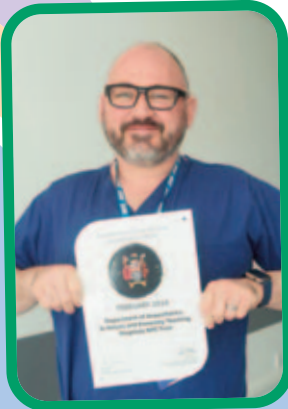


Staff News 'n' Views

St Helens and Knowsley Teaching Hospitals NHS Trust



Award-winning
Caring
Skilled
Anaesthetics



Employee of the Month

December 2015 Mandy Evans

Assistant Practitioner/
Discharge Co-ordinator,
Ward 3 Alpha

*Nominated by Lee McMenemy,
Directorate Manager,
Surgical Care Group*

Mandy has worked for the Trust since February 1996, and is an invaluable member of the dedicated team working on Ward 3 Alpha.

In his nomination, Lee said: "Mandy is instrumental on the ward in ensuring patients are discharged in a timely manner. In the coming months, Mandy will be part of the Trauma Enhanced Recovery Programme. She is passionate about improving the care of hip fracture patients and has attended numerous events to see what other ideas can be implemented on the ward."

On receiving her award, Mandy said: "When I received the phone call to tell me I had been named Employee of the Month, I was absolutely delighted and shocked. I am humbled that someone has taken the time to recognise the work I do within Orthopaedics. This has given me renewed enthusiasm for my role as Discharge Co-ordinator."



January 2016 Janet Freeman Davies

Sister, Ward 2C

Nominated by Julie Hendry, Consultant

Janet has worked for the Trust for 7 years, and currently works as the Sister on Ward 2C, Respiratory.

In her nomination, Julie says: "Janet has embraced the discharge coordinator role to ensure patients' needs are addressed at different stages of their journey; ensuring discharge planning starts as early as possible, that the patient and their family members are involved in the process and the relevant information is communicated to their GP in a timely manner.

Her level of performance is always excellent, she often works over and above what is expected of her in order for the patients to be safely discharged and the Trust to meet bed management objectives. Janet is not only committed to achieving these outcomes but also strives to improve the care and treatment of every patient that she assesses." After receiving her award, Janet said: "I was very surprised and honoured to receive this award. The support of my team colleagues has been crucial, as they too have assisted me in my role, thank you Ward 2C."



February 2016 Mary McBirnie

Urology Nurse Practitioner
and Department Manager

*Nominated by Gwen Pantak,
Directorate Manager, Urology*

Mary has worked at the Trust for 34 years, having qualified at the St Helens & Knowsley School of Nursing in 1987.

Nominating Mary, Gwen said: "Mary has always worked in some capacity in Urology. The department transferred to St Helens Hospital in 2010, overseen by Mary, and has grown and developed into the bespoke and successful unit that it is today.

Mary has encouraged her team to develop and the department is now a unique mainly nurse led service. Quality, access and diagnostic targets are always met. Urology nursing is Mary's passion. Her years working for the Trust and excellent attendance along with her self-driven development and innovation are evidence of her loyalty and commitment. She prides herself on providing an excellent standard of care to the patients, delivered with a kind heart, understanding and empathy."

Receiving her award, Mary said: "I feel very honoured and surprised to have been nominated, never mind actually win! I have the privilege of doing a very interesting and rewarding job that I enjoy immensely. I also work with the best team of people I could wish for. I am gobsmacked and grateful for the nomination, it's always nice to feel appreciated."



March 2016 Toni Goldman

Personal Medical Secretary,
Paediatric Department

Nominated by 'a grateful parent'

Toni has worked for the Trust for 11 years, all of them as a Personal Medical Secretary in the Paediatric Department. Toni was nominated by the parent of a child being cared for at the Trust. In the nomination the parent asked for Toni to be recognised for her fantastic role and the effort she puts in every day. It read: "Since my daughter was born in 2007, from 3 days old, I have been in touch with Toni. She has been a major part of my life and my daughter's care, following up results, liaising with Alder Hey to ensure a smooth, continuously high standard of care for my daughter. In between, if I had any concerns I only needed to telephone Toni and she would sort either an appointment or a telephone conversation with the consultant. She goes above and beyond her role and deserves full recognition of her amazing work with the paediatric patients and their families. I will miss her greatly as we have now moved to Derbyshire, my daughter's next hospital has a lot to live up to. Forever in Toni's debt."

After receiving her award, Toni said: "It was very pleasing and surprising to receive the nomination. Especially so, coming from the family of a patient who are already going through a tough enough time when their child is poorly. For them to even think about writing to the Trust to express words of thanks, makes it even more special.

I am part of an incredibly dedicated, hardworking team of paediatric secretaries and to receive this recognition is extremely satisfying."



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 Kath Richardson, Executive PA, on ext: 1175 or email: employeeofthemonth@sthk.nhs.uk

Start of Year Conference

In what was the busiest and most successful year in the Trust's history, the Start of Year Conference highlighted the excellent standards of care provided to patients throughout the year.

The conference provides an opportunity to review activity at our hospitals over the past year and a look ahead to the challenges of the coming year.

Ann Marr, Chief Executive, presented the Trust's performance and achievements from 2015/16 in front of a packed crowd of almost 200 staff in Nightingale House. She spoke of the increase in demand for hospital services, including more patients than ever before attending the Accident and Emergency Department, an increase in outpatient attendances, the number of births, admissions and overall referrals.

Ann also discussed the challenges that the NHS faces across the country and how these impact on the Trust and the services provided at Whiston and St Helens hospitals.

During her presentation, Ann highlighted significant achievements for the Trust throughout the year. The outstanding CQC inspection results were just the icing on the cake, as the Trust was once again named 'Best in the NHS' by patients for the care and environment provided at our hospitals, won Best Patient Experience in the CHKS Top Hospitals Awards for the standards of care provided to patients and, for the second year running, was named in the top 100 NHS employers across the country.

Guest speaker at the conference was, Greg Whyte OBE, Olympian, 'physical activity guru', world-renowned sports scientist and the man behind Sport Relief's 'Big Celebrity Challenges'.

Greg used a comparison between achieving success in the field of sports science and operating at the highest level in the NHS. Greg spoke of how it is often perceived that the hardest part of gaining success is the journey to the top, but that in reality it is much harder to maintain that success.



(L-R) Richard Fraser, Chairman, Ann Marr, Chief Executive and Greg Whyte OBE

"Once someone becomes the best there is an assumption that they can maintain that standard continually, but operating at the highest level takes belief, commitment and motivation to remain there."

Individuals working as part of a team, recognition that each is as important as the other and supporting each other throughout the journey helps to make the team function and gives you the opportunity to make the best better.

Success is not a chance event, it takes work to maintain being the best. Becoming the best is difficult, remaining the best is much harder to achieve – the way you do that is working as a team."



The conference also marks the launch of the annual Trust Objectives. Each year, the Trust sets out the key targets to achieve its ultimate goal, "5-star patient care".

This year's objectives continue to focus on standards that will enrich the patient experience whilst delivering care that is consistently high quality, safe and effective, and meeting national and local performance targets.

This year's Trust Objectives 2016 - 2017 were handed out at the event and have been distributed to all wards and departments for display on notice boards. They can also be found on the staff intranet site.

Trust Objectives 2016 – 2017



Anaesthetic Department leads the way for Quality

The Trust's Anaesthetic Department has been awarded the prestigious Anaesthesia Clinical Services Accreditation (ACSA) in recognition of the excellent service it provides to patients.

The department worked in record time to receive the accreditation in less than 11 months, and is one of only twelve Trusts in the entire country to receive this prized recognition. The accreditation demonstrates the high quality provided by the anaesthetics team in a number of key areas including:

- Patient Experience
- Clinical Governance
- Care Pathway
- Equipment, Facilities and Staffing

The accreditation is the result of a unique peer-review scheme developed by the Royal College of Anaesthetists, and has received acclaim from regulators including the Care Quality Commission.

During a special presentation event the department received an official accreditation plaque from a representative of the Royal College of Anaesthetists, Dr David Whitaker, Consultant in Anaesthesia and Intensive Care.

Receiving the award on behalf of the department, Ann Marr, Chief Executive, said:

"On behalf of the Trust Board and everyone here today I am delighted to receive this prestigious accreditation and would like to thank the Royal College of Anaesthetists for recognising the incredible work of our talented Anaesthetic team.

This accreditation is a reflection of the Trust's vision to deliver 5 star patient care. I am very proud of the ambition and passion the team have shown to further enhance the patient experience and optimise the excellent services they provide.

This achievement is thoroughly deserved by you all, well done to each and every one of you.

I am in no doubt that your hard work will continue as you strive for high quality, compassionate care for everyone."

Dr Kate Glennon, Consultant Anaesthetist and ACSA Lead at the Trust, said: "The process of ACSA engagement has been a richly rewarding experience for our department. It has driven forward further improvements aimed at optimising patient experience, such as, safety initiatives, environmental and equipment enhancement and staff education and training."

Anaesthesia is the largest single hospital speciality. The Royal College of Anaesthetists is the professional body responsible for the specialty throughout the UK and it ensures the quality of patient care through the maintenance of standards in anaesthesia, critical care and pain medicine.

Dr Ian Locker, lead clinical reviewer, said: "The high quality, compassionate care they deliver to their patients is mirrored in the care they give to their colleagues and trainees. We were able to add several examples to the good practice library for the overall benefit of the wider anaesthetic community. The department is a credit to themselves and to the Trust."



Ann Marr, Chief Executive, (centre) receives the accreditation plaque on behalf of the Anaesthetics Department from Dr David Whitaker, with members of the anaesthetic team



The ACSA Accreditation plaque presented to the Trust

Staff name Trust TOP in the North West

Our staff have named at St Helens and Whiston hospitals as the **BEST acute Trust in the North West** in the National NHS staff survey 2015.

When staff were asked "if they are happy with the quality of care they are able to deliver" their responses resulted in the **highest** scores for any acute hospitals **NATIONALLY**.

The Trust achieved the highest scores nationally across a range of measures including:

- Percentage of staff feeling satisfied with the quality of work and patient care they deliver
- Organisation and management interest and action on the health and wellbeing of staff

The Trust achieved further impressive results being named highest in the North West for:

- Staff recommending the hospitals as a place to receive treatment
- Staff recommending the hospitals as a place to work
- Support and recognition of staff by senior managers of the organisation
- Quality of staff training, learning and development
- Overall staff engagement

Ann Marr, Chief Executive said "It is fantastic to know that our staff value the quality of care they provide to our patients and that they rate their own Trust as the best acute Trust to work for in the North West. I am delighted to hear that they are engaged with our values and objectives and commend them for their continued efforts to provide the very best care to all of our patients."

Supporting those with learning disabilities

Here at the Trust, we are keen to provide the very best experience for all of our patients. A key aspect to this is ensuring that we communicate with all patients in a way that best suits their individual needs.

National studies have shown that people with learning disabilities often find it difficult to communicate their healthcare needs to NHS staff and struggle to access healthcare appropriately.

The Mental Capacity Act requires professionals to act in the best interests of those patients who lack capacity when making decisions about their care and treatment needs. In order to make access easier for patients with additional and complex needs, the Trust has developed an integrated pathway staff support tool.



Members of the Safeguarding Team at the Learning Disability Staff Support Tool launch accompanied by a parent carer, Alan Griffiths.

How does it work?

The Learning Disability Staff Support Tool assists professionals involved in the patient journey from referral to hospital through to discharge. The tool helps those delivering treatment / care for a patient with a learning disability or complex additional need.

This pathway provides a simple process for staff to follow which will work across all areas regardless of the individual or clinical specialty concerned. It will also support patient access to acute health services from GP referral to inpatient discharge, as required, offering examples of reasonable adjustments that may enhance their patient journey and support both them and their families and carers.

These may include simple adjustments such as open visiting times for carers, longer appointment times in outpatient clinics and providing information in an Easyread format to name just a few.

For more information about the pathway, please contact: Caroline Tyndall, Safeguarding Development Nurse on 0151 430 1047.

ALERT Course



A MULTI-PROFESSIONAL COURSE IN CARE OF THE ACUTELY ILL PATIENT



Suitable for:
Qualified Nurses
Doctors
Physiotherapists
Midwives
ODPs

Places will be limited so book early.

The courses will take place on the following dates and will run 9.00 – 5.00:

Monday 12th Sept 2016

Thursday 1st Dec 2016

To book a place on the course contact Denise Turner ext. 4161
Denise.Turner2@sthk.nhs.uk

Long Service Awards

2016



NHS staff are renowned for going above and beyond in their work on a daily basis, and each year the Trust celebrate a very special group of people who have spent their working lives doing just that.

The Long Service Awards, at Knowsley Hall, celebrate the remarkable loyalty of staff who have given 25 and 40 years continuous service at the Trust.

The Walnut Drawing Room was the spectacular setting for staff as they enjoyed a welcome drink overlooking the lake. Guests were then invited into the Stucco Ballroom to receive their awards.

Ann Marr, Chief Executive opened the ceremony and congratulated everyone on their extraordinary achievement, and thanked each and every member of staff for their commitment and exceptional loyalty to the NHS.

It was then time for the award presentations, as each member of staff was invited on stage to receive their long service award. Richard Fraser, Trust Chairman, then closed the presentation ceremony thanking everyone for their attendance and echoed Ann's thanks to staff for their dedication to the Trust and the patients we serve.

In total, the award winners have achieved an amazing 1,230 years' service in the NHS.

Following the ceremony, the traditional group photograph was taken on the grand front steps of Knowsley Hall and afternoon tea was served in the State Dining Room, as members of the Trust Board, family and friends gathered to celebrate the careers of some truly remarkable people.

The Trust would like to thank Medirest for their generous donation towards the event.

Recipients of the 40 Years' Service Award

Pat Leyland

Staff Nurse, Special Care Baby Unit

Judi Quick

Head Orthoptist, Ophthalmology Department

Margaret Quinn

COPD Nurse Specialist, Respiratory Department

Catherine Supria

Staff Nurse, Gynaecology Outpatients Department

Lesley Bragg

Outpatients Clinic Manager, St Helens Hospital

Steven Beech

Project Manager, Informatics Department

Janet Harris

Staff Nurse, General Surgery

Karen Hughes

Nursery Nurse, Special Care Baby Unit

Pamela Fildes

Healthcare Assistant, Gynaecology Department



Recipients of the 25 Years' Service Award

Karen D Allen

Consultant Microbiologist,
Microbiology Department

Angela Baker

Healthcare Assistant,
Endoscopy Unit

Debbie Ball

Matron, Medical Care Group

Lisa Crolla

Highly Specialised Clinical
Physiologist,
Cardio-Respiratory Department

Lynn Cunningham

Personal Medical Secretary,
Trauma & Orthopaedics
Department

Elaine Davin

Sister, Outpatients Department

Donna Doyle

Emergency Care Manager,
Emergency Department

Brian Ellis

Porter, Medirest

Wayne Foster

Porter, Medirest

Simon Gelder

Chief Pharmacist,
Pharmacy Department

Louise Hanley

Staff Nurse, General Surgery

Ann Healey

Staff Nurse,
Paediatric Department

Gillian Hodgson

Switchboard Operator,
Whiston Hospital

Lesley Hurley

Midwife, Maternity Department

Dave Johns

Cardiac Nurse Specialist,
Cardiology Department

Aileen Kirkham

Staff Nurse,
Outpatients Department

Jean Macklin

Personal Medical Secretary,
ENT Department

Alasdair McGregor

Pathology IT Co-ordinator,
Pathology Department

Irene McIntyre

Healthcare Assistant,
General Surgery

Susan Nevitt

Staff Nurse,
Paediatric Department

Sue Noon

Matron, Department of
Medicine for Older People

Janine Pennington

Operational Manager,
Cellular Pathology,
Pathology Department

Jill Ratcliffe

Clinical Audit Manager,
Clinical Audit Department

Carol Joy Rees

Staff Nurse,
Paediatric Department

Julie Rigby

Personal Assistant,
Radiology Department

Ian Roberts

Business Intelligence Manager,
Information Department

Gail Roe

Staff Nurse, Holbrook Theatre

Ian Saggerson

Porter, Medirest

Annette Shelley

Dental Nurse,
Orthodontics/Oral Facial Surgery

Sandra Siwiak

Assistant Director of Informatics,
Informatics Department

Gaynor Sproston-Boland

Complaints Investigation Lead,
Quality & Risk Department

Paula J Stritch

Trainee Surgical Care Practitioner,
Trauma & Orthopaedics

Graham Sweeney

Charge Nurse, Intensive Care Unit

Peter Thomas

Security Officer, Medirest

Diana Tierney

Staff Nurse, Medical Care Group

Helen Turner

Radiology Support Worker,
Radiology Department

Alan Thomas Unsworth

Charge Nurse,
Medical Assessment Unit

Jacqueline Vose

Midwife, Maternity Department

Tracey Walkden

Assistant Child Health Records
Manager,
Informatics Department

Sean Waring

Porter, Medirest

Barbara Wilson

Administration Clerk,
Emergency Department

Diane Wilson

Clinical Nurse Practitioner,
Pre-op Assessment Clinic

Roseann Wiswell

Phlebotomist,
Rheumatology Department

Steph Wiswell

Matron, St Helens Hospital

Jean Louise York

Sister, Duffy Suite

Cathy McMenemy

Therapy Assistant,
Therapies Department

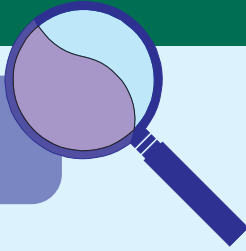
Ian Dinsdale

Staff Nurse, Allen Day Unit



Guests enjoy their Afternoon Tea
in the State Dining Room

SPOTLIGHT ON



HUMAN RESOURCES (HR)

I have worked in Human Resources (or Personnel as it was known then) since 1982 and have had the privilege of working in NHS HR since 1988. I have seen many changes in the NHS over the years. It is often said that 'if you hang around long enough you will see something come around again' and sadly I have seen some things come round again several times over!

What hasn't changed over the years though is my genuine fascination and admiration for the people who work in the NHS. I have been fortunate to see fabulous staff work at their best in a wide range of diverse roles, seen staff develop and grow into roles they never thought themselves capable of and ultimately seen how grateful patients and their families are for the care they have received. I have also been in unfortunate situations of having to implement change that has affected staff adversely and those conversations with staff still remain with me now, years later.

HR is often referred to as a 'back office' function and that we love to write policies and turn into 'policy police' to make sure they are used. How very wrong that all is. HR live and breathe the delivery of patient care, ok we don't actually physically touch a patient but if we can recruit staff who are competent, train them to become even more competent, pay them accurately and on time, look after their wellbeing, enhance performance where necessary, and support managers in their roles then we are absolutely playing our part.

It takes a special kind of person to work in the NHS and NHS HR staff are no different, we share the passion and commitment to what the NHS stands for and want to support the delivery of 5 star patient care here at the Trust.

Working in HR in the NHS is an absolute privilege. I love my job, I love this Trust.

Anne-Marie Stretch
Director of Human Resources and Deputy Chief Executive

ext. 1725
via Executive Assistant
Jacqui Wallis,
Jacqui.wallis@sthk.nhs.uk



meet the operational HUMAN RESOURCES TEAM (HR)



It has been a very busy but very exciting past few months within the department, with a number of new faces joining us and we wanted to take the opportunity to reintroduce ourselves to you! If we can help you with anything at all, please don't hesitate to contact us.

Claire Scrafton

Deputy Director of Human Resources

ext. 4137

via Senior HR Administrator
Wendy Harrison,
Wendy.harrison@sthk.nhs.uk



Kate O'Driscoll

Head of Human Resources

ext. 1230

email: katharine.o'driscoll@
sthk.nhs.uk



HR Advisory Team

The HR Advisory Team are here to support staff and managers through a wide range of HR matters. This includes areas such as change management, disciplinary, grievance, attendance management and capability issues that may arise. The team also develop and deliver policies and strategies to support the Trust in achieving its own objectives and national human resource targets.

The team supports the following Care Groups:

Clinical, Non Clinical Support & Corporate Services

(L-R) Diana Lewis, HR Business Partner & Denise Horrocks, HR Advisor



Diana.lewis@sthk.nhs.uk ext: 1456

Denise.horrocks@sthk.nhs.uk ext: 1232

medical workforce Team

The Medical Workforce Team support colleagues across the Medical Workforce with a range of issues including disciplinary case work, job planning, rota design and change management. The Team also provide help and advice on medical revalidation and appraisal and give overall guidance on the application of terms and conditions of service.



(L-R) Michelle Langton, Appraisal and Medical Revalidation Officer & Colette Hunt, Medical HR Manager

Michelle.langton@sthk.nhs.uk ext: 1650

Colette.hunt@sthk.nhs.uk ext: 2279

Absence support Team

The Absence Support Team provides clerical support and guidance to managers in order to assist them with the most efficient management of sickness absence in line with the Trust's Attendance Management Policy. The Team works very closely with the Health, Work and Wellbeing Department in order to support staff with any health issues whilst absent.



(L-R) Samantha Stretch, Sickness Absence Support Administrator, Alastair Cheshire, HR Graduate Management Trainee, and Antonia O'Brien, Absence Support Assistant

Samantha.stretch@sthk.nhs.uk ext: 4117

Alastair.cheshire@sthk.nhs.uk ext: 1349

Antonia.obrien@sthk.nhs.uk ext: 5490

Team Mailbox: Absence.support@sthk.nhs.uk

Medical Care Group

(L-R) Catherine Littler, HR Business Partner & Ioana Hillman, HR Advisor



Catherine.littler@sthk.nhs.uk ext: 1008

Ioana.hillman@sthk.nhs.uk ext: 4329

Surgical Care Group & Patient Access / St Helens Hospital

(L-R) Yvonne Malkin, HR Business Partner & Sandra Cole, HR Advisor



Yvonne.malkin@sthk.nhs.uk ext: 2131

Sandra.cole@sthk.nhs.uk ext: 1603

12th Annual Staff Awards Presentation Evening

This year's Annual Staff Awards Presentation Evening is set to be hotly contested. More than ever before, nominations were received by the hundreds, praising staff and services right across the Trust.

This year, we are breaking with tradition and revealing the recipients of this year's Special Achievement Award before the event.

This year's award recognises services that are truly unique, not just in the North West but in the entire NHS. Receiving the highest possible rating from the CQC, the only services of their kind in the country to do so, the winner of this year's Special Achievement Awards are the 'Outstanding' Outpatients and Diagnostic Imaging Departments at St Helens and Whiston hospitals. The awards will be presented to the teams on the night, along with the announcements of the remaining categories.

The shortlist of nominees are:



Special Achievement Award

To be awarded to the only Outpatient and Diagnostic Imaging Departments ever to be rated 'OUTSTANDING' by the Care Quality Commission.

- Outpatients Department, St Helens Hospital
- Outpatients Department, Whiston Hospital
- Diagnostic Imaging Department, St Helens Hospital
- Diagnostic Imaging Department, Whiston Hospital

The shortlist of nominations is (in alphabetical order)

Excellence in Clinical Care	Breast Reconstruction Team	Duffy Suite	Paediatrics Department
Excellence in Service Improvement	Ward 1A, Frailty Unit	Ward 3C, Trauma and Orthopaedics	Ward 3E, Gynaecology
Excellence in Support Services	Health, Work and Wellbeing Department	Patient Booking Services	Therapies Department
Excellence in Patient Experience	Bleeding in Early Pregnancy Clinic (BEP)	Specialist Palliative & End of Life Care Team	Seddon Suite
People's Choice Award	Chronic Obstructive Pulmonary Disease Team (COPD)	Inflammatory Bowel Disease (IBD)	Ward 2A, Haematology and Oncology
Employee of the Year	Claire Fraser, Sister, Emergency Department	Mary McBirnie, Urology Nurse Practitioner	Ragit Varia, Consultant, Acute Medicine
Team of the Year	Department of Anaesthesia	Stroke Team	Ward 1B & 1C Acute Assessment Units

Congratulations to all the nominees and good luck on the night.

The winners will be announced on Friday 13th May 2016 at the Annual Staff Awards Presentation Evening at the Liverpool Arena.

Fond Farewells ...

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



Val Blakemore,
Matron, Maternity

Judith Marsland,
Head of Media,
PR and
Communications



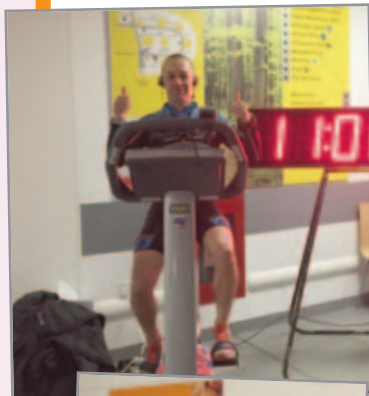
Rob Simmonds,
Head of Pay
and Staff
Services



Gill Dunn,
Midwife

Team Whiston storm to victory!

WHISTON and ST HELENS HOSPITALS' CHARITY



The first ever annual Charity Cycle Challenge took place in February, with teams at both hospitals battling it out to see who could cycle the furthest in 11 hours and be named champions.

A huge thank you to everyone who took part, especially our two amazing team captains who lead from the off and started the race at 6am peddling away for an hour each.

Team leader at Whiston Hospital was Nick Bennett, Head of Clinical Education, and heading up St Helens Hospital was Sue Elves, Head of Clinical Psychology.

The event was a huge success, with staff, patients and visitors thoroughly enjoying the day.

However, there could only be one winner ...

Cycling 356.16 km in 11 hours, the 2016 champions were the team from Whiston Hospital. The battle was so close, with St Helens Hospital cycling a very respectable 315.9 km.

The challenge has already been set with team St Helens vowing to wrestle the title from Whiston's grasp next year!

So far, the cycle challenge has raised just over £1,500, so a massive thank you to everyone involved and all who donated.



Get fundraising!

Remember to let our charity team know if you have signed up to take part in a fundraising event – we want to help you shout it from the rooftops!

There are lots of fun ways that you can get involved. Whether you're planning to run a 10k or even a marathon, go to work in silly fancy dress, or just bake and scoff a lot of cake – we think you're amazing.

Here are some ways you can get involved!

- If you would like to donate quickly and securely by text - just text 'WSHC11' followed by either £5 or £10 to 70070 (for example WSHC11 £10)
- If you would like to fundraise with friends, family or colleagues, you can download a fundraising pack from www.WSHospitalsCharity.org - we have sponsorship forms, certificates and posters for you to help with your fabulous fundraising!
- You can set up a Just Giving page by visiting www.justgiving.com/WSHospitalsCharity - Just Giving is a great way to tell your friends and family that you are fundraising

Here are some events that you can take part in to raise funds for the Whiston and St Helens Hospitals' Charity, and remember to visit www.justgiving.com/WSHospitalsCharity to set up your fundraising page.

• Saturday 30th April and Sunday 1st May – Liverpool 5k and 10k, Sefton Park

Dig out your trainers and walk, jog or run around one of Liverpool's most beautiful parks. Register at www.merseyraces.co.uk

• Sunday 3rd July - The Great Cycle Challenge!

Sign up to take part in a 100 mile cycle starting and finishing at the Birkenhead Tunnel, and taking in Chester and Delamere Forest. There are 50 mile and 25 mile route options also (heading out to Chester), and a 5 mile family cycle through the Birkenhead Tunnel! Register at www.liverpoolchesterliverpool.com

• Sunday 19th June – Mersey Tunnel 10k

Beat the traffic queues and run through the Mersey Tunnel! Register at www.btrliverpool.com

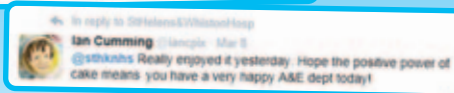
• Sunday 4th December – Liverpool Santa Dash

Join the thousands of Santas that will be walking and running past the Liver Buildings this Christmas! Register at www.btrliverpool.com Registration fee includes a Santa suit

More events to be announced over the coming months, if you have a fundraising idea please email hello@WSHospitalsCharity.org

Trust social life!

The Trust's Facebook and Twitter pages are reaching nearly 3000 people every day. The sites are a great way to keep up with what's going on. Follow us at [facebook.com/sthknhs](https://www.facebook.com/sthknhs) and [@sthknhs](https://twitter.com/sthknhs) on Twitter.



It could be you!!

Trust LOTTERY

February winners:

Lesley Twist, Catering Department
Irene Williams, Cold Decontamination Unit
Claire Harvey, Ward 1D
Karen Massey, Critical Care Unit
John Oates, Workforce Planning

March winners:

Dawn Bridge, Ward 4E
Samantha O'Toole, Cardio-Respiratory
Helen Smith, Community Midwifery
Anita Hardcastle, Bed Managers

To be in with a chance of winning the 'Staff Lottery', search 'Lottery' on the staff intranet and download an application form. The draw takes place each Monday, and the lucky winner is announced via global email.

A big thank you from our patients

Ward 3E, Gynaecology – "I am writing to express my upmost gratitude to the dedicated staff on Ward 3E. I cannot praise this ward enough. I would not have received better care anywhere else, not even in a private hospital. Thank you for an excellent patient experience. People would be hard pushed to find a better ward to stay on, keep doing what you're doing."

Ward 2A, Haematology and Oncology – "Can I say a huge THANK YOU to the staff on Ward 2A for the way they cared for and supported my downs syndrome brother when he sadly passed away. Also Endoscopy staff who showed us just what a fantastic team they are!!"

Ward 4F, Paediatrics – "I would just like to say a massive thank you to all the staff on 4F and the ENT team who looked after our son. You are all fantastic. This day was made easier by the preparation beforehand."

Orthopaedic Department – "Would just like to say a big thank you for the care I have been given, especially in the last 12 months after my hip replacement. All the staff have been fantastic and a special thank you to my consultant Mr Emms who has been brilliant with not just the operation but the fantastic care and support since my op. Thanks again to all of the wonderful NHS staff, I couldn't have asked for more."

Day Surgery, St Helens Hospital – "From the moment I was checked in it was a professional and friendly service. All the staff treated you like a friend. All information was checked, checked and checked again. Can't rate highly enough!"

Rheumatology and Eye Clinic – "I would like to express my heartfelt thanks to all the staff in the eye and rheumatology clinics. The most kind and caring eye doctor recognised my symptoms and I was seen within the hour by a rheumatologist whose most wonderful care I am now under. I did return to the eye clinic on Saturday for a checkup and although I did thank the doctor I always feel they and their staff never get enough praise for the excellent job they do."

Staff News 'n' Views

Next Issue: Summer 2016

Many thanks to everyone who has been involved in producing this edition, if you would like to contribute to future editions please contact:

newsnviews@sthk.nhs.uk

The deadline for submissions for the next News 'n' Views is 1st June 2016.

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