

Issue 22 June 2009



Here come the Boyz!



Ronan, Keith & Shayne met with patients and staff at Whiston Hospital.

Full story inside!

PLUS

Trust records lowest MRSA rate in the North West



What's inside:



International Nurses Day

Long Service Awards



Building Update



Employee of the Month



April: Edna Monks

House Keeper, Coronary Care Unit

Reason for Nomination:

Edna's dedication and attention to detail have helped maintain a nursing environment of the highest order. Edna is always prepared to go the extra mile, particularly during the Patient Environment Assessment Team visit. Edna's friendly personality puts patients at ease and makes her a popular member of our team. Edna has recently extended her working hours from 2 days a week to full time and has continued to achieve high standards.

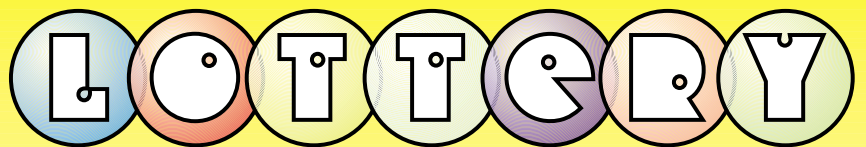
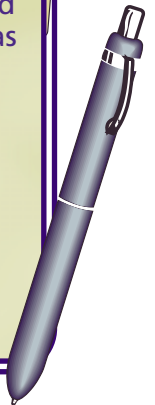


May: Donnas Wilkinson

Ward Manager / Burn Nurse Specialist

Reason for Nomination:

Donnas is a tower of strength for the unit and is respected and loved by her patients. Donnas established a clothes bank for burns patients from house fires who have no clothes for going home, she visits patients outside the hospital following treatment and is always available for patients. Donnas is instrumental to creating a centre of excellence for Burns treatment and in helping the ward become the Trust's first 'Ward of Excellence'.



TRUST

RESULTS

The Lottery results for the draws which took place in February and March are:

April 2009

- £1,500 Stephen Murphy, Portering Dept. Whiston
- £500 William Marsden, IT Dept. Whiston
- £100 Mark Bottel, Operating Theatres, Whiston
- £50 Janet Croft, Outpatients Dept. Whiston
- £25 Geraldine Hewitt, Ward E2, Whiston
- £25 Clare Baker, Human Resources, Whiston

May 2009

- £1,500 Lesley Murray, Allen Day Unit, St Helens
- £500 James Jones, Hotel Services, Whiston
- £100 John Foo, Workforce Planning, Whiston
- £50 Christine Melling, Seddon Suite, St Helens
- £25 Tina Clarke, Pharmacy, St Helens
- £25 Sandra Clegg, Medical Secretaries, St Helens

Note: Prizes can only be issued to lottery participants who have paid all due contributions. In the case of deductions not being made from your pay, please contact the Finance Department on extension 1121. Your payslip should show a separate deduction described as LOTTERY and the amount deducted (£1 for each number).

TRUST BEATS MRSA TARGETS



L-R: Michelle Leadbeater, Healthcare Assistant, Sue Barnes, Patient and Shirley Bond, Healthcare Assistant on Elyn Lodge at St Helens.

The Trust has the lowest MRSA infection rate in the North West and the fourth lowest rate in England, after beating its targets set by the Department of Health.

This huge achievement has been made through the commitment of all staff within the Trust to combat infections and shows that the infection control measures in place are helping to improve patient care.

Praising the Trust, patient Sue Barnes, from St Helens, said: "The cleanliness is exceptional and the staff are very thorough. Staff all use their hand gels and are always willing to do that little bit extra to help keep things tidy. I feel very well looked after as a patient."

Ann Marr, Chief Executive said: "These figures show that we are providing exceptionally high standards of care to our patients. We will continue to be vigilant and committed in our infection control to ensure that standards at Whiston and St Helens hospitals are the very best they can be."

New Treatment saves Saints Fan's sight

A rugby fan's eye sight has been saved thanks to a new form of treatment provided by the Trust.

Lifelong Saints fan Norman Jackson, 66 from St Helens, was diagnosed with age related macular degeneration (AMD) and faced the prospect of going blind in one eye, meaning he would miss out on watching the budding rugby careers of his two grandsons. He said: 'When I was watching a game I noticed that the lines were blurred and I was having blackspots.'

Norman was treated for his condition at the Eye Clinic using a new procedure which involves injecting a drug into the eye to prevent weak blood vessels from impairing the vision. He said: 'When the doctor told me they would be injecting my eye, I was anxious at first. But the initial thought was more worrying than the actual procedure and now the injections don't bother me at all.'

'I've been exceptionally well treated by all the staff here and I'm over the moon with the treatment. My eye sight is 1000% better and now when I watch my grandsons play I can see everything without any distortion. I can even see if the referee has made the right decision and if not I'll let him know about it!



Eye Patient, Norman Jackson reading the latest rugby news thanks to his treatment

Diabetes team take top award



The Diabetes team show off their Diabetes UK Shared Practice Award

The Diabetes team at St Helens Hospital have won the first ever Diabetes UK Shared Practice Award for their pioneering Diabetes Education through Adult Learning (DEAL) scheme.

The Trust's Diabetes team beat competition from 12 other finalists from across the UK to win the award for this innovative scheme, set up by Dr Kevin Hardy, Director of Clinical Strategy, Consultant.

DEAL offers a comprehensive range of educational programmes involving workshops and group sessions, empowering patients and their careers by giving them the skills and

confidence to manage their diabetes. The scheme is unique in addressing the needs of all people with diabetes within the population.

Winning this prestigious award is a huge credit to Dr Hardy and all the Diabetes team and highlights the excellent patient care being provided by the Trust.

Nicola MacMillan, a self-help author and artist from Haydock is one of the patients benefiting from DEAL. She says: "This is a brilliant service. It has helped me feel confident and better in myself. By talking to other people with diabetes you don't feel alone and can learn from what others are going through. The staff are wonderful, open and compassionate. I'm looking forward to my next session!"

Customer Service Excellence for Rheumatology

The Rheumatology Unit has achieved the Customer Service Excellence Standard for its patient care - adding to the team's recent People's Choice Award.

Customer Service Excellence (CSE) is a Government standard for public services, aimed at developing professional concepts of customer service.

The Rheumatology Unit was the first in the Trust to undertake the scheme and passed with flying colours. The assessors' report noted the 'can-do' attitude of the Unit and identified 'an excellent culture of putting the customer at the heart of everything they did'. The report said staff were, 'very committed and extremely willing to respond to patient views' and it noted that patient consultation was high on the agenda.

The report highlighted the 'state of the art facilities' of St Helens Hospital and the alternative access the unit provides through a range of appointment times and venues, including evening clinics. It also noted that service standards were transparent and in line with local and government directives, that

targets were met and that information was provided to patients regularly.

Gaining the CSE standard further underlines the quality of patient care being delivered by the team, which made them the People's Choice in this year's Annual Staff Awards.

Patients' views:

- The Rheumatology Department is excellent.'
- 'You are a patient, not a number.'
- 'I love it here because of the continuity of care provided.'



Team members from the Rheumatology Unit show off their Customer Service Excellence certificate.

Stroke Awareness

A stroke awareness event held by the Trust has helped patients gain advice and information on dealing with life after having a stroke.

This was the second year the Trust held the event as part of Stroke Awareness Week in May. The event was very well attended and representatives from the Acute Stroke Unit, winners of the Team of the Year and the Stroke Association provided displays and offered their help and advice to stroke sufferers. Dr Tom Smith and Dr Vinod Gouda gave talks outlining the benefits of the stroke service and patient Hugh Chisholm described his experiences of suffering a stroke and the excellent care he had been given.



Andrea Darnell, Ward Sister, Consultant Dr Vinod Gouda and Cheryl Lancaster Physiotherapist, who have cared for Hugh.



Mr Chisholm, 66 from Billinge later said: "The specialist stroke rehabilitation unit are fantastic. Local people are very fortunate to have this service available to them, they are a first class team and I couldn't praise them highly enough. An important part of the therapy is communicating and educating people on how they can cope with their condition and rebuild their lives. The team strive very hard to achieve the best possible results for the patient. I owe them a debt of gratitude I can never repay."

Providing help and advice about stroke services.

Sing song in Seddon Suite



Patients and staff on Seddon Suite, St Helens Hospital were treated to an afternoon sing song to help keep active and raise spirits.

Sandra Currie, self employed singer from Widnes, entertained the ward with some of the old classics as patients sang along and helped out with percussion instruments.

Patients immensely enjoyed their afternoon sing song.

Leonard Yates from St Helens said: 'It brightens up the day and it's very entertaining.'

Leonard also praised the staff

Patients Edith Hurst and Leonard Yates with singer Sandra Currie and Kate Neill, Physiotherapist and Pamela Bateman-Lee Therapy Assistant.

on the ward; 'Everybody is very attentive,' he said. 'You're treated as a person rather than a patient and I've been looked after very well.'



Singer Sandra Currie, entertaining Seddon Suite.

Wards of Excellence - G7



Pat Major, presents staff on G7 with their Ward of Excellence certificate.

Congratulations to G7 who join the Burns Unit and ward D3 as a recognised 'Ward of Excellence'.

Gaining 'Ward of Excellence' status is a massive team achievement for the wards involved and illustrates the fantastic work carried out by staff to provide the highest standards of patient care. Well done, and keep up the good work!

Productive Ward Update

The Trust has adopted the national 'Productive Ward' programme designed to maintain and improve nursing standards.

This programme allows the ward team to analyse the way they work and improve the processes on their ward to increase the amount of time spent directly caring for patients. These improvements include more efficient handovers, reducing time taken on medicine rounds and better organisation of resources.

The Trust aims to have all wards on-line before entering the new Whiston Hospital. At present there are 15 wards on the programme and they will be joined by another 12 wards every 12 weeks until the end of December.

Wards currently working through the programme are:

- Cohort 1-C2, B2, D3
- Cohort 2- D2, C1, K3, Duffy Suite, Sanderson Suite, F1
- Cohort 3 – C3, SAU, H4, B1, G2, G3



Productive Ward Project Lead, Anne Hyson (centre) with Productive Ward Facilitators; Maria Stead (left) and Karen Ledsham (right).



Mums and babies from the Breast Feeding Clinic with the Infant Feeding Team

Breast Feeding Awareness

It was Breast Feeding Awareness week from 10th – 16th May and the Infant feeding Team marked the occasion during their weekly Breast Feeding Drop in Clinics at Whiston Hospital.

The Drop In Clinics take place from 10am – 12 noon every Friday and are a great opportunity for mums and babies to get together. Members from the Infant Feeding Team are on hand to offer their support and advice and to monitor the progress of the children.

Nurses Day 09

NURSES' DAY

The fantastic work of our nursing staff was celebrated by the Trust as part of International Nurses Day.



Gill Core, Director of Nursing, Midwifery & Governance chats with Practice Education Facilitators

This special day is recognised around the world on the 12th May – the anniversary of Florence Nightingale's birth and highlights the devoted hard work of the nursing profession.

Staff from the Trust attended a commemorative event at the Recreation Hall in Whiston Hospital, with display stands from wards and departments across the Trust showcasing their achievements. This was followed by a service in the chapel in honour of colleagues past and present.

In her welcome speech, Gill Core Director of Nursing, Midwifery & Governance, said the event celebrated the work and commitment of nurses and thanked everyone for taking part.



Ward Managers modeling their new tunics



Nursing staff sharing their expertise



Sue Page, Midwife and Nicki Jones, Infant Feeding Co-ordinator at Asda in Huyton.

winner, Nicki Jones, set up information stands at local supermarkets; Morrisons in St Helens and Asda in Huyton. The team were on hand to offer midwifery tips and advice to members of the public and did an excellent job of representing the Trust in the community.

Sharon Jones, Staff Midwife and Pam Lee, Healthcare Assistant at Morrisons in St Helens.

International Day of the Midwife

Members from the midwives team at the Trust went out into the local community to raise awareness of International Day of the Midwife on May 5th and promote breast feeding to mothers.



Learn At work



Emma Ashton, Education Facilitator helping members of staff.

Over 100 staff attended the recent Learn at Work days at Whiston & St Helens hospitals aimed at encouraging and promoting further development, as part of National Adult Learners Week.

These two hugely successful events were organised by the Learning & Development team who were joined by exhibits from the Library, IT, Clinical Governance, Unison and the Village Hotel as well as students from St Helens College who were on hand to offer visitors an Indian head massage.

The Learning & Development team provided advice and information on all in house training, such as Skills for Life, 1st aid courses, and a wide range of NVQ courses in areas such as Healthcare, Business Administration, Customer Service and in the LAMDI Management Programme which covers NVQ levels 2 to 5 in management. The team also promoted the new Conflict Resolution course and violence & aggression training.

For further information on training and further development email: central.bookings@sthk.nhs.uk.

Work and Well Being

The Trust's Work & Well Being Day was a great success as staff turned out in large numbers for advice on keeping in good health.

Pat Major, Assistant Director of Nursing Services, opened the event saying, 'its really important for staff to know how much they are appreciated and supported,' before thanking all who were exhibiting and who attended the day.

Exhibitors at the Postgraduate Centre, Whiston Hospital included the Human Resources Directorate highlighting the results of the staff satisfaction survey, Strategic Planning displaying the new Whiston Hospital, Occupational Health advising on a healthier working environment as well as Spiritual Care, The Productive Ward team, Halton & St Helens PCT and the St Helens Health Improvement Team.



Healthy eating advice at the Work and Well Being Day.



Healthy working

Following a Work and Well Being audit tackling work related health issues, Occupational Health staff helped the Informatics team to get more active.

65 Informatics staff were given blood pressure checks and issued with pedometers as they rose to the challenge of taking 10,000 steps per week by walking up the stairs instead of taking the lifts and taking a lunchtime lakeside stroll in the Alexandra Park grounds.

Jackie Bennett having her blood pressure checked by Karen Brayley.

Cutting out Conflict

The Trust has a new team in place to tackle conflict and help staff feel safe in their environment.

Six employees have successfully achieved the assessment requirements in becoming trainers of the National Syllabus in Conflict Resolution Training.

They are Alison Carroll, Emma Ashton and Sharon Hill of Learning and Development, Julie Dallman and Julie Johnson of A&E plus Louisa Griffiths, Community Midwife. They have been joined by John Morgan from the Medical Care Group, who is an established trainer.

The team is delivering full-day interactive sessions to help staff identify causes of conflict and how to resolve them.

A wide range of dates are available for the training and a risk assessment tool is available to identify staff who require the training. For enquiries email: central.bookings@sthk.nhs.uk.



Conflict Resolution Trainers Sharon Hill, Louisa Griffiths, Alison Carroll, Julie Dallman, Julie Johnson and Emma Ashton.

"We are delighted to have the opportunity to deliver Conflict Resolution training to the Trust. We hope you will find the study day informative and enjoyable and hope to help make your workplace a safer environment."

The Conflict Resolution Team

Staff who attended the first session in January gave it the thumbs-up.

- *"Very enjoyable, facilitators maintained my attention all day."*
- *"Very interesting, loved the group work."*
- *"Good group interaction – it's relevant to all front line staff. A worthwhile study day."*
- *"The course was well structured for all departments."*
- *"The facilitators were well informed as all questions asked by the audience were answered quickly."*

Trust leads the way in Plastic Surgery

The Trust has been sharing its knowledge and expertise with another of the world's premier Plastic Surgery Units.

The Plastic Surgery Hospital Beijing is the largest of its kind in Asia with around 320 beds dedicated to Plastic Surgery. Professor Lan Mu, a leading specialist in Breast Reconstruction from the hospital, recently visited the Trust's Plastic Surgery Unit on a fact finding mission in the UK. She was extremely impressed with the expertise and skill of Consultant Plastic Surgeon Ken Graham and the rest of the team.

Professor Lan Mu said: "The team here are using the very latest techniques in breast reconstructive surgery and are pioneering new modifications to the procedures that are very exciting for those in the field of breast reconstruction and are of great benefit to patients."

These new advances mean that patients have better cosmetic results with less damage to tissue and muscles than previously and lead to a faster recovery time.

Professor Lan Mu also praised the world class facilities at the new Hospitals saying: 'I'm looking forward to coming again to see the new Whiston Hospital.'



Ken Graham, Consultant Plastic Surgeon with Professor Lan Mu at Whiston Hospital.

Trust invests in new pumps

The Trust is replacing and standardising its current stock of volumetric infusion pumps in a rolling programme that will be completed by 2012.

Volumetric infusion pumps are medical devices that deliver intravenous fluids and medicine to patients in hospitals.

The new 'Infusomat Space' volumetric infusion pumps from B. Braun Ltd offer better quality, better value for money and a number of key advantages such as:

- Reduced clinical risk
- Pumps can still be used when MRI scanning is required
- Small, lightweight pumps mean they are easier to transfer and store
- Easy to programme
- Long battery life
- Low running costs and long term savings

In 2009, the pumps will be replaced in the Equipment Pool which services all Medical, Surgical and Orthopaedic wards at Whiston Hospital and in the three admissions areas, Accident & Emergency Department, Surgical Admissions Unit and Acute Medical Unit. Other clinical areas will be updated over the next 3 years.

The roll out programme will be closely linked to a structured training scheme organised by Rose Parker, Medical Devices Training Co-ordinator, working closely with Ward Managers to ensure staff are confident and compliant with training before their area of practice is signed off to use these pumps.

For any further enquiries please contact the medical device trainer for your clinical area or Rose Parker on extension 2337 or email: Rose.Parker@sthk.nhs.uk



The new volumetric infusion pumps

NHS Patient Number

The Department of Health, together with the National Patient Safety Agency have instructed trusts that Patient NHS numbers must be used on all patient correspondence and that patients should be encouraged to use their number where possible.

The Patient NHS number is the only national unique patient identifier in operation in the NHS. By using this number it makes it possible to share information safely, efficiently and accurately across NHS organisations. The Department of Health have stated that the number should now be displayed on all patient records, both paper and electronic.

This work must be completed by December 2009 and as such a working group has been set up to take this initiative forward.

Regular updates will be given over the coming months and front line staff who come into contact with patients will be given the necessary training and advice.

For any further information contact Paul Hawgood, Assistant Director of Informatics, Systems Intelligence on 0151 676 5695.

Accreditation for IT

The IT Helpdesk has become one of the first in the NHS to achieve Local Service Desk accreditation as part of the National Programme for IT (NPfIT).

The programme aims to ensure service users receive professional front line support by meeting 49 different national accreditation criteria.

Gaining Local Service Desk status means the helpdesk can manage incidents independently of the National Service Desk team and enhances the level of support provided to service users.

Those who will benefit are departments that use systems such as; Choose & Book, PACS, CPAS, Ormis and other Spine Applications.



Members of the Health Informatics team along with Liam Hallinan, Accreditation Lead for Connecting for Health Services Management

Building Update

6 months ahead of schedule

The stunning new Whiston Hospital continues to take shape, on budget and ahead of schedule to open in April 2010. Ann Marr, Chief Executive recently toured the world class new hospital to inspect some of the state of the art facilities that will help us to provide excellent patient care.

The internal fit out at Whiston is continuing up through the building, the lower floors have been largely completed and work is ongoing on level 4. The old Stephenson House has been demolished to make way for a new drop off area and car parking for Accident & Emergency. This is currently being levelled out using rubble recycled from the St Helens demolition.

The handover dates and locations of all departments and wards are still being finalised. Check out the next issue of News n Views for further updates.



Ann Marr, Chief Executive with Jerry Daly, Project Manager from Taylor Woodrow in the main entrance of the new Whiston Hospital.



Our world class new Hospital due to open in April 2010

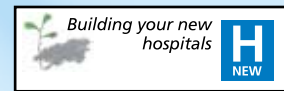


The Majors and Resuscitation area in the new Accident & Emergency Dept.



One of the many fabulous courtyards in the new Whiston Hospital.

Building Update



The demolition for phase 2 at St Helens Hospital, which started in January 2009, is now complete and the new staff car park is now open!



Demolition started on the old St Helens Hospital

The new staff car park, which provides approximately 200 spaces is behind Hulme and Allen Day wards. Disabled parking spaces are available for staff in the new car park. Staff can access the new car park via the new entrance road and the previous road to parking at the rear of the site is now closed.

1,000 cubic tonnes of recycled rubble from the demolition have gone into the foundations for phase 2 of the new Whiston Hospital. A further 6,000 cubic tonnes will be used for landscaping following the phase 3 demolition of Hulme and Wilcox building.

Quackers...

Whilst working on the new car park, the construction team found a duck's nest with a dozen eggs and helped save the fledgling family. Once the eggs hatched the workers carefully transported them, in their hard hats, to a new home beside the pond at the back of the medical records building. The parents joined them shortly afterwards and the family are happy in their new home.



Demolition work in December 2008



The new staff car park at St Helens Hospital

Stained glass window for Sanctuary

St Helens Hospital Sanctuary in the Allen Day Unit was given a fabulous new stained glass window, by the League of Friends. The Sanctuary is for patients, visitors and staff of all faiths and none to use as a place of quiet prayer and reflection. This kind donation is much appreciated by the Trust.

L-R top: Fr. Peter Hannah & Bernard Coup, former Chair of the League of Friends:
bottom: Srs, Susan and Eileen and Pat Coup of the League of Friends.



Long Service Awards at Knowsley Hall



Staff with guests, displaying their Long Service Award outside Knowsley Hall with Les Howell, Chairman (far left) and Ann Marr, Chief Executive (far right).

The Trust recently honoured staff members who achieved 25 years of service in a magnificent Long Service Awards ceremony held in Knowsley Hall.

This was first time the Long Service Awards ceremony has been held outside the hospital and this fabulous event at Knowsley Hall was provided at no cost to the Trust.

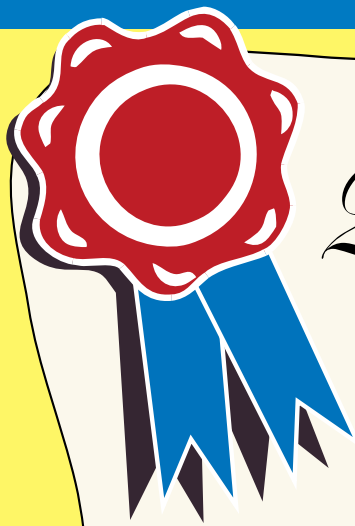


Staff and guests enjoy a buffet in the Stucco Ballroom.

Presenting the Long Service Awards were Ann Marr, Chief Executive and Les Howell, Chairman. Ann Marr said: "None of our achievements would be possible without the contributions of each and everyone of our staff, working hard together everyday as a team. 25 years is an incredible achievement of devoted and loyal service. An enormous number of patients have benefited from your dedication and you should all feel very proud."



Ann Marr praises the dedication of staff in the grand State Dining Room.



25 Years Service Award Recipients

21st April 2009

Janice Ashton	Healthcare Assistant, Lilac Centre
Caroline Baker	Trainee Endoscopist, Endoscopy
Susan Baker	Nurse Clinician, General Medicine
Patricia Bowman	Catering Assistant, Hotel Services
Mark Dagnall	Operating Department Practitioner, Theatres
Julie Dagnall	Ward Manager, General Medicine
Carol Davies	Biomedical Scientist, Microbiology
Janet Dobson	Ward Manager, Paediatrics Day Ward
Ann Finch	Midwife, Research and Audit
Marie Gibbs	Deputy Manager, Pre Op Services
Christine Hartley	Radiographer Assistant, Radiography
Jacqueline Hayes	Midwife, Labour Ward
Sue Kelly	Staff Nurse, Burns Unit
Margarita Knowles	Buyer, Purchasing & Supplies
Linda Leach	Personal Secretary, Pay & Staff Services
Diana Lewis	Senior HR Manager, Human Resources
Mary McBirnie	Nurse Manager, Urology
Stephanie O'Keefe	Sister, Hulme Ward
Kim Sims	Matron, Intensive Care Unit
Denise Smith	Healthcare Assistant, Orthopaedics Ward
Angela Standish	Medical Lab Assistant, Chemical Pathology
Alison Stromberg	Pharmacy Technician, Pharmacy
Julie Valentine	Senior Radiographer, Radiography
Siobhan Wade	Matron, IV Access, Infection Control
Patricia Waring	Medical Lab Assistant, Cytology
Christopher Westcott	Laboratory Services Manager, Pathology
Brenda White	Operational Services Manager, Clinical Flows
Catherine Williams	Community Midwife
Pamela Williams	Healthcare Assistant, Main Theatre
Pat Winstanley	Healthcare Assistant, Hulme Ward

25 Years Long Service



SPONSORED SPOOK

Staff from Whiston and St Helens Operating Theatres held a 'Sponsored Spook' in aid of Willowbrook Hospice.

Denise Murphy, Health Care Assistant in Surgical Care organised the spooky evening in Mill St Volunteer Hall, St Helens. The Hall is over 150 years old and is well known for its paranormal activities. Thankfully, the group were safe in the hands of Jeanette Foster, Support Secretary from Surgical Care and member of Pathfinder Paranormal Investigators, together with her team.

The night started off with a tour of the building then the lights were turned out and the group held a séance in the Main Hall. After this the staff were split into three groups and went to investigate different areas of the venue, whilst the Pathfinder Paranormal Investigators team performed a series of paranormal experiments.

The event raised a grand total of £625 for Willowbrook Hospice and the theatre staff are now looking forward to their next paranormal adventure.



Ghosts hunters on their sponsored spook

www.NHS247.com

- the community website for NHS staff -

Launched in July 2008, NHS247.com offers a myriad of services and content that have been designed for all NHS staff from porters to nurses, from administrators to GPs, from CEOs to hospital consultants.

- NHS247 hosts the popular NHS Staff Discount scheme which allows NHS staff and immediate members of their family to benefit from discounts from hundreds of local and national businesses ranging from hotels, beauticians, restaurants, plumbers, travel agents and so on, all offering discounts ranging from 5% to 25%
- Nominate a colleague in our great monthly 'Employee of the Month' competition - luxury weekends for two are up for grabs.
- Competition prizes include a brand new car and a fantastic 9 day Iberian Cruise in luxury accommodation all up for grabs. One lucky winner has already won a fabulous 14-day Med cruise

- NHS247 Rewards -

Launched 1st June 2009, our exciting new, free-to-enter, competition gives you the chance to win a fantastic 9 day Iberian cruise for 2, with luxury accommodation. Log onto

www.nhs247.com

for further details on how to enter

Sharad Bidwai retires

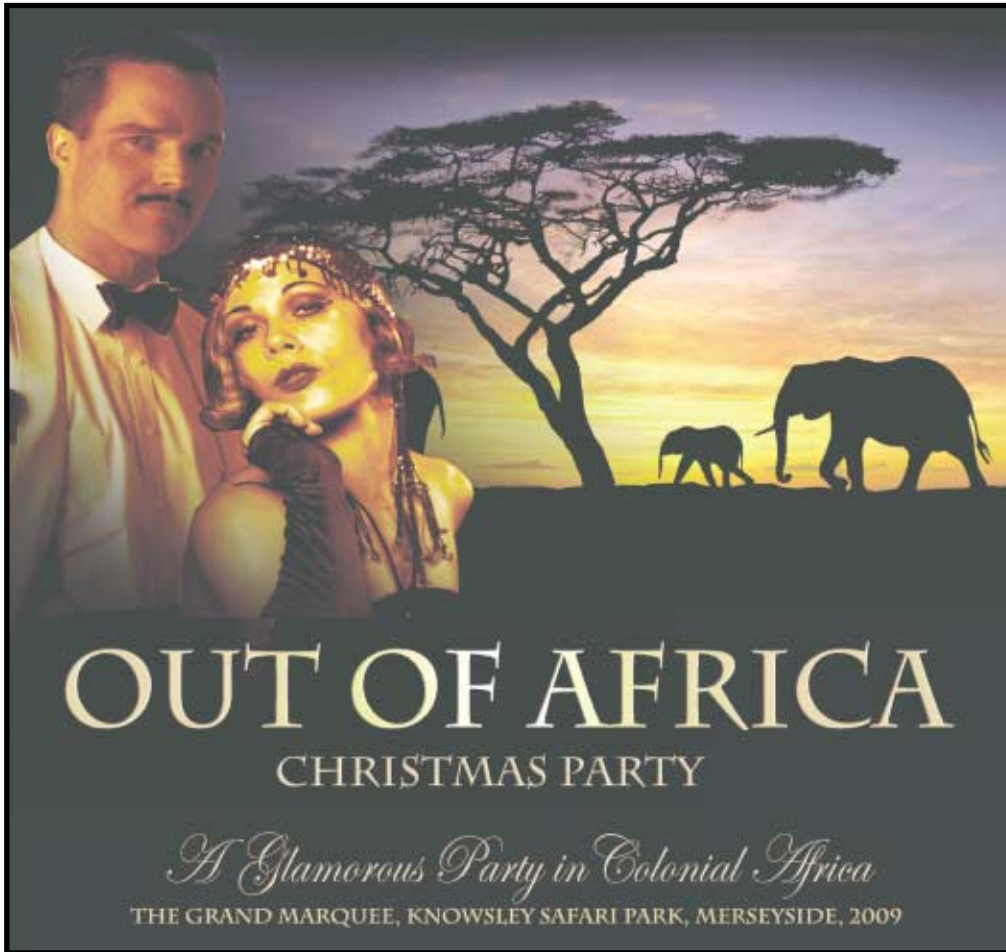


Sharad Bidwai, seated centre with wife Sheela and Vel Nandapalan

Sharad Bidwai, Ear Nose & Throat (ENT) Surgeon, has retired after serving the Trust for 22 years. Sharad joined the Trust in 1987, he has been with the ENT Department all that time and spent four years as acting Consultant.

Sharad helped the department win last year's Annual Staff Awards in Surgical Care and is described by his colleagues as someone who is always willing to step in and lend a hand. Indeed Sharad has kindly offered to return as locum until his replacement arrives.

A keen golfer, Sharad hopes to spend time in his retirement improving his handicap as well as with his wife Sheela, a former Audiologist at the Trust and their two children.



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Patient thanks Breast Cancer Team



L-R: Chris Bebb, Angela Baker, Professor Audisio, Tony Baker

Angela Baker, a patient at the Burney Breast Unit and active fundraiser for the Trust has paid a special tribute to the team that have cared for her.

In a presentation to Professor Riccardo Audisio, Consultant Surgical Oncologist and Chris Bebb, Macmillan Breast Care Specialist Nurse, Angela recalled how terrified she was when she was first diagnosed and thanked the team for helping her to be positive. She says, 'They are heroes who took away my fears. Their encouragement has inspired me and given me the confidence to get where I am today.'

Angela's positive outlook has given her a new focus making her journey through cancer an inspiration to others. Angela has raised over £4,000 for the Trust by swimming hundreds of miles in various sponsored swimming events.

Angela and husband Tony are now looking forward to their Ruby Wedding Anniversary in October this year.

Angela's story is a tribute to the excellent care she received from all the team, who are truly grateful for her praise.

Plaques presented to Chris Bebb and Professor Audisio



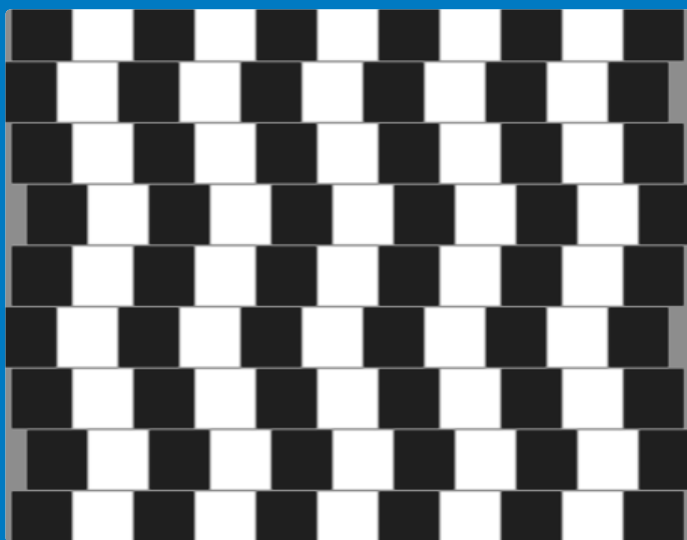
Did you know?



- One in ten people in the world live on an island.
- There are over 2,700 different languages spoken in the world.
- There are over 365 different languages spoken in Indonesia - that's a different one for each day of the year!
- On average we spend 1 hour 6 minutes travelling each day.
- Humming Birds are the only birds that can fly backwards.
- Gorillas can't swim.
- Less than half of the London Underground is actually underground.
- Venetian Blinds were invented in Japan.
- Can openers were invented 48 years after cans were.
- A flea can jump 200 times its own height.

It's all an **illusion!**

Here's an eye teaser - are the horizontal lines parallel?



What do you see in this Alpine scene?



Staff **News 'n' Views**

Next Issue: August 2009

Many thanks to everyone who has been involved in producing this edition.

If you would like to contribute, please contact Jamie Murphy in the Media, PR and Communications team on 0151 478 7518 or jamie.murphy@sthk.nhs.uk.

The deadlines for submitting items for News 'n' Views in 2009 are:

August edition – 16th July

October edition – 17th September

December edition – 12th November

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Cardiac Arrest 2222

Local Security Management
Specialist (0151 430 1611)
Hospital Pager 1372

Facilities Management Helpdesk
1188