

Staff News 'n' Views

St Helens and Knowsley Teaching Hospitals NHS Trust



Issue 41
Winter 2013



Trust Stars Shine



PLUS:

- Trust wins innovation awards
- Top for cancer care
- Specialist rehabilitation unit opens in St Helens
- Triplet heaven at Whiston



Excellent Patient Care in World Class Hospitals

www.sthk.nhs.uk

Christmas Message from the Chief Executive



The Trust has had a successful and challenging year, with record numbers of patients attending our hospitals to receive treatment. The hard work and commitment of all our staff has ensured that we continue to offer excellent healthcare services to the local community, providing our patients with high standards of safe and effective care.

I receive many letters of thanks throughout the year praising the skills and dedication of staff across the Trust, and this proves how extremely grateful many of our patients are for the exceptional care they receive. On behalf of the Trust Board, I would like to thank you for all your hard work and I hope

that in the New Year we can build on your achievements and continue to provide the very best care for our patients and their families.

I know that many of you will be working during the festive period, and I hope that you also have the opportunity to spend quality time with your family and friends. May I take this opportunity to wish you all a very Merry Christmas and a healthy and happy New Year.

Ann Marr, Chief Executive

Annual General Meeting 2013



Staff from Maternity Services at the AGM roadshow

The Trust held its 22nd Annual General Meeting (AGM) in September in Nightingale House, Whiston Hospital.

The meeting was attended by over 150 people.

Roy Swainson, Deputy Chairman, opened the meeting and welcomed the assembled guests. He gave a summary of the Trust's successes and challenges throughout the year.

Ann Marr, Chief Executive presented an overview of the Trust's performance during the 2012/13 financial year, the highlights of the year and a look forward to the year ahead 2013/14.

This year's roadshow which showcased the Trust's care groups and departments was a great success and highlighted some of the services provided at both St Helens and Whiston hospitals.



AGM stall showcasing services at St Helens Hospital

Highlights of the Year – April 2012 to March 2013

- Managed increased activity in referrals, outpatient attendances, planned procedures, A&E attendances, and births.
- Achieved national targets for A&E waiting times, cancer care, Clostridium Difficile infection rates, cancelled operations and all financial targets
- Named top performer for pneumonia and heart attacks in Advancing Quality Indicators
- Launch of the Trust Mentor Scheme
- Achieved UNICEF Baby Friendly Initiative Award
- National awards for Lean Six Sigma Operating Theatre Project, IT Champion of the Year and NHS Northwest Excellence in Human Resources
- Celebrated the achievements of staff at the 9th Annual Staff Awards, the Long Service Awards, and the 3rd year of Trust's Got Talent



2012/13 Annual Report

Employee of the Month

Employee of the Month is awarded to a Trust staff member who has gone above and beyond the call of duty, and has made a significant difference in their role to improve patient care or developed services.

July:
Dave Parr

**Matron,
Elyn Lodge,
St Helens Hospital**



Nominated by: Trish Dunmore, Interim Manager/ Project Lead

Dave has worked for the Trust for over 25 years and was nominated for his dedication and professionalism. In her nomination, Trish said: "Dave is a pleasure to work with. He is a true professional, a wonderful patient advocate and is admired and respected by all those he works with. Dave goes above what is expected of him, often coming into the ward when off duty to provide recreational activities for patients."

On winning the award, Dave said: "I am receiving this award on behalf of the great team I work with. My colleagues have worked very hard over the last 6 months to open the Trauma Rehabilitation Unit at St Helens Hospital and it is a privilege to be able to come in each day to work with such a caring and dedicated group of staff and help patients recover before going home."

August:
Julie Richards
**Pharmacy Technician,
Ward 1C,
Whiston Hospital**



Nominated by: Emma Burgess, Intermediate Care Pharmacist and Grainne Daly, Staff Nurse Ward 1C

Julie has worked for the Trust for over 28 years and was nominated as an 'exceptional' member of the team who always goes that extra mile to help patients and colleagues. In the nomination, Julie is described as someone who 'can always be relied upon to provide a high standard of service, both on the wards and in the Pharmacy. Julie goes beyond the call of duty on a daily basis and she is an invaluable member of staff who will help anyone.'

On receiving the award Julie said: "I was both shocked and delighted to be nominated, it is a true honour to know that my presence on the ward is appreciated. I am privileged to work in a role that I enjoy and to be working with a great group of people. I would like to thank all those who nominated me, it is really appreciated."

September :
Subba Ganjam
**Speciality Doctor,
Medicine for Older People
Whiston Hospital**



Nominated by: Dr Sarah Williams, Jackie Bussin, Anne Capewell and Diana Wilson

Subba has worked for the Trust for over 7 years and was nominated for providing an excellent service to patients and being a highly valued member of the team. In the nomination, Diana said that "you could not meet a friendlier, kinder or more sensitive person. Dr Ganjam tries very hard to support all his colleagues and his people skills are exceptional. He often works overtime to help the department."

On receiving his award Subba said: "It was a surprise, I feel very happy and quite speechless. It's not winning the award that makes me happy, it's the kind words of those who nominated me and learning what people have thought of me over the years I have worked at the Trust that made me very emotional. I will continue to work hard, aiming to improve patient's welfare and provide good medical care. I'd like to thank all the medical team and other supportive staff whom I work with from the bottom of my heart. I am proud to say I am part of this Trust and my department."

October:
Alexandria Roberts
**Discharge Coordinator,
Ward 5A,
Whiston Hospital**



Nominated by: Debbie Ball, Matron

Alex has worked in her current role since December 2012 and was nominated for "maintaining a positive manner at all times and working extremely well with all colleagues." In her nomination Debbie said: "Alex places the needs of the patients very much at the forefront of her work. The whole team of discharge coordinators works extremely hard to ensure patients have a smooth journey and excellent experience but Alex consistently shines out as being an exemplar employee, who understands and meets the needs of the patients."

On receiving her award, Alex said: "I was very happy and shocked that I received this recognition, but I could not do the job effectively without my colleagues and would like to thank all of them for all the hard work that goes into the safe discharge of elderly patients every day."

If you would like to nominate a member of staff for Employee of the Month, you can download a nomination form from the Staff Matters section on the Intranet, call Shirley Ratcliffe on ext: 1250 or email: shirley.ratcliffe@sthk.nhs.uk

Health, Work and Wellbeing Positive action against Flu

This winter, staff at Whiston and St Helens hospitals have led the fight against Influenza by receiving their flu jabs. Not only protecting themselves but also helping to protect their patients and their families.

Each year healthcare staff are encouraged to have a flu jab in order to ensure the best possible defence against the flu bug.

Higher risk areas such as Accident & Emergency, Critical Care and the Children and Young People's Departments were targeted first, with staff from the Health, Work and Wellbeing Department working around the clock to ensure the vaccine is also available to as many staff as possible from all departments.

All staff receiving a vaccination will be entered into a free prize draw to win a mini iPad.



Healthy and Happy

In September, the Health, Work and Wellbeing Department held an Open Day to help promote healthier lifestyles among Trust staff. The event took place in the Education, Training and Conference Centre, Nightingale House, Whiston Hospital.

The Open Day provided staff with information about several aspects of healthy living, both at home and work. Many topics surrounding healthy lifestyles were discussed, including:

- Advice on diet (including free food tastings)
- Exercise information
- Smoking cessation advice
- Safe limits of alcohol intake
- Information on managing stress

Staff attending also received health checks and fitness tests to help support them in achieving their healthy lifestyles.



Adrian sets off

Cycle to Work Day

In September, Adrian Hackney, Assistant Director of Operations and Claire Scrafton, Deputy Director of Human Resources got on their bikes to promote Cycle to Work Day.

From his home in South Manchester, Adrian cycled a gruelling 35 mile route and Claire, also from South Manchester, cycled 30 miles. Conditions were testing, as the weather was extremely foggy and very cold at 6.15am when they set off from their respective homes and they arrived at Whiston Hospital in the pouring rain.

Claire, who bought her bike through the Trust's 'Cycle to Work Scheme' and has only recently taken up cycling said: "The cycle to work day was a fantastic opportunity to promote health and fitness opportunities and also show how cycling to work can save you money and benefit the environment."

Adrian said: "The 'Cycle to Work Day' has spurred me on to make this a regular event, weather permitting. I recently improved my time and arrived in 1 hour 45 minutes which was a personal best!"

Cycle to Work is just one of the Trust's staff benefit schemes that promotes healthy lifestyles but also help staff to afford the latest equipment available.

Joining the Cycle to Work scheme allows you to:

- save money on new bikes and accessories
- pay for your bike monthly through your salary
- improve your health and fitness and reduce stress
- contribute to a greener environment
- reduce your commuting costs
- ease parking and congestion problems

Look out for future opportunities to join and take part in Cycle to Work on global email, or for more information on any of the salary sacrifice schemes run by the Trust contact Graham Barlow, Finance Department: graham.barlow@sthk.nhs.uk



Claire arrives at Whiston Hospital

Trust staff receive

Star Treatment



Gill Leyland

Trust staff received the surprise of their lives this summer, when none other than celebrity TV presenter Jane McDonald arrived at Whiston Hospital to provide an extra special treat to deserving members of staff for the ITV Daytime hit show 'Star Treatment'.

Star Treatment saw Jane and her style team visiting workplaces around the UK, from offices and factories to clubs and public organisations, giving the 'star treatment' to teams that were nominated by their bosses to thank them for their hard work and positive attitude.

Six members of Trust staff were surprised with the glamorous makeover for regularly going above and beyond their call of duty to help others.

Gill Leyland, Domestic Assistant, Lizzie Barry, Children's Play Specialist, Lesley Bragg, Outpatients Clinic Manager, Cathy Duffy, Executive Office Manager, Jenny McGreavey, Human Resources Advisor and Mark Jameson, Porter, were all taken by surprise as Jane, and her style team in the 'Glam Van' arrived at the hospital to transform them from their ordinary day-to-day work clothes into the latest fashion trends.

The lucky workers were whisked away to receive a full makeover from Star Treatment's style team hairdresser Andrew Trott-Barn, make-up artist Cassie Lomas and celebrity stylist Lorraine McCulloch who helped to pick out just the right outfits for each of them ready for the big reveal.

Whilst the staff had their makeover, Head of Communications, Judith Marsland, was cooking up a treat with top chef Ricky Andalacio to prepare a surprise gourmet meal for our stars to remember.

By the end of the day, the transformation from work star to superstar was complete, and the team walked the catwalk in the main entrance at Whiston Hospital to rapturous applause.

Patients, colleagues, family and friends, all looked on as our six stars strutted their stuff down the catwalk. There were gasps of delight and wolf whistles as Jane McDonald invited each one in turn onto the catwalk as they revealed their brand new looks.

Jane McDonald said: "Glitz, glamour and real life stories has my name written all over it! It's very special to meet unsung heroes and treat them to a makeover to show them how appreciated they are. There were a lot of tears and emotion but it was a great and exciting day and they all look amazing."

Lizzie Barry



Our glamorous star staff



Cathy Duffy



Lesley Bragg



Jenny McGreavey



Mark Jameson



Staff members with the Star Treatment style squad

Patient Experience

Friends and Family Test

The Family and Friends Test (FFT) has been implemented across the Trust since March 2013, with all inpatient wards and the Emergency Department being evaluated through patient feedback. Maternity Services implemented the test in October 2013.

The test aims to evaluate patient experience as close to the time of their treatment as possible, so that the Trust can recognise what is working well and help further improve services where necessary, ensuring the highest standards of care are provided to each and every patient.

All patients should be given a Friends and Family Test postcard when they are discharged and are encouraged to complete the card and place it in the box provided before leaving the hospital or post via Royal Mail within 48 hours of discharge. It is crucial that the Trust receives this feedback as it is vital to improving the patient experience. Results are evaluated every month for each ward and department.

If you have any questions about the Friends and Family Test please contact Clare Aspinall, Patient Experience Manager by email: clare.aspinall@sthk.nhs.uk



Here is some of the feedback the Trust has received in recent months, along with actions taken when patients have made suggestions for improvements.



*Patient, Frances Cowan
with Healthcare Assistant
Sarah Stephens*

"Since accessing the services here at St Helens, it has been a god send. Thank goodness for St Helens Hospital "

"My recent experience at Whiston A&E was a great example of why our NHS is wonderful and so very precious. Every single person from the minute we walked in, to the moment of discharge was professional, courteous, kind and efficient, helpful and kept us informed every step of the way!"

"My journey over the years hasn't been without its challenges. At one point I was admitted to intensive care and literally the staff at the Trust saved my life. There was always somebody there for me to answer my questions."



Patient, Patricia Thomas with Staff Nurse Shereen Dipple

Our patients asked and we delivered... **Ophthalmology**

You said: "I don't mind a little wait in eye clinic as it does explain this on the letter and in the waiting areas, but better reading materials in large print would be nice"

We did: New reading materials such as magazines and newspapers with large print will be provided in clinic.

You said: "Better advice needed on clinic letters advising patients to bring sunglasses to wear after their procedures"

We did: Appointment letters are being changed to include more detailed information for patients.

If you have any suggestions or ideas that you feel would improve the services we provide then please do not hesitate to contact Clare Aspinall, Patient Experience Manager by email: clare.aspinall@sthk.nhs.uk

Francis Report update

In response to this year's report by Robert Francis into the events at Mid Staffordshire NHS Foundation Trust, the Trust has an action plan to ensure we are meeting the recommendations from this key report. This update relates to the patient experience elements of the action plan.

Putting Patients First – Nursing & Midwifery Strategy

A new Nursing & Midwifery Strategy was approved at the September Trust Board meeting and is based on the 6 Cs identified in the national nursing strategy (Care, Compassion, Courage, Competence, Commitment, Communication). Six working groups led by nurses & midwives have been established to implement the strategy and ensure we deliver high quality, compassionate care.

Effective complaints handling

A key recommendation from the Francis Report was that Trusts should ensure they have robust processes for dealing with and responding to complaints. In response, a lot of work is being undertaken to review and revise the current system for complaints and to ensure that there is adequate and effective communication with patients during the complaint process and that we learn lessons and share these across the Trust.

For more information or for a copy of the action plan contact: Sarah O'Brien, Deputy Director of Nursing, email sarah.obrien@sthk.nhs.uk or Claire Scrafton, Deputy Director of Human Resources, email claire.scrafton@sthk.nhs.uk



Patient, Owen White with Ward Manager Colette Lorenzo

St Helens and Knowsley Teaching Hospitals NHS Trust is applying for Foundation Trust status



What is a Foundation Trust?

It is Government policy that all NHS Trusts should become a Foundation Trust (FT) as soon as they can. FTs are very much part of the NHS and remain subject to its standards, performance ratings and inspection systems.

How do they differ from other Trusts?

FTs differ from other NHS Trusts in that they are self-governing and are accountable to local people through their membership. The members then elects Governors, who together with Governors nominated from key stakeholders, form a Council of Governors which takes on a number of statutory roles – such as supporting the Trust in setting the future direction for services, selecting the Non-Executive Board members and appointing the auditor.

What are the benefits of becoming a Foundation Trust?

Our Trust is currently an NHS Trust and accountable through the Trust Development Authority to the Secretary of State for Health. As an FT we would become accountable to the community with members and governors representing the views of local people who will have a greater say in how the hospitals are run. This will help us to respond to the needs of the local population and strengthen our close ties with the community.

FTs continue to deliver health care that is based on need and free at the point of delivery, and achieving FT status will not impact on the range or types of services we provide.

Another benefit of becoming an FT is that we will be able to plan financially over a longer period of time and any surpluses generated can be used to invest back into new and improved services for patients.

Consultation

The Trust will conduct a public consultation exercise early in 2014 to obtain the views of our patients, staff and local healthcare organisations on our FT governance plans. The consultation will ask for views on our plans for public and staff membership and the future strategic plans for the Trust.

Staff, patients, members of the public and stakeholders will all be asked for their views on our plans, and the Trust Board will review all the responses at the end of the three month consultation period.

The FT application process is very rigorous and ensures that the Trust is well governed and will continue to provide high quality services. The assessors who will review the application will talk to staff and patients as well as managers to test our management systems.

If you would like further information regarding the Trust's application to become a Foundation Trust please do not hesitate to contact Nicola Bunce, FT Programme Director nicola.bunce@sthk.nhs.uk

Trust awarded energy efficiency fund



St Helens Hospital

The Trust is one of only 70 across the country to receive a new monetary fund from the Department of Health, as part of a £500 million initiative to cut energy bills across the NHS.

Health Minister Dr Dan Poulter announced that the Trust will receive £22,094 to invest in a new system that will automatically shut down idle and

inactive computers. The NHS Efficiency Scheme is set to save £13.6 million per year across the country.

Health Minister Dr Dan Poulter said: "These schemes demonstrate the easy ways our NHS can make improvements to help power hospitals more efficiently, save on energy bills, and reduce their carbon emissions."

Peter Williams, Director of Corporate Services said: "This is fantastic news and shows how the Trust is constantly working to make sure our hospitals work efficiently and are cost-effective. All money saved will be reinvested back into patient care."



Whiston Hospital

Service of Prayers and Reflection

A service of prayer and reflection took place in The Sanctuary, Whiston Hospital, for those affected by the devastating Typhoon Haiyan in the Philippines in November.

Filipino staff from across the Trust would like to thank their colleagues for the wonderful support and kindness shown to them during this difficult time.

Many members of staff attended the service that included prayers and readings by Ann Marr, Chief Executive, members of the Trust's chaplaincy and members of staff.

Donations can be made to help the Philippines appeal at the following website:

www.dec.org.uk/appeals/philippines-typhoon-appeal

Meet the Director of Nursing



Sue Redfern, Director of Nursing, Midwifery and Governance

Sue Redfern was appointed as Director of Nursing, Midwifery and Governance in May of this year.

Sue previously worked at The Royal Liverpool and Broadgreen University Hospitals NHS Trust as Deputy Director of Nursing. She qualified as a nurse in 1980 at Fazakerley Hospital and specialised in infectious diseases and general medicine, with extensive experience in both clinical and leadership roles.

Sue progressed into senior nursing management as an opportunity to positively influence patient safety, quality and staff development. She believes in being visible and accessible and plans to maintain her professional clinical development by working regular clinical shifts and performing executive safety visits with frontline staff.

Sue said: "I am thrilled to have been appointed as Director of Nursing at Whiston and St Helens hospitals. The Trust very much puts patients at the heart of all it does and I am determined to play an active role in further developing safe and effective nursing practices at the Trust. Ensuring that every patient is treated as an individual with respect and dignity is crucial and I will endeavour to lead by example and support our nurses and midwives to provide the highest standards of care each and every time."

Sharing Best Practice & Learning - Ward Management Shadowing Programme

The Francis Report recommended that Trusts highlight examples of best practice in patient care and excellent leaders at all levels within their organisations. Trusts are encouraged to find ways to share any learning, innovative solutions to everyday challenges and identify training needs for the future, by 'walking the job' and engaging directly with staff on the wards.

Commencing in September until December 2013, a team of senior managers have been spending time shadowing ward managers on the wards and in clinical areas. Cathy Umlers and Mandy Connolly as Heads of Quality for the Medical and Surgical Care Groups, have been joined by Sue Redfern, Director of Nursing, Sarah O'Brien, Deputy Director of Nursing, Claire Scafton, Deputy Director of Human Resources, Adam Rudduck, Assistant Director of Organisational Development, Victoria Shore, Head of Learning & Development and Anne Hyson, Lead Nurse and Head of Complaints, to spend half a day with managers on every ward including; theatres, the Accident and Emergency Department and Intensive Care.

Sue Philips, Ward Manager 1D said, "The staff on the ward found it extremely valuable to discuss their roles with a senior manager. I was able to demonstrate management systems that I have developed on my ward and as a result of its success, have been asked to be a role model to new ward managers."

Sheila Thompson, Ward Manager 4B said: "I was asked a lot of questions about the ward and whether there was anything that would make a difference to how the ward works. It was great to think that my feedback was valued."

Kim Sims, Lead Nurse, ICU said: "During my session I asked for help with the Electronic Staff Record (ESR) system and support for my management team and it was actioned the following day."

Annual Staff Development Awards



The Annual Staff Development Awards Presentation Evening is an opportunity for the Trust to promote and celebrate the excellence of staff each year. For the fourth year, staff who achieved qualifications during the year that enhance their existing knowledge and skills attended the awards ceremony in the Education, Training and Conference Centre, Nightingale House, Whiston Hospital.

In front of a packed audience of nominated staff, managers and guests, including the Mayor of St Helens, Andy Bowden, a wide range of qualifications were celebrated including; Masters and Degrees, NVQ/PCG/PCD and apprenticeships.



Mayor of St. Helens, Andy Bowden with Ann Marr, Chief Executive and award winners and managers at the event



Michelle Langton (left) receives her award from Ann Marr, Chief Executive

In total over 90 members of staff were nominated by their managers, across 21 different qualification types. All nominated staff that attended were invited on stage to receive a certificate from Ann Marr, Chief Executive. In addition, there was a surprise award for Michelle Langton, Human Resources, who was nominated by the Trust for the NHS North West Apprentice of the Year Award. Finally, three departments were shortlisted for the Trust's Special Recognition Award, for which a trophy was sponsored by the NHS North West Mentoring Scheme; the Colposcopists, Human Resources and Medirect. The award was won by Colposcopists Debbie Higham and Sarah Bjerkan, who both completed the British Society of Colposcopy & Cervical Pathology (BSCCP).

The Education, Training and Conference Centre deliver regional and national courses and conferences to thousands of learners each year, as well as hosting events for the World Health Organisation and the country's Royal Colleges.

Ann Marr said: "As an organisation we are committed to supporting our staff in their own personal development and will continue to do so. It is very encouraging to see that so many staff are dedicating their time to developing in their profession. This in turn supports the Trust in our number one objective, which is to provide an excellent experience, to every patient, every time."



Colposcopists, Debbie Higham and Sarah Bjerkan receive their award from Ann Marr, Chief Executive (right)

All 2013 Staff Development Award nominees and their qualification:

NHS North West Awards – Trust Nominees (Held at The Adult Learners' Week Awards in May)

Nominees for Career Progression

Sandra Hughes
Lesley Mitchell

Nominees for Apprentice of the Year

Michelle Langton

Trust Special Achievement Award – Sponsored by NW Mentoring

Nominees

Human Resources
Medirect
Colposcopy Nurses

Winners

Colposcopy Nurses – Sarah Bjerkan & Karen Higham.

Adult Numeracy

Michelle Atkinson
Rachel Carney

Intermediate Apprenticeship Healthcare – level 2

Janice Ashton
Sharon Cavanagh
Brenda Delaney
Andrea Doyle
Kerry Evans
Shirley Greenall
Helen Johnson
Kerry Pilling
Lyndsey Price
Helen Turner

Advanced Apprenticeship Healthcare – level 3

Verona Cheetham
Helen Jones
Stephanie Lyons
Jeanette Wisdom

Advanced Apprenticeship Perioperative – level 3

Kerry Hardman
Jayne Weeks

Intermediate Apprenticeship Business Admin – level 2

Valerie Ashley
Matthew Newhall

Advanced Apprenticeship Business Admin – level 3

Kevin Ackers
Diane Ainsworth
Colette Banks
Victoria Begley
Anne Brown
Pam Chadwick
Melanie Donnelly
Joanne Dooner
Karen Finney
Wayne Foster
Jill Horman
Sandra Hughes
Tracey Kelly
Keiron Kenny
Debra Kilshaw
Michelle Langton
Amanda Lucas
Lesley Mitchell
Michelle Robinson
Paula Scott
Paula Simpson
Alyson Swift
Elaine Taylor
Andrea Wisdom

Intermediate Apprenticeship Customer Care – level 2

Maurade Armstrong
Lauren Burns
Marie Derbyshire

Diploma in IT users Level 2

Joanne Turner

ITQ Intermediate Level 2

Joy Davidson
Nicola Hornby

Assistant Nurse Practitioner Qualification

Amanda Evans

Mentorship

Shereen Dipple
Laura Spencer

BSc(Hons) in Health & Social Care

Susan Dowling

Nursing Degree Module in Leadership approaches in Improving Quality of care

Denna Davies

PGD in Professional Practice (Stroke Care)

Lynn Naylor

MSc in Paediatric Advanced Nurse Practitioning

Amanda Coogan

MSc in Advanced Nursing Practice @ Edgehill University (Merit)

Jeanette Ribton

MSc Module in Leadership, Self-Awareness & Self Empowerment

Gwen Pantak

British Society of Colposcopy & Cervical Pathology

Sarah Bjerkan
Debbie Higham

Qualification in Chemotherapy Administration & Care

Lisa Gough
Siobhan Wade

PGC in Radiography

Fiona Heyes
Luke Richardson

PGC in Chest Reporting

Geoffrey Caine

PGC in CT Reporting

Rebecca Clarke
Lisa Murphy

PGC in MR Reporting

Charlotte Caulton
Stephen Hill

PGD in Nuclear Medicine

Jennifer Kelly
Gary Mason

BSc(Hons) in Applied Biomedical Science

Joshua Norman

PGD in Biomedical science

Janet Sayle

Institute of Biomedical Science Specialist Portfolio

Olu Adewunmi

MSc in Biomedical Science

Martin Bromiley

BA(Hons) in Education & Professional Studies

Emma Ashton
Ruth Hunter
Veronika Klemkova
Wendy Valentine
Angela Winrow

Intermediate Apprenticeship Hospitality – level 2

Chantelle Fletcher
Julie Swift
Lesley Twist
Susan Whitfield

CIPD level 3

Michelle Langton

CIPD level 5

Emma Yenulevich

CIPD level 7

James Dawson

MA in Human Resources Management

Debbie Livesey
Spencer McKee

IN FOCUS

Excellence in Breast Cancer Care

October is always an extremely busy month for the Breast Services team. As well as it being breast cancer awareness month, the Trust received praise for its expert care of patients with breast cancer, Whiston Hospital took delivery of brand new state-of-the-art cancer detecting equipment and the Burney Breast Unit launched its very own bra service. Here we look at the latest developments for the Breast Services team.



State of the art cancer detection equipment installed at Whiston



The Breast Services team with the new specimen imaging system, Whiston Hospital.

Patients at Whiston Hospital are set to benefit from the very latest state of the art equipment for the management of breast cancer.

The Trust have installed a brand new imaging machine in the operating department that will enable surgeons to confirm that the smallest screen detected cancers are removed quickly and precisely, a lot of these cancers are not detectable through physical examination.

The new equipment was purchased with the help of local businesses and generous patients who donated money to the Trust's Radiology and Cancer Services. Among others, Prescot Rotary Club donated £5,000, Deanwood Golf Club donated £5,236 and the Trust held a 'Strictly at Saints' fundraising event in October 2012 which raised over £5,000. With the help of Biovision, a medical supplies company, the Trust was able to purchase the new equipment and provide the very latest state of the art technology for patients with breast cancer.

Ann Marr, Chief Executive said: "This is an important piece of equipment that will help us to further improve the high standards of care we provide to our patients. On behalf of the Trust, I would like to say a huge thank you to everyone who helped to obtain this very important cancer imaging equipment. We couldn't have raised this amount of money without the support."

European accreditation

The Burney Breast Unit has received European accreditation for its care of patients with breast cancer.

The Breast Centres Network, part of the European School of Oncology, has granted the unit 'full membership' of the Network, meaning that the unit is recognised for offering a range of specialised clinical services of international standard.

The unit treats over 4,000 patients each year providing rapid access to a team of specialist oncologists, consultant surgeons, breast nurses and therapists. The breast service also provides chemotherapy treatment at St Helens Hospital, ensuring that patients can receive life-saving treatment close to home. Patients with a family history of breast cancer may also be referred to Genetic Services, and if necessary have genetic and psychological counselling at the Burney Breast Unit.

Miss Leena Chagla, Consultant Surgeon and Lead Clinician Breast Services said: "Everyone at the Burney Breast Unit strives to provide the very best care for our patients and their families during what can be a very difficult time in their lives. We are pleased that the Breast Centre Network recognises the importance of the unit to the local community."



The team at the Burney Breast Unit, St Helens Hospital

Pink Blossom Trees for Breast Cancer

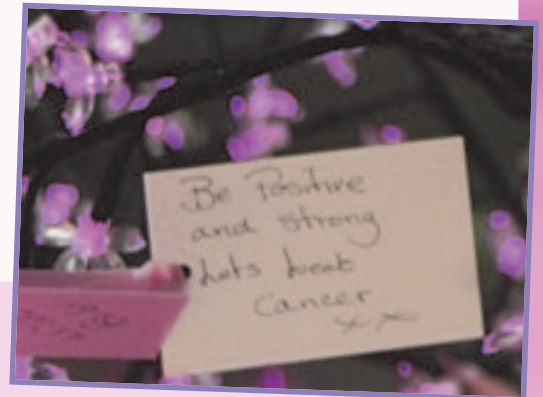
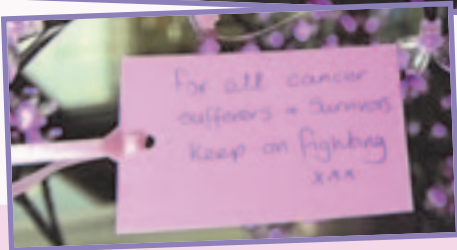
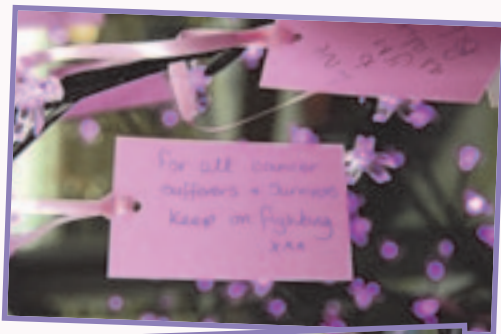


You may have noticed the 'Pink Blossom trees for breast cancer' in the main entrance of both St Helens and Whiston hospitals recently. The arrival of the trees coincided with October's Breast Cancer Awareness month and due to their popularity the trees continued to be present in the reception areas right up to the end of November.

The trees are a symbol of hope in the fight against cancer and patients, visitors and staff were invited to write a special message of support on a donation card to those affected, whether by breast cancer or any other form of cancer, and hang the message from a branch of the tree.

Across the two hospitals, the trees raised over £600 and all money raised will benefit patients of the Burney Breast Unit, St Helens Hospital.

Pink Blossom Trees in the reception area of both St Helens and Whiston hospitals throughout October and November



Bra Service launches

The new 'Burney Breast Bra Service' is for patients who have undergone surgery for breast cancer.

Following surgery, patients may need support to help them adjust to the changes to their body appearance and this includes wearing breast prosthesis. The new bra service allows patients who have undergone a mastectomy to be measured and fitted with a specially designed bra suitable to be worn with breast prosthesis.

Chris Bebb, Breast Care Specialist Nurse said: "It can be an extremely difficult and emotional time for patients who have undergone surgery and the bra service aims to offer advice and support regarding all the different clothing support options available to patients. A well-fitted and supportive bra that is both feminine and practical can significantly enhance a woman's confidence and self-esteem and our aim is to enhance our patient's quality of life as best we can."

The service offers a personalised assessment by specially trained breast care nurses who then recommend the most appropriate kind of specially designed bra suited in terms of style, comfort and choice. The service currently offers a wide range of bra styles that the patients can choose from on the day of assessment; however for patients who might require a product outside the range in stock, the Burney Breast Bra Service can help patients to order items from specialist companies.

Posters and information leaflets about the service are available at the Burney Breast Unit, St Helens Hospital. Any member of staff can refer a patient to the service or patients can self-refer by contacting the Burney Breast Unit directly on 01744 64 6039.



Blooming Marvellous



St Helens Hospital

St Helens and Whiston hospitals have won a prestigious 'North West in Bloom Gold Medal' for the quality of the gardens and hospital grounds.

'North West in Bloom' is part of the Royal Horticultural Society's national 'Britain in Bloom Awards'. The competition recognises the excellent work carried out by organisations, to improve the environment through the imaginative use of flowers, plants and trees.



Cricket pitch feature at St Helens Hospital



Whiston Hospital date stones

Both St Helens and Whiston hospitals received a gold medal for the exceptional maintenance of the grounds and gardens; 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 be awarded with the gold medal in this prestigious competition, for each of our hospital grounds and gardens. The Trust has a responsibility to its patients and visitors to ensure that the hospital environment is welcoming and kept to



NHS flower beds feature at both hospitals

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."

Trust Receives National Accolades For Innovative Technology



Consultant Rowan Pritchard-Jones (2nd from the left) receives the eHealth Insider Awards

The Trust has won the prestigious eHealth Insider Award 2013 for the development of the innovative Mersey Burns App.

The application, developed for use on mobile devices, enables clinicians to quickly and accurately assess the extent of a burn and so deliver the best possible treatment to patients.

Developed by Consultant Plastic Surgeons Rowan Pritchard-Jones, Professor Paul McArthur, Computer Scientist Chris Seaton and the Trust's Informatics Department, the app won the Excellence in Mobile Healthcare Award and was named overall winner at the award ceremony in London.

Traditionally, doctors sketch the burn on a paper template to calculate the extent of the patient's body surface area affected and decide the amount of fluids to give to a patient. The app enables them to use mobile technology to calculate the fluid required to stabilise a patient and collects vital information that can be quickly forwarded on to the specialist burn unit. The free app has been downloaded over 6,000 times and is now being used across the UK and Europe.

St Helens celebrates Macmillan Coffee Morning

**WE ARE
MACMILLAN.
CANCER SUPPORT**

St Helens Hospital turned green in September to raise money for this year's Macmillan Coffee Morning.



Cake for Macmillan Coffee Morning

The event, held in the Spice of Life Restaurant, raised over £1,400 with patients, visitors, volunteers and staff all supporting Macmillan's largest national annual fundraiser the 'World's Biggest Coffee Morning'.

Patients at the Seddon Suite Rehabilitation Unit were also keen to get involved and took part in craft sessions making

bunting and banners for the day. They also held a coffee morning of their own for visitors and raised £142 to donate to Macmillan. A coffee morning held by the Trust's Human Resources (HR) Department raised a whopping £817.78 through cake and coffee sales, plus a raffle, all in aid of Macmillan.

Julie Parr,
Manager of the
Macmillan Cancer



Human Resources Macmillan Coffee Morning



Patients and staff at the Spice of Life Coffee Morning

Support Information Centre said: "This year's event was an amazing success and I would like to thank everyone who donated money and those who supported the event, especially our volunteers and the staff from Medirest who helped with the main event. The patients and staff at the Seddon Suite Rehabilitation Unit

did a marvellous job creating such lovely decorations and along with all the staff in the HR Department helped raise such a fantastic amount of money, over £2,000 in total. We are extremely grateful for everyone's help."



Seddon Suite Rehabilitation Unit

Hospitals named top in Merseyside for Cancer Care

The Trust has been named the top performing acute Trust in Merseyside and 7th in the country, for providing the best care and support to cancer patients.

An analysis by Macmillan Cancer Support compares the performance of hospitals across England based on patients' responses to a range of questions. Patients treated at St Helens and Whiston hospitals responded to the survey, and their feedback confirms that the Trust offers excellent quality care to cancer patients.

The Trust achieved some of the highest scores of all Trusts in areas including:

- staff explaining completely the purpose of tests and procedures and what will be done during those procedures.
- patients feeling involved in decisions about their care, with their views taken into account by doctors and nurses
- patients having confidence and trust in all doctors and nurses treating them
- patients feeling there were enough nurses on duty during their hospital stay

Ann Marr, Chief Executive said: "We are delighted with the feedback from our patients about the excellent care they say they have received at Whiston and St Helens hospitals. It is vital that patients feel supported at such a difficult time and we do everything we can to ensure that they have access to the right treatment, at the right time, provided by the specialist teams of experts we have at the Trust."

Fay Scullion, General Manager for Macmillan Cancer Support in Northern England said: "We congratulate St Helens and Knowsley Teaching Hospitals NHS Trust for achieving some of the best results in the recent patient experience survey. We know that the support and care people receive is as important as their actual treatment, and can make all the difference between coping with cancer and finding it a real struggle."

Rehabilitation Unit opens in St Helens Hospital



Former British Army Corporal Andy Reid officially opens the Seddon Suite Specialist Rehabilitation Unit, St Helens Hospital next to Dr Bhaskar Basu, Consultant in Rehabilitation Medicine

A regional specialist rehabilitation unit has been officially opened in St Helens Hospital, caring for people who have suffered traumatic injuries or illnesses. The facility is the only one of its kind, providing inpatient and outpatient therapy services over seven days.

The Seddon Suite Specialist Rehabilitation Unit was opened by former British Army Corporal Andy Reid, who was injured in Afghanistan. The St Helens born soldier attended to officially open the unit and spend time with patients and their families.

The unit provides high quality, accessible rehabilitation with a specialist multi-disciplinary team that includes rehabilitation consultants, nursing staff, physiotherapists and occupational therapists, speech and language therapists, psychologists, neuro-psychiatrists, dieticians and information/benefits advisors.



Staff on Seddon Suite celebrate the Unit opening

Andy Reid said: "It's a massive honour to have been asked to open this unit. I have experienced first-hand attending rehabilitation centres and without them I would not be where I am today. This unit is a great resource for local people and will make a massive difference to so many lives."

Following the astounding success of this year's Trust's Got Talent competition, we would like to know if any members of 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.

Audit Officer, Keiron Kenny won the competition following his superb rendition of Katy Perry's 'Teenage Dream'. Keiron won £1,000 and was invited to sing live at the Trust's Annual Staff Presentation Awards in July at the Liverpool Arena.

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

- Can you sing, dance or make people laugh?
- Are you a natural born entertainer?
- 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



Keiron Kenny celebrating his win at last year's Trust's Got Talent



PATIENTS REMEMBER THE 1950s AT WHISTON HOSPITAL

Patients at Whiston Hospital experienced a trip back in time as staff turned day rooms in an older people's ward into a 1950s style village square.

The event marked the introduction of the Trust's new 'remembrance rooms' aiming to create a familiar environment for patients living with dementia or cognitive impairment. Four wards, especially dedicated to older people, now have a remembrance room decorated in the style of the 1950s.

The hospital setting can be disorientating for older people leaving their homes for any period of time and the

remembrance rooms, decorated and furnished with old keepsakes and ornaments can help patients to feel more comfortable in familiar surroundings.

At the launch event, patients and their visitors tucked into treats from the village tea room which served classic afternoon tea and cakes, whilst a visit to the sweet shop, complete with old fashioned weighing scales, saw old favourites like Bon Bons and Everton Mints given to patients in paper bags.

Also present on the day was the Trust's Ambassador for Dignity in Care, Herbert of Liverpool, who took time out of his busy schedule to spend time with patients and visit the new rooms.



L-R Herbert of Liverpool, Ward Sister Joanne Garvey, patient Olive Griffiths and Ann Marr, Chief Executive in the Remembrance Room, Ward 5A, Whiston Hospital



Patient Dorothy Ritson visits the sweet shop during the remembrance room opening event

Forget me Not

The 'Forget me Not' scheme was launched at the Trust in 2011, and staff in the Department of Medicine for Older People continue to keep dignity for dementia patients high on everyone's agenda.



The scheme enables patients and their carers to share personal practical information such as what name they are commonly known by, what drinks they prefer and what types of food they like and dislike in order to personalise the care patients receive. This information is written on specially designed 'Forget me Not' cards that can be shared with all staff who come into contact with the patient to help them ensure that the patient's personal needs are best met.

The Department of Medicine for Older People staff dress in 1950s style uniforms

Staff from across the Department of Medicine for Older People, held a two day event in September to promote the 'Forget me Not' message and highlight the importance of providing dignity in care. The event included clinical and support staff dressing in 1950s style uniforms and patients on the older people's wards were served afternoon tea. The Spice of Life Restaurant, Whiston Hospital, also held a good old-fashioned sing-a-long that got patients, visitors and staff singling along to their favourite old tunes and reminiscing about memories of their childhood.

To learn more about the 'Forget me Not' scheme contact jill.cunliffe@sthk.nhs.uk or marie.honey@sthk.nhs.uk



Patient, John Carroll receives afternoon tea during the 'Forget me Not' event

TRIPLET HEAVEN AT WHISTON!

The first set of triplets to be born at the new Whiston Hospital have arrived.

Brothers Fraser, Reuben and their sister Darcie are the first set of triplets to be born at Whiston since the new hospital opened its doors to patients in April 2010.

Conceived naturally, the triplets were born at 33 weeks and 6 days by caesarean section to mum Laura Rose-Paterson and Dad Peter Paterson. With Darcie weighing 4lb 13 3/4oz, Fraser weighing 4lb 8 1/4oz and Reuben weighing 4lb 14oz, the triplets spent two weeks at the hospital's Special Care Baby Unit until they were big enough to go home with their parents.

Mum, Laura works at the hospital in the Informatics Department and Nan, Linda Rose also worked at the Trust before recently retiring to help look after the new-born triplets.

Laura said: "We're thrilled that the babies have made their own little piece of history at the hospital. We're so pleased that they were delivered safely and would like to thank all of the staff in Maternity Services for their continued support."

Tennyson Idama, Consultant Obstetrician, who delivered the babies said: "It's a great privilege to be able to deliver the first triplets to be born at the new Whiston Hospital. They were all very healthy weights for a triplet birth and it's wonderful that Laura, Darcie, Fraser and Reuben are doing so well."

Since the new hospital opened, to date there have been over 12,400 births at the Maternity Unit, 179 of those have been twin births and now little Fraser, Reuben and Darcie have taken their place in history.



L-R Nan Linda Rose, holding Darcie, Maternity Matron Val Blakemore and Mum Laura Rose-Paterson holding Reuben and Fraser

healthwatch St Helens Healthwatch launches in St Helens

Healthwatch St Helens was created to find out what people think about the health and social care services they use. Also, as a link between patients and healthcare provider to put forward ideas and ensure patients views are taken into account.

152 Healthwatch groups have been set up across England by groups of volunteers and small teams of staff and have replaced the former LINK (Local Involvement Networks).

Each local Healthwatch asks patients, service users, carers and local people what they think about health services where they live and how they could be made better.

Healthwatch St Helens also:

- Have special 'enter and view' powers. This means they can visit any health and social care provider that gets its money from the Government and assess the care they offer.
- Work closely with the Care Quality Commission (CQC) to give information to national regulators about the experiences of people in St Helens.

Become a member of Healthwatch

Receive regular updates on the projects that Healthwatch are working on as well as giving us your views and opinions.

To join Healthwatch St Helens, sign up at:
<https://www.haltonsthelensvca.org.uk/representation/hwsth>

Healthwatch Priorities

Healthwatch St Helens' first round of priorities includes dementia, good mental health & wellbeing and support for young people. Task groups are being set up to address these areas. We need local people to join these groups, so please get in touch if you would like to be involved.

Tell us about your experiences:

Call Healthwatch St Helens on Freephone 0300 111 0007

Email: info@healthwatchsthelens.co.uk

Visit our website at www.healthwatchsthelens.co.uk

Or visit us at:
4th Floor, Tontine House,
Church Street, St Helens
WA10 1BD



CLINICAL AUDIT

WHO WE ARE AND WHAT WE DO!

“Clinical audit is a key process in a cycle of continuous quality improvement involving critical analysis of the quality of clinical care, procedures used for diagnosis and treatment, the use of resources to provide evidence based care and monitoring the outcome of care from both a clinical and patient perspective. The use of clinical audit to drive quality improvement is overseen nationally by the Health Quality Improvement Partnership (HQIP) who have the DOH mandate for audit in the NHS.”

Put simply, we examine the way we work against a known standard, share best practice and take action to make improvements where necessary.

The Clinical Audit Department support staff to perform audit projects both within the Trust and in collaboration with other providers, national programmes and confidential enquiries. The department provides expert guidance on developing audits across all types of clinical conditions and activity. It is a way of gathering evidence to assure and improve clinical standards, quality of care and assess compliance with national frameworks.



Janice Feeney, Lead Audit Officer and the Clinical Audit display stand at St Helens Hospital

In October, the Clinical Audit Department took part in Clinical Audit Awareness Week, highlighting to staff the importance of clinical audit, promoting the service and its relevance to clinical care, providing a better understanding of the team and the work they do. The event was extremely successful and the department has seen a positive increase in the number and quality of audit referrals that they receive.

For more information contact the Clinical Audit Department on Tel: 0151 430 2237

TEAM TALKS

Together Everyone Achieves More

As part of its drive to harness views, ideas and feedback from staff, the Trust has been delivering a range of lunchtime 'Team Talks' meetings with staff.

At the meetings small groups of staff have an opportunity to meet informally with Ann Marr, Chief Executive and a Non-Executive Director. Meetings have an open agenda and staff can discuss anything they wish, giving them the opportunity to dispel myths, have their questions answered and make suggestions for improvements to services. Questions raised at the events are communicated to the relevant service managers, with feedback provided to staff through future meetings and through internal communications such as the staff intranet and Team Brief.



Staff members discuss services at the latest 'Team Talks' event

A number of suggestions made by staff who have attended the events have led to the introduction of a new children's menu and new signs for patients and visitors to help them understand and identify the range of staff uniforms.

For more information on dates and how to attend please contact Wendy Harrison, Senior HR Administrator by email: wendy.harrison@sthk.nhs.uk

CELEBRATING A ROYAL BIRTH

WHISTON'S OWN PRINCE AND PRINCESSES

Monday the 22nd of July 2013 was much like any other at the busy Maternity Department, Whiston Hospital.

Little did the mums to be on the labour ward realise that their own little prince or princess was to share the same date of birth as the future King of England. Prince George Alexander Louis of Cambridge was born at St Mary's Hospital, London and took his place in history as 3rd in line to the throne.

Here we create our own family album to celebrate the birth of Prince George and all of the babies born at Whiston Hospital on that day.



**BABY CHRISTOPHER
HONNOR AND MUM
ZOE**



**BABY ALEXANDRA
GRACE McDONALD
WITH MUM
ELIZABETH**



**BABY OLIVER
EMBLEM WITH MUM
VICKY**



**BABY AMELIA
MOORE WITH MUM
JENNIFER**



**BABY MINNIE JONES
WITH MUM
ELIZABETH**



**BABY CARSON
WALSH WITH MUM
KELLY**



**BABY MAISIE
LONGSTAFF WITH
MUM SARAH**



**BABY KENNELY
O'ROURKE WITH
MUM STEVIE**

Helping us, help you

The Lilac Centre is known locally and throughout the country for its fantastic service and dedicated staff. But maybe the work of its volunteers is not as widely known.

The dedicated volunteers who work in the Lilac Centre; Barbara Gains, Jim Bromilow, Thomas Walsh and Chris Griffiths perform various important roles from comfort and conversation with patients, to making drinks, and also offer therapeutic services.



Volunteer Thomas Walsh with patient David Entwistle and Staff Nurse Gaynor Power

The background of the volunteers is wide and varied, some are former patients, relatives of patients or people just wishing to be a help.

Thomas Walsh has worked as a volunteer on the Lilac Centre for two and a half years and says it gave him a new lease of life. Sadly, Thomas' wife Susan lost her battle with multiple myeloma bone cancer.

Thomas said: "I had spent two years looking at four walls. I came to the Lilac Centre and it made me start to tick again. I've opened up more recently and it has helped me massively in recent years, as well as helping others."

The Lilac Centre achieved its 21st anniversary this year and is as strong as ever.

The volunteers' seamless work is an important aspect of the Lilac Centre's immaculate reputation.

Jim Bromilow, has been a volunteer at the Lilac Centre since he completed treatment ten years ago. He was diagnosed with Hodgkin's lymphoma in 2003 and was treated with chemotherapy at the centre for 6 months. His contribution to the team and his presence on the ward is invaluable to both patients and staff.

Jim said: "I wanted to give something back. One of the main reasons I come here is because people who are being treated can see me, someone who has been through a similar experience. I speak to patients and tell them that I've been through exactly what they're going through and it offers them a sense of hope."

Jeanette Ribton, Lilac Centre Manager explains: "The volunteers' contribution is invaluable. The time, care and compassion these people offer is a massive contribution to a patients visit here, as well as to the staff. With their knowledge of the centre, through their personal experience, it is easy to see why they are so highly thought of."

If you would like more information about becoming a volunteer contact Will Darwick, Voluntary Services Manager by email: will.darwick@sthk.nhs.uk



Volunteer Jim Bromilow supports patient Brian Parle at the Lilac Centre



Smooth sailing for the Lilac Centre



(L-R) Malcolm Armstrong, Treasurer, Pilkington Sailing Club, Jeanette Ribton, Lilac Centre Manager, Freda Lunt, Vice President, Pilkington Sailing Club and Ken Gutteridge, Vice President Pilkington Sailing Club

The Pilkington Sailing Club, St Helens has donated an amazing £1,300 to the Lilac Centre, St Helens Hospital.

The sailing club have held charity events since 1997 to raise money after long-standing supporter Freda Lunt suggested the centre should be the club's charity of choice and since then the club have raised nearly £25,000. Freda has been volunteering at the Lilac Centre for over 20 years and also provided voluntary counselling.

A charity day of 'fun sailing' including a live band, hog roast and tombola, along with a BBQ night, helped to raise money with members of Pilkington Sailing Club, Prescot Rotary Club, Pilkington Anglers and the Prescot Round Table all donating towards the overall total.

Jeanette Ribton, Lilac Centre Manager said: "We are so grateful for the generosity of the Pilkington Sailing Club and all those who helped raise such a fantastic amount. The money will allow us to enhance and expand the facilities within the Lilac Centre to continue to provide a comfortable environment for our patients."

Nightingale House turns pink!



Pink cakes on sale

The Education, Training and Conference Centre, Nightingale House, Whiston Hospital hosted its very own 'Pink Friday' event in October in aid of the Burney Breast Unit, St Helens Hospital.

Three members of the Learning and Development team; Cynthia Foster, Centre Manager, plus Alison Carroll and Chris Gee, Learning & Development Facilitators, received sponsorship for dying their hair pink. The team also held a cake sale, with Sue Brandreth, Project Director, for NewHospitals winning a 'Cake Crusader' game and Sue very generously returned her winnings as a donation to the Burney Breast Unit.

In total, the team raised a fantastic £715.43!!

The Human Resources Department also took part in Pink Friday, with staff donating £1 each to wear pink all day, including pink wigs, (£2 for not wearing pink!) and also sold cakes raising a fantastic £262.42!!



Chris Gee, Cynthia Foster and Alison Carroll go pink!

The staff in the centre would like to thank everyone for their support for this fantastic unit and the amazing work that it does.



Tom Fitzpatrick (centre) with staff from Ward 5A, Department of Medicine for Older People

Tom reigns supreme

Reigning Employee of the Year Tom Fitzpatrick, Senior IT Engineer, has been running again and has raised over £825 for the Trust's Department of Medicine for Older People.

Tom took part in the Coniston 14 mile road race in October to raise money after hearing of the department's crucial work caring for patients who suffer from a range of conditions such as Dementia and Alzheimer's Disease.

In total, Tom has raised thousands of pounds over the last four years for the Trust through his energetic activities, racing in a

number of marathons and previously raising money for the Special Care Baby Unit twice and the Burney Breast Unit, St Helens Hospital.

Tom said: "I chose the Department of Medicine for Older People as the work for patients with dementia and Alzheimer's across the Trust is fantastic. Ideas like the 'reminiscence rooms' and the 'Forget me Not' scheme show how much the staff really do care about the older generation."

Susan Noon, Matron, Department of Medicine for Older People said: "We are very grateful that Tom chose to raise money for the department. Every penny goes a long way towards helping develop new initiatives that will benefit all of our patients, especially those with dementia."

Tom was named Employee of the Year at last year's Annual Staff Awards Presentation Evening for being an exceptional member of staff who does all that he possibly can to provide support to staff to effectively use IT systems and for his generosity of spirit always thinking of others and raising valuable funds for patients.



Five-a-side fever!

Members of Medirest staff launched an annual five-a-side football match this summer and all Trust staff were invited to compete.

After months of planning, and on a perfect summer's day, the players were ready and eager to go for the midday kick-off time. There were some fantastic players on show and all the teams provided some exciting and entertaining play during the competition.

Following the initial group stages, and semi-finals, the successful teams that progressed to the final were from the Catering Department and Vinci FM. The final was a spectacle to behold and both teams battled away and produced an exciting 1-1 draw meaning the final went to a dreaded penalty shootout!! The two goalkeepers were outstanding but there has to be one winner and in the sudden death shootout Mark Jameson (a free transfer from the porter's team) stepped up and struck the ball into the top right hand corner of the goal, rounding off a great victory for the catering team. The players were awarded trophies and medals to celebrate their achievement.

The organisers of the event would like to thank their managers at Medirest for all their support in helping to organise the event. Also, Felicity Litchfield who doubled up as a photographer and Physio for the day, which is also her regular job in the hospital.

It's hoped that the tournament will be even bigger and better next year, so Catering Department watch out, there will be plenty of competition for your crown in 2014!!



The winning Catering Department and their young mascots



The teams

Peak Challenge turns into emergency for fundraising parents



A generous parent got more than he bargained for when a fundraising trip turned into a mountain emergency.



(L-R) Sally Duce, Directorate Manager, Adam Osbourne, friend and fellow climber, Dad Craig Higginson, Emily-Rose, Mum Claire Higginson, Helen Billenge, Neonatal Sister, Helen Atherton, Sister SCBU, Mr Abdelaziz, Consultant Paediatrician.

Grateful parent Craig Higginson, from Runcorn, planned to climb the '3 Peaks' with a group of family and friends, raising £2,211 for the Special Care Baby Unit (SCBU), Whiston Hospital. Craig and his wife Claire were keen to show their appreciation to the hospital after their beautiful daughter Emily-Rose was born at the hospital 14 weeks early and spent 12 weeks being cared for on the unit.

However, things didn't go as planned. On the first peak, Ben Nevis, which stands at 4,408 feet, Craig fell unconscious in the treacherous conditions suffering from hypothermia. It was a terrifying experience, and as the weather closed in Craig had to be carried down the mountain by his friends to seek medical attention. Unwilling to let their sponsors down, the remainder of the group pushed on through the snow and wind and completed the hikes up Ben Nevis, Scafell Pike and Mount Snowdon. The amazing feat took the group just over 30 hours in conditions that ranged from thick snow, blazing sun and the pitch dark of the night hours. Thankfully Craig recovered quickly and was able to join the group to climb the final peak, Mount Snowdon, and complete their mammoth task.

Craig said: "I didn't know much about what had happened, but I'm glad the group were able to carry on and made sure we completed the challenge. The Special Care Baby Unit were really outstanding, when we needed their help they really supported us. We cannot thank them enough for the help they gave Emily-Rose and our family."

The money raised will go towards purchasing specialised breathing equipment for babies with respiratory conditions or premature lungs.

Sally Duce, Lead Nurse, Directorate Manager, Paediatrics said: "What the Higginson family has been through is extraordinary. We're so glad that Craig returned safely and we cannot thank him, Claire and their family and friends enough for all their efforts to raise funds for SBCU. The money will go a long way to help many other babies and their families who need specialised care."

Gastro Girls Race for Life

Staff from the Gastroenterology Department put their best foot forward this summer and took part in Cancer Research UK's Race for Life at Knowsley Hall.

Joanne Wilson, Staff Nurse, Clare Ryan, Gardener, Sue Cartlidge, Staff Nurse, Gina Cave Upper GI Nurse Specialist, Mari Davey, Registered Nurse, Sheena Beck, Assistant Practitioner, Siobhan Bathgate, Staff Nurse and Marie McAvoy, Staff Nurse, together raised over £900.00 in sponsorship.

A fantastic achievement girls, congratulations!



The girls get ready to run at Knowsley Hall

Race for Life



Patient's kind donation to the Lilac Centre

A grateful patient and his wife have donated £1,325 to the Lilac Centre, after he received successful treatment for bowel cancer.



L-R Linda Huyton, Jeanette Ribton, Lilac Centre Manager, Tony Huyton and Helen Carroll, Colorectal Cancer Nurse Specialist

Tony and Linda Huyton, from Bickerstaffe, held an 'open weekend garden party' to help raise funds, as well as increase awareness and promote early detection of cancer to others.

The couple held the fundraising event, charging a £5 entry fee, with help from family, friends, and the Rainford Flower Club. Money was raised through raffles, (prizes donated from local organisations), tombola, stalls selling plants and bric-a-brac and by guessing the number of pennies in a jar and the weight of a cake.

Tony said: "I am extremely grateful for the care and support that my family and I received from the Lilac Centre and hope this donation can help other patients and families through a difficult time."

Jeanette Ribton, Lilac Centre Manager, said: "I would like to thank Tony and Linda, their family, and all those who have supported them, for their generous donation. Money donated

to the centre allows us to enhance and expand the facilities to continue to provide a comfortable environment for our patients."

Generous family continue fundraising for SCBU

For the 5th year running, an extremely generous family from Haydock have raised over £1,000 for the Special Care Baby Unit (SCBU) at Whiston Hospital.

The McDonald family hold a fundraising event at Haydock Cricket Club each year in memory of their son, Derek McDonald who sadly passed away in January 2009, aged 25. This year's event raised an amazing £1250, bringing the total over 5 years to nearly £10,000. The family have held the event every year since Derek's death and donate the money to the SCBU where he was cared for as a baby after being born at Whiston Hospital.

Mr and Mrs McDonald said: "This year's event was a massive success, it seems to get stronger each year with the help of our amazing family and friends. We are so grateful to the staff at Whiston Hospital for the care they gave to Derek and each year, at the time of Derek's birthday, we honour his legacy by raising money to help other children on the unit."

Mr and Mrs McDonald would also like to sincerely thank local Haydock businesses, Haydock Cricket Club and Sphere Consumer Products PLC for their continued support.

The money raised will go towards purchasing specialised breathing equipment for babies with respiratory conditions or premature lungs.

Dr Laweh Amegavie, Clinical Director and Consultant Paediatrician said: "We would like to thank the McDonald family for their continued, extremely generous support of the Special Care Baby Unit. They have raised extraordinary amounts of money over the past 5 years and we cannot thank them enough for all of their efforts. The donations go a great way towards helping many other babies and their families."



L-R Caroline Deveney, Ward Manager, SCBU, Janet Bentham, Ward Manager, Ward 3F, Derek (Snr) and Chris McDonald, Laweh Amegavie, Clinical Director and Sally Duce, Directorate Manager, Paediatrics

Mike and Alison Chase glory!

Two members of staff have recently appeared on the popular ITV daytime TV show 'The Chase'. Mike Winstanley, Senior Human Resources Analyst and Alison Carroll, Learning & Development Facilitator both entered the competition individually and appeared on separate episodes.

Hosted by comedian Bradley Walsh, contestants must answer general knowledge questions in order to get themselves into the final chase, where they can win the cash pot worth thousands of pounds.

So what happened to our plucky members of staff? Alison bravely stepped up to face the fierce 'Beast' chaser Mark Labbett and with her fantastic general knowledge she magnificently took £5000 into the final round. After 2 of her fellow competitors also reached the final rounds, they were extremely unfortunate not to walk away with the £12,000 cash pot and were beaten by the chaser.

In Mike Winstanley's game, he stepped up to take on chaser Dr Paul Sinha, expertly answering general knowledge questions to create a £6,000 cash pot in his first solo round.

For most playing for £6,000 would be test enough but not for Mike. In his second solo round, the head-to-head round with the chaser, Mike decided to



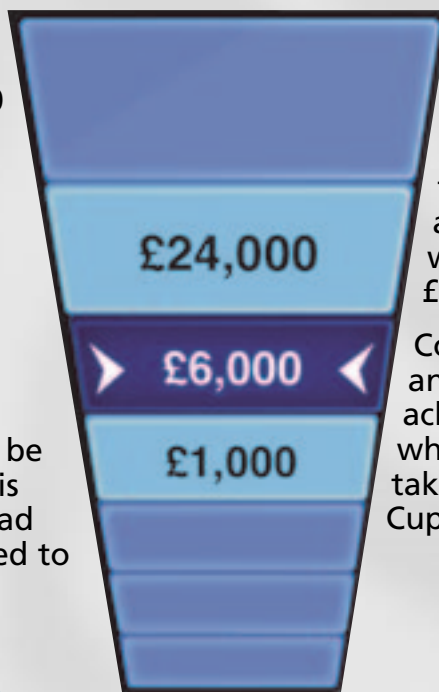
Alison Carroll, Learning & Development Facilitator



Mike Winstanley, Senior Human Resources Analyst on The Chase



Mike faces the chaser Paul Sinha



throw caution to the wind and allowed the Chaser to move a step closer on the board and play for a mammoth £24,000 prize money. After an intriguing battle against the chaser, Mike magnificently took the whole pot back to his team to prepare for the final round.

After all three of his fellow contestants also brought back money for the pot, Mike's £24,000 by far being the largest amount, it was time for the team to answer as many questions as possible to take home a share of an amazing £46,000. After setting the chaser a target of 21 correct questions, Dr Paul Sinha stepped up to try and defeat Mike and the team. With just 3 seconds left on the clock, Bradley Walsh began to read the 21st question the chaser needed. The atmosphere in the studio was intense but as the chaser correctly answered the question, Bradley shouted out that he was a second too late and the team victoriously walked away with a whopping £11,500 each!!

Congratulations to both Alison and Mike for their fantastic achievements and G'day to Mike, who plans to use his winnings to take a trip to see the Melbourne Cup in Australia.



Fond Farewells ...



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

Patricia Waine, Phlebotomist

Patricia, centre, with her colleagues at the Phlebotomy Department, St Helens Hospital



Dr Christina Jones, Nurse Consultant Critical Care Rehabilitation

Christina with her colleagues on the Critical Care Unit, Whiston Hospital

If you or a colleague, who has served the Trust for over 25 years, is retiring soon, please contact lynsey.thomas@sthk.nhs.uk to arrange a Fond Farewell feature.

Winter Raffle Winners

Raffles are regularly held across both St Helens and Whiston hospitals to fundraise for staff events such as the Annual Staff Awards Presentation Evening, with fantastic prizes for staff and members of the public to win. All prizes are kindly donated to the Trust by local businesses.

Our winter raffle saw JD Parties donate two tables at this year's Christmas Extravaganza - Dance Fever, at Knowsley Safari Park in December.

The lucky winners are:

Clare Whelan, Staff Nurse, Accident and Emergency Department

Ann Woodward, member of the public

Congratulations to both, we hope you have a great evening.

Christmas quiz answers (from page 28)

- 1) Raymond Briggs
- 2) New York
- 3) Doner; Dancer; Dasher
- 4) Christmas cracker
- 5) Lethal weapon
- 6) Rocking
- 7) One of the berries (for good luck)
- 8) Away in a manger
- 9) 1996
- 10) Slade's Merry Christmas Everybody



Cryptic Movie Competition Winners

In the last edition we asked you to unravel the cryptic clues to name the well-known films. The answers are:

- 1) Australia's Magician = The Wizard of Oz
- 2) Highest Revolver = Top Gun
- 3) Actors and actresses not at home = Castaway
- 4) Waltzing before washing = Dirty Dancing
- 5) Illness in the middle of the weekend = Saturday Night Fever
- 6) Fruit that functions like a watch = A Clockwork Orange
- 7) Final punk hairstyles = Last of the Mohicans
- 8) One young man at home = Aladdin

Congratulations to all the clever cryptic detectives out there. The winning entries to win a day pass to Village Health and Fitness are:

Michael Douglas, Post Room
 Kyle Humphries, Legal Services
 Liam Morrison, Apprentice Technician
 Carolyn Lloyd, Staff Nurse
 Gill Boote, Respiratory Nurse Specialist
 Janet Hooper, Outpatients
 Sue Elves, Consultant Clinical Psychologist
 Kevin Farrell, Coroner's Office
 Sarah Chafer, Clinical Psychologist
 Karen Duxbury, Personal Assistant
 Simon Greenfield, Staff Nurse
 (Liam Morrison kindly returned his prize for an 11th winner as he had won one of our earlier competitions also)

Did you know?



- A bolt of lightning contains enough energy to toast 160,000 pieces of bread. Unfortunately, the bolt only takes 1/10,000 of a second - so turning the bread over might prove difficult!
- The tomato is the world's most popular fruit.
- $111,111,111 \times 111,111,111 = 12,345,678,987,654,321$
- The first city in the world to have a population of more than one million was Rome.

Christmas Quiz - just for fun

1. Who wrote the book that inspired the 1983 animated film "The Snowman"?
2. In which city was Kevin lost during Christmas in 'Home Alone 2'?
3. Name the 3 of Santa's reindeer that start with the letter D?
4. Which Christmas item was invented by Tom Smith in 1847?
5. Which 1987 action/comedy opens to the music of "Jingle Bell Rock"?
6. What was Brenda Lee doing around the Christmas tree in 1958?
7. Traditionally, after kissing someone under the mistletoe, what should you then remove?
8. Which Carol contains the words "Be near me Lord Jesus; I ask thee to stay Close by me for ever and love me I pray"?
9. Arnold Schwarzenegger starred in the Film "Jingle all the way", what year was it released?
10. Which song begins with "Are you hanging up the stocking on the wall?"



TRUST LOTTERY RESULTS

The winners of the recent staff lottery draws are:

July 2013

- £1,500 Maureen Heyes, Phlebotomist
- £500 John Tappin, Consultant, Haematology
- £200 Lynne Johnson, Discharge Co-ordinator

August 2013

- £1,500 Deborah Nocton, Healthcare Assistant, Ward 4D
- £500 Stephen Bradley, Healthcare Assistant, Theatres
- £200 Lyndsay Finney, Sister, Ward 1D,

September 2013

- £1,500 Paula Stritch, Trainee Orthopaedic Care Practitioner, Theatres
- £500 Joanne Brown, Nurse Specialist, Oncology
- £200 Angela Leavesley, Community Midwife, Obstetrics & Gynaecology

October 2013

- £1,500 Kevin Gould, Staff Nurse, Theatres
- £500 Brian Ellis, Porter, Maternity Portering
- £200 John Brown, Systems Manager, Informatics

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 1180. Your payslip should show a separate deduction described as LOTTERY and the amount deducted (£1 for each number).

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

Switchboard 0
Security, Fire, Emergency 3333
Cardiac Arrest 2222

Carers Support Team
(01744) 646 640

Local Security Management
Specialist

0151 430 1611

Hospital Pager 1372

Facilities Management Helpdesk
1188

Staff News 'n' Views

Next Issue: Spring 2014

Many thanks to everyone who has been involved in producing this edition, if you would like to contribute to future editions please contact:
Lynsey Thomas, Communications Officer
lynsey.thomas@sthk.nhs.uk

The deadline for submitting items for the next News n Views is 31st January 2014.