen to public feedback about these different proposals.

Public feedback will be analysed into themes and publicly reported to ensure it influences the final decisions which will be made by the two NHS clinical commissioning groups later in the year.

Any future changes to the way services are organised would only be made in order to improve the quality and safety of those services for the future, as well as making the best use of public money and meeting the needs of our population both now and in the future.

All of the information shared in the consultation will be published on the consultation website [www.pathtoexcellence.org.uk](http://www.pathtoexcellence.org.uk)

### How to get involved:

There are a number of ways you can get involved to ensure your views are heard. More information can be found on the Path to Excellence website ([www.pathtoexcellence.org.uk](http://www.pathtoexcellence.org.uk))

For full details of events see the back page of this newsletter.



### In this edition

Boost to  
women's health

Launch of  
Carers' Charter

Reducing falls  
across the NHS

Calendar  
of events



## Boost for women's health

Women in South Tyneside are benefiting after South Tyneside District Hospital supporters bought a £4,700 machine which can be used to treat a range of bladder, bowel and pelvic floor problems.

The League of Friends provided the equipment at the request of the women's health physiotherapy department.

By connecting the patient to the machine, their pelvic floor contractions can be viewed on a computer, giving instant visual feedback. This is then used to help them to understand what is happening to their muscles and encourage them to practise exercises which can improve their control of different body functions. The machine can also be used to provide strengthening stimulation to the muscles.

Senior women's health physiotherapists Anna Mennell and Cath Grebby said they were 'very grateful' to the League of Friends for enabling them to buy it.

## Launch of Carers' Charter for South Tyneside and Sunderland

A Carers' Charter for South Tyneside and Sunderland was launched in Carers Week, June 12th-18th.

The two Trusts also unveiled a specially-developed DVD which will be used to help train staff to recognise, value and support carers.

Ken Bremner, Chief Executive of both Trusts, said: *"The importance of the role of carers cannot be under-estimated. The Charter recognises and values carers and allows them to make early and informed decisions about seeking practical and financial support. It especially looks at tackling inequality and social inclusion by identifying carers who are coping alone and making sure they know what help and support is available."*

The charter emphasises the importance of: recognising and valuing carers, including young ones; working in partnership with them; signposting them to help and advice; involving them in future service developments, and involving them in decisions about the care provided by health staff to the people they care for.



## Come and join us....

We are always looking to recruit members like yourselves.

## Ask a friend

**Do you have any family or friends who would like to become a member?**

It's easy to join, they can either complete the membership application form online at [www.stft.nhs.uk/members/application-form](http://www.stft.nhs.uk/members/application-form) or contact the Membership Office direct for an application form by telephoning 0191 2024121 or via email at [membershipoffice.stft@stft.nhs.uk](mailto:membershipoffice.stft@stft.nhs.uk)

Once the completed application form is received, we will confirm their membership and send out a membership card.



Falls Specialist Nurse Catherine Peel, left, and Consultant Geriatrician and Falls Lead for South Tyneside NHS Foundation Trust Dr Suba Thirugnanasothy

## Trust helping to reduce falls across the NHS

South Tyneside NHS Foundation Trust is at the forefront of work nationally to reduce the number of falls which cause injury to inpatients.

South Tyneside was one of about 20 Trusts chosen by NHS Improvement from a range of different care settings - including mental health, community and acute - to take part in its patient falls improvement collaborative. The 90-day programme aims to improve the management of falls in an inpatient setting and to highlight examples of good practice for reducing patient falls and improving care which could be replicated across the NHS.

Falls are among the four most prevalent harms in hospitals and they can cause frail and vulnerable patients severe harm. Even minor injuries which result from a fall can lead to reduced mobility, pain, anxiety and distress and loss of confidence and independence. They also put increased pressure on NHS services.

Consultant Geriatrician Dr Suba Thirugnanasothy, who is the Trust's falls lead, said: *"We were delighted when we were selected to be part of the falls collaborative. We felt it would help us to drive forward changes in practice to ensure a significant improvement in our inpatient falls rate."*

To learn more about this important service, come along to our Medicine for Members event in September, details see right.

## Calendar of events

### Medicine for Members Event

Falls Improvement Collaborative

- Tuesday 12th September 2017

The event starts at 2.30pm in the Lecture Theatre in the Education Centre at South Tyneside District Hospital.

Refreshments will be available from 2pm.

If you would like a ticket, please contact the Membership Office on 0191 2024121 or email: [membershipoffice.stft@stft.nhs.uk](mailto:membershipoffice.stft@stft.nhs.uk)

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### Board of Directors

- 26th July 2017
- 27th September 2017

All Board of Directors meetings in public are held in the Board Room, Harton Wing, South Tyneside District Hospital, 3pm – 5pm.

As space is limited, if you would like to attend, please contact the Membership Office on 0191 2024121 or email: [membershipoffice.stft@stft.nhs.uk](mailto:membershipoffice.stft@stft.nhs.uk)

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### Council of Governors

- 5th September 2017
- 5th December 2017

All Council of Governors meetings are held in public 3pm – 5pm, and members are welcome to attend.

Further information is available on our website at [www.stft.nhs.uk](http://www.stft.nhs.uk) or by calling the Membership Office on 0191 2024121 or email: [membershipoffice.stft@stft.nhs.uk](mailto:membershipoffice.stft@stft.nhs.uk)

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If you'd like to keep more up-to-date with what we're doing why not follow us on Twitter?

 @STFTrust

## Consultation events:



Date	Time	Event Type	Venue
Wednesday 5 July	1-3pm	Launch event	Jarrow Community Centre, Cambrian Street, Jarrow, NE32 3QN
Wednesday 5 July	6-8pm	Launch event	Hope Street Xchange, 1-3 Hind Street, Sunderland, SR1 3QD
Thursday 6 July	6-8pm	Launch event	Glebe Centre, Durham Place, Murton, Seaham, SR7 9BX
Tuesday 11 July	6-8pm	Focused event on maternity, women's and children's services	Hope Street Xchange, 1-3 Hind Street, Sunderland, SR1 3QD
Wednesday 12 July	6-8pm	Consultation discussion event - all service areas	Customs House, Mill Dam, South Shields, NE33 1ES
Saturday 15 July	10am-12noon	Focused event on maternity, women's and children's services	The Clervaux Exchange, Clervaux Place, Jarrow, NE32 5UP
Tuesday 18 July	6-8pm	Focused event on stroke services	Sunderland Bangladeshi International Centre, 30 Tatham Street, Sunderland, SR1 2QD
Wednesday 19 July	6-8pm	Focused event on stroke services	Living Waters Church, St. Jude's Terrace, Laygate, South Shields, NE33 5PB
Wednesday 26 July	1-3pm	Consultation discussion event - all service areas	Sunderland Software Centre, Tavistock Place, Sunderland, SR1 1PB
Wednesday 13 September	1-3pm	Consultation discussion event - all service areas	Customs House, Mill Dam, South Shields, NE33 1ES
Saturday 16 September	10am-12noon	Consultation discussion event - all service areas	The Hetton Centre, Welfare Road, Hetton-le-Hole, Houghton le Spring, DH5 9NE

To register please visit [www.pathtoexcellence.org.uk](http://www.pathtoexcellence.org.uk), email [nhs.excellence@nhs.net](mailto:nhs.excellence@nhs.net) or call 0191 217 2670. **Or complete a survey:** Access this online or request a paper copy by contacting us using the details above.

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