

trust matters

Rotherham Doncaster
and South Humber
NHS Foundation Trust

February 2026



**Changing and learning:
peers and posters 2026!**

RDaSH

nurturing the
power in our
communities

Welcome from our Chair **Kathryn Lavery**



Welcome to the first Trust Matters of 2026!

I am excited by the work we are doing to cut waiting times, and we believe we have the shortest waiting times now in the NHS. That is an incredible improvement from when I joined RDaSH in 2022 and something we should all be proud of.

Organisational changes are going on across the NHS right now. In addition to our own consultation, there are current changes in integrated care boards, and I know that neighbouring hospitals like Sheffield Children's have major changes planned too. With an ageing population, and rising need, we need to move money from one purpose to another, and that means a balance of cuts and investments.

Healthcare is not about big change though. Real healthcare comes from relationships and individual compassion and skill. When Michaela Delahunty and Kathryn Bebb visited my Board in January to talk about their work with Matty, who lives on the streets of Doncaster, their ingenuity and willingness to work differently to help someone, shone through. When I read Care Opinion, I see that compassion reflected in praise for colleagues across services.

It has been a pleasure to meet recipients of the latest round of Shining Star awards. Recognition really matters, whether it's through that scheme, through distinguished service, or in our annual awards. We have clearly hugely expanded what we do to try and acknowledge efforts by individuals and teams, so do make sure you nominate people into recognition schemes in all of our 6 groups.

Toby has spoken about this year being our "year of peer support". Promise 1 is commitment to have peers working within and alongside services trust wide. This opens up our work to different perspectives and builds connection with patients through lived experience. Whatever other challenges we face, the Board continues to invest in this work and we will see growth, especially in Rotherham in the months ahead.

Once again thank you for everything you do.

Kind regards

Kathryn

Promise 1

Employ peer support workers at the heart of every service that we offer by 2027.

Cover, picture 1, Peer support worker Nancy Khalsa (pictured left) delivering play stations to our wards as part of our high quality therapeutic care initiative, supporting Promise 18. Picture 2, Kate Asquith, (pictured centre) collecting last year's QI poster winning prize on behalf of the Diabetes team.

Follow us on social media:



Strengthening therapeutic activity on inpatient wards

Over the past year, the High-Quality Therapeutic Care (HQTC) Taskforce has worked with staff, patients and carers to improve and standardise therapeutic activity across inpatient wards.

The focus has been not only on what activities are offered, but on ensuring they are consistently planned, delivered and valued as everyday care. This work supports our Promise 18 of investing, supporting and researching the best models of therapeutic multi-disciplinary inpatient care, increasingly involving those with lived experience and expert carers in supporting our patients' recovery.



A more consistent approach

Previously, the availability of therapeutic activity varied widely, especially at weekends. From October 2025, all wards introduced 7 day therapeutic timetables, guaranteeing at least one therapeutic activity every day. This has helped create calmer, more structured environments where patients know what to expect.

A simple 3 level model

Therapeutic activity is now organised into 3 levels:

- Recreational and social activities: quizzes, games, film nights and creative sessions.
- Structured therapeutic groups: focusing on wellbeing, daily living skills and similar themes.
- Specialist interventions: delivered by psychology and allied health professionals.

This makes it clear that therapeutic activity is everyone's responsibility and helps patients understand how each activity supports recovery.

Peer support at the centre

Peer support workers now play a key role on wards, offering understanding and hope through lived experience. Their sessions are built into evening and weekend timetables, when patients said support was most needed.

Promise 18

From 2023 invest, support and research the best models of therapeutic multi-disciplinary inpatient care, increasingly involving those with lived experience and expert carers in supporting our patients' recovery.

Investment in care

Funding from the Culture of Care programme has supported commissioned peer support, sensory and creative equipment, and activities delivered by community and voluntary partners.

This ensures activity provision is sustainable and not dependent on goodwill.

Activities shaped by patients

Wards now offer a wider range of patient informed activities, including creative sessions, gentle exercise, sensory friendly options, social groups and links with community organisations to support confidence and connection beyond discharge.

One activity requested consistently by patients and by clinicians was for more diversity of entertainment provision within our wards. As a result, Netflix will be coming to those wards, as an accompaniment to wider activities, not as an alternative.

Netflix switch on is planned for April 2026.

Part of everyday care

Therapeutic activity is now embedded into daily ward routines, with clear timetables displayed, including weekends. This has helped make wards more engaging, purposeful and recovery focused.

Looking ahead

There is more to learn and refine, but strong foundations are now in place. By listening to patients, supporting staff and investing in meaningful activity, every day on the ward now, offers opportunities for connection, purpose and recovery.

Peer support on wards

Peer support brings many benefits to both our patients and the ward environment, helping to create a sense of safety, understanding, and connection.

Our community partners, People Focused Group and S62 Community Together Rotherham, are peer support organisations that work alongside our wards. Using their lived experience and peer support skills, they help improve patients' feelings of empowerment, self-esteem, and confidence, enabling them to work towards their personal goals.

Peer support helps people feel less alone by connecting them with someone who has first-hand experience and can share openly and honestly. This shared understanding can be reassuring for both the peer supporter and the person receiving support and can help people better manage their lives and recovery.

It is often said that nobody is better placed to understand a person's hardship than someone who has lived through a similar experience. This is why Promise 1 having peer support workers at the heart of every service is so important, not only for the people who use our services but also for colleagues working on the wards.

Peer support matters because it offers:

- Understanding and compassion
- A safe, non-judgemental space

- Shared lived experience
- Personal growth and healing
- Meaningful and lasting connections.

What peer supporters offer:

- One-to-one conversations, providing a safe space to talk and share experiences
- Activity-based sessions that encourage participation, learning new skills, and building relationships
- Ongoing support beyond the ward, acting as a bridge back into the community
- Mentorship, offering guidance, personal insight, and practical advice from lived experience.

Peer supporters also help to improve the overall patient experience by providing valuable insight, supporting ward staff, and increasing patient engagement.

The People Focused Group and S62 Community Together Rotherham already have a number of peer support workers on our wards across the trust, contributing to patient wellbeing and improving the ward experience.

The Clinical Leadership Executive has agreed to expand further peer support at RDaSH in 2026, with roles joining all-age neurodiversity services and with a major expansion in peer support across community mental health care in Rotherham and further physical health services for adults, building on our cardiac and cancer initiatives in 2025.

Save the date:

AMM
Annual Members Meeting and...
10am to 4pm
@ Woodfield Park
Balby DN4 8QP

COMMUNITY FUN DAY
Doncaster
EVERYONE WELCOME



Meeting your future training needs

Our commitment to training and development.

The trust's training budget is the only protected budget across the organisation. To strengthen our investment in colleagues' development, this budget will increase by £75,000 in both 2026 and 2027.

What training is required in 2026 and 2027?

Investing in colleagues' skills remains essential to delivering our strategy, promises, and high-quality care. We will review training needs by drawing on organisational strategy and service priorities, changes in roles and practice, learning from previous years, and needs identified in Personal Development Reviews (PDRs).

All 23 of our directorates have contributed to this analysis. The result reflects the diversity of our services and staff groups, helping us

further support our most valuable asset, our colleagues.

What sort of training is needed?

The training needs identified for the coming year are:

- Digital Skills: Growing demand for training in electronic patient record systems, artificial intelligence, data interrogation and analysis and using data to support decision making. This also includes core digital literacy training to ensure colleagues have essential digital skills
- Leadership Development: Plans for focused development for line managers, particularly the trust's "555" line managers, recognising their vital role in delivering priorities and improving colleague experience
- Professional support: Training and guidance led by professional

leads for leads medics, allied health professionals, nursing, and administrative colleagues

- Specialist clinical skills
- Core skills
- Continuous Professional Development (CPD): Colleagues have asked for clearer CPD pathways.

Please note that Mandatory and Statutory Training (MaST) is not included in this training analysis.

How do I access any of this training?

The trust will work with a range of training providers to deliver the programmes identified above.

Each directorate has confirmed how many places they require and will nominate appropriate colleagues once the training becomes available.

The blessed month of Fasting, Ramadan

Ramadan is the month in which Muslims believe their holy scripture, the Qur'an, was revealed.

Muslims around the world fast during daylight hours throughout this month, using the time to strengthen their relationship with God and with humanity. It is also a period of giving, where individuals are encouraged to support those in need in their families and communities. Fasting is intended to cultivate empathy for those who are less fortunate.

Muslims believe that fasting is a duty prescribed by God, just as it was prescribed for Christians, Jews, and other Abrahamic traditions before them. During Ramadan, Muslims aim to increase their good deeds through prayer, reflection, and charity. The importance of fasting is mentioned in the Holy Qur'an:

"Believers, fasting has been made compulsory for you as it was made compulsory for the people before you, so that you become mindful of God." Chapter 2, Verse 183

Ramadan is the ninth month of the Islamic calendar and concludes with the celebration of Eid-ul-Fitr. This year, Ramadan started on the evening of Wednesday 18 February, and, depending on the sighting of the new moon, Eid-ul-Fitr is anticipated to fall on Thursday 19 March.



Those observing the fast will abstain from food and drink during daylight hours and gather for congregational prayers after sunset. The purpose of Ramadan is deeply personal. Whether fasting or not, many find it brings renewed energy, positivity, and an opportunity to reflect on their relationships with others.



Ramadan is also strongly associated with charity. Across the country, Muslims feel a heightened sense of compassion for those facing hardship and often increase their involvement with local charities, campaigns, and organisations supporting vulnerable members of the community.

It is reported that "The Prophet Muhammad (peace be upon him) was the most generous of all people, and he became even more generous in the month of Ramadan."

If you have any questions about patients and service users who need support during Ramadan or if you need guidance about fasting, please contact the Spiritual Care Centre.

To everyone observing this spiritual month: Ramadan Mubarak and Ramadan Kareem. Wishing you a blessed month.



The chaplains are happy to talk to all colleagues and patients regardless of faith or spiritual background.

You can contact the Spiritual Care Centre at Tickhill Road by email on rdash.chaplaincy@nhs.net or phone 03000 211165 and leave a message.

4 week waits: a patient perspective

Patients in Rotherham who are diagnosed with dementia are now accessing NHS memory services faster than anywhere else in the country.

Thanks to our trust meeting a maximum 4 week referral wait, the shortest across the NHS, patients and their families have more time to plan and prepare for the future.

In 2023, we set out in Promise 14 to reduce waits to 4-weeks and as of December 80% of services are now delivering a 4-week wait with all remaining services on track to meet the 4-week wait by 31 March 2026, apart from neurodiversity services. We have done this to improve patient care and experience.



Joan and John Bolan are pictured.

Staff and teams have worked innovatively, often redesigning services from the ground up, to make sure patients get the best care as quickly as possible.

The Rotherham Memory Service offers assessment, diagnosis, medication, advice, and referrals for people with suspected dementia. Patients and carers using the service have praised both the speed and quality of care they've received.

The Memory Service has recently been supporting Marie and daughters Tracey and Sue following Marie's dementia diagnosis late in 2025.

Tracey said: "The diagnosis was devastating and we thought we'd be waiting a while before we heard anything about help and support, so we were surprised when we received an appointment to attend the Centenary Clinic on Effingham Street so quickly.

"We had two meetings at the Clinic and Senior Nurse Michael Jones has also visited us at home, which has been so helpful.

"He's been a great support to Mum and to us, providing advice and reassurance. Everything he's helped with, big or small, has made an enormous difference."

"Mum's new medication was a concern for us, so Michael helped ensure the dosage was correct. She's now more settled and receives her medication in a pre-packed tray, which makes it much easier for her.

"He's also provided practical advice on safety around the house, helping her continue living independently for as long as possible.

"Amazingly, she's still able to get out and about on the Rotherham Community Transport Door to Door bus to go shopping, out for lunch and keep fit, so it's reassuring to know that this is helping with her cognitive skills."

She added: "I really can't thank the service enough for providing such excellent care and support so quickly."

John Bolan, 87, from Todwick, was referred to the Memory Service after experiencing hand tremors and received a diagnosis of Alzheimer's disease.

Within 4 weeks he began attending weekly Cognitive Simulation Therapy (CST) sessions at Rotherham Leisure Centre, accompanied by his wife, Joan.

The CST sessions are a 14-week programme offering group therapy for people with mild to moderate dementia or memory problems in community settings across Rotherham. The sessions

aim to improve memory, confidence, and self-esteem, using a variety of methods, including reminiscence activities and other exercises that engage all five senses.

John said: "The whole experience has been fantastic.

"The staff are caring and supportive, and the advice we received was invaluable. Sarah Sims, our Occupational Therapist, gently guides people, asking just the right questions to help them.

"I've worked in education all my life, and the standard of the sessions and staff expertise was exemplary.

John added: "I've got Alzheimer's, but it hasn't got me, and I'm making the best of every day."

In order to maximise the benefits of CST, carers are encouraged to attend the sessions and John's wife Joan said: "Being able to attend the sessions with him made a significant difference."

She added: "Usually, I just drop John off at appointments, so it was really helpful to be involved.

"We were given practical advice we could use at home, and we can't speak highly enough of the care we've received."

4 week waits: a team perspective

Innovation is helping drive waiting times down to just 4 weeks across the trust. In Doncaster, the Adult Community Mental Health teams have significantly reduced waits by redesigning processes, introducing new ways of working, and embracing more innovative approaches to care. As a result, patients are now being seen more quickly and efficiently than ever before.

This has involved:

- Introducing a named worker for each patient with all professions holding a caseload
- Strengthened role of duty team to support patients in crisis
- Triaging daily and getting out an appointment letter on day 2 of receiving the referral
- Prioritising patients allocated to the team by when they are still an inpatient with most patients being seen with 7 days of referral. No one is discharged without a named worker in place
- Introducing daily safety huddles which has improved patient flow
- Flexed resource across 4 localities to match demand
- Holding weekly data clinics to improve data quality and focus on performance.

The team has worked brilliantly together to design and embed these improvements, and they are now proud to offer every patient an appointment within 4 weeks. The changes have strengthened patient flow, improved the quality of care and provided better support for clinicians. A fantastic achievement by everyone involved.





The Quality Improvement Poster Contest *is back!*

Following the success of our inaugural event where we had over 60 entries, we are delighted to announce that in September 2026, we will once again host our Qi Poster Contest, with a **top prize of £5,000**.



Dr Diarmid Sinclair
Chief Medical Officer

Posters can showcase any audit, research project, or improvement initiative that has taken place, or is currently underway, since 1 January 2025.

The aim of the contest is to recognise and celebrate innovation, service development, and improvement work across all disciplines, clinical and non-clinical. This initiative supports individual clinicians, multi-professional teams, and leaders to document, test, evaluate, and peer review our practice.

Importantly, your project does not have to demonstrate success. Some of the most powerful learning comes from initiatives that did not achieve their intended outcomes. We actively welcome honest reflection, shared learning, and thoughtful evaluation.

The judging panel will be multi-professional, drawn from across the clinical leadership executive, and will include peers and patients, reflecting our commitment to collaboration and lived experience.

We have 4 categories:

- **most valued poster prize £500** voted for by delegates at our trust leaders' conference.
- **most impactful project or proposal prize £500** assessed by the judging panel for: impact, relevance and sustainability.
- **best study or project design prize £500** assessed by the judging panel for: rigor and design quality, engagement and innovation.
- **best Qi poster @RDaSH 2026 prize £5,000** assessed by the judging panel for: clarity, communication and innovation.

The closing date for submissions Tues 1 September. Email your posters to elaine.wainwright@nhs.net

Please **download** and use our **Qi template** which can be found on the staff intranet: <https://intranet.rdash.nhs.uk/communications/corporate-templates>

If you have any questions, then please contact Dr Diarmid Sinclair, our Chief Medical Officer, who will be heading the competition.



To see all the Qi posters from last year please scan the QR code

New app to go live in March

We are getting an app update that will offer a range of new features.

You can join groups, connect with your colleagues, make comments and respond, search for content in the 'Knowledgebase' and make someone's day by giving them a high 5.

Let's run through the new features...

Recognition: thank a colleague on the app such as Great Work, Giving Back, Helping Others, Something Special.

App feeds: see what's going on across the trust on the central news feed and from the groups you are part of.

Groups: join different groups and get the latest information and see comments and suggestions from other colleagues in that group e.g. professions, directorates or staff networks.

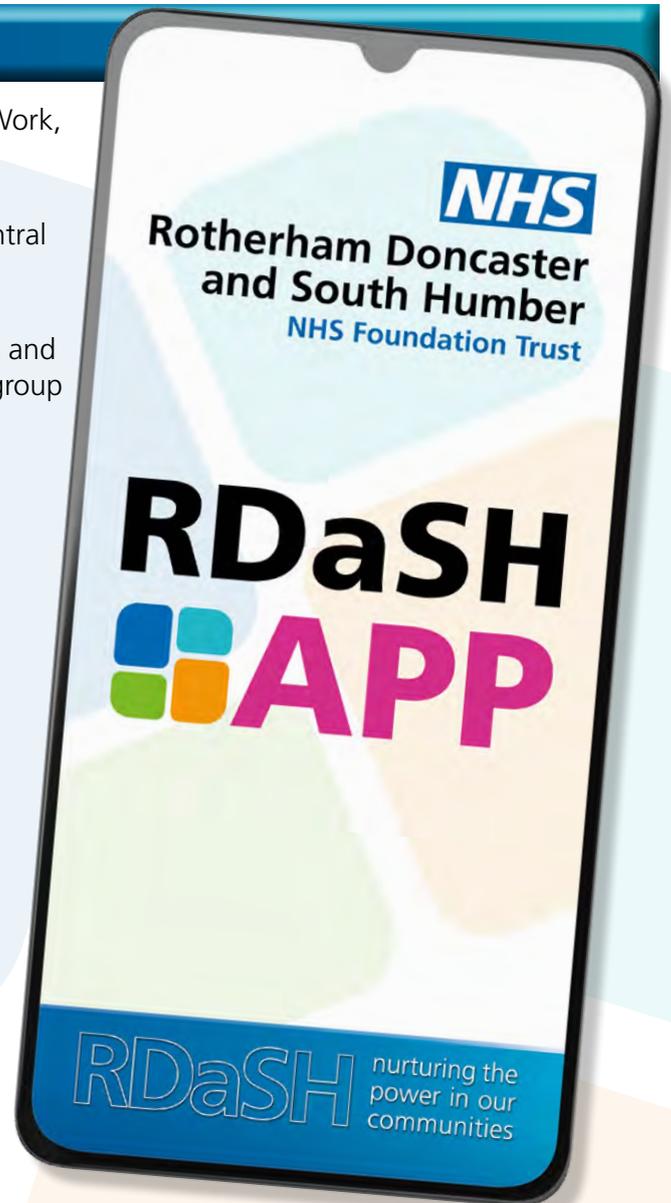
Trust events: see events that are applicable to the groups you are in.

User posts: send a post, for example "when is payday?" and a fellow user will be able to assist you.

App search: in the explore section, you can use the search bar to search the 'Knowledgebase' where all the current app content is stored.

Web version: you can access the app on a desktop, computer, tablet device.

Comment on posts: you can comment or like posts that other colleagues have submitted in the app, for example if you are a member of one of our staff networks? Then you can comment, ask questions and receive replies within your network.

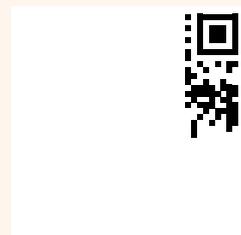


How do I get started when the app is updated?

Once the app auto update has been done, you will need to login via your trust email.

- Tap the 'login with hospital email details' button
- A pop up will appear, just **enter your trust email and password**
- Once authenticated, **complete the on-boarding form.**

If you are struggling to login, please contact rdash@myark.co.uk



If you don't already have the app you can download it by scanning the QR codes above.

There are still 1106 colleagues who have not yet logged on to Radar.

Since going live in May 2025, Radar has become an essential tool across the trust.

It now supports a wide range of processes, including incident reporting, risk management, mortality reviews, audits, Freedom to Speak Up and policy management.

However, out of the 4375 colleagues in our trust, there are still 1106 who have not yet logged into Radar. We are working to change this by April 2026.

It is important that all colleagues log into Radar so that you are ready to report incidents, raise new risks and record other key events when needed. You can find full guidance and resources on the Radar intranet page.

The first time you log in on both your PC and mobile phone, you'll be asked to set up multi factor authentication (MFA). Please use the guide for setting up MFA for Radar which is available on the intranet.

Need help? Contact rdash.radar@nhs.net

An incident is any event that results in or has the potential to result in harm or injury, patient dissatisfaction, or damage or loss of property. A patient safety incident is an unexpected or unintended event that could have, or did, cause harm to one or more patients receiving NHS care.

All incidents, including near misses, must be reported on Radar as soon as possible and within 24 hours of the incident, or of becoming aware of it. For advice or support, contact RDASH.PatientSafetyTeam@nhs.net

Risk management helps us identify issues early, put the right controls in place and protect our people, our patients and our services. Good risk management also supports better decision making and wiser use of resources.

Everyone has a role to play. All colleagues can propose a new risk on Radar, which will then be reviewed by your directorate and care group risk leads.

For support, contact rdash.risk-management@nhs.net



During our January learning half day, we hosted a face to face celebration event with our professional nurse advocates and professional advocates council. The session included a group Restorative Clinical Supervision session, and we were delighted to celebrate our newest members who recently completed their respective training programmes.

Here are some photos from the event:



Support from the council can be accessed via the inbox rdash.professional-nurse-advocates@nhs.net

Coming soon...

NHS



Your Hearts and Minds Staff L^Ottery.

You've got to be in it to win it!



Launching in April, the Our Hearts and Minds staff lottery is set to replace the trust's current staff lottery, with **big prizes up for grabs**

Even better, every ticket will help to support the health and wellbeing of our colleagues through Our Hearts and Minds charity.

Monthly tax-free prizes include:

- ★ 1st prize: **£500** ★ 2nd prize: **£150**
- ★ 3rd prize: **£100** ★ 2 prizes of: **£50**
- ★ 2 prizes of: **£25**



Plus, 3 times a year, you'll be in with a chance to win a **£1,200** voucher for either a holiday or a shopping spree.

Payments are automatically deducted from your pay.
Winnings are paid tax-free via payroll on the 28th of each month

North Lincolnshire News

New Year, New Base at the Elizabeth Quarter

We were delighted to kick off the new year by officially opening the doors to our new home at the Elizabeth Quarter, an exciting milestone for our services in North Lincolnshire

The opening celebration brought together colleagues, partners, and members of the local community, alongside Councillor Carol Ross, Mayor of North Lincolnshire, our Chief Executive Toby Lewis, and Chair Kathryn Lavery. It was wonderful to welcome so many people who came along to take a look around, meet the team, and help us celebrate this special moment.

The Elizabeth Quarter will be a new central hub for local support, offering a range of services for people across North Lincolnshire, including:

- Community mental health services
- Talking Therapies for adults experiencing anxiety and depression
- Learning Disability services
- Neurodiversity services
- Services for children and young people.

Designed with wellbeing in mind, the building provides a welcoming, accessible town-centre space where people can feel comfortable accessing the support they need.

Moving into a purpose-built building in the heart of the town is something we're incredibly proud of. This investment reflects a real commitment to improving mental health services for our communities and creating a better environment for both the people we support and our colleagues who work here every day.

We're excited about what the future holds at the Elizabeth Quarter and look forward to continuing to support the people of North Lincolnshire from our new base.



Left to right are Kathryn Lavery, Chair of our trust; Cllr Carol Ross, Mayor of North Lincolnshire; Cllr Robert Waltham, Chair of Health and Wellbeing Board, North Lincolnshire Council; Dave with Elliott the therapy dog.



Pictures from the opening.



Great Oaks Improvement Scheme update

Great Oaks Improvement Scheme update.

Things are certainly taking shape at our Great Oaks inpatient unit in Scunthorpe.

The refurbishments are well underway and already giving us a glimpse of how the new improved environment will support us to provide great care for our patients.

This investment also includes a much-improved space for assessing people who are experiencing a mental health crisis. Based in the outpatient area of Great Oaks, it includes a dedicated reception and waiting area. The improvement works will give more treatment rooms, and we've added a larger room which can be used for group therapy, providing a supportive place for shared experiences.



Tammy scoops top award



Tammy is pictured with some of our senior nursing team.

Well done to Tammy Roberts who has scooped a top award from the country's chief nurse.

Tammy, who works and lives in Scunthorpe, attended a meeting and was surprised to learn that instead of talking about physical health checks for people with serious mental illness. she was actually being presented with a

Chief Nursing Officer's Award from NHS England.

The award, presented by Julie Clennell, a regional director at NHS England, recognised the vital contribution Tammy makes in her role.

A community-based physical health and wellbeing assistant practitioner, who works in North Lincolnshire, and who previously worked at Great

Oaks, in Scunthorpe, said: "I'm still in shock. I love my job, I work with amazing people in my team, and I love my patients. It was so lovely to receive this award."

Steve Forsyth, Chief Nurse, said: "Tammy is such a hardworking and compassionate person who thoroughly deserves this award. Well done, Tammy, it's quite an accolade to receive this award and you really deserve it."

Shining Star Awards

We celebrated the best of the best from across the trust with our first Shining Stars of 2026.

Six colleagues received this prestigious recognition earlier in February when our Chair Kathryn Lavery visited them in their work areas to personally present them with their certificate, trophy and gift.

Chosen by Kathryn from all the trust award winners, the Shining Star Award is a significant accolade. It honours colleagues who truly demonstrate our trust values of:

- Supportive
- Reliable
- Open
- Caring and Safe
- Passionate
- Progressive.



Abigail Odum, Rehabilitation Staff Nurse, Hazel Ward, Doncaster.

Abigail demonstrated the trust values of "Caring and Safe". During an after action review, it became clear that she responded quickly and effectively to a deteriorating patient on the nurse led unit. Her prompt recognition and decisive actions prevented a cardiac arrest on the ward. Although the patient sadly passed away later in the acute trust,

Abigail's strong clinical judgement ensured concerns were escalated immediately and without hesitation.

She also supported her colleagues by arranging a debrief, giving everyone the chance to reflect and safeguarding their wellbeing after a challenging event. Her approach highlighted the importance of clinical judgement, critical thinking, and accountability in a nurse led environment. Well done, Abigail.



Mark Abercrombie, Informatics Doncaster

Mark has shown true commitment to the trust value of being "Progressive", and his nomination stood out because of the genuine appreciation for the support he has given a colleague over the past 12 months.

His colleague shared their thanks, explaining how Mark has made a significant difference across several care group projects and improvement plans. From supporting SystemOne queries, assisting with the AutoPlanner pilot, and helping set up appointment ledgers for the Neurodiversity service, Mark's guidance, knowledge, and consistent support have been invaluable.

Shining Star Awards



Prachi Goulding, Mental Health and Wellbeing Practitioner, Primary Care Mental Health and Wellbeing Hub, North Lincolnshire

Prachi won this Shining Star for powerfully demonstrating our “Open” value in her timely and impactful vlog. Her messages were insightful and emphasised the vital importance of inclusivity and taking proactive action to tackle racism and discrimination across RDASH.

She spoke with honesty, knowledge, and compassion about how staff experiences affect service delivery and care quality. Prachi highlighted the impact of subtle micro aggressions, “clumsy” language, and comments dismissed as “just banter,” reminding us that these behaviours must be recognised and challenged, even when harm isn’t intended. Her focus on education and awareness was both necessary and meaningful.

Thank you, Prachi, for your courage, transparency, and for delivering such a clear message: racism and discrimination will not be tolerated.



Tom Redding, Pathway Clinical Lead, Learning Disabilities Child and Adolescent Mental Health Service, Scunthorpe.

Tom received this award for his exceptional clinical practice, compassionate approach, and unwavering commitment to patient and staff safety. His calm leadership and willingness to step in during complex situations made a significant difference to a young person with highly challenging needs and to the wider staff team.

He is also an incredibly supportive leader. Despite overseeing services across Doncaster, Rotherham and North Lincolnshire, Tom remains approachable, available, and dedicated to supporting colleagues, including those facing personal challenges. His empathy, integrity, and expertise consistently strengthen the team and drive high quality care.

Tom truly deserves this recognition for his compassion, leadership, and outstanding contribution.

Shining Star Awards



Laura Hall, Advanced Clinical Practitioner, Home Treatment team at The Woodlands.

Laura has shown a strong commitment to our “Supportive” value. As a newly qualified Advanced Clinical Practitioner, she has willingly stepped in to provide vital senior support to the Home Treatment team during a period of consultant vacancy.

Her leadership and oversight of complex cases offered much needed stability at a critical time for the Crisis Resolution and Home Treatment team. Laura’s contribution has been pivotal in ensuring the continued delivery of a safe, caring service for our patients.



James Latham, Senior Physiotherapist, Learning Disabilities Physiotherapy team Rotherham.

James consistently demonstrates the trust value of “Reliable”. He is a highly valued member of the Learning Disabilities Physiotherapy team, providing exceptional care to all service users with compassion, professionalism, and his well known cheerful nature.

Families, carers, and service users frequently share positive feedback about the high quality support he delivers. His warm and social personality lifts team morale, and he is always ready to support those around him.

James is nominated in recognition of his hard work, team focused approach, and simply for being himself.

Could someone you know be our next Shining Star? Just head to the Staff Portal on the intranet and select which care group or backbone service the person is in and nominate them for an award.

Neurodiversity Centre opens its doors to patients

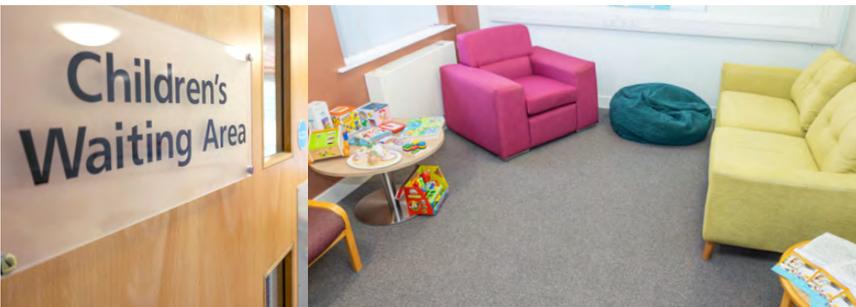


The new Doncaster Children's and Adult Neurodiversity Centre has officially opened its doors to patients earlier this month.

Based at the former Emerald Lodge building on Askern Road, Bentley, DN5 0JR, the centre offers improved, purpose-designed facilities for the assessment and treatment of people of all ages with attention deficit hyperactivity disorder (ADHD) and autism, as well as individuals with additional autism-related needs.

The centre has been designed with accessibility in mind. Free on-site parking is available, and for those travelling by public transport, several bus routes stop directly outside the building, making it easy for patients and families to attend appointments.

The opening of the centre marks an important step forward in improving local neurodiversity services and ensuring patients receive care in a welcoming, modern environment.



How to contact us:

• Children's 03000 215 984 • Adults 03000 215 805 Email: rdash.doncaster-neuropathway@nhs.net



Teaming up with Shiloh

One of our colleagues has been teaming up with homeless charity Shiloh to improve the mental wellbeing of Rotherham people who are homeless or at risk of being homeless.

Dan Kirk who is the Clinical Lead for the Safer Neighbourhood Service at our trust is part of Shiloh's

drop-in sessions. His role is unique to South Yorkshire and an essential part of the work that Shiloh does to support this vulnerable group of people. This work is a vital part of our Promise 10 of providing outstanding inclusion health care.

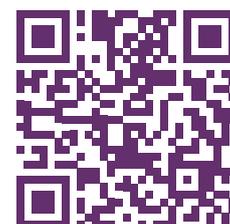
Dan said: "Guests often begin their journey with Shiloh because they need support with their basic needs, like food, showers and clothes. It's an opportunity for me to engage with vulnerable people who are often leading chaotic lives, to see how I can help them and ensure they don't fall through the cracks.

"I don't treat people here, but I assess, prescribe, triage to other services or arrange full assessments if they need it. I see many people who are really appreciative of the work I do with them. They appreciate being listened to and a steer in the right direction."

By working in this way Shiloh and Dan are helping to deliver on our promise 10.

The Shiloh charity offers support to adults who are homeless or at risk of becoming homeless by offering housing advice, education, training, creative activities and support for health and addictions. It also offers practical support like hot food. Clothing, bedding, free internet and computer access.

If you would like to support Shiloh and their welcoming drop-in centre at Station Road in Rotherham, please head to their website www.shilohrotherham.org.uk



Promise 10

Be recognised by 2027 as an outstanding provider of inclusion health care, implementing National Institute for Health and Care Excellence and NHS England guidance in full, in support of local Gypsy, Roma and travellers, sex workers, prisoners, people experiencing homelessness and misusing substances, and forced migrants.

Degree for Rotherham patient

Our Rotherham Assertive Outreach Team has supported a local patient to achieve his academic ambitions.

Austin, who is autistic and lives with several common mental health conditions, has been supported by the team to successfully complete a Bachelor of Science degree in Computing and System Development. He graduated with honours last year at the age of 43.

Reflecting on his journey, Austin said: "The team have helped me so much with regular visits to keep me on track. They worked around my study time and always made sure

my needs were met. I've been under the team for three years. I applied for the degree to challenge myself, and with the mental health support I received, including medication reviews and general support, my life became stable and secure, which gave me the tools to study."

Austin is now completing a master's degree in cyber security and has signed up to begin a PhD in Cyber Security and Advanced Computer

Networking. With continued support from the Assertive Outreach team, he hopes to complete his studies and gain employment in an academic setting.

Sasha Eyre, Clinical Lead, said: "The team provides flexible, person-centred community support for

people with complex mental health needs, supporting Austin has been a privilege and his dedication and success is truly inspiring, we are excited to see what his next chapter holds."



Congratulations Faye you're a star responder



Well done to Faye Braich, Clinical Lead and Cognitive Behavioural Psychotherapist, from our Rotherham Talking Therapies for being recognised as a Care Opinion star responder.

Faye's responses were perfect examples of best practice, demonstrating empathy, compassion and the importance of providing thoughtful, and full replies. Adding her profile picture helped to personalise the response.

These responses support our Promise 4 helping to put patient feedback at the heart of how care is delivered.

Here are some examples of Faye's responses, but you can read more on Care Opinion by visiting <https://www.careopinion.org.uk/services/rxedx> or scanning the QR code a quick link.



Patient: "They didn't ring"

I had my appointment time and date, and they never rang me on the time they said or at all that day then got a text saying I didn't attend the phone appointment and couldn't get through when I tried to rebook.

Faye's reply:

Good morning

I'm Faye, I'm the Clinical Lead at the Rotherham Talking Therapies service. I am so sorry to read that we didn't contact you at the time of your appointment and that the appointment was marked as not attended, and that you couldn't reach us when you tried to get in touch. That's really frustrating and I'm sorry your appointment didn't go ahead. Something has gone amiss here from our side it seems, and I'd really like to put it right as soon as possible.

Please could you call us on 03000 215108 and leave a message for Faye to call you? If you leave your name and date of birth I can find your notes, take a look into what happened with your appointment, and make sure we rearrange this appointment ASAP. If the call isn't picked up, please leave an answerphone message, as admin listen to these and will pass it on.

As soon as I hear from you, I'll prioritise looking into this.

Thank you for letting me know about this, I really appreciate it. I'm hopeful we can get this sorted quickly. I'll hopefully speak with you soon.

Kindest regards, Faye, Clinical Lead

Hi again

I just wanted to pop on and send you a message to say I haven't received a message from you yet, in case you'd left a message for admin and something has gone wrong. I'm working tomorrow and then I'm off until Tuesday next week.

I hope to hear from you so I can try and help with this, I'll continue to keep an eye out.

Take care of yourself.

Kindest regards,

Faye, Clinical Lead "Talking therapy"

Patient's reply:

It was an initial assessment, the person who conducted the assessment was very clear and concise, gave good explanations, gave me time to answer, listened and displayed empathy.

Faye's reply:

Good morning, I hope this message finds you well!

I'm Faye, I'm the Clinical Lead at Rotherham Talking Therapies. Thank you so much for sharing your experience of your assessment with me, I'm so pleased to hear that the appointment was concise and clear, that things were explained well, and that the clinician gave you ample time to share and displayed empathy when listening to you.

It sounds like your assessment went really well, and I hope that any further sessions are helpful for you too.

Thank you again for your time, it's truly appreciated. As a Clinical Lead I don't always get to hear about individual appointments and how they've gone, so this insight is really wonderful.

Take care, and I wish you all the best with the next steps.

Kindest regards, Faye, Clinical Lead.



What was good?
What could be better?



Supporting our workforce...Spotlight on the RDaSH Professional Nurse Advocate and Professional Advocate Council



Our Professional Nurse Advocate (PNA) and Professional Advocate (PA) Council continues to strengthen the wellbeing, development and resilience of colleagues across the trust.

The council is led by Roshanne Bottomley, Director of Nursing Backbone Services (pictured right), with deputy lead Emily Whitfield, Placement Learning Facilitator (pictured left), and plays a key role in promoting reflective practice and quality improvement throughout the organisation.

PNAs and PAs are registered healthcare

trained through the Advocating for Education and Quality Improvement (A EQUIP) model. They deliver Restorative Clinical Supervision (RCS), a supportive, confidential space where colleagues can pause, reflect, and process the emotional and professional pressures of clinical work.

RCS helps colleagues to:

- Restore and protect their wellbeing
- Build resilience
- Identify learning and development needs
- Strengthen compassionate and reflective leadership.

This approach ensures colleagues feel supported, valued, and equipped to continue delivering high quality, compassionate care.

We are proud to see our PNA network expanding across services. This year, we are delighted to welcome our first allied health Professional colleague, Light Chibuzor Caleb, who has now qualified as a Professional Advocate. This development marks an important step in broadening access to restorative

support across different professions and teams.

The PNA and PA Council offers a range of support, including:

- One to one Restorative Clinical Supervision sessions
- Group restorative sessions
- Advice and input for quality improvement initiatives

Any colleague can request support by contacting the PNA and PA in their care group or by emailing the council directly.

Working in the NHS can bring moments of real challenge. The PNA and PA network is here to ensure that no one navigates these pressures alone. Whether you need a reflective space, professional guidance, or support with emotional resilience, our advocates are ready to help.

Get in touch

For more information or to arrange support, please visit the intranet or contact the council at:

rdash.professional-nurse-advocates@nhs.net

First AHP Professional Advocate



Congratulations to Light Chibuzor Caleb for becoming the first allied health professional on our Professional Nurse Advocate and Professional Advocate Council.

Light, who is a Clinical Lead Occupational Therapist, said: "As the first occupational therapist and allied health professional to be part of the PNA and PA Council, I will be bringing an AHP perspective into conversations around workforce development, staff wellbeing, and quality of care, ensuring these discussions reflect the breadth and value of multidisciplinary practice.

"From an allied health professional perspective, it is incredibly positive to see the professional advocate role now open to AHPs. AHPs work across diverse settings and frequently support people with complex, long-term, and recovery-focused needs. Access to restorative clinical supervision that recognises these experiences is vital. Opening this role to AHPs feels like a natural and welcome step, supporting more inclusive, multidisciplinary approaches to staff wellbeing, learning,

and leadership across the trust.

"I will support colleagues through one-to-one and group reflective conversations, helping them to process experiences, build resilience, and reconnect with their professional values. The role is separate from management or performance processes and is centred on compassion, learning, and staff wellbeing.

"Personally, I feel incredibly proud and humbled by this achievement. Being the first occupational therapist and allied health professional on the Council is meaningful not just for me, but for what it represents, in terms of progress in recognising the value and contribution of AHPs across the trust. I hope it opens doors for greater multidisciplinary representation and inspires others to put themselves forward for similar opportunities."

Celebrating our apprentices

We are proud to be championing an “Apprenticeship First” approach, ensuring that everyone who joins our trust in a Band 2 or Band 3 role has the opportunity to undertake an apprenticeship.

We currently support 205 apprentices across the organisation, helping them to develop new skills, gain nationally recognised qualifications, and progress in their careers. A key part of our Promise 9 is to go beyond our apprentice levy requirements, and this work goes towards delivering on this commitment.

During National Apprenticeship Week (February 9 to 13), we celebrated the achievements of our apprentices, highlighted the wide range of learning opportunities available, and showcased how apprenticeships play a vital role in supporting career development across the trust.

We celebrated the achievements of our 2025 graduates at our annual ceremony hosted in partnership with Doncaster College’s catering students.

Congratulations to all our graduates!

Photos from the day can be viewed and download from our Facebook album: <https://www.facebook.com/media/set/?vanity=nhsrdash&set=a.1341227851366947>



Sam scoops apprenticeship award

Congratulations to Samantha Montgomery Millard, Learning and Development Facilitator, who has been awarded Apprentice of the Year in the Health Category at the RNN College Apprenticeship Awards.

Sam received the award in recognition of her outstanding dedication and resilience throughout her Senior Leader Healthcare Support Worker apprenticeship. Despite facing challenges along the way, she consistently demonstrated professionalism, determination and a commitment to high standards, qualities that impressed her tutor and led to her nomination for the Rotherham College Apprenticeship Awards, where she ultimately took home the win.

Since joining RDaSH, Sam has applied her learning directly into practice, enhancing how she delivers Clinical Skills Training and strengthening the support she provides to colleagues. A passionate advocate for apprenticeships, she frequently shares her learning journey at corporate induction to inspire others considering this career development route.

Never one to stand still, Sam is already planning her next steps and aims to progress to a Level 4 qualification. Huge congratulations, Sam, a truly well deserved achievement.



Flying the flag for talking therapies

Our Clinical Lead for Talking Therapies Selina Khunxhuna was recently featured on ITV Calendar, highlighting the valuable work of our Talking Therapies service and offering support and advice for people experiencing the winter blues.

The feature helped raise awareness of the service and the support available to those who may be struggling during the winter months.



Struggling with low mood? Feeling tearful? Worrying more often than not? Experiencing panic?

Talking Therapies can support you to get back to feeling like yourself again. You can self-refer to the free, confidential service by completing an online form at rdash.nhs.uk/services/nhs-talking-therapies or by calling for an assessment on: **Doncaster 03000 211556, Rotherham 03000 215108 or North Lincolnshire 03000 216165.**

Community Public Access Defibrillators

More people across our sites are set to benefit from access to life saving equipment thanks to a collaboration with Yorkshire Ambulance Service.

Mollie Soley, Senior Resuscitation Officer, and Chris Pym, Reducing Restrictive Interventions Lead, have recently teamed up with Yorkshire Ambulance Service to highlight and strengthen safe practices across our sites.

As part of this work, two new Community Public Access Defibrillators (CPADs) have been installed at the **Tickhill Road site in Doncaster**. One is located at **St Catherine's House at the entrance to Café Flourish**, and the other at **Tickhill Road site entrance between the Print Room and the Servery**.

At Swallownest Court in Rotherham, a CPAD has been installed at the **main entrance** to the building.

Our **Great Oaks** site on Ashby High Street in Scunthorpe is also well supported, sitting close to two existing CPADs **located at Hornsby Travel Services (0.2 miles) and The Salvation Army Worship and Community Centre (0.3 miles)**.

A defibrillator, also known as an Automated External Defibrillator (AED), is a small electronic device designed to enable minimally trained people to provide lifesaving defibrillation to someone experiencing sudden cardiac arrest.

The device analyses the heart rhythm, identifies whether a shock is required, and delivers the shock if needed. This brief pulse of electrical current can help restore the heart's normal rhythm. While no intervention can guarantee a 100% success rate, using a defibrillator may offer the casualty their best, and sometimes only, chance of survival.

CPADs are mounted in secure outdoor cabinets so the AED can be accessed 24 hours a day, 7 days a week, by anyone who needs it. This ensures more people can benefit from rapid access in an emergency, potentially saving more lives.

The cabinets are protected by a key code lock. The access code is provided when calling 999, helping ensure the equipment remains secure while still being readily available when needed.



New frailty centre early plans

We are developing plans for a new frailty centre and would like to hear your views on what the centre should look like and the services it should provide for our community.

Although plans are at a very early stage and a start date for building works has not yet been confirmed, the proposed location for this brand-new, purpose-built centre is on land opposite the Brodsworth and Cusworth wards at our Tickhill Road site.

We are keen to involve our partners, voluntary, community and social enterprise organisations, as well as people who use our services and their families, to help shape the development of the centre. This is a key part of our Promise 5 of involving our communities at every level of decision making.

We will keep you updated on our progress.

Outreach team supporting vulnerable people

Colleagues in our Aspire Outreach team have been doing their bit to improve the lives of their most vulnerable clients.

The team has been going out and connecting with their clients and other vulnerable people who find it hard to access the services provided by Aspire Drug and Alcohol Service.

In just 7 days over the festive season between December 24 and January 7, the team gave out 41 rucksacks filled with essential items including sleeping bags, self-inflating mattresses, dry sacks, torches and thermal cups filled with drinking sachets.

Of the 41 people who received a rucksack, 13 did not have an open referral with Aspire. The team managed to encourage 8 people to accept an assessment appointment with the service. Their work is a vital part of our Promise 10 to provide inclusion healthcare to hard-to-reach groups including people experiencing homelessness and misusing substances.



Fran Hewitt, Aspire Senior Outreach Case Manager.

Louise Braisby, Team Leader at Aspire, said: "Reaching into our community and connecting with our vulnerable clients and other people who are sleeping rough is a vital part of supporting their health and wellbeing. Some people cannot access the services they need, and we give out the rucksacks to start conversations and encourage them to seek help. A big thank you to Fran for driving this project forward."

If you are worried about your own or someone else's drink or drug problem, then contact Aspire for a confidential chat on 03000 213900.

Talking Therapies 'changed my life'

A man, who had a life-changing accident that left him in a wheelchair, is praising our Talking Therapy service for helping him accept his injury and is now tackling the stigma around getting support.

Paul Cooper thought he was 'useless' when he damaged his back in a former job and struggled with low mood.

After speaking to his GP, he signed up for support with our Talking Therapies. He was placed under the care of our specialist Talking Therapies for Long-term Conditions team, which helps people learn to live mentally well with a physical health condition.

Paul Cooper

Armed Forces Veteran and Talking Therapies Patient

Paul said: "I felt useless. I was a very active person at my job and at my hobbies, but then suddenly had my wife having to do all the work and care for me. My independence had gone.

"I wouldn't wish being in a wheelchair upon anyone. You see the world differently and how selfish people can be. However, Talking Therapies helped me come to terms with that. I now look at what I can do, rather than what I can't do. I know not to beat myself up if I can't do something that I could do in a previous life."

Paul, who had also served in the armed forces, had been apprehensive and judgemental about getting support. Now he is urging others to drop the stigma and get the help they need.

He added: "Therapy, and my therapist, changed my life, without a shadow of a doubt. It has changed my approach to life. It has also helped my wife who had to deal with me on difficult days.

"As a former serviceman, I know it's sometimes an all or nothing mentality. If you need help, ask. It's most definitely worth doing it, 100%. Give it your all, and it will change your life."

To watch Paul's story, head to our RDaSH YouTube channel or the RDaSH Talking Therapies social media pages.



Our talking therapies provide free, effective, confidential treatment for people over the age of 16, who are struggling with common signs and symptoms of depression and anxiety, such as low mood, feeling tearful or sad, worrying frequently or no longer doing things they used to enjoy.

The service, which also offers optional employment support to patients who are accessing treatment, can be accessed over the phone, via video call, text messaging or face to face at venues across Doncaster.

Doncaster residents can sign up for support themselves by completing an online self-referral form at rdash.nhs.uk/services/nhs-talking-therapies or by calling 03000 211556.



Road to Recovery: art and heritage project

Last summer, colleagues from New Beginnings teamed up with Heritage Doncaster to deliver a creative arts and heritage project for Balby Library.

Participants worked together to design and produce a striking large-scale artwork titled The Road to Recovery. The piece blends elements of Doncaster's Roman heritage with the group's own experiences of recovery, resilience and healing, creating a powerful visual story.

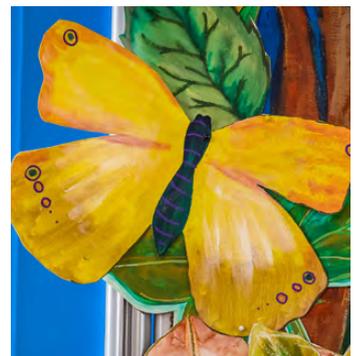
Local artist Jill Temporal supported the group throughout the project, guiding the artistic direction, teaching new creative skills and helping participants bring their ideas to life. The artwork aims not only to celebrate the group's achievements, but also to help increase understanding of the work done at New Beginnings and challenge the stigma that can still surround addiction.

The finished piece is now on display at Balby Library, where a celebratory opening event took place on Thursday 11 December. Participants came together to view their work, share their experiences and reflect on the impact of the project.

You can visit the artwork at Balby Library until the end of March. Later in the year, it will also be exhibited at Danum Gallery, Library and Museum, where more people will have the opportunity to explore the piece and learn about Doncaster's Roman roads and the group's creative journey.

A big thank you to Eleanor Beestin, Sheriff from Heritage Doncaster for leading the project.

Here are some photos from the event:



Photography kindly provided by James Mulkeen.



New chapter for the Recovery Games...

The Recovery Games is set to start a new and exciting chapter in its evolution.

Since the first Recovery Games in 2013, this annual event celebrating the achievements of people in recovery from drug and alcohol addiction has grown into a national fixture, attracting participants from across the UK and beyond.

Initially a local Doncaster grass roots event held by Aspire Drug and Alcohol Service, a partnership between our trust and registered charity, The Alcohol and Drug Service (ADS), the Recovery Games support and the movement for the games has become increasingly community driven.

Both RDaSH and ADS are delighted that community leaders have decided to set up an independent lived experience organisation to take the games into the future.

Toby Lewis, Chief Executive of our trust, said: "The Recovery Games began as a celebration of the work of Aspire Drug and Alcohol Service, a Doncaster-based service supporting people in recovery from substance misuse. It has grown into a strong community led event and movement and it is a great time to hand it over to the community, in line with the vision of RDaSH of nurturing the power in our communities."

Tim Young, Chief Executive of The Alcohol and Drug Service, said: "The Recovery Games has for many years been an inspiration for recovery and, the time is now right for it to move to where it should properly reside. Within the recovery community. I look forward to watching it continue to spread its positive message of hope and fun."

The Recovery Games will be headed up by Founder and Director Neil Firbank, who said: "I want to sincerely thank everyone across the partnership for their support over the past 12 years.

"This next step is about the spirit of the Recovery Games while creating new opportunities for it to grow, inspire, and spread its message of hope, connection, and fun to even more people.

"Without the support, belief, and commitment of Aspire and the wider drug and alcohol partnership, the games simply would not have reached the level of success it enjoys today. The Recovery Games will now focus on its next phase of growth as an independent organisation, building on the strong foundations laid through partnership working and shared vision."

If you or someone you know is experiencing drug or alcohol issues, please search for drug and alcohol services on our website or ring 03000 213900.

To know more about the Recovery Games please contact admin@recoverygames.org.



Your Hearts and Minds

Your Hearts and Minds charity

Change starts with a will

Change starts with a will, and yours could make a lasting difference.

By leaving a gift in your will to our charity, you can help ensure that we're able to support patients and families in the communities we serve. Because sometimes it's the smallest steps that leave the biggest legacy.

Write or update your will for free this spring

This spring, we've made it easier than ever to write or update your will. We've partnered with expert estate planners Octopus Legacy, so you can create or update your will at no cost*.

We'll cover the cost of your will up to £150, which means you can:

- Write a simple will for free, or
- Create a will with trust at a discounted rate.

Many of our supporters choose to leave a gift to our charity, but there is no obligation to do so when using this service.

Writing a will can bring peace of mind for you and your loved ones, and including a gift can help us continue providing vital palliative care now and in the future.

How to write or update your will

You can choose the option that suits you best:

- Online
- Over the phone
- At home or in-branch.

Please visit our Gifts in Wills page to sign up for our free wills offer:
<https://yourheartsandminds.org.uk/how-you-can-help/gifts-in-wills>



Alternatively, you can search for a local solicitor via the Law Society:
<https://www.lawsociety.org.uk/public/for-public-visitors/find-a-solicitor>



***Applies to simple wills only. Wills with trusts are also available at a discounted rate when you quote our charity name.**

Your Hearts and Minds

Community Grants update

In April 2025, we allocated grants worth £77,000 to 30 voluntary community and social enterprises, who are working in collaboration with RDaSH colleagues to support projects across Rotherham, Doncaster and North Lincolnshire, which make a real difference to those in need, and may not benefit from mainstream support.

Each of the projects aligns with our five key charity missions: A Good Start (children and young people); Our Best Self (mental wellbeing of patients and staff); RDaSH Research; Learning and Development and a Good Death.

In each edition of Trust Matters we share news on how they're progressing and how they're helping people in our local communities...

Feel Good Fridays support people living with dementia in Rotherham

A £1,000 Feel Good Friday Community Grant has helped Hand in Hand with Dementia in Rotherham continue to provide vital support for people living with dementia and their families.

The non-profit organisation runs a weekly group at the Rawmarsh Salvation Army Hall, welcoming people of all ages with a diagnosis of dementia. The group encourages social connection, helps reduce stigma, and provides a safe, supportive environment where people can openly share their experiences.

Members receive advice and guidance from experienced

volunteers, including retired mental health nurses, and have access to helpful information on dementia, behaviour changes and local support services. Alongside practical support, the group offers holistic therapies such as relaxation massage, music therapy and cognitive stimulation.

RDaSH Community Support Worker and Trustee for Hand in Hand with Dementia Trevor Hempshall shared how the funding has supported activities over recent months:

"It's been a busy few months since we received our funding. We've been able to continue our monthly holistic therapy sessions, which are always well received."

The group enjoyed a range of social and wellbeing activities throughout the year, including a boat trip from Swinton to Sprotbrough, a

Wimbledon-themed cream tea, gardening projects, health checks, and fundraising events such as a Macmillan Coffee Morning which raised £150.

With additional support from RotherFederation, members also launched a gentle exercise programme aimed at improving fitness, posture and confidence, supported by Places for People instructor Kevin Hind.

Seasonal celebrations brought the year to a close, including birthdays, Bonfire Night baking, and a festive Christmas party with a visit from Santa.

"Thank you from all of us to Your Hearts and Minds for helping us to make a difference for Rotherham people living with dementia."



The Feel Good Friday group enjoying their boat trip from Swinton to Sprotbrough.



THERAPY POOL APPEAL NEWS

Valentine's ☕ morning

Thanks to everyone who supported our Valentine's Care for a Cuppa event on Monday 9 February, which was organised our fantastic Learning Disabilities Team



Valentines Care for a Cuppa event.

We had an amazing turnout and raised a total of £366.70 so thank you to everyone who popped in for a Valentine's treat and a cuppa.

Jennie takes the leap on Valentine's Day



A huge thank you to our latest skydiver Jennie Pearce who braved the chilly February weather to jump 5,000 feet and experience the adrenaline rush of 120 feet of freefall at Skydive Hibaldstow on Saturday 14 February, raising £319 towards our Therapy Pool Appeal.

If you'd like to take the leap in 2026, please contact our Fundraising Team on email rdash.your-hearts-and-minds@nhs.net

St John's Hospice charity news

Memory Tree Leaves Lasting Legacy to Adwick Benefactor

We've unveiled our new Memory Tree, made possible thanks to the generosity of a local benefactor who wished to create a lasting memorial at the hospice.



The family of Norman and Mary Duck and members of St John's Hospice staff are pictured with the Memory Tree.

The bespoke Memory Tree, featuring 400 gold, silver and bronze leaves, has been created by sculptural artist Claudia Brown of Perspex Angel and installed at St John's Hospice. The project was funded through a significant legacy left by Norman Duck, who passed away at the hospice aged 91 in December 2024.

Norman, who worked for many years as a joiner at Cusworth Hall, lived in Adwick with his wife Mary. When Mary died at St John's Hospice in 2006, Norman was deeply grateful for the care she received. He generously donated £5,000 at the time and made the decision to leave a further legacy of £75k to the charity in his will.

When Norman became ill in 2024, he specifically asked to be cared for at St John's Hospice and was there for three weeks. He was visited by half-cousins Dave and Andy Richardson, who helped to care for him in later life, and his close friends Michael and Janis Jackson.

Dave Richardson said: "St John's Hospice provided wonderful care for both Norman and Mary, and this legacy in his will was his way of saying thank you.

"When we read his will and learned of his wishes, we discussed them with the staff at St John's and agreed that using some of the funds for the Memory Tree would be a fitting way to remember them both, while also helping to raise funds to support families for years to come."

He added: "We were invited to visit the Hospice to see the tree when it was installed and we know that Norman and Mary would be pleased with its design and the lovely plaque that tells their story."

Fundraising Manager Jenny Baynham added: "We are extremely grateful to Norman for bequeathing such a significant sum of money in his will. We rely heavily on charitable donations and legacies to raise the £680,000 it costs each year to keep our services running.

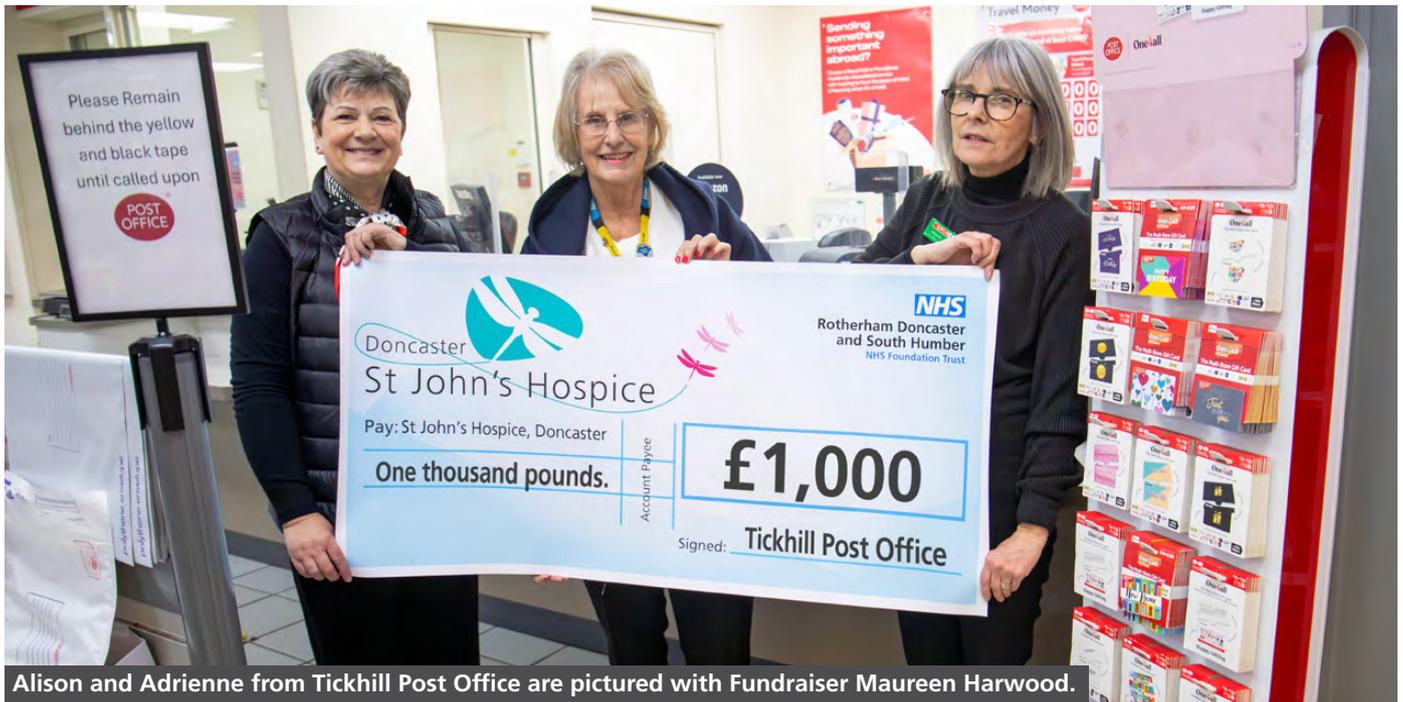
"The Memory Tree will feature tribute leaves available for a donation of £120 each. These can be engraved with the name of a loved one and placed on the tree for two years. The first leaves have, of course, been especially dedicated to Norman and Mary."

To make a dedication on the Memory Tree, please visit:
<https://yourheartsandminds.org.uk/st-johns-hospice-memory-tree>



St John's Hospice charity news

Tickhill Post Office gives Hospice a £1,000 boost



Alison and Adrienne from Tickhill Post Office are pictured with Fundraiser Maureen Harwood.

Big-hearted Post Office staff and customers have rallied together to give their local hospice a £1,000 boost for 2026.

Thanks to a Christmas Raffle and generous donations, the Tickhill Post Office team were able to donate the funds to St John's Hospice in early January.

St John's Hospice Fundraiser Maureen Harwood said: "As a local resident it's lovely to see the Tickhill community coming together to raise so much money for such an important local charity.

"On behalf of everyone at the Hospice I'd like to say a huge thank you for the amazing support!"

Pawsitively amazing support from Woof 'N' Tumble Dog Grooming Parlour

We'd like to say a big thank you to Michelle Goodwin and Jamie Wall from Mexborough Dog Grooming

Parlour Woof N Tumbler for kindly hosting a raffle in aid of St John's Hospice

Thanks also to all their wonderful customers who supported the raffle, together they raised an incredible £322 for our hospice!



Michelle and Jamie are pictured with Fundraiser Maureen Harwood at the Hospice

St John's Hospice charity news

Rossington charity runner set to take on the London Marathon

A Rossington woman is set to put her best foot forward at this year's London Marathon as she raises funds for our hospice.

Amanda Smith, 47, a Fraud Prevention Lead at the NHS Counter Fraud Authority, will join more than 55,000 runners at the Greenwich start line of the world-famous 26.2-mile race on Sunday, 26 April. She is running in aid of St John's Hospice, in memory of family friend Lynn Hissey, who received end-of-life care there in 2020.

Amanda said: "I wanted to raise funds as a way of saying thank you for the wonderful care Lynn received. She took up running at 60 and completed a 10k, so this feels like a fitting way to remember her."



Although Amanda has previously completed marathons in 2014 and 2017, this year's challenge holds special significance. Not only will it be her first London Marathon but taking part at all marks a major personal achievement.

Amanda lives with Lupus, and a flare-up, along with major surgery in 2023 left her unable to walk or work for two months.

She added: "I didn't run for over a year, and when I did return, I had to start from scratch. This will be an emotional run for me personally, but when I learned how much the hospice needs to raise through charity fundraising each year, it felt right to take on the challenge and help."

Amanda is now in week five of her 16-week training plan, hitting the pavements four times a week, training twice with Doncaster Harriers Running Club and completing the remaining runs solo.



Anyone wishing to sponsor Amanda can visit her Just Giving page at: https://www.justgiving.com/page/ananda-smith-1765369900634?utm_medium=FR&utm_source=LI

St John's Hospice charity news

Date for your diary...

Easter Coffee Morning

27 March 2026

10am - 1pm

**Join us for cake & refreshments,
stalls, crafts, tombola,
and lots more**

at St John's Information Centre

For more information, please call 0300 021 4871 or
email rdash.stjohns-hospice-fundraising-team@nhs.net



REGISTERED CHARITY NO: 1055641

Your Right 2 Be Heard

This is where you can get in touch about topic of interest, either work related or something else. Here are the latest questions people have sent in.

Q: *I heard that some vehicles are speeding on the Tickhill Road site and wondered if you had considered putting speed humps on the roads?*

A: We do have speed humps already, and signage. Working with peers we have been monitoring speed of individual cars and talking with drivers about their behaviour and the risks they create. As we finalise site plans for the future of Tickhill Road we will consider what short term measures might put in place to change road access around the site.

Simon Sheppard, Director of Finance and Estates.

Q: *I noticed in one of Toby's vlogs he mentions a new staff app. Where is the money coming from?*

A: The App is free to the trust to use and is used by many other trusts nationally. We hope that the upgrade of the App will help us to communicate better internally. Communication is a cost, but communication is the commonest theme of healthcare error and a constant source of staff comment, so it's a worthwhile step to try and improve.

Jo McDonough, Director of Strategic Development.

Q: *Does the canteen on the Tickhill Road site ever have any excess or unwanted food? Sometimes when I go in, there looks like there is a lot of food it's nearly closing time. If there are any food leftovers, could this be given to colleagues, at the end of each day, rather than being wasted?*

A: Our food waste currently is used to generate heat and power for the local community. It is all well used! However, we are always open to other ideas, and we work closely with a number of food banks and other local agencies and are exploring what more we can do to make sure nothing goes to waste. That is why we have funded Food Cupboards for students, staff and volunteers Trust-wide and are creating community food resources too, so that staff do not feel a need to buy from their own money for our patients in need. All of this is a big part of promise 6 and promise 27 – and just what we do because of our values.

Lisa Grandcourt has a great vlog out that talks to this on our intranet site.

Toby Lewis, Chief Executive.

Q: *We've got budget cuts but why are we still spending a lot of money on long service awards, when the money could be used elsewhere?*

A: Thanks for this. We are recognising service, so this is a good investment, because the costs and loss from turnover are significant. Remember as a trust we are both cutting budgets and investing. It is right we recognise distinguished service within RDaSH, and our 2025/26 ceremony takes place in Rotherham on Tuesday 3 March.

Jo McDonough, Director of Strategic Development.

Please send us your letters either by email to rdash.rdashcommunications@nhs.net or you can post them to us, anonymously or with your name, to Woodfield House, Tickhill Road, Doncaster.

Toby's last word... stepping confidently into 2026

In December, Trust Matters celebrated short waiting times at the trust. Just as in October, we recognised the progress made with volunteering.

2025 has seen a big step up in the delivery of the strategy we agreed with local communities two years before. Not just the Real Living Wage, but tangible improvements in patient feedback, through Care Opinion, work on veterans' health, education, and the opening of Burns Court.

This month, we focus a little on the continued work to improve inpatient care quality. We should be proud that Rotherham and Doncaster have stopped making out of area placements. With the refurbishment of Great Oaks due to finish in late May, we are hopeful to address placements in North Lincolnshire too. Just as importantly Trust Matters highlights changes to put our 7-day therapeutic care activities into place. Something we will track with the same rigour as safer staffing, because it too reflects care quality and the safety of those working to provide care.

Getting our budgets right

Our children's care group, and two thirds of our 10 corporate directorates, now have approved delegated budgets from April. This matters because local leaders will make better choices than any central team. Delegation reflects hard work to persuade very senior leaders that we can safely provide care with available resources. In the remaining days, directorates that did not pass first time will have another chance to earn autonomy and authority over multi-million-pound budgets.

Clearly living within those budgets includes successful implementation of organisational change schemes, out to consultation right now. Any delay to that process adds £0.5m to our cost reduction scheme

per month. Staff involvement in change has been compelling since we started on February 2, and all alternative ideas will be looked at seriously through our steering group. March 5 is our deadline to make decision on alternative proposals.

Getting our processes right

I could have chosen all manner of examples to amplify this point. But let's start with the basics. If you need something from our Estates team you need to 'log the job' through our Estate Helpdesk, in the same way you would with IT. This allows us to prioritise according to need and to track how long something takes.

You know that we have a drive to make best use of the Radar product. Over 1106 people presently have never logged in. This means you are missing out on access to risk registers, National Institute for Health and Care Excellence guidance and incident reporting, each of which feel very fundamental to patient care across the trust.

Making learning real

This month sees the launch of our second annual Quality Improvement poster contest, the one with the bumper £5k prize. The adjudication and ceremony will happen in September, but it is never too early start designing your entry.

Since the start of 2026, Learning Matters has launched. Allied to the Patient Safety Incident Reporting Framework, this represents a concerted effort to make sure we learn from errors or reported excellence. Our engagement and disengagement policies are directly drawn from local weaknesses in care. We need to be open when things go wrong and look to reduce likelihood of recurrence.

Learning from our patients, carers and communities.



It would be wrong of me not to continue to highlight Care Opinion as a remarkable asset or tool for us. For many services we are seeing high volumes of feedback, with a richness we had not seen before 2025. This year we need to tackle low feedback areas. Meanwhile, massive thanks to all our Care Opinion responders. A roll call of honour will be the centre spread of April's Trust Matters.

Experience does matter, and that explains why I am thrilled to attend this year's Distinguished Service awards, hosted by our Chair Kathryn Lavery. We held two well attended ceremonies in 2025. As we look to recognise expertise and resilience, there will be pictures and reflections from 2026 in next time's Trust Matters.

Also, next time I will explain far more about our communities' leadership executive (CoLE). A body designed to complement and challenge our clinical leadership executive (CLE) and Board. Just as the Trust People Council helps us to hear from employee leaders, in staff networks, trade unions, and other leadership traditions, the shadow CLE will help us to keep it real and look to prioritise change in areas that truly matter to those we care for locally.

@TobyLewis_NHS