

News 'n' Views

*Merry Christmas
& Happy New Year*



Thank you for all
your hard work
From: Richard Fraser, Chairman
Ann Marr, Chief Executive
and the Trust Board

Employee of the Month

July 2016

John Heaton Medical Photographer

Nominated by Diane Stafford, Assistant Director of Operations

John has worked for the Trust as a Medical Photographer for over 26 years, and is a familiar face to everyone. In her nomination, Diane said: "John regularly goes above and beyond his duty to assist colleagues in providing a highly sensitive and professional service to patients who have experienced severe trauma. Whilst taking images of patients that can be vital for both clinicians and local authorities, he shows true care and compassion in what can sometimes be extremely distressing circumstances, making patients feel at ease with his kind and gentle manner. He always does his utmost to maintain their dignity and his dedication to providing such a high quality service has been commended by both Trust staff and external agencies. His contribution in these circumstances cannot be underestimated, he regularly gives up his free time with good grace, putting the patient's and hospital's needs before his own."

Receiving his award, John said: "I was over the moon, if a little shocked, when I got the call to say I'd been named Employee of the Month. I work as part of a fantastic Medical Photography Department, and I am only a small cog in a larger hospital team that makes this Trust the best."



September 2016

Glenn Massey Consultant Radiologist and Clinical Director for Radiology Services

Nominated by David Anwyl, Assistant Director of Operations

Glenn has worked for the Trust since 1989 and has led the team as Clinical Director for 5 years.

In his nomination, David said: "Glenn has been instrumental in shaping a number of service strategies, most noticeably intervention radiology and international medical recruitment. His commitment to developing interventional radiology has taken the service forward, making a real difference in medical emergencies.

His personal commitment to the prompt delivery of patient care is exceptional, often going above and beyond to work throughout the evening and weekends to ensure that the service runs smoothly and effectively. He can always be relied on to change his job plan at short notice to assist with service needs, and this flexibility in putting patient services first is often at the expense of his own personal commitments."

Following his award presentation, Glenn said: "I am really surprised and pleased to have received this recognition. I think it also reflects on the rest of the team around me and our support services."



October 2016

Debbie Kilshaw Ward Clerk, Lilac Centre

Nominated by 14 fellow colleagues from the Lilac Centre

Debbie has worked for the Trust for 18 years. The staff on the Lilac Centre, ranging from the housekeeper, unit manager, nurse specialists and consultants, collectively joined forces to nominate Debbie.

Their nominations highlight Debbie's exceptional professionalism and dedication to patients. "Debbie is always happy to go the extra mile for staff and patients. She has great ideas for service improvement and is always pleasant and friendly. She is a conscientious, caring and generous person and is wonderful to work alongside. She has great empathy towards patients and is willing to help them in any way she can. She is an extremely valued member of the team."

After receiving her nominations, Debbie said: "When I received the call I was in total shock! I found it very hard to believe that people had taken the time to nominate me for this award. I feel privileged to assist patients at what is a very vulnerable time in their lives. I hope that just a small gesture can make a big difference in their journey. I am just so proud to be part of such a dedicated, hard working team."



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



Christmas Message from the Chief Executive

I would like to take this opportunity to thank each and every one of you for your continued hard work throughout 2016.

This year has been an extremely busy time at the Trust, and with the winter setting in, we move into an especially demanding period. The Trust has an excellent track record of providing high quality care and we have once again received national recognition for the standard of care you provide.

The Care Quality Commission inspection results rated our Trust as 'one of the best performing trusts in the country'. To have St Helens rated as an 'Outstanding' hospital and for Whiston to be recognised for providing 'Outstanding Care' to patients is a wonderful achievement, which reflects the compassionate and truly individual care that we strive to provide for our patients and everyone who visits our hospitals.

On top of this, the Trust was ranked in the top 100 places to work in the NHS by the HSJ, named the best acute Trust in the North West in the NHS Staff Survey, and was awarded the best patient environment in the North West in the Patient Led Assessments of the Care Environment (PLACE). These accolades are recognition of the remarkable dedication of our highly skilled and talented staff.

I would like to wish you all a very Merry Christmas and a healthy and happy New Year. Many of you will be working over the festive period, but I do hope that you take the opportunity to spend some quality time with your family and friends. On behalf of the Trust Board, thank you once again and Merry Christmas.



Ann Marr, Chief Executive



100 BIRTHDAY WISHES!

Miss Margaret Rennie has celebrated her 100th Birthday with family and staff at Whiston Hospital.

A birthday card from Her Majesty the Queen, along with a telegram from the Houses of Parliament, arrived at the hospital by special delivery. Ann Marr, Chief Executive, was given the honour of presenting the card and telegram to Miss Rennie, her family and friends.

Miss Rennie, from St Helens, spent her working life firstly in the ammunitions sector during the war and then went on to work as a bus conductor.

A special tea party was held on Ward 1A, where Miss Rennie was being treated, and staff and guests including Director of Nursing, Sue Redfern, joined in a very special rendition of Happy Birthday.

Ann Marr said: "It is a great honour to be able to celebrate this extraordinary occasion with Miss Rennie and her family. When a patient is with us on their birthday we always like to make them feel special. To mark 100 years and have a delivery from Buckingham Palace has been a day that we are proud to be a part of."



Remembering Herbert Howe, our Ambassador of Dignity in Care



We were extremely saddened to hear of the passing of our dear friend Herbert Howe.

Herbert became our "Ambassador of Dignity in Care" in 2010, a role he performed with great enthusiasm and passion.

He gave a generous amount of time to our hospitals, with many hours spent chatting to patients and visitors. Without exception, he attended Whiston Hospital every year at Christmas.

Last Christmas Eve, he was visiting our patients until late into the evening bringing gifts and his own special sparkle and laughter to our mainly elderly patients.

He gave so much to our patients and staff and we cannot thank him and his family enough for the support they have shown us over the years. He will be greatly missed by everyone here at Whiston and St Helens hospitals.



IN THE SPOTLIGHT ...



In every edition we invite a team to take over this page to tell us about the work they do at the Trust. This time, it's the turn of the Medical Emergency Team Nurse Specialists. Over to you...

The Medical Emergency Team Nurse Specialists

The multidisciplinary Medical Emergency Team (MET) was introduced at Whiston Hospital in January 2012 to replace the previous cardiac arrest team.

Co-ordinating the team are the MET nurse specialists. We are a team of fourteen nurses, led by nurse consultant John Elmore, with over 255 years nursing experience between us. We have extensive experience in intensive care nursing, in addition to other specialties such as;

- neuro
- cardiac
- upper & lower GI surgery
- acute medical admissions
- care of the elderly
- haematology
- IV access
- burns and plastics
- ENT
- neonates

We have additional intensive care qualifications, as well as advanced practice in clinical examination, diagnostics, advanced life support and transfer training.

Critical Care Outreach

We review any patient that has been stepped down from critical care, within 48 hours of arriving on a ward, providing a full assessment of the patient and advanced care planning. We also accept referrals from medical and nursing staff if they are concerned a patient is at risk of deterioration.

We regularly rotate on the Intensive Care Unit looking after ICU & HDU patients, ensuring we keep our critical care practice and knowledge up to date.

Medical Emergency Team nursing

The team co-ordinate all MET/cardiac arrest calls ensuring;

- timely assessment and treatment of the deteriorating patient
- adequate follow-up of the patient
- assistance for medical and anaesthetic colleagues treating critically unwell patients on the ward until specialist care is available
- assistance with intra-hospital transfers e.g. to CT scan or to the Intensive Care Unit
- sepsis screening for patients

Clinical Audit

All MET calls are audited and added to our extensive data base.



Mark Llewellyn



Barbara Wilson

Tracheostomy & Laryngectomy Education & Support

Tracheostomy and laryngectomy patients can be admitted to any ward in the hospital. We support and educate nursing staff in looking after these patients with unique care needs, ensuring emergency equipment is supplied at the bedside.

Teaching on the ALERT Course

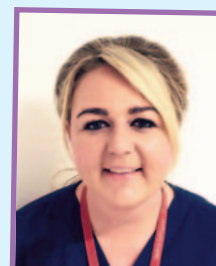
The Acute Life Threatening Events Recognition & Treatment Course has been designed for ward nurses, doctors and other allied health professionals to recognise the 'at risk' patient.

It teaches staff how to identify organ impairment and organ failure at an early stage and how to initiate the simple treatment required to prevent the spiralling cascade of multi-organ failure. It also focuses on improving communication skills to facilitate more effective care.

Peripherally Inserted Central Catheters placement (PICC)

A growing number of the team are now trained in PICC placement. There is a high demand for this service. We place between 60-80 PICCs a month, mainly for TPN, chemotherapy and long-term intravenous antibiotics. We are using new technology to make PICC placement safer and more accurate.

The Sherlock 3CG system uses magnetic tip technology to ensure the PICC tip is placed downwards in the superior vena cava, and 3CG technology to ensure the PICC tip is placed accurately, eventually eradicating the need for chest x-rays. On an ad-hoc basis, we do one to one teaching on basic PICC care and maintenance.



Hayley Witter



From left to right: Andy Barton, Simon Greenfield and Sarah Wallace

Link Nurses and Healthcare Assistants

Roll up! Roll up! If you are interested, we would like to improve our links with ward staff. So how about becoming a link nurse or link HCA? Get your ward managers approval and e-mail our link nurse coordinators on: julie.white@sthk.nhs.uk or simon.greenfield@sthk.nhs.uk

Annual General Meeting 2016

The Trust held its 24th Annual General Meeting (AGM), in September at St Helens Hospital.



Ann Marr, Chief Executive and Richard Fraser, Chair, present at the AGM

The meeting was attended by over 150 people, including staff and members of the public. Richard Fraser, Chairman, opened the meeting and welcomed the assembled

guests. He thanked those staff who had worked hard to provide the information display stands representing the services which are provided across the Trust. He said the Trust had a successful year during 2015/16 and praised the hard work of all staff.

Ann Marr, Chief Executive, gave a presentation reviewing the high levels of performance at the Trust over the past year and provided an overview of the financial year, highlights of the year, and outlined the Trust's objectives for the coming year 2016/17.

Following the presentation, there was an opportunity for attendees to ask questions. This year's roadshow, which showcased the Trust's care groups and departments, was a great success and highlighted the services provided at both St Helens and Whiston hospitals.

The meeting launched the Trust's Annual Report 2015/16 which is available on the Trust website and staff intranet.

Highlights of the Year

April 2015 to March 2016

- Best Patient Experience in the NHS – CHKS Top Hospitals
- Best Patient Environment on the North West – Patient Led Assessment of the Care Environment
- Best Acute Trust in the North West - NHS Staff Survey
- Top Trust in the North West – National Staff Friends and Family Test
- Top 100 places to work – Health Service Journal
- Best Performing Trust in the North West – Advancing Quality



Annual Report 2015 – 2016



The Trust Roadshow

Celebrating the best volunteers in town!

Each year, we take time to celebrate and recognise our army of volunteers for the invaluable support they provide to the Trust, by holding an annual Volunteers Coffee Morning.



Richard Fraser, Chairman, and Anne-Marie Stretch, Deputy Chief Executive, were amongst Trust staff and local dignitaries who paid their respects to those who give their time freely to support our hospitals.

In addressing those present, Anne-Marie paid tribute to the volunteers who enhance the excellent care given to patients. She said: "Our amazing volunteers do a fantastic job in supporting us. I would like to thank each one of you sincerely for your hard work and commitment to providing the very best service to our patients, staff and visitors."

The Trust is about to embark on an ambitious strategy over the next 5 years to develop and increase the scope and number of volunteers at our hospitals. This includes supporting the Trust's Dementia and Delirium Strategy as well as assisting at meal times. Appropriate training will be provided and any out of pocket expenses e.g. travelling will be reimbursed.

If you would like to get involved, or want more information about becoming a volunteer, our Voluntary Services Team would love to hear from you. You can contact them on 0151 430 1874 or 0151 676 5484. Alternatively, you can email them via: volunteers@sthk.nhs.uk



Welcome Anita!

A big hello to our new Voluntary Services Manager, Anita Butterworth, who joined the Trust in October. Anita has been busy meeting everyone across our two hospitals and of course getting to know our fabulous volunteers since her arrival.

Sepsis September



September was Sepsis Awareness Month. Throughout the month, the Trust's Sepsis Nurse Specialists held awareness stalls at Whiston and St Helens hospitals to spread the word about what sepsis is, its effects, and how we can make a difference and save lives.

Every year in the UK there are 150,000 cases of sepsis, resulting in a staggering 44,000 deaths – more than bowel, breast and prostate cancer combined.

The awareness month was a chance to share vital information about this life threatening illness with both the public and staff. Information was provided about how to recognise the signs and symptoms, and staff were able to recap procedures they should follow when treating patients with suspected sepsis.



Ann Marr, Chief Executive, visits the Sepsis Awareness stand at Whiston Hospital

Congratulations to everyone who won raffle prizes throughout the month:

- Debbie Owen, HCA, Ward 1C, £25 Marks and Spencer voucher
- Tom Fitzpatrick, Informatics, signed Everton FC shirt
- Sarah Jolley, Staff Nurse, Ward 1A, bottle of wine
- Keila Calland, AKI Nurse Specialist, Gulliver's World tickets
- Sue Thong, Directorate Manager, Body lotion gift set
- Milady Doinog, Sister, Ward 1B, Blackpool Pleasure Beach tickets

The Sepsis Nurse Specialists would like to express their sincere thanks to everyone who donated raffle prizes, those who attended to support the awareness days and everyone who gave donations or purchased raffle tickets.

Dates for your diary!

Following a successful 2016, Cancer Services have released dates for their Cancer Health & Wellbeing Events 2017.

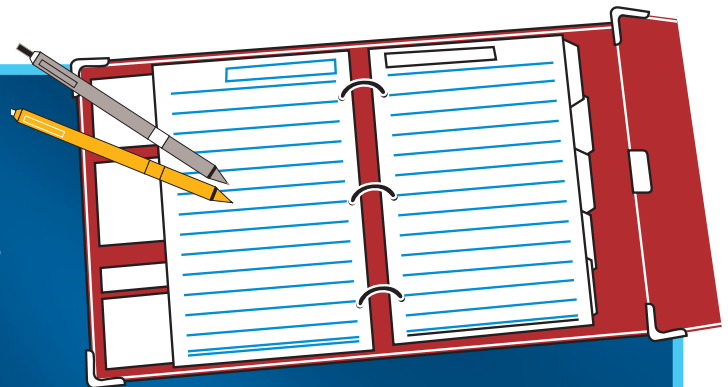
The events highlight what support is available for anyone living with and beyond cancer, their carers, friends and any health professionals.

There will be nurse specialists there on the day and complimentary therapists, clinical psychology, citizens advice, Healthwatch, Macmillan benefit advisors, Macmillan professionals, advanced care planning team, local cancer support groups and carer support and the local council run activity for life teams.

Make sure you put the dates in your diary!

All events will take place 10am-3pm, Nightingale House, Whiston Hospital

- **Monday 23/01/17**
- **Monday 24/04/17**
- **Monday 14/08/17**
- **Monday 04/12/17**



A sincere thank you

from Diane Davies, Staff Nurse, Ward 5A

Diane Davies was a nurse at Whiston Hospital for over 16 years. Unfortunately, Diane was diagnosed with terminal cancer in 2015 and sadly passed away in October this year, surrounded by her family. Diane was a much loved member of the team and will be greatly missed by everyone who knew her.

In her final months, despite her condition, Diane was as ever always thinking of others and contacted the Communications Department to ask that a special thank you was passed to her colleagues. Here are Diane's extremely poignant words of thanks to everyone who helped her during this difficult time:

"It's difficult to begin to explain the impact that the kindness of my work colleagues at Whiston Hospital has had on my wellbeing since being diagnosed with lung cancer last Christmas Eve. My ability to cope with this horrible disease would undoubtedly have been a great deal harder without their ongoing support. I feel incredibly lucky to work alongside such amazing colleagues, and I have been overwhelmed that they have been able to make time to stay in touch with me despite their own busy lives and heavy workloads.

The outpourings of warmth and affection have come in many forms, from every department in the hospital and include:

- Paying for the required oxygen tests for my holiday to Spain
- Holiday spending money
- Home visits – some of which turned into crazy parties!
- Offers to help with household chores
- Support for Chris, my partner of 21 years, including offers of transport to my appointments to avoid him taking time off work

The most precious gift of all has been the time and effort people have gone to. For example, the photograph albums which were compiled for me with comments from almost every one of the staff moved me to tears. Amongst the most memorable gifts is probably the cupcake personally delivered on Dementia Awareness Day by my Ward Manager, Caroline Ingham and our very own Chief Executive!

The importance of cancer patients maintaining a positive mental attitude is well documented. The staff at Whiston could not have done more to help Chris and myself with this extremely difficult task. They are a credit to the Health Service and this must never be taken for granted or left unsaid. I will be forever grateful to them for helping me sustain my determination to keep on fighting."

Diane Davies



*Diane with
Caroline
Ingham,
Ward
Manager*



Diane married her partner Chris, on 22nd October 2016, at Speke Hall. A few weeks before her wedding, Diane held a Pyjama Party Hen Night at her home and invited her colleagues and friends to join her to celebrate her forthcoming nuptials. Diane and her family have shared these very special photographs from the evening to thank everyone who has been so supportive to them over the past year.

Diane and her friends at her Pyjama Party Hen Night

#protectyourself - Patients take up the fight against flu

Our patients and their families are leading the battle against flu this year, by urging all staff to have their flu jab and protect themselves.



Flu strains can vary between seasons, therefore it is vital to get your jab each year.

The 2016/17 flu campaign was launched with a hard-hitting #protectyourself campaign video, where families of seriously ill and vulnerable patients highlight the importance of staff protecting themselves in order to also protect their patients.

Flu is particularly dangerous for patients with long-term health conditions, those with an acute illness, pregnant women, young children and the over 65s.

The film features some of the most vulnerable patients treated in our hospitals, including a patient receiving chemotherapy for breast cancer in the Lilac Centre, a baby born 10 weeks early in the Special Care Baby Unit, a gentleman who is recovering from a stroke and a young boy who has cerebral palsy.

Sue Redfern, Director of Nursing, Midwifery and Governance said: "This year, our patients and their families take centre-stage to really get across how important it is to protect yourself from what can be a deadly virus. The message is that their loved ones are vulnerable enough without having to fight flu on top of everything else. Our staff are extremely proactive in getting their flu jab each year, but we never rest on our laurels and want as many as possible to protect themselves and their patients."

To watch the film you can visit the Trust's Facebook page: <https://www.facebook.com/sthknhs/> our Vimeo channel: <https://vimeo.com/186261555> or staff can watch through the intranet.



Over 80% of staff had their flu jab last year, protecting themselves and their patients.



The only thing that will protect you against flu is the vaccine!



The flu vaccine is safe, you can't catch the flu from it as it is NOT a live virus!

Welcome to the world...



Whiston Babies

A special delivery arrived this autumn, with the launch of the new Whiston Hospital Maternity Unit Facebook Page.

We've been overwhelmed to have over 800 fabulous people following our page since its launch. As part of the launch, we developed a short film showing the services provided at the unit, and in just a few weeks, it has already had over 23,000 views!

We have received countless messages of support from mums and families who have received care on the unit. We are so proud of our wonderful midwives, the families we care for, and of course the little bundles of joy we bring into the world!

The page helps us to share information about the services we provide and keep everyone up to date with all the latest news from the unit. Our lovely Whiston Babies community are also sharing lots of beautiful pictures of their little ones and we love receiving them, so keep them coming!

We're so happy to share our new arrival with all of you and we look forward to hearing about yours too! Visit our Whiston Babies Facebook page at: www.facebook.com/whistonmaternity

Hero Julie wins Butterfly Award!

Bereavement midwife, Julie Sanderson, has been named Bereavement Worker of the Year at the national Butterfly Awards 2016.

Julie has been a midwife at Whiston Hospital for over 25 years and was nominated by a bereaved parent for the outstanding care she received following the sad loss of her son Bobby, who was born sleeping at 38 weeks.

Mum Louisa Gardiner, who nominated Julie, said: "Julie delivered my son Bobby for me. Since that day, I have discovered what a wonderful job she has done for other people in the same position as me.

She has worked above and beyond her role to help me cope with the emotional turmoil since losing Bobby and I know she does the same for other families. I met Julie three years ago and I admire her more and more as time goes by. After losing Bobby, Julie helped me through my following pregnancies, I cannot thank her enough for helping my second son arrive safely and perfectly healthy. Julie is my absolute hero, she is an absolute credit to the team at Whiston Maternity Unit, every hospital needs a Julie.

The Butterfly Awards celebrate those who help, support or raise money for people who suffer the loss of a baby and many receive awards for the courage they have shown or the work they do in supporting those going through baby loss.

Receiving her award, Julie said: "I became Whiston Hospital's first ever Bereavement Midwife in 2004 and since then I have made it my mission to help the Trust deliver the best possible care to the families who need it most.

I spend precious time with parents and their little one making keepsakes such as foot and hand prints, taking photographs and supporting them to create lasting memories of holding and dressing their baby. My number one aim is to provide families with as many positive memories as possible to help with their bereavement.

Many people ask me how I do the job that I do and the honest answer is that I don't really know, what I do know is that I am privileged to meet amazing mums, dads and families who openly welcome me into their lives during the most difficult of times and never a day goes by when I don't do all I can to provide the best care possible to the parents and babies I meet."



Julie with her award

ANNUAL STAFF AWARDS PRESENTATION EVENING

FRIDAY 19TH MAY 2017

at the Liverpool Arena

PREPARE FOR WHAT IS TO BE THE BIGGEST NIGHT OF THE YEAR!

Tickets go on sale, 8th March 2017, priced £35, from General Office at both hospitals.

This event is at NO cost to the NHS. It is funded through ticket sales, fundraising and generous donations from many of our partners.

Information on how you can nominate for each of the awards will be distributed in January, with both online and paper forms available for voting.



Because you're amazing!

Our lovely patients regularly take the time to let us know just how fantastic their care has been at both of our award winning hospitals. Here are just some of the messages from the last few months.

Natalie Graham > Whiston Hospital Maternity Unit
12 September · Prescot · €

Had my little boy almost 7 weeks early in Whiston (2/5/16)! I was very ill and admitted early and I cannot fault the staff at Whiston hospital who looked after me before and after delivery! And then the staff on special care who looked after my baby for 7 weeks! Thank you all xx

Carol Speakman > St Helens and Whiston Hospitals
14 October at 06:43 · €

My mum had a knee replacement on 3 alpha 6 weeks ago. The staff were truly amazing especially the health care assistants who were always there to offer their help and advice we cant thank you enough for the exceptional care and attention you gave to her thankyou so much you are stars each and everyone of you xxx

★★★★★ **john ryder** gave Plastic surgery at Whiston Hospital a rating of 5 stars

In safe hands.
the reason ive given full marks above is because it is well deserved, the care was second to none every aspect of my stay here the pleasant manner of everyone from the surgeons every one of the medical teams, even the tea person with their renditions of all the latest pop songs...lol lovely hospital.
Visited in October 2016. Posted on 06 October 2016

★★★★★ **Patricia Evans** gave Accident and emergency services at Whiston Hospital a rating of 5 stars

A&E
I was recently admitted to a&e with pneumonia. From the time i booked in i was triaged, x-rayed and had blood tests within 40 mins. Was called to cubicles and started on IV antibiotics. Treatment continued in a&e overnight, resulting in my being able to go home in the afternoon to complete my treatment at home. This was 5 star nhs at it's best.
Visited in October 2016. Posted on 16 October 2016

★★★★★ **John Garrity** gave General Surgery at Whiston Hospital a rating of 5 stars

Recent stay on wards 4B, 4C and ICU.
I recently underwent major and complicated abdominal reconstruction surgery performed by the amazing surgical team at Whiston Hospital. 3 years ago the same team saved my life when I underwent surgery for bowel cancer. Over the next 3 years I unfortunately developed 2 large incision hernias. My latest surgery was to repair these hernias. What can I say? How can I express my heartfelt thanks to all of the staff on wards 4B, 4C and the ICU? I was in for 12 nights in all and I can only say that our NHS at Whiston Hospital works like a dream. My heartfelt thanks to all of the staff for treating me with care, dignity and total professionalism. My wife and I will never be able to thank you enough. You are all a credit to our magnificent NHS and Whiston Hospital. To Ms Marr CEO Whiston Hospital, your team are a credit to you.
Visited in September 2016. Posted on 27 September 2016

★★★★★ **GH.** gave Diagnostic Endoscopy at St Helens Hospital a rating of 5 stars

Excellent Treatment
Came to Endoscopy Unit Came after been referred to this hospital. I arrived early as had to travel. The staff from reception to nursing where excellent. When I was called through for my procedure was explained. It went better then I thought it would. The staff are a credit to this hospital. I would recommend St Helens hospital, the hospital was clean all over. I had a very pleasant and good visit.
Visited in October 2016. Posted on 06 October 2016

★★★★★ **mr and mrs martin** gave St Helens Hospital a rating of 5 stars

ST HELENS HOSPITAL ALLEN DAY UNIT
We would like to thank the staff and stroke team at the Allen day unit for all their help and support while my husband has been under their care we couldnt have had better care they are all brilliant
Visited in October 2016. Posted on 10 October 2016

★★★★★ **Doreen Barrett** gave Oral and Maxillofacial Surgery at St Helens Hospital a rating of 5 stars

Teeth Extraction
I cannot praise the staff too highly in this unit. They treated me with respect and dignity and reassured me through the whole procedure of having my teeth removed using a local anaesthetic. I was extremely nervous as I have been since a child but I was informed by the staff of what was going to happen at every stage and was given the choice of taking a break if necessary. I cannot thank the team enough for the fantastic job they did.
Visited in September 2016. Posted on 10 September 2016

Parenting Craft Classes
We attended the Parenting Craft Classes for the past 3 weeks on a Thursday. What a fabulous tutor, along with their assistant! They were both very helpful and made you feel relaxed provided you with full information regarding labour and after care. I would highly recommend the classes and the tour of the labour ward was excellent. Thank you both very a lovely experience.

Beverley Johnson > St Helens and Whiston Hospitals
4 August · €

A huge thank you to all the staff at the Cardiac Diagnostic Centre for taking good care of me today you were all amazing 100% patient satisfaction from me.

WHISTON *and* ST HELENS HOSPITALS' CHARITY

Heartfelt thanks!

The incredible staff from Vinci Facilities have raised an amazing £1,620 for the Mersey Regional Burns Unit, Whiston Hospital. The team completed the Scottish 3 Peaks in just 24 hours and visited the unit to hand over their donation, once their legs had recovered!

Donnas Wilkinson, Ward Manager, said: "The team at Vinci are always incredibly supportive when they are needed on the ward, but they have really gone above and beyond to support our patients this time. We can't thank them enough!"



The Vinci FM team with staff on the Burns Unit



Sally Wilson's family with staff from the Critical Care Unit and Ann Marr, Chief Executive

Staff from the Critical Care Unit would like to thank the family of Sally Wilson who have generously donated £400 to the unit in her memory.

Her daughter Annette McKenna said: "I would like to make a donation to the unit for the care and attentiveness given to our family during our Mum's passing. This is our way of saying thank you for the wonderful care you gave Mum and our family during this upsetting time."

Pilkington UK LTD, have donated £200 to the Critical Care Unit.

The donation was made after patient Gillian Harrison was cared for on the unit. Gillian visited the unit to thank staff, along with her husband Philip and his colleague Stephen Coates, who both work for Pilkington UK, to donate the money on the company's behalf. Thank you so much to everyone!



Gillian and Philip Harrison, with Stephen Coates and staff from the Critical Care Unit



A massive thank you to Claire and Michael Bowen who have raised several thousand pounds to support local charities and have kindly purchased a 'Cuddle Cot' for our Maternity Unit in memory of their son Joseph James who was born sleeping.

Claire and Michael Bowen with staff on the Maternity Unit



Angela with her husband (right) and Professor Audisio, Consultant Surgeon

WHISTON **and** ST HELENS HOSPITALS' CHARITY

Long-time supporter of the Trust, Angela Baker, has completed a phenomenal 50 mile sponsored swim, raising over £3000 in aid of the Burney Breast Unit, St Helens Hospital.

This year's swim is the latest in a long list of fundraising by Angela since 2009, after she received treatment following the diagnosis of breast cancer. We cannot thank Angela enough for her continued support – you are a superstar!

Knitting glory!

Our Forget-Me-Not Knitathon for World Alzheimer's Day was a resounding success!

Knitters from all over St Helens and Knowsley joined our Dementia Team, in main reception at Whiston Hospital, to knit forget-me-knot brooches and raise money for patients living with dementia.

A fantastic £1,110 was raised through the sale of the brooches, a big thank you to everyone who took part and donated!



Ways to get involved!

If you would like to get involved and fundraise for our charity, you can find more information on our website: www.WSHospitalsCharity.org

You can text a donation – text 'WSHC11' followed by either £5 or £10 to 70070 (for example WSHC11 £10) or set up a JustGiving page by visiting www.justgiving.com/WSHospitalsCharity

Thank you for helping to brighten the lives of our patients.

Jules' Pink Fundraising Army!

Julie Lynan, PALS Officer, turned the Trust pink this October, as she put together her very own army of fundraisers helping to raise awareness during Breast Cancer Awareness Month.

Following on from her own treatment for breast cancer at the Trust, Julie set out to say thank you to those who had cared for her and raise funds for the hospitals' charity.

Julie held a number of events throughout the month, including cake sales and raffles and of course her much loved creative fundraising idea 'Jules' Tubes'. This is where Julie gives out free tubes of Smarties and asks people to fill them back up with 20p pieces. Jules' Tubes alone has raised over £7,000 this year.



On the 21st October, Julie hosted 'Pink Friday' with staff at both hospitals donating £1 to wear pink. The day was a great success and raised a fabulous total of £972.59. A trophy for 'Pinkest Team' was awarded to the Catering Team, Whiston Hospital, who not only dressed to impress but held a fantastic cake sale on the day too.

Rounding off Pink Friday, Julie used her powers to persuade St Helens Council to turn the Steve Prescott Bridge pink, outside Langtree Park, St Helens, for the evening, especially for Breast Cancer Awareness Month.

In total, Julie has raised almost £10,000 this year. All of the money raised by Jules and her pink army will be shared with the hospitals' charity for the Burney Breast Unit, Plastic Surgery Department and to help refurbish the relative rooms in the Accident and Emergency Department. A donation will also be made to Breast Cancer Now for research into secondary breast cancer.

Julie said: "I would like to thank everyone who has taken part and who has supported this year's fundraising, you are all amazing."

We think YOU are amazing Julie!



St Helens Youth Brass Band perform on the pink Steve Prescott Bridge



The bravest models in St Helens take to the catwalk

A group of brave women who have all battled breast cancer have taken to the catwalk and strutted their stuff for charity.

The models, all patients from St Helens Hospital's Burney Breast Unit delighted the cheering crowd at the charity fashion show 'Keeping Abreast of Fashion'

The show, at Langtree Park, was hosted by BBC Radio Merseyside presenter Linda McDermott and Liverpool comedian Pauline Daniels, herself a breast cancer survivor.

Ann Marr, Chief Executive, personally welcomed over 100 guests including the Lord Mayor and Mayoress of St Helens and Lord Mayor and Consort of Liverpool. The event raised more than £5,500 from ticket sales, donations and raffles on the evening.



Staff, models and guests came together to raise awareness

Lights, Camera, Action! Burney Breast Unit stars on the big screen



The cast of The Waiting Room, with Miss Leena Chagla at the premiere evening

A patient's husband has written and produced a short movie, after being inspired by spending time in the waiting room of the Burney Breast Unit, St Helens Hospital.

Over a year ago, Tom George sat in the unit waiting on the outcome of medical investigations for his wife June. Fortunately, June received good news that day, but it gave Tom the idea for a short film and 'The Waiting Room' was born.

The film was premiered at a special event, held to raise money for the unit through the Whiston and St Helens Hospitals' Charity. The event raised over £1,000. The film was such a success that it will now be used as a learning tool by staff at the unit.

National Honour for Miss Chagla!

Miss Leena Chagla, Consultant Breast Surgeon and Lead Clinician for Breast

Services - pictured on the right, has been elected to the post of Honorary Secretary of the Association of Breast Surgeons of Great Britain and Ireland. It was the first ever

democratic nationwide election to appoint to the position and the post was competed for by people from all over the country. Congratulations Miss Chagla, you are flying the flag for the Trust and the Northwest!



Staff and patients congratulate Miss Chagla on national appointment

Breast Team sets an example!



The cycling Breast Team

Breast Cancer Survivors' Dragon Boat Team) and Amathus Dragon Boat Club.

Racing rivalry and friendly banter between boats was the order of the day....and tea and cakes refreshed everyone at the end of the paddle.

Pool of Life would like to welcome any breast cancer survivors and their supporters to join them, visit: www.pooloflife.net for details.

A healthy lifestyle has been proven to decrease the recurrence rate of breast cancer and the Trust's breast team have been spreading the message through health and wellbeing workshops. The team decided to go a step further and lead by example completing a 25 mile bike ride led by Dr Desmond.

The team also took part in a Dragon Boat 'Taster Session Day' in October, visiting Queen's Dock Watersports, to see Liverpool's 'Pool of Life' (a



Members of the Breast Team and supporters at the Dragon Boat Taster Day

Celebrating success!

Clinical Audit Awards 2016



Janice Feeney, Jill Ratcliffe, Kathryn Rigby and Dr Francis Andrews

Congratulations to everyone who submitted entries to this year's Clinical Audit Awards. The awards are held to recognise and reward clinical, nursing and therapy staff for their work in improving patient care and outcomes through the clinical audit process.

After presentations by each of the shortlisted entries, the overall winner was chosen through a ballot of those in attendance. Congratulations to the General Surgery team: Kathryn Rigby (pictured accepting the award), Sonia Bathla, Karen MacDonald, Neil Kearns, Sunjay Kanwar, Robert MacAdam and Anil Kaul, who took 1st prize for their audit on Evaluating the impact of the hot gall bladder service at Whiston Hospital.

The Clinical Audit Department can advise and assist clinicians and other healthcare professionals with audit projects, preparing and presenting data from a variety of sources,

including the production of a final report. Anyone wishing to conduct an audit should contact the Dept. on 0151 430 2237.

Learning and Development Awards 2016

The Trust's 7th Annual Learning and Development Awards ceremony was recently held in Nightingale House.

The evening celebrated the success of staff from across the Trust who have achieved a range of qualifications throughout the year, including; apprenticeships, degrees, professional qualifications and awards.

Trust Chairman, Richard Fraser, was this year's guest speaker who told the audience about his own education and career path. He said that with focus, determination and confidence he truly believed that anyone can achieve anything.

Ann Marr, Chief Executive, spoke on behalf of everyone at the Trust when she said: "We are all very proud of our staff for demonstrating their determination, commitment and ambition in this way. Their achievements undoubtedly help the Trust deliver its vision of 5 star patient care to every patient every time."



1. 26th December; 2. Norway; 3. Comet, Cupid, Dasher, Dancer, Prancer, Vixen, Donner, Blitzen; 4. Dr Seuss; 5. Mexico; 6. Robert Burns; 7. Six; 8. Panettone.

Let's get Christmas Quizical Answers

NHS STAFF
SPECIAL OFFER
£10 OFF

THE ALPINE BALL

NEW YEAR'S EVE *Gala Dinner*

Celebrate the biggest party night of the year as we welcome in 2017
at the glamorous Alpine Ball at Aintree Racecourse.

THE ULTIMATE NEW YEAR'S EVE PARTY

CHAMPAGNE RECEPTION • SPECTACULAR LIVE SHOW • FIVE COURSE DINNER
DODGEMS* • PARTY GAMES, DANCE COMPETITIONS & PRIZES
BACON BUTTIES AT MIDNIGHT • TOP DJ & DISCO • LATE BAR UNTIL 1.30AM



TICKET HOTLINE:
0844 844 0444
BOOK ONLINE:
jdparties.co.uk


AINTREE
A Jockey Club Racecourse



PUBLISHED PRICE £75
NHS PRICE
£65
PER PERSON

PLEASE QUOTE
NHSNYE16 WHEN BOOKING

*small charge applies on the night

Trust LOTTERY

July

Angela Polding, Ward 3B, Orthopaedics Department
Sarah Winn, Health Records/EDMS
Gareth Pickett, Information Department
Barry Hill, Pathology Department

August

Patricia Roscoe, Accident & Emergency Department
Amelia O'Keefe, Ward 1A
Adele Williams, Pay & Staff Services
Janine Pennington, Pathology Department
Georgia Moore, Orthopaedics Department

September

Lyndsey Hulse, Whiston Theatres
Piet Brereton, Clinical Coding
Janet Hooper, Outpatients Department
Heather Partington, Emergency Department

October

Colin Latta, Outpatients Department
Neil Fazakerley, Porter
Sonia Gibbons, Radiology Department
Pauline Murphy, Cancer Services
Sandra Bolton, Sanderson Suite

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.

Let's get Christmas Quizzical

1. What date is St Stephen's Day?
2. London's Trafalgar Square Christmas tree is traditionally donated by which country?
3. Name the original eight reindeer from the 'Twas the night Before Christmas' poem?
4. Who wrote How the Grinch Stole Christmas?
5. From which country does the poinsettia plant originate?
6. Who is officially credited as the author of Auld Lang Syne?
7. How many points does a snowflake have?
8. What is the name of the cake traditionally eaten in Italy at Christmas?

Answers on page 14



Fond Farewells ...



Kevin with colleagues from St Helens Theatres

Best wishes to Kevin McMahon, Operating Department Practitioner, who recently retired after working at the Trust for over 35 years.

Farewell to Will Darwick, Voluntary Services Manager, who has retired from the Trust after 47 years' service.

Will at his retirement party



Staff News 'n' Views

Next Issue: Spring 2017

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

newsviews@sthk.nhs.uk

The deadline for submissions for the next News 'n' Views is 31st January 2017

Connect and follow us on Social Media



www.facebook.com/sthknhs



@sthknhs



www.linkedin.com

St Helens & Knowsley Teaching Hospitals NHS Trust



www.youtube.com/sthknhs1

