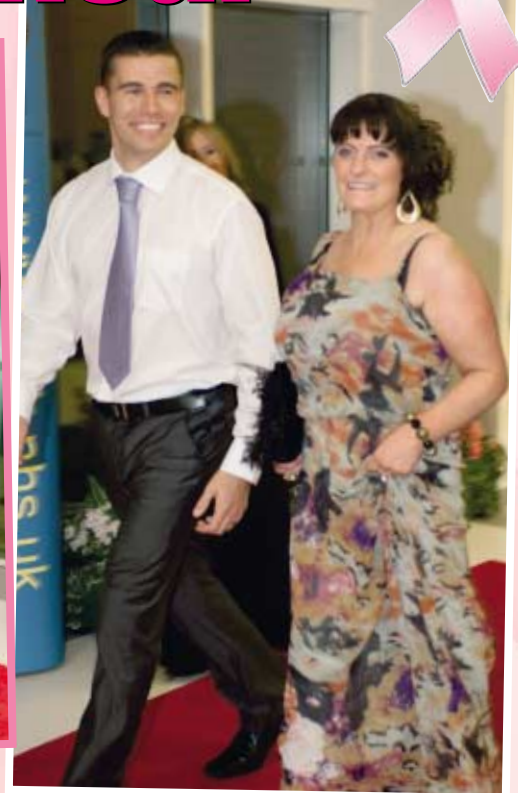


Issue 29 Autumn 2010

Trust Launches Breast Awareness Month with Style & Glamour



PLUS:

NEW 'CATH LAB' FOR WHISTON HOSPITAL



How YOUR idea could win you £100!

Full details and much more inside



Excellent Patient Care in World Class Hospitals

www.sthk.nhs.uk

Employee of the Month

June:
Emma Yates

Radiographer Helper



Emma joined the Trust 8 years ago as Clerical Assistant in the X-Ray Department, before being promoted to Radiographer Helper where her colleagues say she has flourished in her role.

Describe your role:

"My role is to assist the radiographers by helping to prepare patients, putting them at ease, positioning them in the right place for the machines and helping to ensure that their experience is a good one."

How does it feel to be Employee of the Month?

"I was shocked! It is very nice to be well thought of and appreciated by my colleagues as well as recognised by the Trust."

What is the most important aspect in caring for patients?

"It is taking your time to communicate with them, making them feel at ease, and always having a professional and positive approach when caring for patients."

What is the most rewarding part of your job?

"Knowing that I'm doing something that makes other people feel better is something I find very rewarding."

August:
Kath McGill

Ward Sister, Ward 1C



Kath joined the Trust 14 years ago and has worked in a number of nursing roles. Kath has been a Sister on the MAU for the last 6 years and is the Infection Control Link Nurse and Patient Safety Champion for the unit.

Describe your role:

My role is to co-ordinate the unit including the medical assessment unit, GP assessment unit and short stay ward. I lead a team of staff nurses, healthcare assistants and housekeepers. I help to ensure that patients coming from Accident and Emergency are properly assessed and moved onto relevant wards within the hospital, so that the Trust continues to meet its waiting times target.

How does it feel to be Employee of the Month?

I'm delighted to have been nominated by my team and to be recognised by the Trust for all the hard work we do on the unit.

What is the most important aspect in delivering excellent care to patients?

Making sure that the service we provide is of the highest standard and that patients are happy with the care they receive.

What is the most rewarding part of your job?

Knowing patients are going to get better and their stay has been pleasant because of the excellent care we have delivered.

July:
Val Smith

Assistant Clinical Coding Services Manager



Val has worked for the Trust for 13 years, initially as a Receptionist in the Orthodontics and Oral Surgery Department and from April 2001, as a Clinical Coder, progressing to Assistant Clinical Coding Manager.

Val has always shown a great passion for her work and determination to get things right. Val has been supportive of staff, lifting the team's spirits and keeping them positive, and has also been proactive in promoting the importance of clinical coding to all departments. Val is an exceptional clinical coder, a dedicated team player, and a hard-working and conscientious member of the Trust.

How does it feel to be Employee of the Month?

I feel very privileged to know that my colleagues appreciate the work I have been doing.

What is the most rewarding part of your job?

Mentoring junior members of staff, watching them progress and gain confidence in promoting the importance of accurate clinical coding to other health professionals and knowing that this is a legacy I will be leaving for the Trust.

September:
Joanne Callender

Acting Admissions Manager



Joanne has worked at the Trust since 2001, first as an admissions clerk across various specialties then later as an admissions supervisor and has been in her current role for just over a year.

What is your role?

I'm in charge of ensuring that waiting time targets for elective surgery are consistently achieved and that appointments are suitable for patients. This involves regularly auditing the data to ensure accuracy. I also make sure that theatre lists are full so that we continue to provide an efficient service.

How does it feel to be Employee of the Month?

I'm over the moon! I'm delighted to have been nominated by my team. It makes me feel that I'm doing my job well and doing it right.

What is the most important aspect of your role to providing excellent patient care?

That patients are put first, that they receive their surgery promptly, at a suitable time and that urgent patients are treated immediately.

What is the most rewarding part of your job?

Doing what is best for patients, making sure that my team are happy with their work, that theatre lists are filled and that we have achieved our goals.

To nominate one of your colleagues for 'Employee of the Month' go to the Staff Matters section of the Trust Intranet and fill out an online form. Alternatively contact Trish Caldwell on ext: 1250 or email: trish.caldwell@sthk.nhs.uk

New 'Cath Lab' provides patients with local services

The Trust has opened a new catheter laboratory – 'Cath Lab' at the world class new Whiston Hospital to provide patients with services closer to their homes.

Previously local patients would have needed to make tiring journeys to and from Liverpool or Warrington for angiography services (investigating abnormalities in the arteries around the heart). The new Cath Lab now provides these, along with fitting and follow-up appointments for heart pace makers and other essential heart services within the local area.

Dr Jeff Ball, Clinical Director and Consultant Cardiologist said: "By providing patients with access to services closer to their homes we are delivering a better experience for patients and improving the care they receive. The new catheter laboratory is helping us to expand the range of services we offer along with enhancing their quality."



Robert Challinor, one of the first patients at the new Cath Lab, recovering well at home.



Robert Challinor was one of the first patients to be cared for at the new facility. Robert, who lives near Sherdley Park in St Helens, just a few miles from Whiston Hospital, said: "I've had angiograms elsewhere but the one at Whiston was the best yet, I didn't feel a thing! Their equipment is far superior and their service was faultless. The staff are considerate, helpful and very professional, I was treated like royalty. It is great to have such a fantastic facility right on the doorstep and I would recommend it to anybody."

The Cath Lab in operation

IDEAS BANK – Idea of the Month Winner



Ann Marr, Chief Executive congratulating Idea of the Month Winner Rick Ingham.

The IDEA OF THE MONTH "WINNER" for September came from Rick Ingham, Staff Nurse for Urodynamics. Rick's idea is to purchase sterile gallipots and kidney dishes at a significantly reduced cost than having them sterilised off-site. It is estimated this will save the Trust approximately £30,000 a year. Thank you Rick for this excellent money saving idea, which is being put into practice immediately.

Rick has won £100 for his great idea and you too could be a winner with your ideas!



**Better Care
through
Your Ideas**

If you have an idea that will help the Trust to:

- Improve patient care
- Save money
- Increase productivity
- Provide a more efficient service

Then please fill out an Ideas Bank postcard and send it to the address on the card. Postcards can be found at the main reception, restaurants and patient waiting areas at both St Helens and Whiston hospitals. You can also log your idea via the intranet or website at: www.sthk.nhs.uk.

A Regional First for the Lilac Centre



The award-winning Lilac Centre at St Helens Hospital is the first cancer care centre within the Merseyside and Cheshire Cancer Network to achieve the 'Macmillan Quality Environment Mark'.

This new quality standard looks at how a centre supports the care that people affected by cancer receive. It measures the quality of service, the quality and cleanliness of facilities, the provision of healthy meals and how patients' views are included in their care. It looks at whether a centre provides a welcoming environment, that respects patients' privacy and dignity and how easily accessible services are.

Maureen Scotton, Ward Manager at the Lilac Centre said: "We are delighted to be the first centre in the region to be awarded this prestigious quality mark. The assessors were extremely impressed with how the centre provides patients with a relaxing environment, with the quality of care and how patients were highly involved in their care. This award highlights the exemplary standard of care patients receive."



Mary Foley, a patient from St Helens said: "The Lilac Centre is absolutely brilliant and this award is well deserved. The centre is always very clean and the staff are so welcoming and friendly. My cancer treatment doesn't feel like a 'battle' and that is partly due to the excellent service at the Lilac Centre. We are very lucky to have this local facility, along with two wonderful new hospitals."

Mary Foley, centre, with members of the Lilac Centre team.

Relaxation for Patients

Patients at the Lilac Centre benefit from complementary therapies to help reduce stress and anxiety as they undergo treatment for cancer.

A wide range of therapies are available to patients and their carers including:

- Armchair relaxation/yoga
- Aromatherapy
- Counselling
- Hot stone massage
- Hypnotherapy
- Indian head massage
- Sensory room
- Reflexology
- Reiki
- Visualisation

Gill Levey, one of the Counselling & Complementary Therapy Coordinators said: "Therapies such as yoga, aromatherapy and massage, help make people feel at ease by relaxing the muscles of the body and encouraging a feeling of wellbeing. We also provide therapies to carers as they too suffer the stresses of looking after a loved one with cancer. In addition we have a sensory room where patients can enjoy a full body massage in our massage chair amidst soothing sound and light."

Yoga sessions are run by Shirley Doolan, who is widely experienced in working with people who have cancer. Shirley is often helped by Dr Jayaram, a former Anaesthetist who recently retired from the Trust after 32 years of service. Shirley said: "Yoga is a calming force in the midst of chaos and can help manage stress and anxiety."

Shirley Doolan and Dr Jayaram supporting patients with the relaxation and Yoga class.



Macmillan Coffee Morning

The Macmillan Cancer Support Information Centre at St Helens Hospital joined other centres across the country to take part in the World's Biggest Coffee Morning.

The coffee morning, which was held in September, is Macmillan Cancer Support's biggest fundraising event. Staff in the centre based at St Helens Hospital joined their colleagues at Macmillan Cancer Support Information centres throughout the country to try to raise over £8 million. The money raised helps to provide support for those affected by cancer across the UK.

Julie Parr, Centre Manager said: "We had a fantastic response from members of the public, hospital staff and the local community who helped to raise over £900 for Macmillan Cancer Support.

We would like to thank all our volunteers and everyone for their support along with the local people and businesses who donated raffle prizes as well as Medirest who kindly donated their services and refreshments for the event."



Macmillan staff and volunteers at the World's Biggest Coffee Morning.

Promoting... INNOVATION & PRODUCTIVITY

The Innovation and Productivity Department (I&P) are tasked with delivering service improvements that support the Trust's objectives to further improve the quality of care and make a positive impact on the lives of patients and staff.

I&P Projects

The service modernisation projects that I&P has supported other departments in implementing have been hugely successful in improving the quality of care along with productivity and efficiency. These achievements include:

- Supporting the implementation of 'The Productive Operating Theatre programme' that enables efficient working in theatres.
- Increasing the number of patients seen in theatre sessions at both St Helens and Whiston hospitals.
- Improving inpatient processes to ensure people do not stay in hospital longer than they need to.
- Reducing length of stay for patients on surgical and medical wards.

The team are currently assisting in the planning of further improvements over the next two years that will benefit both patients and staff in delivering a safe, productive, efficient and effective service.

Staff Training and Development

The team provide staff training and expert advice on a range of subjects including project management, statistical analysis, problem solving and managing change. They are currently providing courses on:

- Influencer Training – Two day course - Supporting staff to successfully lead change initiatives.
- Crucial Conversations Level 1 – Two hour introduction course on creating an open culture to help improve patient care.
- Crucial Conversations Level 2 – Two day course focusing on performance, productivity, teamwork, change management and quality.
- Lean awareness – implementing lean principles to improve productivity and reduce waste.
- Coming soon! - Basic Prince 2 Training.

Case Study: Microbiology

Through successfully implementing a programme aimed at improving productivity and efficiency the Microbiology Department achieved vastly reduced turnaround times in screening for MRSA (down by 48%) and Clostridium Difficile (down by 72%).

Following the success of the programme, Kevin McLachlan, Microbiology Service Manager and Beverley Duffy, Senior Biomedical Scientist were invited by Premier Health Care to give a presentation at their annual conference in Washington DC, USA. Their presentation was extremely well received and the programme has been a hugely rewarding exercise for both the Microbiology Department and the Trust.



Kevin McLachlan, Microbiology Service Manager and Beverley Duffy, Senior Biomedical Scientist with their presentation, 'Break with tradition revolutionises frontline Microbiology.'

Annual General Meeting 2010



Members of staff share their expertise with one another.

The Trust's 19th Annual General Meeting (AGM) was held at St Helens Hospital this year.

Over 140 people including the Deputy Mayor of Whiston, Councillor Dave Williams, staff from the Trust, partner organisations and members of the public, gathered in the Spice of Life Restaurant at the hospital.

Chairman Les Howell opened proceedings by welcoming everyone to the Trust and thanking them for attending. The Chairman gave a summary of a successful year and praised the hard work of every member of staff in getting two state of the art hospitals open and fully functioning within just 18 months.

Ann Marr, Chief Executive then followed with a presentation outlining the Trust's achievements, DOUBLE EXCELLENT performance and activity throughout April 2009 to March 2010.

Highlights of the Year - April 2009 to March 2010

- Achieving a DOUBLE EXCELLENT rating from the Care Quality Commission for the second consecutive year.
- Being rated EXCELLENT in the Patient Environment Action Team assessment in each category for both St Helens and Whiston hospitals for the 4th year running.
- The successful campaign by local people to save the Burns Unit at Whiston Hospital.
- Dr Laweh Amegavie, Clinical Director for Paediatrics being awarded 'Mentor of the Year' in the NHS Leadership Awards.
- The Trust reaching the finals for Acute Healthcare Organisation of the Year in the HSJ Awards.
- The new Whiston Hospital opening six months ahead of schedule and within budget, providing world class services to local people.



Members of the public and staff talking together at the AGM

The AGM also provided departments throughout the Trust with the opportunity to showcase their services and successes, with a fascinating 'roadshow' of displays.

The Dementia Team at their display stand for the AGM.



Second National Dementia Conference from the Trust



Professor Alistair Burns, National Clinical Director for Dementia

The Trust held its second national conference on dementia care in hospitals, with guest speakers including England's first Dementia Tsar Professor Alistair Burns, as keynote speaker and Dr David Sheard, Director of Dementia Care Matters.

This innovative conference titled; 'Making Sense – Improving the quality of care of people with dementia in acute hospitals', outlined the latest skills and training required for caring for hospital patients with dementia.

Professor Alistair Burns summarised the progress on the work of the National Dementia Strategy, whilst Dr David Sheard called for a radical change in culture to enable the delivery of quality dementia care in acute hospitals.

Gill Core, Director of Nursing, Midwifery and Governance said: "A quarter of patients in general hospitals have dementia. Delivering high quality care, that meets the needs of these patients, can improve their outcomes. This conference highlights the Trust's leading role in providing patients with dementia with the highest quality of care."



Dr David Sheard, Director of Dementia Care Matters

Andy Burnham MP visits



THE NEW WHISTON HOSPITAL YOUR CHOICE, CHOOSE EXCELLENCE



L-R: Janet Bentham, Ward Manager, The Rt. Hon. Andy Burnham MP, Shadow Secretary of State for Health, chatting about football and rugby with Jack Davies patient (aged 8) and mum Lynne.

The Rt. Hon. Andy Burnham MP, Shadow Secretary of State for Education, visited the new Whiston Hospital where he met with patients and members of staff on Ward 3F, Children's and Young People's ward and spoke about the Trust's 'Hospital at Home' scheme.

Mr Burnham said: "The new Whiston Hospital is a state of the art facility providing patient-centred, high quality care. I visited the children's ward and heard about the Hospital at Home scheme, which helps ill children stay at home as much as possible. However when they do need a hospital stay, this new world class hospital provides an environment that they feel at home in. The staff and patients I met were proud of the new Whiston Hospital and they should be."

Sally Duce, Directorate Manager for Paediatrics said: "We were the first Trust to implement Hospital at Home. The scheme reduces admissions to hospital and the length of time patients need to stay, by enabling them to receive a range of treatments at home. This approach to healthcare is just one example of how we are providing our patients with an excellent standard of care that meets their individual needs."

Sally Duce, Directorate Manager for Paediatrics speaking to Andy Burnham MP on Ward 3F.



Trust Showcases Sight-Saving Services



L-R: Anees Paul Staff Nurse, Mukesh Hiranandani Clinical Director, Sharon Radley from Novartis, Sister Sharon McDonald Lead AMD Nurse, Maria Pikulski Eye Clinic Liaison Officer, Kerri Maguire AMD Co-ordinator and Bob Wilkes, Chair of Central Mersey Local Optical Committee.

The Trust recently held an open evening for local healthcare professionals to promote the services provided by Ophthalmology Department in St Helens Hospital.

The evening focused on a common condition called Age-related Macular Degeneration (AMD) that can cause blindness. The Trust's highly skilled Ophthalmology team are at the forefront of treatment for AMD and Mukesh Hiranandani, Clinical Director and Consultant Ophthalmic Surgeon provided an overview of AMD services offered at the Rennie Eye Clinic.

The event attracted opticians and other local healthcare providers and gave them the opportunity to take a tour of the clinic and see for themselves the state of the art facilities and very latest treatments that are helping to save the sight of patients.

A First in Day Case Surgery at the Trust



Hayley Adamson with her family.

Hayley Adamson from Widnes, became the Trust's first day case patient to have key hole surgery to remove her gall bladder in the new St Helens Hospital.

Hayley had the procedure, known as a laparoscopic cholecystectomy, on the Sanderson Suite; the state of the art day case surgical unit at St Helens Hospital and was discharged the same day.

Miss Leena Chagla, Consultant General Surgeon said: "Providing patients the opportunity to have this procedure as a day case is the way forward. If the patient is fit, motivated, has adequate support at home and combined with the skills of our clinical teams, it can be done. Patients can receive treatment faster and can return home sooner using the fantastic facilities here at St Helens, which helps to improve the patients' experience."

Hayley said: "I was delighted to be able to come into hospital in the morning, have my operation and then be home soon after. I would recommend day case surgery to my friends and family. All the staff on the Sanderson Suite, in the operating theatre, including the Anaesthetic team and Miss Chagla, were all wonderful."

Promoting Breastfeeding

The Infant Feeding Team at Whiston Hospital helped to promote the benefits of breastfeeding as part of National Breastfeeding Week, with display stands outside the Women's Outpatients Department.

The team highlighted the following benefits to encourage more mothers to breastfeed:

- Breastfeeding helps to protect your baby against a range of infections as well as childhood diabetes, asthma and eczema.
- Breastfeeding also helps to protect mothers against breast cancer, ovarian cancer and weak bones later in life.
- Breastfeeding helps to build a stronger bond between mother and baby both physically and emotionally.



Mums and babies from the Trust's breastfeeding support drop-in clinic members of the Trust's Infant Feeding Team (in blue), Knowsley Bosom Buddies (in pink) and a Maternity Support Worker (in black).

The team also promoted the breastfeeding support drop-in clinic, which is held every Friday morning at Whiston Hospital and the breastfeeding workshop that is held twice a month at Whiston Hospital for pregnant women. For further information about these drop in clinics, telephone: 0151 290 4166.

Midwives do the extraordinary



Kate, Danny, baby Sam and Tudor with Annette Taylor, Ward Manager and Midwives; Beth Stamper and Mel Denton.

New mum and dad, Kate Holden and Danny Seasman have described how the Trust's midwives went the extra mile to make the birth of their baby Sam a special family moment.

When the couple asked if Danny, who lost his sight ten years ago, could bring his guide dog Tudor into the delivery suite, the team did everything possible to ensure that mum and dad could be together throughout the birth. The midwives gathered information on handling guide dogs in a hospital and sought guidance from the Infection Control team about how they could accommodate Tudor and ensure clinical areas were kept infection free. Staff also helped Danny and Tudor find their way and familiarise them to the hospital.

Val Blakemore, Maternity Matron said: "We are committed to delivering a service that meets the individual needs of our patients and ensures the best possible patient experience. We wanted to make sure that both Danny and Kate received the same high quality service that all mum and dads get at Whiston Hospital."

Danny said: "The midwives and everyone in the department have been fantastic, I can't praise them enough. They have given me the opportunity to be there during the birth and be treated just the same as anyone else."

Kate added: "Enabling Tudor to be with Danny also meant he could come to and from hospital throughout my three day labour, whenever I needed his support. We would both like to say a big thank you to all the staff for the care they have given us, **from the four of us.**"

Staff Inspire Students at Carmel College

Staff from the Trust recently visited Carmel College in St Helens to provide A-Level students with an insight into healthcare roles.

Ann Harding, Midwife, Jean Moore, Practice Educator in Theatres and Marie Brown, Delivery Suite Manager visited the college as part of the student's 'Industry Day' event, where representatives from local organisations provided an overview of the wide range of careers available to the students.

The students asked Ann, Jean and Marie questions about their roles and the qualities and qualifications they require.

Marie Brown said: "It was a pleasure to meet the students and offer them first hand careers advice. One of our midwives even met up with a teacher whose baby she had delivered 8 years ago! We really enjoyed the event and I hope that the students did too. Perhaps we will see one or two working with us in the near future!"



L-R: Jean Moore, Practice Educator, Marie Brown, Delivery Suite Manager and Ann Harding, Midwife with cardio pulmonary resuscitation training models on their display at Carmel College.

Breast Awareness Month is launc



BBC Radio Merseyside's Linda McDermott, compere for the evening, assisted by Herbert of Liverpool

The Burney Breast Unit launched Breast Awareness Month with a special event that promoted "Life after Breast Cancer". The event celebrated the experiences of patients and highlighting the positive outcomes that modern breast cancer care can achieve.

Lending their support were local celebrities; Hollyoaks actress Emma Rigby, BBC Radio Merseyside Presenter Linda McDermott, Herbert of Liverpool - hairdresser to the stars and the models on the night and talented students from the Elizabeth Hill dance school performed on the night too.

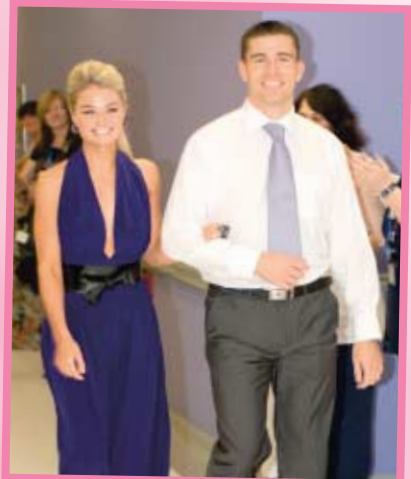
The event was opened by Ann Marr, Chief Executive, and Miss Leena Chagla, Consultant Surgeon and Lead Clinician spoke about 'Life after Breast Cancer and Living with Breast Cancer'.

Patients took centre stage for the 'Breast of British' fashion show. They modelled the latest designer ranges donated for the evening by Tyrers of St Helens, Marks & Spencer, Dorothy Perkins, and Matalan. There were also informative exhibitions on local breast cancer services and the support available to patients.

At the end of the evening there was a surprise for the models when Gordon Pennington, St Helens RLFC Community Foundation Manager invited them to showcase the St Helens Rugby League Football Club 2011 leisure wear, as part of the Saints Community launch. So watch this space!



Dancers from the Elizabeth Hill Dance School



Hollyoaks star Emma Rigby also took to the catwalk.



Charlotte Cunliffe, Gordon Pennington, St Helens RLFC Community Manager and Shelia Ashton with her hearing dog; Nina.

hed in style at St Helens Hospital



Models, celebrities and guests with Miss Leena Chagla (front centre) and members of the Breast Team at the "Breast of British" fashion show.



Margaret James, a patient from Rainhill said: "It was exhilarating. It shows that just because you've got breast cancer you can still dress up and strut your stuff. I've got cancer but it's not got me."



Left: Karen Jarvis from Eccleston said: "Life doesn't stop because you have breast cancer. You can still keep your style and glamour after treatment and even during it. Be positive, keep fighting and don't give up."



Thank you to Stuart Steen and Gary Fletcher, who kindly escorted the models along the catwalk.



The ever friendly faces of Karen Hughes, Surgical Practitioner and Chris Bebb Breast Nurse Specialist, on hand with information about breast services.

Centre: Joanna Kerr from Widnes said: "After surgery and treatment for breast cancer it's important to regain your confidence, self esteem and to feel like a woman again. This was the perfect opportunity for that and I hope it will inspire others to be positive."

Right: Julie Hill, a patient from Windle, St Helens said: "I wanted to give something back for all the support I have received. It's important to enjoy life and appreciate every little thing."

Signed Saints Shirt Silent Auction

Saints have further added their support to the Burney Breast Unit by providing a 2010 season shirt signed by the 2010 team. This is one of the last shirts that Saints hero Keiron Cunningham signed as a player and is being offered through a silent auction, with all proceeds going towards helping patients on the Burney Breast Unit.

To enter, write your bid in a sealed envelope, along with your name, address and phone number and send it to: Gaynor Whistlecroft, Marketing Department, Whiston Hospital, Warrington Road, Prescott, L35 5DR.

Equality & Excellence: Liberating the NHS

The Secretary of State for Health has published a new NHS White Paper - Equity and Excellence – Liberating the NHS, setting out the coalition Government's vision for the NHS. This is the first step towards the Government's ambition for the NHS to achieve health outcomes and quality health services that are among the best in the world.

The Vision:

'Equity and Excellence: Liberating the NHS' sets out proposals for the NHS to become a truly world-class service: a service that is easy to access, treats people as individuals and offers care that is safe and of the highest quality.

This vision puts patients at the heart of everything that we do. This means giving them more choice and the information they need to be able to exercise that choice. It also means putting GPs in charge of local commissioning decisions and setting providers of health services free from top-down targets.



*Andrew Lansley, MP
Secretary of State
for Health*

The new White Paper along with a number of more detailed, supporting documents and correspondence to staff are available on the Trust's intranet in the 'Staff Matters' section.

Work & Wellbeing Open Day



Exhibitors and members of staff with Saints' mascot 'Boots'.

The Trust held a Work & Wellbeing Open Day in September to promote healthier lifestyles and support the wellbeing of staff, which included a visit from Saints rugby star Scott Moore and mascot 'Boots'.

The event in the Recreation Hall at Whiston Hospital had various exhibitions with experts offering advice on a range of issues from

improving your fitness to gaining a better work life balance. Those at the event were able to get a relaxing massage, have their fitness tested, or get useful advice on smoking cessation, sexual health, diet, exercise and mental health issues.



Saints rugby star Scott Moore is treated to some reflexology, from the healing hands of Complementary Therapist and Saints fan Julie Atherton-Storey.

Ann Marr, Chief Executive opened the day and highlighted the commitment of the Trust to the health and wellbeing of staff.

Karen Brayley, Occupational Health Manager said: "We all need to consider that when we are fit and well, we provide an excellent quality of care to our patients, which is something we all work hard to achieve."

Work and Wellbeing raffle winners

Karen Arnold, Costing Accountant, won two tickets to see the Saints play in their first home game of the season, courtesy of St Helens Rugby League Football Club.

Angela Gaskell, Deputy Head of Purchasing, won a digital camera, courtesy of Medicash.



Members of staff with their 'goodie bags' at the open day.



Be a Flu Fighter!

Seasonal flu jabs are being provided to staff as the annual vaccination programme gets underway from October to the end of December.

Last year over half of the Trust's staff volunteered to have their flu jabs and Occupational Health nurses are working around the clock, visiting all wards and departments throughout both St Helens and Whiston hospitals to get as many staff as possible vaccinated.

Special 'Vaccination Sessions' have been set up at locations in both hospitals to allow staff to drop in and have their jabs, see table below and check the intranet for further details or contact the Occupational Health team to arrange an appointment for vaccination.



Flu Fighter! - Mohammed Al-Jubouri, Clinical Director of Pathology

Vaccination Programme:

| DATE | TIME | LOCATION |
|------------------------|-------------|--|
| Thursday 11th November | 9am-12pm | Spice of Life Restaurant, Whiston Hospital |
| Thursday 18th November | 9am-11.30am | Spice of Life Restaurant, St Helens Hospital |
| Tuesday 23rd November | 9am-12pm | Spice of Life Restaurant, Whiston Hospital |
| Wednesday 1st December | 9am-12pm | Spice of Life Restaurant, Whiston Hospital |
| Thursday 2nd December | 9am-11.30am | Spice of Life Restaurant, St Helens Hospital |



Gill Core said: "Being vaccinated helps protect staff from getting flu and passing it on to their families and friends, or to the patients that they care for. The Trust is backing the campaign to have as many staff vaccinated against flu as possible and we are calling on every employee to get themselves jabbed!"

To get your vaccination, contact Angela Roberts, Occupational Health Nurse Advisor on ext: 1985 or email: angela.roberts@sthk.nhs.uk.

Flu Fighter! - Joanne Brown, Cardiac Nurse, having her jab as Beverley Duffy, Senior Biomedical Scientist and Kathy Kean, Cardiac Nurse wait in line.

NHS Staff Satisfaction Survey 2010 - Your chance to have your say



The national NHS Staff Satisfaction surveys have been sent out to random members of staff and the Trust is encouraging those who have received them to complete it before Monday 13th December.

Last year the Trust received its highest response ever to the survey, with positive ratings in the majority of areas. We aim to beat last year's record response rate, so simply complete the survey and return it by freepost to Quality Health, as detailed in the documentation.

It is your chance to have your say and you could also win a prize – more details to follow.

Spotlight on:

PURCHASING AND SUPPLIES

Staff from the Purchasing and Supplies Department held an awareness day in the summer giving colleagues at the Trust an overview of what the role of the department is.

The department plays a key role in the way money is spent across the Trust. The team negotiate with suppliers, collaborate with other Trusts, tender for goods and services and work with national and regional agencies to ensure that the Trust gets the best value for money.

It is important that the department get involved early in any major purchases as they have contacts and contracts that can be utilised (local, regional or national) to help reduce costs or get more for your money. Early buyer involvement is crucial in ensuring that the Trust's buying power is maximised so that cost savings can be achieved.

For more information on how the Purchasing and Supplies Department can help your team visit the department's intranet pages in the 'About Us' section, or call ext: 5959.



Members of the Purchasing and Supplies team (L-R): Chris McNamara, Acting Deputy Head of Purchasing & Supplies, Norma Callaghan, Clinical Procurement Specialist, Alma McGovern, Buyer, Steph Abbott, Buyer, Angela Gaskell, Acting Head of Purchasing & Supplies, Chris Dodd, Catalogue Administrator and Alan Stanniland, PFI/Capital Purchasing Manager.

If you want to put the spotlight on your department and inform other people about what you and your colleagues do, contact Jamie Murphy on ext: 7518 or email: jamie.murphy@sthk.nhs.uk.

Celebrating Eid

Muslim members of staff were joined by senior managers and local representatives to celebrate Eid, marking the end of Ramadan; the month in which Muslims fast.

There are over 40 Muslim members of staff working at the Trust and Eid has been celebrated here for the last eight years. Amongst those attending this year were The Mayor & Mayoress of St Helens, The Mayor of Whiston, Community Liaison Officers from Merseyside Police, and St Helens Borough Council representatives along with Ann Marr Chief Executive.

Following a welcome by The Reverend Jamie Hartwell, Dr Abubaker Elbadri, Consultant Paediatrician, gave a fascinating presentation on 1,000 years of Muslim Scientific Heritage, which includes the first textbook of paediatrics and the invention of over 200 surgical instruments, including forceps and the plaster cast.





Have you got hidden talents?

**Can you sing, dance, do magic tricks or make people laugh?
Are you a natural born entertainer? Are you a member of Trust staff?
Can you perform in front of your colleagues?**

If your answer to these questions is yes, then we want to know about it!

The Trust is holding a talent competition for staff on Friday 4th March 2011 at the Theatre Royal in St Helens. The winner will get a great prize and the chance to perform LIVE on stage at the 7th Annual Staff Awards Presentation Evening 2011.

Tell us what your talent is along with your name, job title, department, extension number and email address and send it to: judith.marsland@sthk.nhs.uk

The Beautiful Game

Throughout September and October two teams from the Trust have been taking part in a local 5-a-side football league competition being played each Wednesday at FIVES – Play the Game, Play at Fives on ultra modern 3G Astro-Turf, at Ravenhead Road, St Helens.

The two teams are the 'Trust All Stars' and the 'Informatics Team'. At the time of going to press the Trust All Stars were topping the league table.



The Informatics Team: L-R: Joey Morris, Karl McIntyre, Alex Woods, Tom Lawrenson, Matt Connor, Neil Massey. Front row: Andrew McAteer and Martin Rotheram

Kyle Humphreys, Clerical Officer and Captain of the Trust All Stars said: "We had a great response from colleagues across the Trust and although many of us had never met each other before we have all got on really well as a team."

Alex Woods, Senior Operations Engineers and Captain of the Informatics Team said: "Our players work across Informatics and Information Governance and the team has really started to gel. It's an enjoyable teambuilding experience."

If you are interested in starting up our own Trust league in the future contact the Media, PR and Communications Department on extension 2505.



The Trust All Stars: L-R: Kyle Humphries, Marc Ward, John Johnston, Neil Kearns, Chris McEgan and Mike Stratton. Front Row: Chris McNamara and Neil Rathbone.

Disability Action for Staff



The Disability Action Group is looking for new members to help the Trust meet the needs of people with disabilities.

The group is open to all members of staff, who can contribute to supporting the Trust in relation to issues affecting disabled people. The group provides advice on policies and practices and also offers support to disabled staff regarding a variety of work related issues.

The group meets four times a year and the meeting times and locations are published on the staff intranet in the Equality and Human Rights section.

If you require further information or would like to join the network please contact: Jeanette Foster, Chairperson on ext: 2862 or email: Jeanette.foster@sthk.nhs.uk or Annette Craghill, Patient and Workforce Equality Lead on ext: 7609 or email: annette.craghill@sthk.nhs.uk

Paula's Pink Party!



L-R: Jean Owen (Paula's Mother), Dr Olga Harris, Dr Rani Thind, Chris Bebb, Breast Nurse Specialist and Paula Knowles presenting a cheque to the Burney Breast Unit.

Paula Knowles, a patient from Widnes, has donated £3,000 to the Trust as a thank you for the care she received at St Helens Hospital.

Paula said: "The care I received from all the staff on the Burney Breast Unit and the Lilac Centre has been absolutely fantastic. I wanted to give something back as a thank you for their support and for being there for me. But I also wanted something positive to come out of my experience by raising awareness of breast cancer."

Chris Bebb, Breast Nurse Specialist said: "I would like to thank Paula and everyone who supported her in raising this money. This generous donation will help to support research into breast cancer and will also help provide a more homely

environment for patients at both the Lilac Centre and Burney Breast Unit."

L-R: Jean Owen, Maureen Scotton, Ward Sister and Louise Dutton, Staff Nurse with Paula Knowles, presenting a cheque to the Lilac Centre.



HOWZAT FOR SCBU!

A family from Haydock have raised an amazing £1,100 for the Special Care Baby Unit (SCBU) at Whiston Hospital, with a fundraising event at Haydock Cricket Club, held in memory of Derek McDonald who sadly passed away in January 2009 aged 25.

This was the second fundraising event that Derek's family held for the unit where he was cared for as a baby after being born at Whiston Hospital.

Derek's dad, also called Derek, organised and compered the evening. He said: "Derek was an extremely popular lad and we wanted to honour his legacy by helping other children on the unit. The staff at Whiston Hospital do a tremendous job and we wanted to thank them for all they have done and all they will continue to do in the future."

Dr Laweh Amegavie, Clinical Director for Paediatrics said: "We'd like to thank Derek and his family along with all those who have helped to provide this wonderful donation to the Special Care Baby Unit. These funds will go towards helping other patients and their families on the unit."



Derek McDonald presenting Dr Amegavie with a cheque for the SCBU, together with wife Chris McDonald and daughter Kelly (far left) and members of the Paediatric department at Whiston Hospital.

Mike Scott to take the Inca Trail



Machu Picchu the ancient Inca city high in the Andean Mountains. (Photo Arvind Balaraman)

Mike Scott, Consultant Surgeon is set to trek the Inca Trail in Machu Picchu, in Peru in aid of Macmillan Cancer Support in May 2011. Mike, who last year was named the Liverpool and North West Society of Surgeons' first ever 'Teacher of the Year', is aiming to raise £10,000.

You can help him and Macmillan Cancer Support by making a donation, just log onto:

<http://www.justgiving.com/DrMikeScott>



Mike Scott, Consultant Surgeon with his 'Teacher of the Year' award, for which he was nominated by his juniors.

Cyclist makes donation for toys



Eddie McFerran with daughter Sophie and wife Jane (right) presenting his cheque to Abubaker Elbadri, Consultant Paediatrician, Sally Duce, Directorate Manager (far left) and Janet Bentham, Ward Manager.

A cyclist has raised £400 for the Trust's Children's and Young People's Department following a sponsored bike ride from Manchester to Blackpool.

Eddie McFerran, from Widnes, decided to raise the money for the department as a thank you for the treatment his daughter Sophie received on the unit in 2006 under the care of Abubaker Elbadri, Consultant Paediatrician.

Eddie chose to undertake the 60 mile bike ride from Manchester to Blackpool for his 60th birthday and although he sustained an injury, he bravely finished the race in just four and half hours.

Sally Duce, Directorate Manager for Paediatrics said: "We would like to thank Eddie and his family and all those who donated. These funds will help provide new toys for the children and young people on the wards."

Support for Carers

The Princess Royal Trust Carer Support Team is available at both St Helens and Whiston hospitals, to recognise and support carers.

Staff at the Trust can help carers by referring their details to the team who will then arrange to meet them at a mutually convenient time to discuss their needs and identify support available. If you are a carer working for the Trust, the team are also available to help and support you.

The team provide a valuable contribution to the delivery of excellent patient care at the Trust. Their work contributes to reducing length of stay by helping with the discharge of patients. By working with families and carers of patients the team can release nurses' time to focus on direct patient care. By providing a support service to carers they are contributing towards delivering a positive experience at the Trust.

During National Carers Week the team helped 85 carers access support at display stands in both hospitals. The team also provided wards and departments at both hospitals with promotional goodies to help promote the service among staff.



Jane Marino, Project Manager (right) and Emma Bone, Carer Support Officer (left) at Whiston Hospital

The Princess Royal Trust Carer Support Team is available Monday to Friday 9am to 7pm. Contact the Team on 01744 646640 (ext: 6640).

Dublin Run for SCBU

IT Taskforce Engineer, Tom Fitzpatrick, is to run the Dublin Marathon to raise money for the Special Care Baby Unit, and he needs your help!

Tom takes to the streets of the Fair City in October and is aiming to raise £2,000 to help SCBU continue to provide an excellent service to patients and families.

You can help Tom reach his target by logging onto the website below and kindly making a donation:

<http://www.justgiving.com/Tom-Fitzpatrick1>

Marathon Runner Tom Fitzpatrick with members of the SCBU team





TRUST LOTTERY RESULTS

The recent lottery winners are:

June 2010

- £1,500 Lorna Phair, ODP, Operating Theatres, Whiston
- £500 Linda Cranny, Staff Nurse, Operating Theatres, Whiston
- £200 William Bowman, Ward Manager, Ward 4C, Whiston

July 2010

- £1,500 Marion Piert, Claims Assistant, Complaints and Claims Department, Whiston
- £500 Nicola McConnell, Healthcare Assistant, Ward 4C, (General Surgery) Whiston
- £200 Yvonne Southern, Receptionist, Accident & Emergency Department, Whiston

August 2010

- £1,500 Lynn Formby, Phlebotomist, Pathology Department, St Helens
- £500 Robert Frodsham, Sister, Ward 1E, (Coronary Care Unit) Whiston
- £200 Stephen Angell, Staff Nurse, Endoscopy Department, Whiston

September 2010

- £1,500 Mandy Baines, Clerical Officer, Cardio-Respiratory Dept, Whiston & St Helens
- £500 Rose Douglas, Head of Midwifery, Obstetrics & Gynaecology, Whiston
- £200 Elizabeth Finnegan, Staff Nurse, Ward 4D, Regional Burns Unit, 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).



Fond Farewells



Best wishes to long serving members of staff who have recently retired



Beryl Abbott with friends and colleagues.

Beryl Abbott, former Stroke Nurse Specialist has retired from the Trust after 29 years of loyal service to the Trust. Her friends, colleagues and all on the Allen Day Unit at St Helens Hospital and within Stroke Services wish her all the very best in her retirement.



Cecilia Rainford with friends and colleagues on the Endoscopy Unit.

Cecilia Rainford, former Health Care Assistant has retired from the Trust after 32 years of dedicated service. Throughout that time Cecilia has worked in many wards and departments throughout the Trust, most recently in Endoscopy. Her many friends and colleagues wish her all the very best for a happy and healthy retirement.

If you or a colleague, who has served the Trust for over 25 years is retiring soon, please contact Jamie Murphy on ext: 7518 or email jamie.murphy@sthk.nhs.uk to arrange a feature in Fond Farewells



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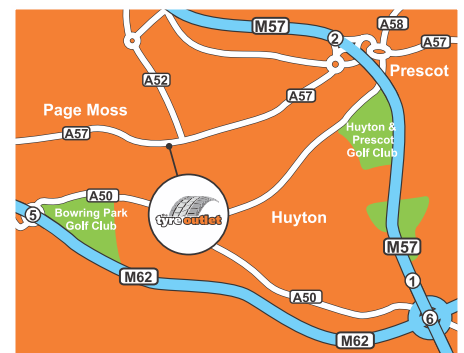


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Send in your snaps of where you have taken News n Views to read, either abroad or in an unusual place - we would love to see your photos!

Thank you to Donnas Wilkinson, Ward Manager, Ward 4D, Regional Burns Unit, for this photograph taken whilst scuba diving in the Canary Islands.

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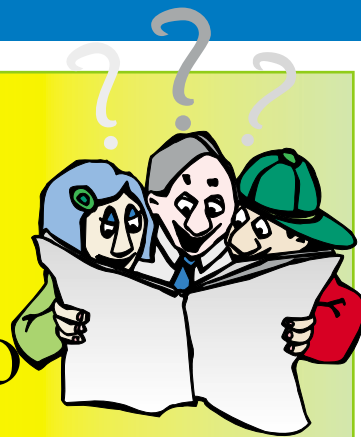
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Local Security Management
Specialist (0151 430 1611)
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Facilities Management
Helpdesk
1188

Did you know?



- The human lung contains over 300,000 million tiny blood vessels. If they were laid out end to end they would stretch from Whiston Hospital to just beyond Berlin!
- There is a city called Rome on every continent.
- The human head contains 22 bones.
- The sentence: 'The quick brown fox jumps over the lazy dog' uses every letter in the alphabet.
- The opposite sides of a dice always add up to seven.
- The length from your wrist to your elbow is the same as the length of your foot.
- The UK sends the most international post.
- Mel Blanc, who provided the voice of Bugs Bunny, was allergic to carrots.



Staff News 'n' Views

Next Issue: Winter 2010

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 deadline for submitting items for the next News 'n' Views is 19th November