The people of Rotherham were once again invited to step out of the shadows and shine this year with Reshape Rotherham, our free NHS weight loss service.

Anyone enrolling on and regularly attending the course between January and April was automatically entered into the popular ‘Star for a Day’ competition, a free prize draw with a chance to win a range of prizes, including a makeover and photo-shoot, tickets to a Rotherham United Football Club (RUFC) match and a month’s free membership for a local gym.

Reshape Rotherham is an adult weight management programme, designed to help people make long-term changes towards a healthier diet and lifestyle; it is friendly and fun and is delivered in various community venues around Rotherham.

Alyson Fedak, Weight Management Team Leader said; “We are really proud to report that 88% of people attending Reshape lose weight. At Reshape, we encourage people to eat a balanced diet and still have those little treats; everything in moderation. Well done to our prize winners Catherine, Charles and Raymond and a big thank you to our prize sponsors!”

First prize winner, Catherine Froggatt from Mexborough was referred to Reshape Rotherham by the Diabetes Service. Catherine lost approximately one and a half stone on the 10 week programme; she said: “Reshape Rotherham has educated me on healthy eating and also on ways to keep eating under control. I really enjoyed the course and winning the make-over and photo-shoot was a really pleasant surprise. It’s not often I find time to be pampered; I had a great day and to make the most of the occasion, I also went out for a meal with my husband.”

Charles Jeffcoate from Kilnhurst was the lucky winner of the RUFC match tickets. Charles lost an amazing nine stone since joining the Reshape Rotherham programme and is still continuing with his healthier diet and lifestyle. Charles said: “Since completing the Reshape programme I am much more mobile, I cook healthier meals and I now plan to start a four week cooking course. Overall I really enjoyed the programme and meeting the other people on the course; I certainly didn’t expect to win anything!”

The final winner, Raymond Taylor from Sheffield, was referred to Reshape following regular increases in his insulin and an increase in weight. Raymond said: “The ten week course allows you to get used to a new way of eating and gives you greater knowledge about food and its effects on weight and medication. Because of Reshape, I have been able to greatly reduce my insulin doses and it was extremely useful to be monitored and advised each week in this regard. Reshape Rotherham is an excellent programme and I would recommend it to anyone.”

The Trust would like to say a special thank you to competition sponsors Sorby’s Hair and Beauty, RUFC, BodyScene Health and Leisure Club and Video and Memories in Rotherham.

For more information on the Reshape Rotherham programme please contact Alyson Fedak, Weight Management Team leader on 01709 427725.
TRFT Ear Care Staff battle bad weather to train nurses in Ireland

TRFT’s Head of Primary Ear Care and Audiology, Linda Mills and Specialist Nurse Lecturer, Gwen Cragg recently battled the elements to provide update training for Ear Care nurses in Northern Ireland.

On Sunday 24th March, Linda and Gwen travelled to Craigavon Area Hospital, braving the extreme wintry conditions both in England and Northern Ireland, to provide an ear care update for nurses from various parts of Northern Ireland.

The large amount of snow that fell resulted in road closures, which made their drive from the airport a very difficult one to negotiate, but Linda and Gwen would not give up; Linda said; “We did not want to cancel this training, it had been 3 years in the planning and ENT nurses had travelled from all over Northern Ireland to access the training we were going to provide.”

Many of the nurses who attended have also previously completed the Rotherham Primary Ear Care Diploma. The diploma, which consists of a five day course and a following 3 months clinical experience, is quality assured by Sheffield University and nurses attending the diploma are required to pass not only a written exam but also a viva carried out by an ENT Consultant.

TRFT is considered to be a national centre for ear care and so this training is a big part of what the service do. In total, there are 30 primary ear care trainers UK wide who teach the Centre’s study days. The trainers are nurses who are heavily involved in ear care in either primary or secondary care. They have attended and passed the Primary Ear Care Diploma and also the ‘Training for Trainers’ course.

As part of her role in Ear Care education, Linda will go out and observe the trainers every few years, to ensure the training being provided is of high quality and is consistent.

Linda said “We provide training throughout the country and have been to train ENT nurses in Northern Ireland several times, but this was the first time we have provided update training to these nurses. They were very pleased to have us there and the press also arrived to publicise our visit to the hospital.”

Linda Mills and Specialist Nurse Lecturer, Gwen Cragg battled the elements to provide update training for Ear Care nurses in Northern Ireland.