

Staff

St Helens and Knowsley Teaching Hospitals  
NHS Trust



Issue 33 December 2011

# News in Views



# CHRISTMAS

# GAROLS

**AT OUR  
HOSPITALS**



*The children of Whiston Willis Community Primary School singing a variety of Christmas carols at Whiston Hospital.*



*Children from Robins Lane Community Primary School singing at St Helens Hospital*



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# CHRISTMAS MESSAGE FROM THE CHIEF EXECUTIVE



The Trust has had a very successful year, seeing and treating more patients than ever before. Your hard work and commitment is very much appreciated and has ensured we continued to offer excellent healthcare services to the local community, providing our patients with good quality and safe standards of care.

The skills and talents of many staff have been highlighted throughout the year; this has been proven by the national awards that many teams from the Trust have won. The Annual Staff Awards Presentation Evening also gave us the

opportunity to showcase the excellent examples of individuals and teams improving services for our patients.

Your dedication and skills are exceptional. I know many patients are extremely grateful for all that you do for them. I hope for those of you that will be working over the festive period, you too will get to enjoy some time with your families and friends.

On behalf of the Trust Board may I thank you for all your hard work, and wish you a Merry Christmas and a happy and healthy New Year.

**Ann Marr, Chief Executive**

## Employee of the Month

October:  
**Nicola Broderick**

**Service Improvement Accountant**

Nicola has worked for the Trust for 13 years. She began her career at the Trust as an Information/ Finance Assistant. Nicola has studied hard and passed all her accountancy exams over the years, which has allowed her to progress and become a Service Improvement Accountant.

**Describe your current role**

My role involves working with many teams of staff across the Trust to deliver the QIPP (Quality, Innovation and Productivity and Prevention Agenda). My aim is ensure patient safety and quality standards are always met but combined with cost savings.

**How does it feel to be Employee of the Month?**

I was surprised to receive the Employee of the Month Award because I feel that I'm only doing the job that I've been employed to do within the Trust. I feel that my fellow colleagues should also have a share in taking the credit for this achievement because without them this would not have been possible. I'm delighted to have been nominated and proud to know that my work is not going unrecognised.

**What is the most rewarding part of your job?**

Being able to make a difference to patient care without jeopardising safety and quality, as well as having the opportunity to work along side such dedicated staff, who also want to make a difference within the NHS and help make the Trust 'number 1' for patient choice.



September:  
**Anne Hyson**

**Lead Nurse,  
Nursing Development**

Anne spent the first 10 years of her nursing career at the Trust, starting as a student nurse. After a brief period nursing at other organisations, Anne returned in 2001 as the Ward Manager on the Medical Assessment Unit, before joining the Nursing Development Team.

**Describe your current role?**

I help to ensure our nurses are fully equipped to deliver quality care in a safe and effective way. This involves supporting and guiding nurses through national changes that are improving the standard of care patients receive.

**How does it feel to be Employee of the Month?**

I was very surprised and delighted to be recognised as part of a dedicated team helping to support nurses throughout the Trust to provide even better care for our patients.

**What is the most rewarding part of your Job?**

It is in knowing that the work I do has a positive impact on the quality of patient care. I want every patient to receive the same high standard of care from each ward, department and nursing team at the Trust.



# Employee of the Month

August:  
**Cath Mulcahy**

Receptionist, Dermatology



Cath has worked at the Trust for 22 years, since starting on a Youth Training Scheme, in the Medical Records Department in 1989. Cath has worked in various administrative roles, mostly as a clinic receptionist.

**Describe your role**

One of my key duties is to ensure that all patients are booked into clinics and given follow up appointments as and when required. I also help to prepare the clinics to ensure they are ready for use by clinical staff, so that everything runs smoothly and efficiently.

**How does it feel to be Employee of the Month?**

I was overwhelmed. I take pride in my job and enjoy being part of the Dermatology Team. I was very pleased to be recognised by my colleagues and very grateful to hear all their lovely comments.

**What is the most rewarding part of your Job?**

To see that patients are pleased with the service and being able to make a difference to their experience in clinic.

June:  
**Lisa McCulloch**

Advancing Quality Lead Nurse



Lisa joined the Trust 19 years ago as a Healthcare Assistant. She began her nurse training in 2002 and worked as a staff nurse in cardiology before joining the Advancing Quality team in 2010.

**Describe your current role**

My current role involves helping to implement, evaluate, educate and promote the Advancing Quality programme within the Trust. I undertake the collection of data to ensure patients receive a high standard of care.

**How does it feel to be Employee of the Month?**

I am very lucky to work with such highly skilled and dedicated people in my team and I am extremely happy to have been nominated.

**What is the most rewarding part of your job?**

Being involved with the AQ initiative has allowed me to put into practice systems, which have improved the quality of patient care. Being part of the team that is achieving health improvements and striving for better care has given me great satisfaction. Helping patients stop smoking by developing referrals to the smoking cessation advisor has also been very rewarding.

July:  
**Rose Parker**

Medical Devices Training  
Co-ordinator



Rose has worked at the Trust for 10 years working in stroke care before taking up her current role.

**Describe your current role?**

My role is to ensure staff are trained and supported to use and manage the clinical equipment required in their role; to help promote patient safety; to help ensure the Trust meets NHS Litigation Authority (NHSLA) and the Care Quality Commission (CQC) standards, including standardisation of clinical equipment, and to ensure national alerts and notices are complied with.

**How does it feel to be Employee of the Month?**

It feels fantastic! I feel lucky to work with many people across the Trust whose co-operation is helping to achieve great results.

**What is the most rewarding part of your Job?**

The best part of my job is working with so many different teams to ensure that staff are supported and patients are safer, because of the systems we have been able to help to put in place.

May:  
**Tina Jones**

Healthcare Assistant,  
Ward 3 Alpha



Tina joined the Trust as a Domestic in 1999 and has worked as a Healthcare Assistant on the Trauma & Orthopaedic wards for the last 10 years.

**Describe your role**

My role is to assist with the care of patients who have had hip replacement surgery, some of whom may be elderly and suffering from dementia. I help to provide patients with practical assistance for their personal requirements and ensure that their stay in hospital is as comfortable as possible.

**How does it feel to be Employee of the Month?**

I am absolutely delighted. It is lovely to feel so appreciated by my colleagues and to be recognised by the Trust for all my hard work.

**What is the most rewarding part of your job?**

Seeing patients make a full recovery following their surgery and knowing that I was part of the great team of colleagues, who helped them to achieve that.

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](mailto:trish.caldwell@sthk.nhs.uk)



# 6 of the Best in PEAT

The Trust has achieved top marks again in the Patient Environment Action Team (PEAT) assessments for an amazing sixth year running and is the only acute Trust in Merseyside to gain maximum scores this year.



*Joanne Welsby, Assistant Contracts Manager, explains to Margaret Barron, Patient Representative and Lynn Shaw, External Validator, how the Trust's way-finding scheme works.*

Both St Helens Hospital and Whiston Hospital scored 'EXCELLENT' for their high standards in Environment, Food and Privacy & Dignity, provided to patients.

As part of the PEAT assessments, each hospital in England is rigorously checked with the involvement of patients, patient representatives and members of the public.

To ensure that high standards are constantly met, the Trust's Contract and Facilities Team work in partnership with Medirest, NewHospitals and Vinci FM to deliver quality services in catering, maintenance, portering, cleaning, bed linen, security, energy and waste management, car parking and landscaping.

The teams faced additional challenges this year, including the demolition of the old Whiston Hospital. The

staff have worked extremely hard to make sure high standards were maintained and the Trust scored top marks again.

*The PEAT Inspection Team sample the food that patients are served.*



## Mini PEAT

In addition to the national PEAT programme the Trust has introduced its own version of PEAT with internal inspections to ensure high standards are maintained throughout the year. These inspections, involving volunteers and local people, also assess the experience of patients through questionnaires.

## St Helens Hospital Wins North West in Bloom Award

St Helens Hospital has won the prestigious 'North West in Bloom Trophy' for the quality of its gardens and hospital grounds.

The award was received not only for the exceptional maintenance of the grounds and gardens but also the range of attractive and colourful flowers and plants and how the grounds are managed in an environmentally friendly way.

Ann Marr, Chief Executive said: "We are delighted to win such a prestigious award. The Trust has a responsibility to its patients and visitors to ensure that the hospital environment is welcoming and kept to a high standard. This award recognises the hard work and dedication of our partners David J Platt Landscapes Ltd. As well as using beautiful flowers and plants to create eye-catching gardens, the team help to keep the grounds clean and tidy all year round."



*Community mural and 'cricket match' in the St Helens Hospital gardens*



*St Helens Hospital in Bloom*

# Promoting Health at St Helens Hospital

St Helens Hospital is helping to improve the nation's health by taking part in the national 'NHS Health Check' programme and the World Health Organisation's 'Health Promoting Hospitals' initiative.

The NHS Health Check programme aims to help prevent common health conditions in the local area such as heart disease, stroke, diabetes and kidney disease. Everyone between the ages of 40 and 74, who has not already been diagnosed with one of these conditions, will be invited every five years for a health check to assess their risk of developing one of these conditions.

The health check involves a 40 minute assessment followed by support and advice to help people reduce or manage the risk of developing any of these health issues in the future.

These health checks are open to people aged between 40 and 74 living in St Helens, Knowsley or Halton and who are currently not being treated for any of these conditions.

To arrange an assessment please contact the Appointments Team on: 0151 430 1234.

This programme will help the Trust in its delivery of the World Health Organisation's 'Health Promoting Hospitals' initiative and aims to set international standards for promoting health and preventing disease.



## Health Promoting Hospitals Standards

1. Establish a Health Promotion Policy
2. Provide health assessments
3. Provide patients with information to support their health
4. Promote a healthy workplace
5. Work with other healthcare partners

## Annual General Meeting 2011

The Trust held its 20th Annual General Meeting (AGM) in September in the Education, Training & Conference Centre, Nightingale House, Whiston Hospital.



*Cynthia Penketh, Matron discusses the range of services provided at St Helens Hospital with Matthew Allen, Consort to the Mayor of Prescot.*

The meeting was attended by over 150 people including the Mayor of Whiston, Councillor Dave Williams, the Mayor of Prescot, Councillor Denise Allen, partner organisations, members of the public and staff from the Trust.

Les Howell, Chairman opened the meeting and welcomed everybody. He then gave a summary of a successful year at the Trust within a difficult financial climate nationally. Ann Marr, Chief Executive presented an overview of the Trust's performance during the last financial year, highlights of the year and an outlook for the year ahead.

An interactive 'roadshow' of display stands showcased the Trust's services and achievements.



*Staff from the Research and Audit Department promote their activities.*

## Highlights of the Year – April 2010 to March 2011

- The only acute Trust nationally performing above the national average in every indicator in the Care Quality Commission assessment.
- Gained the maximum overall score in the Auditor's Local Evaluation (ALE) for the 3rd year running.
- Achieved national targets for waiting times, cancer care, cancelled operations and finance.
- Managed increased activity in GP referrals, outpatient attendances, planned procedures, Accident & Emergency attendances and emergency admissions.
- Whiston Hospital opened and fully operational.
- St Helens Hospital officially opened by HRH The Duke of York KG.
- Signed a new research partnership with Liverpool John Moores University.
- Gaining maximum scores for each category at St Helens and Whiston hospitals in the PEAT assessment for the 5th consecutive year.
- The President of the Royal College of Physicians, Sir Richard Thompson KCVO DM visited Whiston Hospital and met with clinicians and junior doctors.
- The talents of staff were showcased at the 'Trust's Got Talent' show at the Theatre Royal, St Helens. The winner was trainee doctor, Chris Walsh.



# Domestic Bliss for Sylvia and her team



*Sylvia Sinclair receiving the national award for Outstanding Domestic Contract from Compass Group CEO Ian Sarson (pictured left) and Managing Director of Healthcare, Steve Cenci (pictured right).*

Sylvia Sinclair, Deputy Operations Manager for Medirest won the Compass Group UK & Ireland Healthcare Conference 2011, national award for Outstanding Domestic Contract. Sylvia also received the Healthcare Managing Director's Special Recognition Award.

These prestigious awards are in recognition of the contribution made by the Domestic Team to providing an excellent patient environment at St Helens and Whiston hospitals. This contribution has been key to the Trust's 'Excellent' scores in the Patient Environment Action Team assessment for the past six years and in ensuring that patients have a clean and safe environment.

The award was described by Compass as, "testimony to their dedication to standards, their commitment and the seamless integration they have established between contractor and client."

Congratulations to Sylvia and her team of domestic staff.

# Kate O'Driscoll wins HR Award

Kate O'Driscoll, Acting Human Resources Business Partner, won the 'Human Resources Role Model and Contribution to the Profession' award at this year's NHS North West Human Resources Student Conference & Awards in Manchester.

This prestigious award recognises the importance of Human Resources within an organisation and the commitment and support shown to developing others and acting as a role model for the profession.

Kate said: 'I am delighted to win this award. Helping to develop the skills of my colleagues is hugely rewarding and I am extremely pleased that the support that I provide has been recognised with this award.'

Anne-Marie Stretch, Director of Human Resources and Deputy Chief Executive said: "Kate provides excellent support for staff development and is a great role model for the HR profession. Congratulations to Kate on this well deserved award."

*Kate O'Driscoll, Acting HR Business Partner, with her award for 'HR Role Model and Contribution to the Profession'.*



# Nurse Wins Innovation Grant

Paul Madigan, Nurse Consultant in Endoscopy, has won an Innovation Fund grant to support patients with inflammatory bowel disease (IBD).

The fund was established by Shire Pharmaceuticals to support the care for patients with IBD by providing grants of up to £1,500 per year for nurse led projects.

Paul's project has been to establish a 'Patient Panel', which enables patients with IBD to provide their views and feedback to improve the service. The panel has helped patients gain a greater understanding of their condition and of the range of services the Trust provides.



*Paul Madigan, Nurse Consultant in Endoscopy*

# Nurses enjoy makeover from George at Asda

Asda extended its 'hospital-ity' to the Trust following the recent £1.6 million redevelopment of its superstore in Huyton.

Elaine Connor, Ward Manager, and staff nurses; Lesley Kelly and Shelia Thompson represented the Trust in helping to launch Asda's George department and new collection of clothing.

Asda treated the 3 nurses to a £100 voucher each to spend on clothes at George.



*Elaine Connor, Lesley Kelly and Shelia Thompson select clothes with members of staff from George at Asda.*

# Trust's Local Heroes



*L-R: Humphrey Moon, Owner of HW Moon Toyota and sponsor of the Heart of Gold Award, Michele Harrop, Paediatric Respiratory Nurse Specialist and Saints rugby legend Sean Long.*

Michele Harrop, Paediatric Respiratory Nurse Specialist and Karen Jarvis a patient at the Burney Breast Unit were among those honoured by Wish FM in their Local Hero Awards held at Wigan's DW Stadium.

Michele won the 'Heart of Gold' Award after being nominated by Carole Ratcliffe for the care that she and Dr Laweh Amegavie have provided for many years to her daughter Emma, who had Cystic Fibrosis and sadly died earlier this year, aged 26.

Carole said: "Michele is one of 'God's Angels'. Both she and Dr Laweh Amegavie have looked after Emma since she was six years old and have formed a strong bond with my family over the years. Emma chose them to be Godparents to her daughter Mischa who is now 4 years old. When Emma died Michele was a rock of support. I don't know how I could have got through it without her. When I heard on Wish Fm that they were

looking for heroes, I immediately thought of Michele. She really does have a heart of gold."

Karen is a role model for women undergoing treatment for breast cancer, helping to raise awareness of breast cancer at the Trust's Breast of British fashion show last year and helping to raise funds for the Burney Breast Unit at St Helens Hospital. Karen won the 'Act of Bravery' Award.

The night's entertainment was provided by X-Factor winner 2010, Matt Cardle.



*Karen Jarvis with Saints rugby legend Sean Long.*



*Matt Cardle entertains the heroes.*

## Welcome to New Cadets

The Trust has welcomed 20 newly recruited healthcare cadets as part of the 'Skills For Health Academy' programme.

This unique programme enables 16 to 18 year olds to gain work experience whilst studying for a BTEC qualification, equipping them with the necessary skills and knowledge to enter into various healthcare careers including nursing.

Gill Liptrot, Cadet Support Practitioner said, 'We could not provide this opportunity to young people from the area without the support of mentors and managers from across the Trust. The programme is a real success and it's great to see former cadets go on to become student nurses and then fully qualified staff nurses.'

For further information on the cadet programme please contact Nicki Ross, Cadet Coordinator on: 0151 482 5678.



*Cadets 'Class of 2011'*

## Putting Patient Safety First

Measures to further enhance patient safety at the Trust were highlighted throughout Patient Safety Week (12th to 18th September 2011).

Display stands were set up in the Spice of Life Restaurant at Whiston Hospital and members of staff helped to promote a number of safety initiatives being implemented at the Trust.

Watch out for more events across the Trust in the New Year.



*L-R Anticoagulation Nurse Specialists; Claire Derbyshire and Carol Hamouda with Sue Noon, Matron and Jane Heaps, Patient Safety Coordinator.*

### Improving Patient Safety

- Screening patients for risk of developing blood clots; venous thromboembolism (VTE), deep vein thrombosis (DVT) or pulmonary embolism (PE).
- Improving patient nutrition and hydration awareness for ward staff.
- Engaging senior staff with patient safety initiatives through the Leading Improvements in Patient Safety (LIPS) programme.
- Introducing an improved nurse hand over document.
- Implementing the 'Falling Leaves Campaign' to identify patients at high risk of falling.
- Introducing a new and improved electronic risk management system called Datix.
- Revising and improving the Modified Early Warning System (MEWS).
- Introducing a new 'Safety Driver Chart' to document concerns and track actions taken to address them.



# Aiding patients last wishes

The Trust is providing an improved service for patients who are approaching the end of their life and wish to die at home.

The 'Enhanced Rapid Discharge Pathway for the Dying Patient' is a project being led by the Hospital Specialist Palliative Care Team (HSPCT). This pathway provides support to ward staff to enable them to offer a co-ordinated, safe and seamless discharge so that patients may die at home.

For patients nearing the end of their life, the Trust aims to provide a successful and safe discharge within 6 hours of a patient's decision to go home. A highly skilled and specially trained member of the HSPCT will assist the patient's discharge with ongoing support for the patient and their carer.

This service is provided in line with national guidelines to improve the care of dying patients and provide improved discharge arrangements and better co-ordination of community services, so that more people can die at home if this is their choice.



*The Hospital Specialist Palliative Care Team (HSPCT) at the Trust: Clare Littlewood, Consultant in Palliative Care, Jane Melvin, End of Life Care Facilitator, Jan Lawton, Clinical Nurse Specialist for Palliative Care/Team Leader, Jacqueline Woodacre, Clinical Nurse Specialist for Palliative Care.*

**Further information contact a member of the HSPCT on: 0151 290 4266.**

## Guide to Caring for Patients' Spiritual Health

A new one-day course is being launched by the Trust to help address the spiritual needs of their patients, in line with national and regional best practice.

The course titled; 'Opening the Spiritual Gate' is aimed at all healthcare professionals. It is delivered jointly by members of the Palliative Care Team; Dr Clare Littlewood, Consultant in Palliative Care and Jan Lawton, Clinical Nurse Specialist for Palliative Care/Team Leader and members of the Spiritual Care Team; Rev. Jamie Hartwell and Sister Susan Molloy.

Using workbooks, videos and group work, the course covers 4 key areas:

- 1 Understanding meaning** - Meanings of spirituality and religion, recognition of spiritual distress, needs of different faith traditions, religious practices.
- 2 Communication** - Opening a conversation about spiritual and religious needs, maintaining the conversation, and helping to make a plan. Handling difficult and personal questions.
- 3 Recording and reporting** - Concisely recording the essence of conversations about spiritual and religious needs whilst maintaining confidentiality, handing over to other team members only information which it is essential to understand and documenting a plan for care.
- 4 Pulling it all together** - Spiritual and religious resources, Merseyside and Cheshire Cancer Network Spiritual Care Policy, standards and guidelines.

Opening the Spiritual Gate course dates are:

**10 January 2012, 08 May 2012**

More information please call the Palliative Care Team on ext: 4266.

## Trust Welcomes New End of Life Care Facilitator



*Jane Melvin, End of Life Care Facilitator*

The Trust welcomes Jane Melvin to the post of End of Life Care Facilitator with the Specialist Palliative Care Team. Jane will lead on the implementation, communication, training and evaluation of End of Life Care provided at the Trust. She will oversee end of life programmes such as the Liverpool Care

Pathway (LCP), the Gold Standards Framework (GSF) and Advanced Care Planning/Preferred Priorities of Care (PPC) by engaging with key stakeholders within the Trust and across other care settings.

Jane has extensive nursing and teaching experience in palliative and cancer care. She has been involved in a number of prestigious national research projects, along with developing local care strategies, implementing educational programmes and has presented her work at several national and international conferences. Jane is currently in her final year of a research PhD investigating the role of community matrons in palliative care and exploring NHS organisational change.

Jane can be contacted on: 0151 290 4266 or by email on: [jane.melvin@sthk.nhs.uk](mailto:jane.melvin@sthk.nhs.uk)





Royal College  
of Nursing

## Support Trust's 3rd National Dementia Conference

The Trust held its third national conference on Dementia Care in Hospitals at Aintree Racecourse in September, in partnership with the Royal College of Nursing.

Titled: 'Making Sense – Working in Partnership to Improve Dementia Care in General Hospitals', the conference featured guest speakers including; Professor Alistair Burns, National Clinical Director for Dementia, Rachel Thompson, Dementia Project Lead at the Royal College of Nursing and Angela Rippon OBE, Alzheimer's Society Ambassador, along with the Trust's own experts; Mike Lynch, Medical Director, Marie Honey, Consultant Nurse and Jill Cunliffe, Nurse Specialist Department of Medicine for Older People.

Professor Alistair Burns, National Clinical Director for Dementia at the Department of Health, said: "Raising awareness of the needs of people with dementia in a busy hospital environment is vitally important."

Marie Honey, Consultant Nurse in Medicine for Older People said: "The Trust is committed to improving care for people with dementia in our hospitals. This is the third national conference we have organised aimed at disseminating good practice within our organisation and other general hospitals across the country."

The conference closed with Angela Rippon OBE, Alzheimer's Society Ambassador, launching a new commitment to dementia care, which was symbolised with a balloon launch from Aintree Racecourse.



L-R: Nicola Gearing, Nurse, Jill Cunliffe, Nurse Specialist, Angela Rippon OBE, Alzheimer's Society Ambassador, Marie Honey, Consultant Nurse and Andrea Whitfield, Healthcare Assistant.

## Forget Me Not

Nursing staff in the Department of Medicine for Older People have launched an innovative scheme that is helping to improve the patient experience for those with dementia.



Jill Cunliffe, Nurse Specialist for Older People, with Forget Me Not cards. Photograph produced with kind permission of the Nursing Standard.

The 'Forget Me Not' scheme enables members of staff to understand what is important to patients with dementia and interact better with them.

Patients and their carers share with staff practical personal information, such as; what name they are known by, what drinks they like and how they like them served and what type of food they like and dislike. This information is written on specially designed 'Forget Me Not' cards that can be shared with ward staff to help them ensure that the patient's personal needs are best met.

Stickers with the 'Forget Me Not' flower are also used on request forms to act as a reminder to staff in other departments such as radiology, to make them aware that the patient may need more time and support.

Jill Cunliffe, Nurse Specialist for Older People came up with the idea. She says; "Staff on the wards support and welcome the Forget Me Not scheme because it helps them to build a relationship and develop a rapport with patients. The scheme has received excellent feedback from carers, the Care Quality Commission and the Royal College of Nursing."

## Help Patients with Delirium

The Trust is looking for volunteers to help enhance the care provided to patients with delirium.

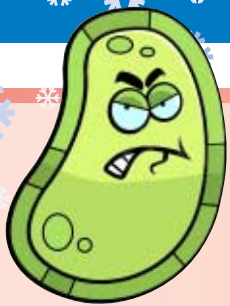
Delirium can affect people of any age and is most common in the elderly. Those who are delirious may become agitated or extremely confused and this can have an effect on their experience of hospital care.

To help provide support to patients with delirium, the Trust is calling for volunteers who will be trained to assist staff on the wards.

These volunteers will help with practical tasks such as

- Assisting patients with their meals and drinks
- Ensuring that their glasses or hearing aids are close at hand
- Keeping patients company to help keep them active and alert

For more information please contact Rev. Jamie Hartwell, Head of Spiritual Care on: 0151 430 1657 or email: [jamie.hartwell@sthk.nhs.uk](mailto:jamie.hartwell@sthk.nhs.uk).



# Trust Experts Help Raise Bronchiolitis Awareness

Consultant Paediatrician Dr Laweh Amegavie and Paediatric Respiratory Nurse Specialist Michele Harrop have been working with a range of groups to establish a Bronchiolitis Awareness website.

The website – [www.morethanacold.co.uk](http://www.morethanacold.co.uk) helps parents to understand more about bronchiolitis by providing information on symptoms, causes and prevention. The site also has a number of case studies provided by parents, to help others whose children have bronchiolitis. The site has been produced in collaboration with healthcare professionals, partners in the healthcare industry and children's and respiratory health organisations.

The Trust has a well established and widely recognised programme for prevention and management of bronchiolitis. Laweh and Michele were among a panel of experts who presented their experiences of caring for young patients with the condition. They advised on prevention strategies, management and care pathways, and also using parents' stories to help share experience.

## About Bronchiolitis

Bronchiolitis is a common condition affecting babies and young children. It is caused by an inflammation of the small airways in the lungs, which restricts the amount of air able to enter the lungs, making it more difficult for the child to breathe.

Premature babies and babies with heart or lung conditions are at greater risk of developing severe bronchiolitis.

It is estimated that one in three babies in the UK develop bronchiolitis in the first year of their life.

Bronchiolitis cases tend to increase during the winter months with around 1,000 infants admitted to hospitals across the county each week, many requiring intensive care.



[www.morethanacold.co.uk](http://www.morethanacold.co.uk)

# Enhanced Recovery for Patients



*Members of the Enhanced Recovery Team on Ward 3E.*

The Trust has introduced a new initiative that is improving the quality of care provided to patients having planned surgery.

This enhanced recovery programme is reducing the length of stay and improving the outcomes for patients undergoing colorectal, hip, knee, and gynaecological surgery.

As part of this improved service patients visit the ward and meet the team prior to their surgery. Information is provided to help them prepare for their operation, patients are told what to expect during their stay in hospital and are shown around

the ward. A multi-disciplinary team of staff are also available to answer any questions they may have. Patients may be provided with nutritional supplements to take or be given exercises to do before their procedure to help them recover better following their operation.

This method is known to reduce the anxiety for the patient prior to their operation and can provide faster recovery times following their operation. This means they need to spend less time in hospital and quickly return to good health.





L-R: Paul McArthur, Clinical Director for Burns and Plastic Surgery and Rowan Pritchard-Jones, Specialist Registrar with the innovative burns app.

# Innovation Award for lifesaving Burns App

Staff at the Mersey Regional Burns and Plastic Surgery Unit have developed an award-winning innovation that will help save the lives of burns patients.

The 'Mersey Burns Tool' is an application (app) that can be used on an iPad or iPhone, which will enable clinical staff to quickly and accurately assess burn injuries. The app recently won the 'Excellence in Innovation' award from the Merseyside & Cheshire Health Innovation and Education Clusters.

The app was developed by Rowan Pritchard-Jones, Specialist Registrar, Paul McArthur, Clinical Director for Burns and Plastic Surgery, and Chris Seaton at the University of Manchester. It combines standard methods for calculating the total body surface area and the amount of fluids the patient requires, incorporating other significant factors such as the patient's age and weight.

This handy app has been proven to significantly improve assessment and could be used by other hospitals without expertise in burn care, to accurately assess injuries and relay vital information to burns specialists, prior to the patient arriving at the specialist Burns Unit.

The Mersey Burns Tool is currently awaiting registration by the Medicines and Healthcare products Regulatory Agency before going live.

## ALERT Training helps to save lives

Staff from the Trust have been providing specialist training to healthcare professionals at Nobles Hospital on the Isle of Man.

Now in its 10th year, The Acute Life Threatening Recognition and Treatment - ALERT course, focuses on assisting staff in recognising when a patient's condition is deteriorating, helping them prevent deterioration and save lives. The course helps to improve communication between healthcare professionals and provides an assessment and management system that can be used for the care of acutely ill patients.

The Trust has been at the forefront of improvements in the treatment provided to acutely ill patients. Since becoming a training centre in 2002, over 1,000 healthcare professionals across the UK have been trained as ALERT providers and over 150 as trainers.



ALERT trainers from the Trust with healthcare professionals from Nobles Hospital in the Isle of Man.

## Family's Kind Donation to Lilac Centre

Maria Bradley donated over £1,500 to the Lilac Centre raised through a charity night at Greenalls Club in St Helens in memory of her sister, Kath Carmody.

Kath was cared for at the Lilac Centre but sadly passed away in September 2010. Over 100 people attended the event, which included a disco and raffle prizes that were donated by local people and local businesses.

Maria said, 'Kath was a lovely person, she was well loved, generous and always sang the praises of the staff at the Lilac Centre.'



Maria Bradley presenting her cheque for £1,541 to members of the Lilac Centre team.

# Lilac Centre Patients Pr

A calendar showing a group of women cancer patients is helping to raise awareness of cancer and raise money for the Lilac Centre at St Helens Hospital.

The 'Bald is Beautiful' calendar contains glamorous shots of women who have had or are having treatment for cancer and proves they can still look stunning. The 2012 calendar, priced at £5.99, aims to convey a positive and heart warming message of recovery from cancer treatment and help raise funds for the award-winning Lilac Centre.



*The glamorous 'calendar girls' at the launch event in St Helens Town Hall.*

The calendar was launched with a star studded event at St Helens Town Hall, with guests including the Mayor of St Helens Cllr Tom Hargreaves, X-Factor and Dancing on Ice star Ray Quinn, snooker legend John Parrot and hairdresser Trevor Sorbie. The launch was featured on Granada Reports, BBC Radio Merseyside and in several local newspapers.

Explaining the calendar, Shirly Deveney, Complementary Therapy Co-ordinator said: "We wanted to show that losing your hair doesn't mean losing your femininity. The calendar shows that you can remain feisty, funny and sexy throughout your cancer treatment."

One of the patient models Jenny Laughton said: "Today felt like 'my day'. I'm just an ordinary mum, working part-time, but today, instead of feeling sick, I felt special."



*The Lilac Centre Team with snooker legend John Parrot and star of stage and screen Ray Quinn.*



# ove 'Bald is Beautiful'

Joanne Cunliffe, a fellow patient model said: "This is the second time I've lost my hair. The first time I just couldn't face anyone. I remember taking the dog for a walk and I crossed the road about ten times to avoid people. But now I'm dealing with it."

Janet Dawber, another patient model added: "I thought losing my hair was the worst thing. I hope this calendar will make it easier for anyone facing that."



L-R Elaine Roby, celebrity Ray Quinn, and Karen Banbury

Ann Marr, Chief Executive said: "These are extraordinarily brave ladies and we hope that as many people as possible will show their support by purchasing this calendar. The award winning Lilac Centre is renowned for the quality of its services and the exceptional level of care provided to patients."



L-R, Patients; Pat Maddox, Jodie Crawley, Marie Hurst, and Jackie Cunningham

The 2012 calendars priced £5.99 are available from:

- The Lilac Centre, St Helens Hospital
- General Offices and Costa Coffee shops at St Helens and Whiston hospitals
- St Helens Rugby League Store, Brownlow Arcade, St Mary's Centre, St Helens
- Absolute Hair & Beauty, Baldwin Street, St Helens
- Renaissance Hair & Beauty, College Street, St Helens and Leyland Street, Prescot
- Tyrers Hairdressers, Bridge St, St. Helens
- Unique Hairdressers, Warrington Road, Rainhill



L-R Patients; Carole Ward, Maria Goldsack and Hayley Osbourne

## Thank you

The Trust would like to thank the ladies who volunteered to become 'supermodels' for the day, and were brave enough to take part in the 'Bald is Beautiful' calendar. The Trust would also like to thank the production team and everyone who gave their time and help so generously.



# Our Flu Fighters



**Staff across the Trust have been getting their flu vaccination to protect themselves and their patients from getting the flu this winter.**

Last year the Trust had the 3rd highest staff flu vaccination rate in the country as almost 90% had the flu jab. This highlights the commitment of our staff to ensuring that patients are protected and that our high quality services are maintained.

Those working in areas with a higher risk of coming into contact with flu such as Accident & Emergency, Critical Care and Children and Young People's departments were among the first to be vaccinated.

Staff from the Health, Work and Wellbeing Team have been working day and night to provide special vaccination sessions throughout the Trust to provide the vaccine to as many members of staff as possible.

In addition, members of the Trust Board have also been 'taking a jab in the arm for the team'.



*Gill Core, Director of Nursing, Midwifery and Governance, Ann Marr, Chief Executive and Dr Mike Lynch, Medical Director receiving their flu jabs from Karen Brayley, Head of Health, Work and Wellbeing.*

## Health, Work and Wellbeing Open Day

Staff across the Trust were invited to a Health, Work and Wellbeing Open Day to help support the wellbeing of staff and promote healthier lifestyles.

The open day, held in the Education, Training and Conference Centre in Nightingale House, provided staff with information and motivation for looking after their health and wellbeing both at home and at work.



*Ann Marr, Chief Executive, Karen Brayley Health, Work and Wellbeing Manager are joined by St Helens Rugby League Club mascot Boots.*

Those attending the event were able to have fitness tests and gain useful information and advice on smoking cessation, diet, exercise, work life balance and much more.

Ann Marr Chief Executive opened the

day and highlighted the importance of having good health and wellbeing and encouraged staff to take advantage of all the information available on the day.



*Health checks for members of staff to support their health and wellbeing.*

*Members of staff gain information on health and wellbeing.*

## Trust Takes North West NHS Corporate Challenge

Staff from the Trust tested their sporting abilities against those of other North West NHS organisations in the North West NHS Corporate Challenge.

This fun sporting event at Kirkby Sports College aimed to get as many NHS staff as possible involved in physical activity in the build up to the London 2012 Olympics.

Members of staff from the Trust took part in the badminton and rounders competitions as part of the challenge, coming 2nd and 4th respectively.

Well done to both teams.

### Roll of Sporting Honours

#### The Trust's Badminton Team:

Charlotte Farrar  
Steven Sephton  
Rachel Weston  
Geoff Caine  
Peter Caulton

#### The Trust's Rounders Team:

Kevin Ackers  
Craig Downes  
Samantha Doddridge  
Jeanette Anders  
Melanie Ziederman  
Suzanne Keeley  
Emma Langton

*Staff from the Trust get involved in the North West NHS Corporate Challenge.*





# TRUST THANKS VOLUNTEERS

The Trust held its annual coffee morning in recognition of the hard work and commitment of our volunteers.

The Volunteers Coffee Morning was held in the Education, Training and Conference Centre in Nightingale House. Les Howell, Chairman, Ann Marr, Chief Executive and Gill Core, Director of Nursing, Midwifery and Governance met with volunteers at the coffee morning and thanked them all, for the valuable contribution they have made to providing patients with high quality care.

There are currently 320 hospital volunteers in the Trust, helping staff and patients by carrying out a wide range of tasks. In addition to this there are around 50 volunteers in spiritual care, helping to provide support for patients' spiritual wellbeing and a small group of lay readers who volunteer their time to read patient information such as leaflets, to ensure they are easily understood.



*Ann Marr, Chief Executive chats with volunteers*



*Volunteers enjoy coffee and a croissant*

## Some of the tasks Hospital Volunteers help with are:

- Meeting and greeting people and helping them find their way around the hospital
- Supporting patients by keeping them company on wards and departments
- Supporting patients with dementia by keeping them active
- Supporting staff during meal times by helping to feed patient while on the wards

## Macmillan Coffee Morning Raises the Bar

**WE ARE  
MACMILLAN.  
CANCER SUPPORT**



*The Macmillan Cancer Information and Support Team with staff from the Spice of Life Restaurant.*

Over £1,600 was raised at this year's Macmillan Coffee Morning held in the Spice of Life Restaurant at St Helens Hospital.

The event was part of Macmillan Cancer Support's largest national annual fundraiser; the 'World's Biggest Coffee Morning'. Staff from the Macmillan Cancer Support and Information Centre, the Trust's cancer services and Medirest all helped to make this year's coffee morning a huge success. In addition a number of businesses, local people and members of staff have donated raffle



*Staff from the Spice of Life Restaurant gave their services freely and Medirest donated cakes and refreshments.*

prizes, cakes, and their services to raise funds for Macmillan.

Julie Parr, Manager of the Macmillan Cancer Support and Information Centre said: "The response from everybody has been amazing and we have raised more money than last year. We would like to thank all those who have supported us and have helped to raise such an outstanding sum."



*Members of the public enjoy a coffee in support of Macmillan.*

# Spotlight on:

# THE MEDICAL EMERGENCY TEAM PHONE: 2222

**Launch Date 9th January 2012**

The Trust is launching a new Medical Emergency Team (MET) in January to provide a 24 hour medical emergency rapid response team at Whiston Hospital, (excluding Nightingale House). St Helens Hospital will continue the current practice for emergencies.



## What is the Team and who are the staff?

The team is specially trained in critical care and aims to further improve patient safety and quality of care by responding speedily to acutely deteriorating patients. The new MET team incorporates the cardiac arrest team, the critical care outreach team, and the IV Access team and includes:

- The person who made the call
- Critical Care Doctor
- Medical Registrar
- MET Nurse
- Medical/Surgical Doctors
- Anaesthetist/ODP
- Resuscitation Officers
- Porters

## Why have the MET Team?

The MET team will provide urgent care to patients whose condition has seriously clinically deteriorated and will respond to patients suffering a cardiac arrest.

## Who can call the MET Team?

Any staff member in Whiston Hospital may summon the team to a patient who has collapsed or meets the calling criteria, which is a patient who has deteriorated, physically to a point that he or she is at risk of serious harm and therefore urgently requires a clinical response.

## What is the response time?

The response will be immediate. The person who made the call is required to stay with the patient. The team will assess the patient and prescribe a management plan for the parent team to follow. If necessary, they will stabilise the patient and transfer them to the most appropriate facility.

## When is the new MET Team available?

As from Monday 9th January 2012

Clinical Emergency - Ring 2222			
Type of emergency	Patient condition	Action	Other information needed
<b>C</b> ardiac arrest	Collapsed and unresponsive	<p style="text-align: center;"><b>Ring 2222</b> and state <b>"Medical Emergency"</b></p>	<p>Ward or Area</p> <p>Level Number</p> <p>Floor Colour</p> <p>Room Number or Function</p>
<b>A</b> irway threatened	Not maintaining own airway		
<b>B</b> reathing compromised	Respiratory rate greater than 32 bpm		
	Respiratory rate less than 8 bpm		
<b>C</b> irculation compromised	Pulse rate less than 40 or more than 130 bpm		
	Systolic Blood pressure less than 80 mmHg		
<b>D</b> isability	GCS falls by 2 points or less than 8		
	New or Prolonged seizures		
<b>E</b> veryone you are concerned about	Anyone you have serious concerns about		
<b>F</b> ive or more on MEWS	New M.E.W.S. score of 5 or greater		



# NHS Staff Survey 2010 – 'You Said, We Did'

The Trust listens to and values the views of staff and following feedback in last year's NHS Staff Survey, has implemented a number of initiatives to improve their working lives.

**YOU SAID:** Help us to achieve better work life balance.

**WE DID:**

The Trust has developed and approved a range of new policies specifically related to helping members of staff find a good work life balance. These are:

- ✓ Flexible working
- ✓ Maternity, paternity & adoption leave
- ✓ Special leave
- ✓ Stress management.

**YOU SAID:** Give us more support for our health and wellbeing at work.

**WE DID:**

Access to the Health, Work & Well Being (HWWB) service and the support it provides has been enhanced for staff with the introduction of:

- ✓ A new HWWB intranet site launched with information on where to go to for support for both home and work related stress
- ✓ A Counselling Service and the Employee Assistance Programme
- ✓ Revised guidance on referral to Health, Work and Wellbeing Services in the new Attendance Management Policy
- ✓ Access to resilience training available through a new Leadership and Talent Management Programme.

**YOU SAID:** We want easier ways of reporting incidents when they occur.

**WE DID:**

The Trust has improved its systems for collecting and reporting of incidents and near misses with:

- ✓ A new Incident Reporting and Management Policy
- ✓ Heads of Quality providing incident analysis feedback at their Care Group governance meetings attended by assistant directors of operations, directorate managers and matrons cascaded to ward managers for onward transmission to their staff
- ✓ Progress on the implementation of a new web based incident reporting system.

**YOU SAID:** We want support in working better as a team.

**WE DID:**

A number of improvements to manage the risk of staff experiencing harassment, bullying or abuse from a manager, team leader or other colleagues have been made. These include:

- ✓ A revised and more straight forward Raising Concerns Policy has been introduced
- ✓ The existing Respect at Work Policy has also been reviewed
- ✓ An agreed set of Behavioural Standards, developed by Trust staff and applicable to all Trust staff, is now in use.

**YOU SAID:** We want information on equality and diversity.

**WE DID:**

Staff awareness of the importance of respecting equality and diversity has been raised by issuing an information leaflet to all staff.

**YOU SAID:** We want greater access to learning and development.

**WE DID:**

A number of significant changes have been made to policies and new systems introduced to ensure staff have access to the learning and development opportunities they need, that are consistent with their roles. These include:

- ✓ A Core Education and Training Strategy detailing the basic educational requirements of all roles to ensure our staff are achieving this
- ✓ A Talent Management & Leadership Development Strategy which supports effective work planning and contributes to the development of effective interpersonal communications between line managers and their staff
- ✓ Revised Study Leave Policies which support equity of access for all staff, are directly linked to the needs of the organisation and require evaluation of the impact of learning on workplace activity
- ✓ A new Appraisal Policy, with simplified process and robust monitoring, to support managers in completing timely and effective staff reviews and developing Personal Development (training) Plans (PDP). These are linked to organisational need and ensure managers undertake these at least annually with staff
- ✓ Access to a Mentor Programme, free for all staff, working in partnership with the NW Mentor Scheme.

**YOU SAID:** What more training opportunities can the Trust provide?

**WE DID:**

It is important to remember that on the job learning or training can take many forms including:

- ✓ Reflective practice
- ✓ Supervision
- ✓ Project work
- ✓ Secondments
- ✓ Shadowing
- ✓ Coaching (both delivering and receiving)
- ✓ Demonstrating
- ✓ Acting up
- ✓ Delivering training/teaching
- ✓ Involvement in research

**Further information contact Victoria Shore, Head of Leadership and Organisational Development on ext: 1632.**

# Staff raise funds in memory of Lisa

Members of staff from across the Trust took part in the Race for Life fun run at Arley Hall in Warrington, Cheshire in memory of Lisa Taylor RIP, who sadly died in February.



*Staff and their family members along with Lisa's husband Martin and her sister Bev (kneeling in front) at the Race for Life event.*

In celebration of Lisa's life, friends and colleagues from Human Resources along with clinical staff took part in the Race for Life and raised around £2,500 for cancer research and over £700 for Rocco's Hospice in Warrington.

Diana Lewis, HR Business Partner said: "Lisa was an inspiration to us all. She was one of those very rare people who touched the lives of everyone who knew her, with her sense of humour, her kindness and ability to work hard. We took part in the Race for Life despite heavy rain throughout the day and all had a picnic in the park, even with the rain still teeming down!"



*Photo: L-R: Standing - Tommy Noon, Healthcare Assistant, Nurses; Simon Greenfield, Paul Mulligan, Stuart Gregory and Sisters; Julie Kysh with Jackie McDonnell (front).*

## ICU Staff Help Mend Broken Hearts

Six members of staff from the Intensive Care Unit (ICU) took part in a daring event to raise funds for the British Heart Foundation's "Mending Broken Hearts Appeal".

The six daredevils crossed the Manchester Ship Canal at Salford Quays on a zip wire. Tommy Noon, Healthcare Assistant said, "Taking the zip wire challenge was an exhilarating and memorable experience. I would like to thank everyone who sponsored us."



*Tommy Noon on the zip wire*

## Marathon Runner Tom raises £1,200 for SCBU

Tom Fitzpatrick, IT Taskforce Engineer ran the Liverpool Marathon in October and raised £1,200 for the Special Care Baby Unit.

This is the second marathon in two years that Tom has ran to raise money for SCBU and Tom beat his time by 8 minutes to finish the 26 mile run in Liverpool in 4 hours, 30 minutes. Well done Tom and thank you to all those who sponsored him.



*Tom Fitzpatrick presents a cheque for £1,200 to the team at the Special Care Baby Unit.*

## Kind donation in memory of Lester Freeman RIP

Friends, family members and colleagues of Carol Freeman, Head of Legal Services kindly donated £450 in memory of Carol's late husband Lester Freeman RIP. Lester sadly died in June following a short illness. Half of this money will be donated to the Gastroenterology Charitable Fund and half to Pennington Flash Country Park in Leigh.

Carol Freeman, Head of Legal Services said: "Lester received excellent care from Dr John McLindon and all the team on Ward 3D. I would like to thank them and everyone who donated this money for their kindness."



## 'Hospital Staff Making a Difference': Patient hails staff following life saving breast surgery

Following extensive treatment for breast cancer Lisa Hurworth from Prenton, had reconstructive surgery at Whiston Hospital. Whilst operating Ken Graham, Consultant Plastic Surgeon found a tumour on Lisa's rib and removed tissue, which later tested positive for cancer.

"Words cannot describe how glad I am that I chose to have my breast reconstruction surgery at Whiston Hospital. I could not have picked a better team - they saved my life," said Lisa. "If Mr Graham had not carried out this operation and found these new cancers, I could have died within 3 years. Both Mr Graham and Tina Gallagher, Breast Reconstruction Nurse Specialist supported me throughout my treatment and rehabilitation and gave me complete confidence in their expert care."

Lisa is in remission following her second round of treatment for cancer and is extremely pleased with the results of her reconstruction. She said: "The reconstruction that Mr Graham has created is simply a work of art. I would recommend this type of reconstruction and the team at Whiston Hospital to any woman. They will make you feel like a whole woman again!"



L-R: Tina Gallagher, Breast Reconstruction Nurse Specialist, Suzanne Jones (Lisa's mum), Lisa Hurworth and Ken Graham, Consultant Plastic Surgeon.

## Family's kind donation in Mother's Memory

Family and friends of the late Sheila Brooks RIP donated £745 to the Burney Breast Unit at St Helens Hospital and hope that her experience will help to raise awareness of breast cancer.



Sue Wavell and her sister Karne McCarthy presenting their cheque to Miss Leena Chagla, Consultant Breast Surgeon and Lead Clinician and members of the Burney Breast Unit team.

Mrs Brooks' daughter Sue Wavell said: "It was Mum's wish that family and friends provide a donation to the Burney Breast Unit to help other people with breast cancer, rather than buy flowers for her funeral."

'Mum had known about a lump in her breast for a couple of years but had kept it to herself. Unfortunately by the time she sought

treatment, the cancer was advanced and had spread to other parts of her body. Sadly mum died of breast cancer in May this year, aged 68. If Mum's story can encourage other women to be aware of breast cancer and the need to get checked out, then she wouldn't have died in vain."

## Triathlon for Burney Breast Unit

Friends of Karen Jarvis, a patient at the Burney Breast Unit have completed the Austrian 'Ironman' Triathlon to raise over £2,500 for the world class unit.

Barry Fairhurst, Kath Brougham and Gary Charlton swam (2.4 miles), cycled (112 miles) and then ran a Marathon (26 miles) – all in aid of the unit that provided Karen with an excellent standard of care.



Fundraising for the Burney Breast Unit: Barry Fairhurst, Kath Brougham, Karen Jarvis and Gary Charlton.

# Donation for SCBU in Memory of Derek McDonald

For the third year, a family from Haydock have raised funds for the Special Care Baby Unit (SCBU) at Whiston Hospital, with a fundraising event held at their local cricket club, £1,200 has been generously donated.

The event at Haydock Cricket Club was held in memory of Derek McDonald (on what would have been Derek's 28th birthday) who sadly passed away in January 2009, aged 25.

Held, around 160 people attended to raise money through raffles, auctions of sports memorabilia and collections on the night.

Derek's dad, 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. Derek would also like to thank everybody who made the evening a huge success in his son's name".

Dr Laweh Amegavie, Clinical Director for Paediatrics said: "We would like to thank Derek (Senior) and his family along with all those who helped 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's parents Derek and Christine with their grandsons Leon Wright (9) Liam Cooper (14) Stuart McDonald (17) presenting Dr Amegavie Consultant/Clinical Director, with a cheque for the SCBU, Sally Duce, Lead Nurse, Directorate Manager Children's and Young People Department far right, and Val Johnson, Sister Special Care Baby Unit (SCBU) at Whiston Hospital.*

# Former patient raises £2,000 for Special Care Baby Unit



*L-R Emma Lees, Nursery Nurse, cyclists; Simon Howlett, Gary Spriggs, Andrew Bloore, Brendan Cassin, Sally Duce, Directorate Manager Children and Young People's Department and cyclist; Sean Cassin and Caroline Deveney, Ward Manager, Special Care Baby Unit.*

A group of cyclists, including a former Special Care Baby Unit (SCBU) patient, took part in a fundraising coast to coast bike ride.

Brendan Cassin from St Helens, spent the first few months of his life in the SCBU when he was born in 1972 at Whiston Hospital, 2 months premature and weighing just 2lbs. Now approaching his 40th birthday, Brendan says: "I wanted to help the Special Care Baby Unit as a thank you for the amazing care they provided me as a baby."

Brendan, together with his brother Sean and friends; Simon Howlett, Andrew Bloore and Gary Spriggs, cycled 155 miles from Whitehaven on the Irish Sea coast to Sunderland on the North Sea coast. The group raised almost £4,000. Donations have also been made to the British Lung Foundation and Multiple Sclerosis Trust.



# Saints

# Premium Lottery

**BE IN WITH A GREAT CHANCE OF WINNING £1,000 EACH WEEK!**

St Helens Rugby League Club has kindly designated the Trust as a partner of its 'Saints Premium Lottery'. For every £1 raised, by recruiting new members to the scheme through the Trust, 40p will be paid to the Trust, to aid its fundraising activities.

This is your chance to help the Trust by becoming a member and telling all your friends and family to join as well!

Saints Premium Lottery is an opt-in scheme, open to staff, patients, visitors and members of the general public. Anyone over the age of 16 can join. The scheme costs just £1 per week to join and has some amazing cash prizes:

- Over 5000 winners each year
- 100 prizes every week
- Weekly jackpot of £1000
- A weekly rollover draw

There are no start-up costs and no cash collecting, the scheme is paid through standing order. Prizes are paid automatically and there is no need to claim. Weekly results will be received by the Trust and displayed on the intranet and website. All prizes are sent to lottery members directly.

Visit one of the Saints' representatives at the promotional events in the Trust or download an application form available on the Trust's intranet in the news section.



*Saints representatives at Whiston Hospital with a picture of the Saints, Knowsley Road ground signed by players as a raffle prize.*

## Lions Roar for the Lilac Centre

Eccleston Lions Amateur Rugby League Football Club is supporting the Lilac Centre with fundraising activities throughout the year and by promoting the award-winning unit on their shirts.

The club, who play in the North West Counties League, have already raised over £1,000 for the Lilac Centre and plan to hold a number of local charity nights throughout the rugby season, along with match day collections from spectators.

Lions' coach Lee Hurst said: "The idea came about after my wife, Marie was diagnosed with cancer in 2010. Marie received her treatment here and the staff are fantastic. Supporting the Lilac Centre is a really worthwhile cause, everyone at the club is right behind it and the players love the new kit."

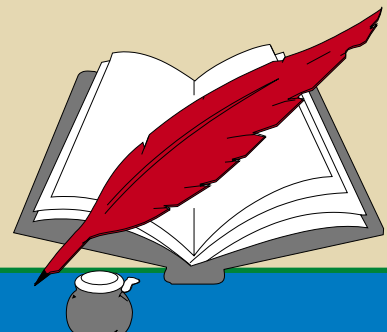


*Lions players together with coach Lee Hurst (kneeling on left) and wife Marie (centre) present a cheque and show off their shirts to staff at the Lilac Centre.*

## Poetry Corner

**Rheumatologist, by Wilfred Sephton,  
patient at the Trust**

*Rheumatologists have looked after me,  
Having treated my problems, I hope I'll be pain free.  
Every one of my symptoms, expertly assessed,  
Understanding and care, always expressed.  
Many parts of my body affected by this,  
After expert examination, nothing was missed.  
They explained my treatment and put my mind at ease,  
Offering further treatment, my worries appeased.  
Life without pain would be nice,  
Gifted with treatment and sound advice,  
I wish I could find words to express,  
And should anyone doubt their treatment's the best,  
Then let me assure you, mine passed the test.*



**Congratulations to all our lucky winners!!!!**

If you want to join the staff lottery please contact the Finance Department on Ext 1180 or download an application form from the intranet.

# TRUST LOTTERY RESULTS



## The recent lottery winners are:

### June 2011

- £1,500 Pamela Wright, Operational Site Manager, Whiston
- £500 Caroline Burke, Healthcare Assistant, Ward 2C, Whiston
- £200 Julie Heesome, Medical Secretary, Obstetrics & Gynaecology, Whiston

### July 2011

- £1,500 Janet Martin, Restaurant Chef, Catering Dept, Whiston
- £500 Linda Farrow, Sister, Critical Care, Whiston
- £200 Maria Laidlow, Clerical Administrator, Children & Young People's Department, Whiston

### August 2011

- £1,500 Christine Atherton, Sister, Seddon Suite, St Helens.
- £500 Thomas Noon, Healthcare Assistant, Critical Care, Whiston
- £200 Linda Yates, Sister, Ward 4D, Whiston

### September 2011

- £1,500 Susan Wade, Medical Care Group Secretary, Whiston
- £500 Tracey Walkden, Assistant Community Systems Manager, Alexandra Park.
- £200 Phil Hamlett, Supervisor, Health Records, Alexandra Park.

### October 2011

- £1,500 John Foo, Workforce Planning Manager, Human Resources Department, Whiston
- £500 Michael Manning, Consultant Orthopaedic Surgeon, Whiston
- £200 Trish Caldwell, Personal Assistant, Executive Offices, Whiston

### November 2011

- £1,500 Ken Jones, Project Estates Manager, Project Office, Whiston
- £500 Linda Folkard, Payroll Officer, Pay & Staff Services, Whiston
- £200 Teresa Nolan, Health Care Assistant, Ward 1A, Whiston

**The Christmas Trust Lottery draw took place at the Christmas Carol Service in the Spice of Life Restaurant, at Whiston Hospital.**

**Ann Marr, Chief Executive made the draw and the five lucky winners who each win £1000 are:**

- Mrs Margaret Worrall, Secretary, Cancer Services.
- Mrs Dawn Gadd, Monitoring Officer, Contract & Facilities
- Miss Marie Sykes, Employment Services Administrator, Human Resources Department
- Mrs Sandra Holmes, Ward Administrator, Acute Medical Unit
- Mr Brian Williams, Recovery Team Leader, Operating Theatre Department.

## Fond Farewells...

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

**Mary Lamble**, Midwife has been a member of the midwifery team for 40 years. Her friends and colleagues wish her all the very best for a long and happy retirement.



**Lil Dolan**, Nurse Practitioner

on the Sanderson Suite has retired after working at the Trust for over 35 years. Friends and colleagues thank Lil for all her hard work and wish her the best of luck for the future.



**Lesley Murray**, Healthcare

Assistant on the Allen Day Unit has retired after over 25 years of service. Her friends and colleagues wish Lesley all the very best for her retirement.



If you or a colleague, who has served the Trust for over 25 years, is retiring soon, please contact us to arrange a Fond Farewell feature.



# TRUST'S GOT TALENT 2012

Following the astounding success of this year's TRUST'S GOT TALENT competition, we would like to know if any members of Trust staff would be interested in taking part next year.

Last year saw great acts from across the Trust performing in front of a packed St Helens Theatre Royal audience. Trainee doctor Chris Walsh won the competition following his superb singing of Beyonce's version of 'Ave Maria'. Chris won £1000 holiday vouchers and sang live at the Trust's Annual Awards Presentation Evening in June at the Liverpool Arena.

If you can answer yes to any of the questions below, then we want to hear from you!

**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?**

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

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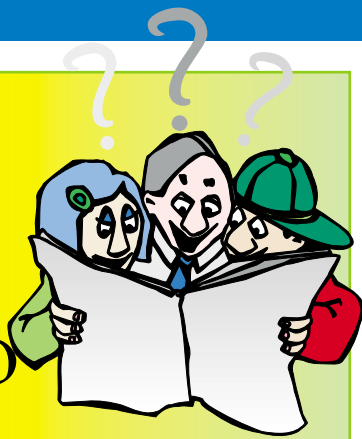
**0151 909 0909**



**Where to find us**

**The Tyre Outlet**  
298 Liverpool Road  
Huyton  
Merseyside  
L36 3RN

# Did you know?



- Humans have about 100,000km (62,000 miles) of blood vessels in their bodies – That is enough to circle the Earth, two and a half times!
- The blue whale is not only the largest animal on Earth, it is the loudest. However their low frequency means humans can't hear them.
- Asia is the largest continent in the world and is where 60% of the world's population live.
- The South American Andes is the longest mountain range in the world, stretching for 4,400 miles.
- The term 'bug' for a computer fault was first used after a moth caused a fault in one of the world's first computers the Harvard Mark I.
- The world's population is now 7 billion according to the United Nations.



## Where do you read News n Views?



Thank you to Gary Barker, Senior Sexual Health Advisor for this photo taken in Sichuan in China.

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!

## Staff News 'n' Views

**Next Issue: Spring 2012**

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](mailto:judith.marsland@sthk.nhs.uk)

The deadline for submitting items for the next News 'n' Views is 21st January.

**IT Operations Help Desk  
(0151) 676 5678  
[ithelpdesk@sthk.nhs.uk](mailto:ithelpdesk@sthk.nhs.uk)**

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