

Issue 23 August 2009

Trust's Outstanding Success!



Trust up for top awards

and

'Excellent' PEAT for 4th Year

See inside for the full stories and more



What's inside:



More Awards and Nominations for Staff

FLU JAB HERO

Be a Flu Hero!

Plus: Lottery Did You Know?



Employee of the Month



June: Linda Whittall
Anaesthetics Secretary

Reason for Nomination:

Linda first joined as a Medical Secretary at St Helens Hospital 33 years ago and retired this summer. Linda has been an Anaesthetic Secretary for over 12 years. Her organisation and management skills have proved invaluable and she is a compassionate and caring person who always listens. These qualities and Linda's pastoral support have endeared her to countless trainees, particularly those adjusting to life in a new country. She has done so much for so many people and has made an enormous contribution to the Trust.



July: Catherine (Kay) Byron
Midwifery Sister, Maternity

Reason for Nomination:

Catherine, known to her friends as Kay, has worked for the Trust for 33 years. Kay always gives 110% in everything she does and is a first class midwife. She has a special empathy with parents who suffer stillbirth or miscarriage and always goes out of her way to help them. Kay is both a reliable colleague and a friend to those she works with.



Trust appoints new Non-Executive Director

The Trust is pleased to announce the appointment of Bill Hobden as a Non Executive Director of the Trust Board.

Bill is a broadly experienced business leader and strategist with a proven track record in business turnaround and sales and profit improvement. He has worked at the highest level with a number of major retail companies and has been responsible for delivering strategic drive, to map achievable success for companies, their staff and customers.



*Bill Hobden,
Non-Executive
Director*

Les Howell, Chairman said: "On behalf of the Trust, I'd like to extend a warm welcome to Bill and look forward to working alongside him. This is a very exciting time for the Trust. Bill's experience and expertise will provide further support to the Trust Board."

Bill Hobden said: "I'm honoured to have the chance to bring something of value to the Trust. There are significant strengths at every level in the Trust, most particularly in the hard work and dedication of staff. I look forward to working together with staff to take the Trust to increasing success in the coming years".

Trust in line for 3 Top Awards



The Trust along with Chief Executive, Ann Marr and Laweh Amegavie, Clinical Director and Consultant Paediatrician have been short-listed for some of the most prestigious awards in the healthcare sector.

The Trust has been short-listed for 'Acute Healthcare Organisation of the Year' in the Health Service Journal Awards for its long list of outstanding achievements.

Back row (L-R): Jayne Sharples, Sister, Heather Stockdale, Staff Nurse, Chris Pennington, Ward Manager, Mike Lynch, Medical Director, Lisa Sams, Sister, George Vater, Healthcare Assistant.

Front row (L-R): Gill Roberts, Domestic, Estelle Buckley, Staff Nurse, Ann Marr, Chief Executive, Kelly Burns, Ward Sister, Denise Catling, Staff Nurse, Hannah Whittle, Staff Nurse

The Trust's Achievements

- The only acute Trust across Cheshire and Merseyside to achieve a **DOUBLE EXCELLENT** rating by the Healthcare Commission (2008).
- The only Trust in the North West and one of just five in the country to meet all the requirements of the Hygiene Code (2008).
- The Trust achieved '**EXCELLENT**' in every category for 4 years running in the Patient Environment Action Team (PEAT) report.
- Being one of the first Trusts in the country to implement 18 week waiting time targets.
- Continually achieving one of the lowest MRSA infection rates in the country.

Ann Marr and Laweh Amegavie have been named among the finalists in the esteemed NHS Leadership Awards. Ann has been short listed as 'NHS Leader of the Year' for her exemplary record of achievements and for steering the Trust towards becoming one of the country's top performers and Laweh as 'NHS Mentor of the Year' for his magnificent support, guidance and inspiration to colleagues.

Les Howell, Chairman of the Trust said: "I am delighted and extremely proud that the Trust, Ann and Laweh have reached the finals of these prestigious awards. It is an honour to be short-listed and is recognition of Ann and Laweh's hard work, together with the Trust's fantastic achievements. Staff at the Trust are very talented and they use their skill and dedication to deliver excellent patient care."

The winners will be announced in late November. Good luck to all those involved!



Laweh Amegavie, Clinical Director and Consultant Paediatrician

Trust Scores **PEAT** **'EXCELLENT'** Hat-Trick!

For the 4th year running, the Trust has been named as one of the North West's top performers in the Patient Environment Action Team (PEAT) assessments.

Both St Helens Hospital and Whiston Hospital scored top marks of 'EXCELLENT' for their high standards in the categories of 'Environment', 'Food' and 'Privacy & Dignity'.

This has been a huge team effort, throughout the Trust to provide the very best possible patient environment. All wards and departments have been involved in PEAT along with teams in Infection Control, Facilities Management and nursing staff and our partners; Medirest for domestic, catering and portering services, Taylor Woodrow for maintenance services which has included improving the gardens at both Whiston Hospital and St Helens Hospital.

At the heart of all this activity are the contracts team; Dyan Clegg, PFI Contracts Manager, Joanne Riley, Assistant Contracts Manager and Karen Duffy, Contracts Monitoring Officer, who has been responsible for co-ordinating regular PEAT assessments throughout the year, to ensure the Trust is performing well in line with its targets.

Ann Marr, Chief Executive said: "We are delighted that St Helens and Whiston hospitals have both maintained their 'EXCELLENT' PEAT ratings for the 4th year in a row. As a Trust we work hard to achieve the highest possible standards and these latest results highlight our commitment to providing excellent patient care."



L-R; John White, Porter, Paul Steele, Maintenance Assistant, Karen Duffy, Contracts Monitoring Officer, Joanne Riley, Assistant Contracts Manager, Debbie Heyes, Catering Assistant, James May, Joiner, Steph Wiswell, Matron and Julie Ranson, Rapid Response Domestic.

Key improvements in this year's PEAT assessment:

- Improved signage for hand gels
- Introducing Rapid Response Cleaning
- Improved gardens at Elyn Lodge
- Menus in brail, foreign languages and pictures
- Improved car parking for patients and visitors



Steamplicity menus available in brail, pictures and foreign languages



New landscaping for Elyn Lodge gardens



Improved signs to make hand gel dispensers stand out

Sue is Patient's Choice for top award!

Sue Ashley, Sister at the movement disorder clinic at St Helens Hospital has been nominated for a top award organised by the Nursing Standard.

Sue was nominated by Christine Bridge whose partner Graham Wood has Parkinson's disease and is cared for by Sue. Christine said: "I truly believe Sue is a wonderful nurse. Her empathy for her patients is amazing and the difference that she has made to Graham has been awesome."

Graham said: "Sue is patient, professional and incredibly knowledgeable in her field of expertise. Sue always listens to my views and comes up with the solutions for my symptoms. I consider myself very lucky to have her looking after me."

Sue will receive a special Nursing Standard Patients' Choice Award certificate in recognition of her outstanding level of care.

Sue simply turned my life around

By NEIL DOCKING

GRAHAM Wood says his life would not be the same without the help of St Helens Hospital's Sue Ashley. Three years ago the 60-year-old Clifton Street was struggling to live with



Lucky day for Parkinson's sufferer Graham when he bumped into his 24/7 Angel

Sue Ashley with her nominators in the St Helens Star

Midwife of the year nominees

Two of the Trust's midwives have been nominated by patients for the Midwife of the Year Awards. Sue Rollinson and Linda Power were nominated by Heather Vance and Jane Dunmore respectively.



Sue Rollinson and her nominator Heather Vance

Sue has looked after Heather and her first baby Aaron, born on 30th May, from the initial GP visit to antenatal and postnatal visits. Heather describes Sue as, 'really positive, friendly and approachable. Sue helped to put me at ease and answered all my questions no matter how silly they may have seemed. The care I have received is top quality and I hope she wins!'

Sue said: "I'm made up, being nominated came as a nice surprise, it's nice to be appreciated by patients and I feel very humble."

Linda Power has looked after tens of thousands of babies at the Trust since becoming a midwife in 1982, including all 3 of Jane Dunmore's children. Linda says; "I thought it was a joke at first. Mums, partners and grandparents often show their appreciation but to be nominated for an award like this is a real honour."



Midwife of the year nominee Linda Power

Cadet of the Year

Gemma Rowlands, a cadet at the Trust, was named as the NHS North West and Learning Skills Council Cadet of the Year in a prestigious awards ceremony held by the Skills Academy for Health.

These prestigious awards recognised the hard work and effort of cadets from Cheshire & Merseyside, Greater Manchester and Cumbria and Lancashire and the event was held in the BT Convention Centre Liverpool Echo Arena.



Over 1000 guests were in attendance as Gemma beat 400 other cadets to the top award of Cadet of the Year, which was presented to her by Hollyoaks actor Chris Fountain.

Cadet of the Year, Gemma Rowlands receiving her award from Hollyoaks heartthrob Chris Fountain

This was a fantastic achievement for Gemma who had been on a 2 year cadet programme with the Trust. Gemma has enjoyed her placements at both Whiston and St Helens Hospitals and has received excellent support from various members of staff at the Trust.

Trust leading the battle against superbugs



The ANTT Team L-R; Maribie Marco, IV Access Nurse Specialist, John Morgan, IV Access Nurse Specialist, Penny Casey, IV Access Matron, Mark Llewellyn, IV Access Nurse Specialist, Wendy Ebbrell, IV Access Nurse Specialist.

The Trust is one of the first in the region to implement Aseptic Non-Touch Technique (ANTT) in the fight to further reduce infection.



ANTT is a set of national guidelines to standardise practice for the most common aseptic practices i.e. giving intravenous drugs or fluids, cannulation such as fitting intravenous drips and caring for wounds. This technique provides a robust method of implantation and maintenance that has been widely proven to improve aseptic clinical behaviour and reduce infection rates.

The technique is used by over 200 hospitals in the NHS but the Trust is one of the first in Merseyside to implement it. The launch of ANTT is being led by the IV Access Team with presentations and training for clinical staff taking place over the coming weeks and the role out of ANTT has already begun.

For further information on ANTT and its implementation please contact Penny Casey, IV Access Matron on ext. 1871 or by emailing; penny.casey@sthk.nhs.uk.

Key Principles of ANTT:

- Protect patients
- Protect key-parts and sites – at all times
- Always wash hands effectively
- Non-touch technique always
- Use appropriate infection precautions.

Be a Flu Jab Hero!



The traditional flu season is fast approaching and all staff at the Trust are encouraged to get their seasonal flu jabs from 1st October.

A dedicated team of 'jabbers', including Gill Core, Director of Nursing, Midwifery & Governance and Pat Major, Assistant Director of Nursing along with up to 30 volunteers will be visiting all Wards and Departments throughout October, to encourage staff to get inoculated for seasonal flu. The target this year is for 80% of staff to be vaccinated and prizes are up for grabs!

The campaign aims to help protect staff from getting seasonal flu and passing it on to their families and friends or to the patients they may care for.

The 'Be a Flu Jab Hero' campaign is being led by Occupational Health, for further information contact Angela Roberts, Occupational Health Nurse Advisor on ext. 1985 by emailing: angela.roberts@sthk.nhs.uk



Be a Flu Jab Hero!

Dementia – a caring strategy

The Trust recently launched its plans for caring for patients with Dementia in line with the government's National Dementia Strategy.

- 1 in 80 people are affected by Dementia
- Numbers of people with dementia is expected to double over the next 3 decades

The proposals for caring for Dementia sufferers at the Trust were announced to a packed audience at the Recreation Hall at Whiston Hospital.

Ann Marr, Chief Executive, opened proceedings in which she described how the Trust was embracing the national strategy to 'ensure that people with Dementia that we care for receive the highest possible quality

of care in the most appropriate environment.' Jacqui Bussin, Consultant in Care of the Elderly, gave a presentation on the Trust's Dementia Strategy, highlighting some of the initiatives already being taken to treat people with Dementia. These include implementing simple design changes to wards at the new Whiston Hospital such as changing the colours of door frames and toilet seats to allow patients to recognise them better and maintain their orientation with dignity.

Later in the year, the Trust will host an education and development conference focusing on best practice and implementing the national strategy to improve dementia care.



L-R: Marie Honey, Nurse Consultant, Joan O'Hanlon, Ward Manager, Jacqui Bussin, Consultant Physician, Jill Cunliffe, Nurse Specialist for Older People.



Aisling Byrne, Dietetic Student

Diabetes Awareness

Dietetic Student; Aisling Byrne recently held an exhibition stand on Diabetes Awareness as part of National Diabetes Week. The exhibition at Whiston Hospital on 16th June aimed

to inform people of the risk factors associated with diabetes and highlight the importance of early detection. Aisling was on hand to measure the waistlines of passers-by and offer advice on diabetes and healthy eating.

Aisling said: 'By modifying lifestyle, the risk for diabetes can be greatly reduced. If an overweight person loses as little as 10% of their body weight, their risk of developing diabetes can be reduced by over 50%!

Are you at risk?

You could be at risk of developing diabetes if your waistline is:

- Men – 37 inches/ 94cm or larger
- Women – 31.5 inches/ 80 cm or larger

Any old photos?

Donate your old photos to help dementia sufferers! The Delirium Prevention Steering Group require old photos to be included in a 'Reminiscence Book' to help patients to remember the good old days and stimulate conversation and activities. Photos to donate may be old cars, locations from the area or events and adverts from the past.

Please send your photographs to Nicola Gearing, Staff Nurse, Ward F1, Whiston Hospital, Warrington Road, Prescott, Merseyside, L35 5DR. Ext. 1481 or email: nicola.gearing@sthk.nhs.uk

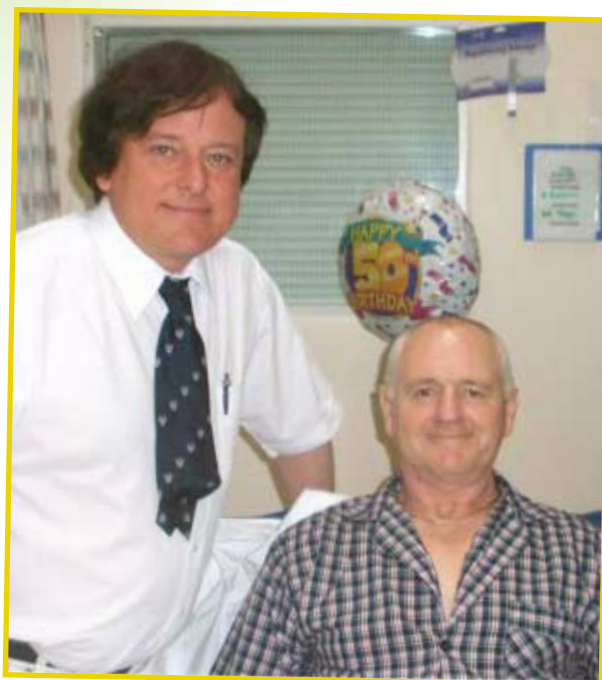
TRUST PERFORMS GROUND BREAKING SURGERY

Surgeons at the Trust have performed a ground-breaking new procedure in reconstructive knee surgery.

This pioneering surgery was carried out at Whiston Hospital by Orthopaedic Consultant Surgeon Ed Jago. The procedure involved reconstructing the damaged knee ligament at the same time as parts of the knee joint were replaced.

Prior to this revolutionary new procedure, patients had to undergo two separate operations, meaning a longer recovery period and months of rehabilitation. The Trust's expert team of surgeons have been working alongside specialists at Oxford University Hospital to combine the two operations for the first time outside Australia.

The operation was performed on Keith Welsby, a HGV Driver from St Helens, who celebrated his 50th birthday the day after surgery. Keith says: 'I'd damaged the ligament of my left knee whilst playing football, 25 years ago and my knee would flare up while driving at work. The consultants explained the procedure and how it would leave my knee free from pain. Now I'm looking forward to getting back to work again. I'd like to thank all the staff who looked after me so well and kept my spirits up.'



L-R: Ed Jago, Consultant Surgeon with Keith Welsby, patient

Innovative Prosthetics Training

The prosthetics team work as part of the Mersey Regional Burns and Plastic Surgery Unit treating people affected by disfigurement or injury and providing reconstructive work for cancer patients.

The team have been instrumental in developing the way plastic and reconstructive surgery techniques are taught across the NHS to both junior and senior surgical staff, utilising the cutting edge skills and the team's expertise in prosthetics.

Practical workshops are linked to the real needs of patients and use lifelike teaching models. These sessions have been used to teach medical students basic skills, post graduate Royal College of Surgeons courses, minor-operation study days for GPs, and in-house sessions for the Trust's own trainees.



Ken Graham, Consultant demonstrating the techniques under the microscope



The team also teach Micro-Vascular Surgery for Specialist Registrars in Plastic Surgery. These courses are highly regarded by those in Plastic Surgery and are led by Ken Graham Consultant Plastic Surgeon.

Specialist Registrars undertaking the course

Trust leading the way in Clinical Coding



Paula Richards, Clinical Coding Services Manager delivering an in-house presentation.

The Clinical Coding Services Department is gaining national recognition for best practice, providing excellent training and guidance, with improved clinical coding audit results.

Accurate Clinical Coding is essential to ensure that the Trust records the type of care that patients receive. This is key to providing precise clinical information and to ensuring that the Trust is paid in accordance with the Payment by Results regime.

The Trust's dedicated Clinical Coding team have been sharing their expertise with other NHS Trusts, including a high profile presentation given by Clinical Coding Services Manager, Paula Richards at

Earl's Court Conference Centre in London. The conference sponsored by the Health Service Journal, was attended by around 500 NHS representatives including Finance Directors, PCT's, and Clinical Coding Auditors from across the UK. The feedback Paula received from delegates has been outstanding and she is delivering a further presentation in Manchester this September.

The Trust is the only one in Cheshire and Merseyside to employ its own dedicated qualified Clinical Coding Trainer. There is currently a national shortage of Clinical Coders therefore in-house training is essential to attract and retain existing staff.

Clinical Coding offers a nationally recognised qualification along with a structured career path.

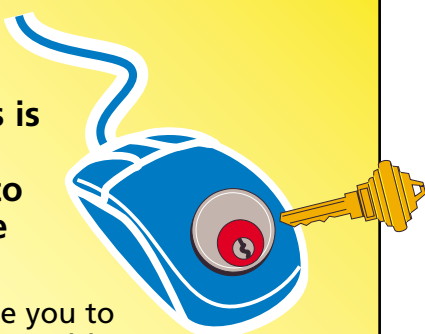
For further information on Clinical Coding contact Paula Richards on 0151 430 1956 or email paula.richards@sthk.nhs.uk

Email encryption is here

Health Informatics is delighted to offer email encryption to all staff within the Trust.

This facility will enable you to send confidential and sensitive information securely via email, eliminating the possibility of interception as the information travels across the Internet.

Sending encrypted email could not be easier just Type [ENCRYPT] including brackets and typed in capitals, in the subject line of your email and all text and attachments will be encrypted. The recipient also has the ability to reply to your email in encrypted form. For more information search for Email Encryption on the Intranet and check your global emails for the official launch.



ALE Drink to that!

The Trust's Auditor's Local Evaluation (ALE) Assessment for 2008/09, which forms the Quality of Financial Management evaluation for the Care Quality Commission's annual health check, achieved the highest score of 4. The ALE assessment noted that the Trust's financial management was well above the requirements and performing strongly.

Congratulations to the Finance Department!



Donations to the Burney Breast Unit

The Burney Breast Unit at St Helens Hospital has recently received a number of very kind donations from members of the local community.

Race for Life fundraiser

Debbie Hoather, a close friend of long standing fundraiser for the Unit Angela Baker, donated over £300 after running the Race for Life at Sherdley Park. Debbie hopes to make this an annual event in her calendar to help raise money for the Unit and is also raising money through her hairdressing and beauty business. Debbie along with her husband Ian and friends Angela and Tony Baker, presented a cheque to Professor Riccardo Audisio, Consultant Surgical Oncologist, Hodigere Ramesh, Surgical Registrar and Chris Bebb, Macmillan Breast Care Specialist Nurse.



L-R: Chris Bebb, Macmillan Breast Care Specialist, Hodigere Ramesh, Surgical Registrar, Ian Hoather, Debbie Hoather, Professor Audisio, Consultant Surgical Oncologist, Angela Baker and Tony Baker

Pilkington fundraising

In addition to this fantastic donation, workers at glass firm Pilkington raised £400 for the Burney Breast Unit as part of a Health and Safety campaign at their Greengate site.

Nick Wilson, Safety Manager for Pilkington said: "Breast Cancer is something that touches so many people's lives in so many ways and the Burney Breast Unit at St Helens Hospital is very close to the hearts of our staff. Raising money for the Unit was a great way of motivating people to work safely in order to help the work of this fantastic team."

Nick along with Gill Barber and Linda White from Pilkington visited the Unit to present their cheque to Miss Leena Chagla, Lead Clinician on the Burney Breast Unit and the rest of the team.

All such generous donations are kindly and gratefully received by the Trust and will be used to fund further research and development by our expert team at the Burney Breast Unit.



L-R: Marie Scott, Health Care Assistant, Jean Owler, Trainee Assistant Practitioner, Karen Hughes, Surgical Care Practitioner, Sue McNicholas, Macmillan Breast Care Nurse Specialist, John Murphy, Registrar, Leena Chagla, Consultant Surgeon, Richard Johnson, Specialist Registrar in Plastics, Gill Barber, Barbara Astbury, Secretary, Linda White, Louisa Mahon, Breast Nurse Specialist, Chris Jonkers, Head Radiographer, Rani Thind, Consultant Radiologist, Nick Wilson.

Your chance to have your say!

The National NHS Staff Survey, organised by the Healthcare Commission will start this October with a questionnaire distributed to a sample of staff at the Trust.

The Trust has appointed Champions in each area to assist in making sure questionnaires are distributed and to help answer questions from staff.

Do I have to complete it?

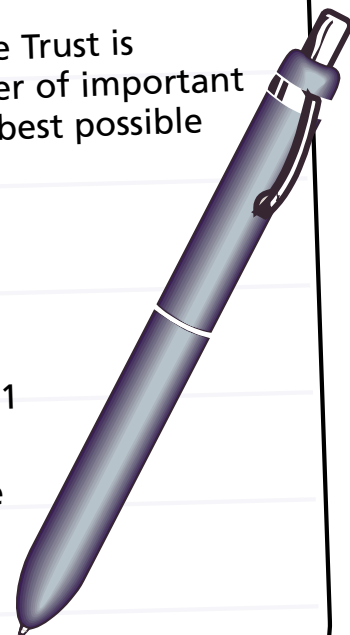
Participation in the survey is not compulsory however staff are encouraged to use this opportunity to give their opinion. The more staff that complete the questionnaire the more representative the survey will be of the views of staff at the Trust.

The results from last year's national survey show that the Trust is performing better than the national average in a number of important areas of staff satisfaction. This helps staff to deliver the best possible care to our Patients who are our number 1 priority.

Where can I find further information?

Go to www.nhsstaffsurveys.com to view all the survey documentation, as well as a page of frequently asked questions (FAQs) or call the advice line on 0121 204 3131 (9.30am – 4.30pm, Monday to Friday)

If you have any comments or suggestions regarding the Trust please email them to:
staffsurveycomment@sthk.nhs.uk
or contact, Vicky Frith HR Business Manager
on ext: 2279 or email vicky.frith@sthk.nhs.uk



New Macmillan Centre

**WE ARE
MACMILLAN.
CANCER SUPPORT**

Macmillan Cancer Support, together with the Trust have opened a new Macmillan Cancer Information and Support Centre at St Helens Hospital.

This new information centre is located on the lower ground floor, besides the Spice of Life Restaurant. Christine Taylor, Centre Manager and Jane Coyne, Assistant Manager are available at the centre for information and support relating to cancer for patients, visitors and staff and the centre's opening hours are 9.30am – 4pm Monday - Friday.

The centre will be officially launched on September 24th with a VIP visit by the Mayor of St Helens; Councillor Terry Shields, followed by the Macmillan Coffee morning and open day the following day.

Three cheers to volunteers!



The Trust has around 70 volunteers who so kindly give up their time to help patients and nursing staff. For many it's a way to help out and give something back to the community and for some volunteering can be a route into employment.

Case Study: Michael Carr

Michael Carr is due to start a new job as full-time house keeper on ward F1 after volunteering at the Trust for over 6 months. As a volunteer Michael worked 3 days a week helping nursing staff with reception duties, stocking equipment, keeping the ward tidy, preparing the evening meal trolleys and making tea and coffee for patients. Michael says, "What I enjoy most is interacting with patients. Helping to look after their welfare is a great feeling and makes you feel genuinely appreciated." While volunteering Michael undertook a course in care work and applied to the Staffing and Solutions Department to be a Healthcare Assistant before being offered his full time role. He says, "I'd like to thank all the staff for their help and support."



Michael Carr, volunteer, bringing patients some refreshments.

Case Study: Anne-Marie Syers

Anne-Marie Syers has also gained a full time role following a stint of volunteering. Anne-Marie decided to become a volunteer after staff at the hospital saved her life. Anne-Marie says, "I was treated as a patient at Whiston Hospital for a swelling on the brain. Everyone did such a wonderful job, the doctors, nurses and also the cleaners and caterers and I wanted to give something back."

Anne-Marie began volunteering in March 2008 on the paediatric unit, where her role was to help make the beds and interact with the children on the wards. Anne-Marie became a Healthcare Assistant with the Staffing and Solutions Department last October and has been working on F1 since January 2009.

Anne-Marie describes her new role as being more focused on patients, she says, "I help with taking observations and collecting samples. No two days are the same and I wouldn't swap it for anything!"



Healthcare Assistant, Anne-Marie Syers looking after a patient on F1.

The Trust is actively seeking volunteers to enhance the service it provides to patients. The opening of the new Whiston Hospital next year presents exciting opportunities for volunteers to be involved as "Wayfinders" or "Meeters & Greeters" on the wards within the new world class hospital.

For more information on volunteering opportunities within the Trust please contact Will Darwick or Louise Burrows on 0151 676 5484 (voicemail available). Alternatively email will.darwick@sthk.nhs.uk or louise.burrows@sthk.nhs.uk

Family says Thank You to Trust

The Schumacher family paid tribute to the care provided by the Paediatric team with a fundraising evening at a Merseyside pub.

18 year old Sally Schumacher has been cared for by the Trust's expert team since childhood due to suffering from asthma. Sally's family; mum Wendy, dad John and sister Jessica together with regulars at McGinty's Irish Bar, managed by Wendy, helped to raise an amazing £1,200 for the Trust.

Wendy Schumacher said: "The team at Whiston Hospital have all been fantastic. They have looked after Sally for many years and we've built up a very strong bond between the staff and all our family. We held a fundraising karaoke evening at the pub to say a huge thank you to staff for the excellent care Sally has received over the years."

This is a wonderful, generous donation and one that is greatly appreciated. The money will be put to very good use and will help the Trust provide children and young people with the highest possible standard of care.



The Schumacher family with the Trust's team; Wendy far left, daughters in light blue L-R; Jessica and Sally, centre; Dr Laweh Amegavie Clinical Director and Consultant Paediatrician and Ann Marr, Chief Executive and Catherine Kennedy, co-owner of McGinty's, far right; John Schumacher.

Run for Money



L-R: Rob Kiff, Consultant Surgeon, Mary Littler, John Newsham, Angela Fitzgerald Smith, Nurse Specialist

A marathon runner fought the pain barrier to raise over £1,000 for the Trust's surgical fund.

Mary Littler from Newton-le-Willows ran the London Marathon this year with a broken rib, to raise money after her sister Glenys sadly died in February from bowel cancer and her partner John was diagnosed with the same disease.

John was referred to the Trust after screening by the Bowel Cancer Screening Programme. He underwent keyhole surgery in May last year which successfully removed the tumour. John was one of the first patients to undergo this laparoscopic procedure at the Trust. This procedure is a modern surgical technique that reduces pain and scarring for the patient and leads to faster recovery time.

John says: "I was really well looked after and everyone worked really hard to get me better again. I was up and running 3 months after the operation and completed a half marathon in Cumbria since then."

Speaking about the marathon, Mary said: "It was an emotional day for me but raising the money for such a good cause spurred me on and gave me a huge sense of achievement."



TRUST LOTTERY RESULTS

The lottery winners for draws which took place in June and July are:

June 2009

- £1,500 Barbara Broughton, Purchasing & Supplies, Whiston
- £500 Lyndsey Mather, Ward G16, Whiston
- £100 Bill Marsden, IT Development, St Helens
- £50 Diane Ainsworth, Radiology, St Helens
- £25 Gillian Packwood, A&E, Whiston
- £25 Carolyn Ody, Pharmacy, Whiston

July 2009

- £1,500 Janet Davies, Lilac Centre, St Helens
- £500 Carol Duffy, Ward B1, Whiston
- £100 Jane Vedmore, Pathology, Whiston
- £50 Mark Davies, Main Theatres, Whiston
- £25 Lisa Mulrooney, Microbiology, Whiston
- £25 Rebecca Allen, Main Theatre Recovery, Whiston

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).

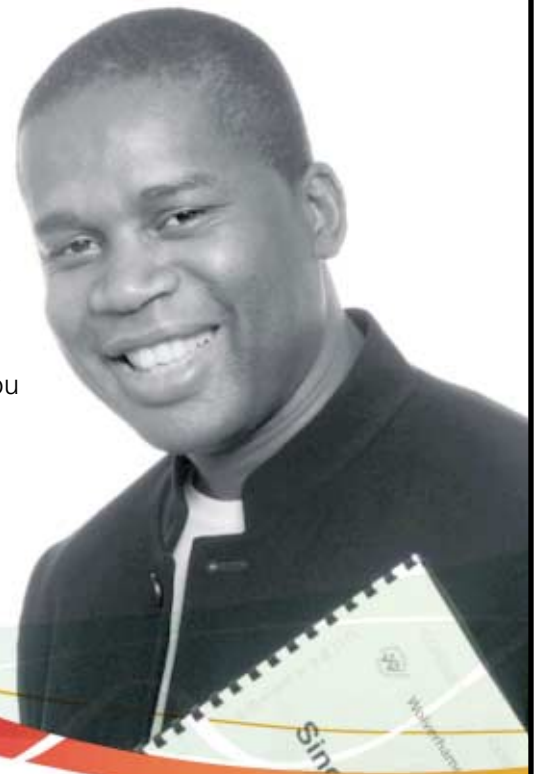
Are you the face of NHS Jobs?

NHS Jobs, the online recruitment service for the NHS, is running a campaign to find new faces to represent the NHS – and you could be one of them.

Enter the competition to represent the Trust and the diversity of people and careers we have. All short-listed candidates will get a professional photo shoot and a copy of their photograph. Finalists will represent NHS Jobs on its website and in its publications in the New Year.

It's easy to enter. Simply fill out the short entry form on www.jobs.nhs.uk/betheface with your details and a statement of why you (or your colleagues) believe you should be the new face of NHS Jobs.

Entries close on Friday 16th October 2009.



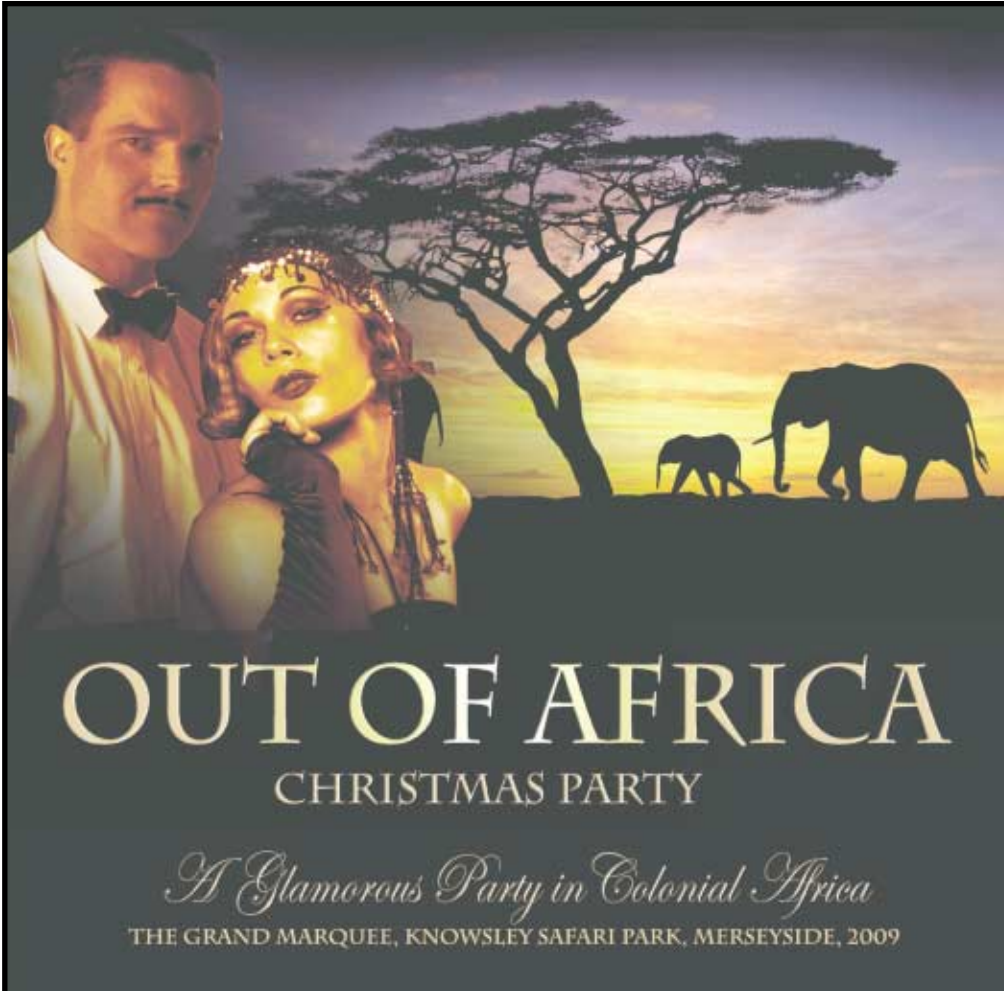
You will need to be able to attend a photo shoot at one of the locations below on the following dates.

London: 23th November 2009

Leeds: 24th November 2009

Bristol: 25th November 2009

The competition is open to current NHS staff only. Please let your HR team know if you apply by emailing James Dawson, HR Assistant on James.Dawson@sthk.nhs.uk



- Luxury starlit themed marquee
- Treetops bar with pre-dinner entertainment
- Festive Dinner with competitions and novelties
- Live Extravaganza show
- Disco 'til the small hours
- Charity Fun Casino

Take the hassle out of organising your christmas party

Call now for more information

0845 7573043

www.jdparties.co.uk

Book a Christmas Party Extravaganza for either 'Puttin on the Ritz' at Tatton Park or 'Out of Africa' at Knowsley Safari Park, for Thursday 3rd, Sunday 13th or Wednesday 23rd December minimum 10 guests and receive tickets at £39.50 per person. Applicable for bookings made in September, subject to availability. Quote NHS1 to make your booking.



Name that Building

Following the move into the new world class Whiston Hospital, Phase 2 of the redevelopment will see a full refurbishment of the building where the Accident & Emergency and Burns & Plastics Units currently are.

This building will house a number of clinical and non-clinical departments including the Pathology Laboratory, the Mortuary, the Education and Training department and office accommodation.

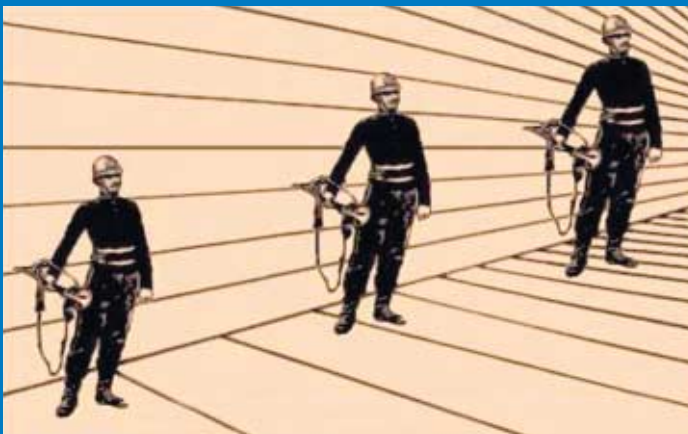
As well as being able to tell your workmates that you chose the name of the building you could also win a special prize, so get your thinking caps on and send in your names to jamie.murphy@sthk.nhs.uk.

It's all an **illusion!**

What do you see – a couple by the lake or a fetus?



Which soldier is tallest?



Believe it or not, they are all the same height!

IT Operations Help Desk
(0151) 676 5678
ithelpdesk@sthk.nhs.uk

Switchboard 0
Security, Fire, Emergency 3333
Cardiac Arrest 2222

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

Facilities Management Helpdesk
1188

Did you know?



- The famous painting "the Mona Lisa" actually has no eyebrows.
- The electric chair was invented by a dentist.
- Dalmatians are born without spots.
- Look at the zip on your clothes, see the initials YKK? It stands for Yoshida Kogyo Kabushibibaisha, the world's largest zip manufacturer.
- Mosquito repellents don't repel. They hide you. The spray blocks the mosquito's sensors so they cannot locate you.
- When hippos are upset, their sweat turns red.
- Bats always turn left when exiting a cave.

Staff **News 'n' Views**

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

If you would like to contribute, please contact Judith Marsland, Head of Media, PR and Communications on 0151 430 2505 or judith.marsland@sthk.nhs.uk

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

October edition – 25th September

December edition – 12th November