



Rebecca is the  
World's Strongest  
Disabled  
Woman

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New Chair  
commences  
at LHCH

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# members matters

The newsletter for all  
public and staff members of  
Liverpool Heart and Chest Hospital  
Issue 2  
2022



LHCH  
one  
of the  
best in  
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# Welcome

Welcome to the latest edition of our newsletter for public and staff members of LHCH.

We were saddened to say goodbye to Neil Large MBE as Chair of LHCH on 31st March. Neil had worked in the NHS for 50 years and brought much stability to the hospital during his tenure – he will be missed greatly. Val has now joined us as Chair and she looks forward to getting to know more and more of you as time goes on.

All of us here at LHCH are extremely proud to hear the news that LHCH has been rated one of the best organisations to receive care and as a place to work according to this year's national NHS Staff Survey results.

Our colleagues continue to work exceptionally hard to deliver the best care for our patients and families. Due to changes in national

infection prevention guidance we are delighted to have been able to recommence patient visiting to enable two visitors per patient between the hours of 2-7pm. All the latest visiting information is available on our website.

Wishing you all an enjoyable summer.

Best wishes



**Val Davies**  
Chair

**Jane Tomkinson OBE**  
CEO

## Meet Val...

### What attracted you to the role as Chair here at LHCH?

LHCH has an excellent reputation locally, regionally, nationally and internationally, and when I became aware that the role of Chair was becoming available, I jumped at the opportunity! I did a great deal of preparation for the recruitment process and I was impressed with the LHCH's commitment to some core shared values – Inclusion, Person-Centred, Accountable, Continuous Improvement and Teamwork. With this ethos it is no wonder that this is an Outstanding Trust and I feel very lucky to have been appointed to join the LHCH 'family'.

### What do you feel you bring to the role?

Most of my experience has been



## Farewell Neil

On 31st March, we bid a fond farewell to Neil Large MBE, who has served LHCH since 2006, including the last 12 years as our much loved Chair.

Neil has overseen so much in his time at LHCH, including our Foundation Trust status and the highlights of his time being awarded two 'outstanding' CQC ratings, as well as very many innovative service developments for our patients.

Good luck Neil. Everyone at LHCH wishes you the very best for your future in all that you do.

## LHCH is one of the best according to NHS Staff Survey

LHCH is one of the best hospitals in the country to receive care and to work according to the results of this year's national NHS Staff Survey 2021!

**The survey results of 280 NHS organisations were published in March and showed that LHCH was the TOP trust in the country for two key areas:**

- Care of patients is my organisation's top priority
- Staff engagement

The findings also showed that LHCH was in the top four NHS organisations in the country for:

- Recommend my organisation as a place to receive care
- Recommend my organisation as a place to work

Furthermore, this year's findings highlighted LHCH as the top performing Acute Specialist Trust in:

- Care of patients is my organisation's top priority
- Recommend my organisation as a place to work
- Staff engagement

The NHS Staff Survey was completed by 1060 staff (62%) at LHCH, which compares with a national response rate of 48%.





*Members Matters* spoke with Val Davies, who has joined us as LHCH Chair, to find out more about her hopes, plans and why she wanted to join Team LHCH.

in the private sector, I was Business Development Director for Trinity Mirror North West and North Wales which included the role of Managing Director for Channel One Television for a time, and so I have a good deal of leadership and people management skills, together with business acumen, media knowledge and commercial understanding.

My first appointment in the public sector was as an Independent Member of Merseyside Police Authority, a post I held for five years, and which gave me a much deeper insight into the way public boards operate for the public good.

More specifically, I then went on to serve an 18 month stint on Liverpool Community Health NHS Trust, preparing it for procurement, and then latterly I served for five years' as Deputy Chair on the board of another Outstanding Trust, St Helens and Knowsley NHS Trust, also being involved in formal arrangements to support Southport and Ormskirk NHS Trust.

Together I believe that this breadth and depth of experience gives me the competence to govern effectively, but in a way that mirrors the values of LHCH.

### **What are your first impressions of the hospital?**

Firstly, from day one, I observed a passion and focus on patients that is truly humbling. We are all here to serve our patients and communities, providing the best possible care for each and every one of them, and so for me to see how

all decisions and actions are so clearly patient-centric was definitely something to make me feel very proud.

Secondly though, I have been truly blown away by the welcome and support that I have encountered so far. I have met many new people and visited one or two wards and I plan to visit all areas until I have been round each one. All of the staff I have met so far have been passionate and committed, and I am really looking forward to meeting the rest of the team at this fantastic hospital.

### **What do you feel will be the biggest challenge for LHCH and the NHS going forward?**

Workforce pressures. I have met so many people in the NHS who are skilled, compassionate and dedicated to doing the very best they can for patients. Staff across departments, offices and wards who understand that all they do impacts upon patients, and whom have had to give more than ever before during the pandemic.

Some people are tired, others rethinking work life balance, some have sadly left the NHS, and with NHS vacancies across the country so high and not enough skilled capacity to fill them, there are no easy solutions.

Our response, within tight financial constraints, a challenging waiting list backlog, and increasing demand, will need to be finely balanced and will require an approach that is set out in the NHS People Plan – more people,

working differently, in a compassionate and inclusive culture.

The recently passed Health and Care Bill 2022, is the biggest change to health legislation in a decade, bringing with it great possibilities, and there is currently a Cheshire and Merseyside system-wide focus on collaboration, partnership working and integrated care. Probably, more than ever before, we have an opportunity to find smarter and more joined up solutions which will work better for staff, patients and our communities.

So this is a time of real challenge, but also of great opportunity. I intend to lead with compassion and kindness, supporting an organisational culture where everyone feels they belong, but also bringing energy, creativity and accountability for supporting new smarter ways of working.

I want to take this chance to thank colleagues for all you have done, and are doing, for our patients and I am looking forward to meeting you in the coming weeks. So let's keep on looking after one another as we continue providing patients with the best possible 'outstanding' service. I'd also like to thank our governors, volunteers, members and charity supporters for all that you do to strengthen us too – it is very much valued and appreciated.



## New faces join the Board

**We are delighted to have also been joined by Andrew Lang and Louise Robson who have both taken up the role as Non Executive Director.**

### **Andrew**

"I'm delighted to have the opportunity to join such a prestigious Foundation Trust as a Non Executive Director.

I am already impressed with what I've seen and heard from colleagues and look forward to using my finance, risk and commercial experience to maintain the outstanding reputation of the Trust."



### **Louise**

**"I am absolutely delighted to be joining this fantastic Trust!"**

After over 36 years working for the NHS, of which more than 25 have been on the Boards of NHS organisations, I am proud to be able to support the development and future success of LHCH for the benefit of our patients, local communities and, of course, our wonderful workforce. These are incredibly difficult times for



people working tirelessly every day to provide outstanding care and I'm looking forward to meeting everyone in the coming months."

Further to this, we are pleased to welcome **Karan Wheatcroft** as Director of Risk and Improvement (pictured). Karan will lead all the Trust's risk and improvement services, including organisation learning and benchmarking.



# Cut in waiting times for hospitals trialling AI heart monitoring technology

LHCH, along with other hospitals in England, are trialling a new monitoring device that patients wear at home to help improve and speed up the diagnosis of irregular heart rhythms (arrhythmia).

**Early detection of heart rhythm disorders, such as atrial fibrillation which affects an estimated 1.4 million people in the UK, can help to avoid more serious medical events, including stroke.**

Until now, patients experiencing symptoms of an arrhythmia, such as heart palpitations or fainting, would typically need to go to hospital for 24 hours of monitoring using a traditional ECG monitor for a diagnosis to be made – known as ambulatory cardiac monitoring. This technology is over 20 years old, cumbersome and can pose a challenge in gaining a diagnosis due to the relatively short period of monitoring.

Instead, patients are being fitted with an AI-enabled monitor called 'Zio XT' which has been developed by digital healthcare company, iRhythm Technologies.

After up to 14 days of wearing the device, which is discreet and showerproof, the patient simply returns it by post for analysis by iRhythm using artificial intelligence (AI).

Using both AI and iRhythm's team of certified cardiac physiologists allows weeks of data to be analysed in minutes and has proven to be very

accurate in helping to diagnose a range of arrhythmias. It means patients can be treated faster without the burden of repeat testing, reducing pressure on hospital resources in the process.

Diagnosing heart conditions, however, can involve numerous and often repeated tests, including overnight stays in hospital, yet through the use of this new technology it's possible to monitor patients over a much longer period of time and from the comfort of their own home.

Since January 2021, more than 2,000 patients in Liverpool alone have benefited from the new service. At this hospital where the technology has been piloted the waiting list for an ECG test from around six weeks to just a matter of days. There has also been a reduction in the number of referrals for more invasive and costly diagnostic procedures, likely because patients are diagnosed more accurately with the Zio technology.



*The Zio XT*

Professor Jay Wright, Director of Research and Consultant Cardiologist at LHCH



**£5.3 million funding boost for Liverpool to explore treatments for some of the region's most common diseases**

**People living in Cheshire and Merseyside are set to benefit after researchers in Liverpool were awarded £5.3m to investigate new treatments for some of the most common diseases and health problems affecting people in the region.**

The National Institute for Health Research (NIHR) has awarded the funding to the Liverpool Clinical Research Facility (CRF) hosted by Liverpool University Hospitals NHS Foundation Trust (LUHFT).

This success will allow the CRF to expand across sites, working in collaboration with colleagues at The Clatterbridge Cancer Centre and here at LHCH to seriously address the needs of the local population, which has some of the highest rates of cancer and heart disease in the country.

Professor Jay Wright, Director of Research and Consultant Cardiologist at LHCH, said: "We are delighted to be part of such a collaborative approach and welcome this core funding. This will provide an opportunity for our patients to receive the very latest medical therapies in a safe and controlled environment."

**LHCH is a Research Active Trust**

## Congratulations Professor Lip

**We were delighted to hear that Professor Greg Lip, LHCH Consultant Cardiologist/ Director of Liverpool Centre for Cardiovascular Science, has been ranked in the top 100 medical scientists in the world by Research.com. Congratulations on this well deserved recognition Greg!**



# World's Strongest Disabled Woman dispensing patient prescriptions at LHCH

26-year-old Rebecca Slater from south Liverpool is not just a remarkable athlete – crowned the World's Strongest Disabled Woman at the WSDM competition in Iceland, in November 2021 – she is also an integral member of the Pharmacy Team at LHCH.

**Having worked full-time at LHCH for 2½ years as a qualified Pharmacy Technician, Rebecca is currently studying for her Accredited Checking Pharmacy Technician qualification, in between strongman training six times per week and playing for Great Britain's Sitting Volleyball team.**

Rebecca said: "I love my work as much as I love my sport. So yes, things are busy, but if you want it enough, you make it work. I was given a second chance and I'm determined to live life to the full."

Making every day count has been something especially close to Rebecca's heart, since her life changed in January 2017 in a road traffic accident.

She said: "I ended up hitting black ice on the M6 and lost control of the vehicle, hit the central reservation and rolled.

"I was very lucky in the sense that in the car behind me was an off-duty nurse, and behind her were two off duty fire fighters. They secured the scene and looked after me until the

emergency services came."

Rebecca was taken to the Royal Preston Hospital where surgeons fought to repair the damage to her arm but unfortunately the surgery was unsuccessful. Rebecca's right

ankle sustained major fractures which has required multiple surgeries over the past five years and her having to re-learn how to walk.

She said: "I was a month away from my army selection date. At the time, I thought my life was over and didn't know if I could do any sport again or get back to work. There was so much going on that I couldn't think about the bigger picture or the future otherwise it would've overwhelmed me, so I just had to take it one step at a time."

Through grit and determination, and with the support of family and friends, Rebecca worked hard to rebuild her strength and resilience.

Having only taken up strongman training and competitions last summer, Rebecca said she can't quite believe the progress she's made, breaking three world records on her way to becoming the World's Strongest Disabled Woman.

Now Rebecca has her sights set on Liverpool's Strongest in May, this summer's Worlds in Canada... and continuing her pharmacy career at LHCH.



## LHCH launches first Moisture Associated Skin Damage Awareness Day

**Moisture Associated Skin Damage (MASD) is a significant issue. It's an umbrella term covering a range of skin damage caused by repeated or prolonged moisture on the skin.**

Our Tissue Viability organised a brand new national awareness day on March 17th to share their expertise and learning. They also brought smiles by bringing our #MinimiseMoisture logo to life!

You can hear more from Julie Tyrer, Tissue Viability Nurse Consultant in her podcast available via the news section of [www.lhch.nhs.uk](http://www.lhch.nhs.uk)





# Have YOUR say

We were delighted to read so many patient stories from our members in their responses to our most recent survey. Below is just a small selection of the experiences shared during Heart Month.

**Robert is 84, from the Wirral, and is an Architect and a loving father and grandfather. In his spare time he plays snooker, bowls and enjoys line dancing.**

He enjoys spending time with his family and proudly talks about his grand daughter, Holly (pictured with Robert). Holly is in a jazz band at university and plays drums to a high standard and sings.

Robert developed angina 35 years ago and following a series of tests he was introduced to much loved and now retired Consultant Cardiac Surgeon at LHCH, Mr Rashid. Mr Rashid and the skilled team at LHCH carried out a quadruple heart bypass operation on Robert. Robert recalls that his lucky number has been 9 ever since and explains why:

"I went down to Theatre at 9am on



the 9th day of the ninth month in 1999. My wife informed me that I woke up in the Intensive Care Unit at 9pm at night. I was introduced to the whole team prior to the operation, everyone was fantastic but looking back, I was terrified. However, somehow, you get through it all. I was in the hospital for five days before I was discharged home. I walked every day as requested, took my medicines, and was pretty quickly back to my fairly serious life! The care from the team was excellent and 23 years later I still can't thank them all enough."

**Elliot, pictured below with his wife Mandy, is 60 years old and from Burscough, Lancashire. In July 2014, he had a heart attack and was transferred from a local Accident & Emergency department by ambulance to LHCH.**

Elliot said: "The nurses who prepared me for my procedure explained everything thoroughly in what was an extremely worrying and anxious time. I was introduced to the consultant who performed the fitting of a stent with great care and explained the process thoroughly. This was even to the point of showing me via a monitor the before and after highlights! I feel completely indebted to the treatment, care and expertise of all the staff at LHCH



## 'Kerry and the Pacemakers' never work alone



Residents at Springwood Court, Allerton, Kerry Harrauld, 59, Dorothy Burgess, 73 and Stephen Felton, 65 came together through the pandemic with their shared interest in gardening and a desire to restore the old walled garden at the rear of their properties. However, they soon realised they had much more in common than just the renovation.

**The gardening pals discovered they all had a pacemaker fitted to help maintain or regulate their heart rates, and so the trio became known as 'Kerry and the Pacemakers'.**

Kerry, a retired Liverpool bus driver, experienced a serious heart attack in January 2017. He said: "I was told that technically I 'died' for several minutes. My heart had stopped but thanks to the

amazing skill of the paramedics, they managed to bring me back.

"I was immediately transferred to LHCH and I underwent stent and defibrillator placement and then after a period in intensive care I was moved to a ward before being discharged home.

"I cannot thank the team at LHCH enough for their kindness - from the consultants, to the nurses on the ward,

without whom I would not have the successful outcome and lead the life I do today. Thank you."

Impressively, since his heart attack, Elliot hiked the Yorkshire Three Peaks Challenge six times and also completed a section of Hadrian's Wall for charity. Elliot added:

"Having a heart attack gave me the motivation I needed to change my lifestyle as I now walk my dog on average between six and eight miles each day! I'd encourage anyone to keep your heart healthy by undertaking physical activity as part of their daily routine. It makes all the difference and improves how you feel."



**Colin (pictured) is a retired, 61 year old husband and father who lives in Ormskirk, Lancashire.**

Six years ago, Colin suffered from pain in his chest and arm and breathlessness. He visited his GP and was referred to LHCH for an angiogram with Dr Appleby just before the Christmas of 2016. Following this Colin underwent a mitral valve repair and triple Coronary Artery Bypass Graft (CABG) with Mr Paul Modi, Consultant Cardiac Surgeon.

Colin said: "The care and treatment I received was first class from the minute I arrived through to my discharge home. The consultants and their teams were all so professional and they kept me informed at all times about what was



happening.

"I feel great now, I feel fitter now than I have for several years. After the operation, I realised that life really was too short to go back to work and I blamed the stress and hassle of this partly for my health problems. I've also greatly improved my diet and exercise regime. It really was a massive wake up call!

"I can't give the team at LHCH enough praise or appreciation for their skill in saving lives. I find it an emotional subject and each time I think about what I went through I feel tears of gratitude welling up. These people literally (and I mean literally!) saved my life. So far I've had an extra 5 years of life due to this literally life-saving treatment! I'm able to enjoy my family, gardening, walking and other hobbies all because of your hospital!"

*Thank you to Robert, Elliot and Colin. We are so pleased to hear that you are all doing so well following your treatment!*

**Do you have a patient story? We are always looking for more stories to share with others. If you are interested in supporting us with this please email [Communications@lhch.nhs.uk](mailto:Communications@lhch.nhs.uk)**

the support staff, and especially the nurse who made me cups of tea in the middle of restless nights! The care I received at LHCH was outstanding in every way and I'm happy to go back for my regular check-ups."

Mum of two, Dorothy, is also a patient at LHCH as well as being a Public Governor. She said: "I'd undergone extensive cancer treatment for many years and unfortunately this affected my heart. As a result, my pacemaker was fitted in September 2019.

"It's been fascinating to watch the development and growth of LHCH's cardio-oncology service, which is a collaboration between LHCH and Clatterbridge Hospital. It involves cardiologists and oncologists and

provides cardiac assessment and care for patients before, during and after their cancer treatment."

Dorothy, retired Non Executive Director for a mental health trust and with a background of psychological counselling, added: "I undertook some further training following my cancer treatment and have been able to support patients dealing with the impact of cancer. I've also been able to offer support to the lung cancer team at LHCH, addressing patient meetings and volunteering to assist the exemplary ward staff. Plus, I make sure I've always got time to help in the garden."

Stephen, a retired civil servant, moved into the neighbourhood a few

months' ago with his wife Lynne having lived previously in India and Malta.

He said: "I had my heart pacemaker fitted in Malta in September 2020, but I don't let it stop me from being physically active. I know how important it is to keep my heart healthy, and although I don't do marathons anymore, I still run regularly. I also enjoy cycling 15-20 miles every day and working with my pals in the garden."

'Kerry and the Pacemakers' all say that the pandemic has been made much more bearable, by having a clear sense of purpose, unity and friendship and they know that with the help of other family and friends, they will never work alone!

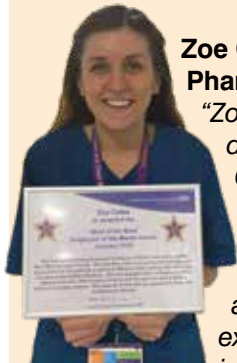


# Employee of the Month Awards



Each month, Jane Tomkinson OBE, CEO is pleased to present a very worthy colleague with the 'Best of the Best' Employee of the Month Award. We welcome nominations for this award from our patients, visitors and members of staff. Please follow the QR code below or visit <https://forms.office.com/r/AXQmPNT6X9> to nominate your unsung hero from Team LHCH. The best nominations received provide examples of how colleagues have gone that extra mile to support patients, family members or their colleagues. **Good luck!**

Congratulations to all our recent winners who will be considered by the Judging Panel for our Employee of the Year Award which will be presented in the autumn 2022.



**Zoe Coles, Senior Clinical Pharmacist – January 2022**

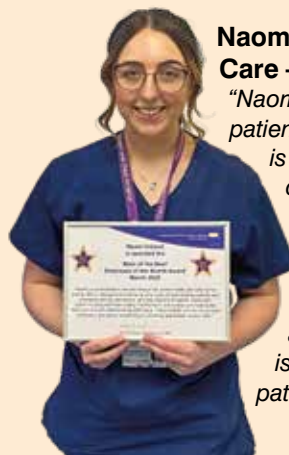
*"Zoe has gone above and beyond during our Critical Care and Complex Ward Microbiology rounds. She has been vital in ensuring that the treatment we provide for our patients is safe and effective when dealing with extremely complex endocarditis infections. She has engaged with colleagues in other departments and other trusts to ensure that we have the best available advice in a timely manner. She does all of this with an upbeat and extremely professional attitude."*



**Mary Liley, Head of Fundraising, LHCH Charity – February 2022**

*"Mary leads the exceptional LHCH Charity team who raise valuable monies to support a wide range of causes across LHCH. Mary does this diligently behind the scenes and often works in her own time to ensure the job is completed to the highest quality. The charitable donations, grants and bids secured by Mary have enabled innovative machinery to be*

*purchased for the benefit of patients, re-developments to take place such as the Critical Care Garden and improvements to be made to staff welfare and wellbeing facilities."*



**Naomi Ireland, Staff Nurse, Critical Care – March 2022**

*"Naomi is an excellent nurse and always has patient safety and care as her priority. She is very good at picking up early signs of deteriorating patients and prompting clinical intervention, and also listening to patient needs and communicating with them clearly. Furthermore, she is also well-fitted to the team and is a very hard-working staff nurse. She is outstanding in providing appropriate patient care."*



**Karen Kearney, Patient & Family Support Officer – April 2022**

*"Karen supported a family following the death of a young patient in Cath Lab through an incredibly difficult time. She went above and beyond to support the patient's family emotionally and also offered additional practical help to ensure that this distressing time was as uncomplicated as possible for them. Karen*

*liaised with external partners and expedited internal processes to support them with their wishes. Whilst she will see this as just doing her job, I can see what a positive impact this has had on the bereaved family at a very difficult time."*



## SAVE THE DATES



### Atrial Fibrillation

**Thursday 9th June, 11am via Zoom**

Join us during World Heart Rhythm Week where we will be joined by our Heart Rhythm Nurse Specialists, Kelly and Rosily, who will provide a presentation on Atrial Fibrillation (AF). They will discuss the symptoms, diagnosis and treatments of AF with a Q&A session at the end. All welcome.

Please register your attendance to receive the link to join by emailing [membership.office@lhch.nhs.uk](mailto:membership.office@lhch.nhs.uk)



### Disability Awareness Day

**Sunday 17th July 2022**

We are delighted to be attending the Disability Awareness Day from 10am to 4pm at Walton Hall Gardens, Warrington. Come and visit us on the day at our LHCH stand. We look forward to seeing you there.



### Combined Council of Governors and Annual Members' Meeting

**Monday 26th September 2022, 4pm via Microsoft Teams**

Join us virtually at our Annual Members' Meeting and celebrate our successes of 2021/22, receive the annual report and accounts from the Board of Directors and hear a report from our Governors along with details of our future plans and service developments.

This is also a perfect opportunity to share views and ask us any questions you may have regarding the services we provide.

To register your attendance and receive a link to join please email [membership.office@lhch.nhs.uk](mailto:membership.office@lhch.nhs.uk)

To read more of the events coming up in 2022/23 please visit the [Membership Events page](#) located within the Membership Zone on [www.lhch.nhs.uk](http://www.lhch.nhs.uk) You will also be able to view recordings here from previous talks held including our successful event on Obstructive Sleep Apnoea held on World Sleep Day in March 2022.

## Introducing Heart & Chest Matters podcast

The HEART & CHEST MATTERS podcast focuses on some of the extraordinary people who provide specialist heart and chest care or services to patients and families at Liverpool Heart and Chest Hospital.



Check out our most recent podcasts featuring Julie Tyrer, Tissue Viability Nurse Consultant, Dr Jo Jury and Olivia Parry from our LHCH Psychology Team and more.

Listen by following the QR Code above or visiting [www.lhch.nhs.uk/news-archive/heart-and-chest-matters-podcast/](http://www.lhch.nhs.uk/news-archive/heart-and-chest-matters-podcast/)

## Staff Governor elections

This summer, LHCH will be running elections to fill the following Staff Governor seats:

- Registered & Non Registered Nurses – 2 seats
- Registered Medical Practitioners – 1 seat



Team LHCH currently has seven Staff Governors across four different staff groups, all of which are elected by colleagues within their own staff group. These are exciting opportunities for enthusiastic and committed staff members to become Staff Governors and make a real difference.

You can obtain more information about the role and process by visiting [www.cesvotes.com/lhch2022](http://www.cesvotes.com/lhch2022) or by emailing [membership.office@lhch.nhs.uk](mailto:membership.office@lhch.nhs.uk) or calling 0151 600 1410. Nomination forms are available by visiting this site and should be completed online by 5pm on 14th June 2022.

"Sharing examples of the work of my team, highlighting any challenges I face and updating the Council of Governors on the valuable contribution made by our international nurses has been brilliant."



**Princey Santhosh**

Staff Governor - Registered & Non Registered Nurses

# New mobile spirometry unit supports patients with respiratory conditions

## LHCH and the University of Liverpool recently opened a new Mobile Spirometry Unit.

Vice-Chancellor Professor Dame Janet Beer joined LHCH Chief Executive, Jane Tomkinson in visiting the new mobile unit that will be used by the LHCH Respiratory Team to provide a comprehensive service for patients with a range of respiratory conditions both in the hospital and in the local community – caring for over 40,000 people each year.

The mobile unit and the LHCH Respiratory Team's programme is the first of its kind in the UK.

Jennifer Furlong, Advanced Clinical Physiologist and Deputy Manager of Respiratory Diagnostics, said: "For those of us working in respiratory medicine the Covid-19 pandemic has meant facing many difficulties in trying to treat patients with lung disease. LHCH has worked unceasingly to ensure all those that needed access were provided with help. This new unit gives us the additional facilities to allow us to do this as well as enabling us to deal with increasing demand – reaching out into the community."

Among many of its uses, the unit will take diagnostic testing out into the community targeting those most at risk and most in need of support, in boroughs across Merseyside. It



expands the services LHCH is offering including targeted lung health checks and cancer screening. Longer term it is hoped that this may be a template for other respiratory teams across the UK, facing similar problems in this post-COVID era.

Jane Tomkinson, Chief Executive, said: "This wonderful new facility shows how partners working together can bring enormous benefits to our patients and the wider community in

Liverpool. Together, LHCH and the University of Liverpool, are delighted to be able to deliver this expanded service to meet the needs of the many patients who require access to respiratory diagnostics."

Thank you to our LHCH Charity supporters, the University of Liverpool and especially the Charles Wolfson Charitable Trust, whose gift made this unit possible.



# The Grange students raise thousands for LHCH Charity by rowing non-stop for 24 hours

Earlier this year, a group of students from The Grange School in Cheshire, rowed more than a million metres in 24 hours to raise £4,707.80 for LHCH Charity!

The students aimed to row the equivalent to 622 miles non stop to raise valuable funds that will help to buy equipment, fund research and provide additional amenities for patients and their families.

The students in year 10, 12 and 13 also chose the LHCH Charity as their charity of the year in 2021, and did a range of fundraising activities raising an amazing £4,500, but decided to go even bigger and better in 2022 with this amazing team challenge.

A heartfelt thank you from all at LHCH Charity!



## Meet our resident Fit Nurse!



**Michelle Beaver, Staff Nurse on our Coronary Care Unit/Acute Cardiac Unit is our resident Fit Nurse! Michelle writes a weekly blog for LHCH colleagues highlighting her own personal health and fitness journey.**

From boxing to cycling, hiking and weight lifting – you name it Michelle's done it! This year, Michelle has embarked on 12 months of challenges to mark her 50th birthday.

Michelle said: "I turn 50 in 2022 so I will be challenging myself every month with a new fundraising event. They will consist of cycling, running, rowing, and more. A different challenge every month!

"LHCH is special to me for many reasons. My mum had several cancers over the years. Two of her operations were performed in this hospital, and gave her more time with her family, and watch her grandchildren grow. I work at this specialist hospital and if you know me you will know I love my job."

Thank you to Michelle for all you do. You can support Michelle in her challenges by visiting <https://justgiving.com/fundraising/mbeaver4>



## Former Governor completes epic bike ride for LHCH Charity

**Brian Roberts, LHCH Patient and former Governor, wanted to give something back to the hospital that meant so much to him that he organised a sponsored cycle ride.**

On behalf of all at LHCH, thank you Brian for all your efforts – the monies raised will make a real difference.

Pictured left to right: Jane Tomkinson OBE, CEO, Professor Jay Wright, Director of Research, Brian Roberts and Sue Pemberton, Director of Nursing

# Please support the work of LHCH Charity

Help us care for our patients, their families and our dedicated staff with your donation to LHCH Charity.

**£5** would help us to provide a bag of toiletries for an emergency patient

**£20** would help us provide hot meals for our staff during the pandemic

**£50** would help us purchase specialist equipment for rehabilitation

**£100** would support counselling for our staff with mental health specialists

☐ £10   ☐ £20   ☐ £50   ☐ £100   Other amount £.....

Name (PLEASE PRINT) .....

Address (PLEASE PRINT) .....

.....

.....

..... Postcode .....

Please return this form and your donation to:

Liverpool Heart and Chest Hospital Charity

FREEPOST RRLL-KSHT-ZLKE

Thomas Drive, Liverpool L14 3PE

Registered Charity Number 1052813

*Thank you so much  
for your support!*

*Please make all cheques payable to LHCH Charity. No stamp required on envelope.*



For more information please visit the Working for LHCH section of the website. All future volunteering opportunities will be advertised on NHS Jobs.

**Get social** We always welcome comments and feedback on our social media pages



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