

members matters

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

Plans unveiled for impressive new entrance scheme

**Further
steps 'to
be the
best'**

LHCH supports 'hello my name is' campaign

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New Medical Director

LHCH is delighted to announce that Dr Raph Perry has been appointed to the role of Medical Director.

Dr Perry, who is currently Deputy Medical Director, has also been a Consultant Cardiologist at LHCH for more than 20 years and will take up his new position from 1st July 2015.

We wish Raph every success in his new role – congratulations!



#hello my name is...

Inspired by the pioneering work of Dr Kate Granger, LHCH is pleased to be supporting the national #hellomynameis campaign to ensure staff introduce themselves properly to our patients and families.

Dr Granger, who has

terminal cancer, started the campaign after observing that many staff did not introduce themselves whilst delivering care to her.

For further information, please visit www.hellomynameis.org.uk

Listening into Action launched at LHCH

LHCH has started a new and exciting journey to put Listening into Action (LiA).

In summary LiA is:

- Really listening to staff to improve care
- Enabling our teams to make improvements from the 'inside-out'
- Giving 'permission to act' and simple processes to help
- Cutting out non value-add activity and unblocking the way
- Working together to do our best for patients
- Feeling valued, engaged, proud.

LiA was officially launched at LHCH on 1st May 2015 with an open event where staff found out more about LiA and completed an initial pulse check questionnaire. This pulse check will help to measure the level of staff engagement which currently exists within the Trust. Staff will join Jane Tomkinson, Chief Executive/ LiA Executive Sponsor for a series of initial 'Big Conversation' engagement events over the coming months.

For more information regarding LiA please contact **Marga Perez Casal**, LiA Lead on Ext. 1467 or by emailing LiA@lhch.nhs.uk.

Listening into Action





Striking photo winner

Local photography enthusiast, Brian Fisher from Liverpool, is pictured with his remarkable winning shot, a night time lightning strike over the Pier Head, in LHCH's recent photography competition.

He said: "I was gazing out of the window across the Mersey and saw the thunderstorm. I probably missed half of it by fiddling with the camera and trying to learn how to capture lightning, but in the end my efforts were rewarded!"

One of the judges, Liverpool Echo's Chief Photographer, Colin Lane, added: "The judging panel were unanimous in their choice of an overall winner. To capture such a dramatic image as a lightning bolt, takes skill and patience, but to capture it above Liverpool's iconic skyline at night makes it a truly 'striking' photograph."

Fifty shortlisted photographs are displayed onsite for patients, families, staff and visitors to enjoy.



Our vision 'to be the best'

At its recent meeting, the Board of Directors agreed an investment plan which will see nearly £4 million invested in additional staff and facilities to provide high quality care for ever growing numbers of patients.

Trust Chairman, Neil Large said: "I am delighted that we are able to invest in additional staff throughout the Trust and to deliver exceptional care to even more patients, this sees another step towards our vision 'to be the best'.



Look out for our new onsite poster campaign which highlights what working towards being the 'best' means to our staff.

Keep your eyes peeled for our 'best of the best' video which will shortly be published on our website www.lhch.nhs.uk



National award recognition

LHCH was delighted to hear that Dr Adeel Shahzad had been named Junior Investigator of the Year at this year's annual meeting of the British Cardiac Interventional Society.

The award was presented

in relation to his work on the globally significant HEAT-PPCI trial, presented at the American College of Cardiology in Washington DC last year and later published in The Lancet.

For further details about the HEAT-PPCI trial, please visit www.lhch.nhs.uk

Mended heart makes Valentine's wedding a day to remember

A young Merseyside couple's wish came true when they tied the knot on Valentine's Day.

Katherine Hester, from Woolton, and Elliott Doyle, from Cronton, finally said 'I do' in front of friends and family and the guest who feared he wouldn't see the day.

In May 2014, Elliott's dad, Nicholas, was rushed to LHCH to undergo a complex surgical procedure to repair two leaking heart valves and one narrowed coronary artery.

The 71 year old had been unwell for some time and Elliott said it was a worrying period.

"I know the thing that bothered dad most was the thought that he wouldn't be around to see Katherine and I get married.

"Along with the rest of the family, we all worried whether he would be strong enough to make it and I wondered how I'd be able to give my wedding speech, without dad sitting next to us."

However thanks to the care received at LHCH, Nicholas quickly made a full recovery.

He said: "I cannot thank everyone enough for the quality of care given to me and my family at LHCH. To be able to celebrate Katherine and Elliott's wedding with them means the world to me. I didn't think I would see this day."

As a token of their thanks, the couple decided to make a donation to the LHCH Appeal on behalf of all their wedding guests.

Mr Modi said: "We're absolutely delighted to have helped Nicholas and send our congratulations to the newly **married couple**."



Liverpool AF support group launched

A new support group has been launched specifically for patients who have been diagnosed with Atrial Fibrillation (AF).

The support group, held on a regular basis within our Outpatients Department, is open to all patients who have been diagnosed with AF. The group provides an opportunity to hear from Dr Dhiraj Gupta, Consultant Cardiologist, and the team about the condition whilst also sharing experiences with other patients and their carers.

Rebecca King, Arrhythmia Nurse Specialist, spoke of the first meeting:

"Thank you to all of the patients who attended our first event on 29th April, it was lovely to share all your thoughts and experiences. Thank you to all the team involved and a special thank you to Jennifer Currie our patient lead who

worked really hard to ensure the success of the group and shared her story. We welcome anyone who has AF or a family member who feels they may benefit from additional support to attend one of our future sessions."

Future support groups are scheduled as follows:

Saturday 13th June 2015

2 – 3.30 pm and will feature cardioversion in AF

Tuesday 21st July 2015

6.30 – 8pm and will feature the Liverpool anticoagulation service

Saturday 5th September 2015

2 – 3.30pm

Thursday 22nd October 2015

6:30 – 8pm

Saturday 9th January 2016

2 – 3:30pm



Dr. Dhiraj Gupta

For more information please call Daisy on 01789 867 528 or email daisy@heartrhythmalliance.org.



Focus group shapes quality priorities

Governors, members and representatives from a number of key stakeholder groups from the community joined us on Friday 13th February to help us shape our key quality priorities for 2015-16.

This focus group along with a number of additional methods of engagement concluded our priorities for the forthcoming year as follows:

Priority One: Timeliness of in-patient discharge

This will focus on improving the timeliness of in-patient discharge from hospital.

Priority Two: Family and carers to be offered the opportunity to be a care partner

This will encompass promotion and involvement of our patient families and carers in the care delivered to our patients during their in-patient stay.

Priority Three: Patients, families and carers to be able to speak out safely

We will encourage all our patients, their families and carers to speak out in a safe and comfortable environment when they feel there is a need to do so.

Priority Four: Safe quality care for our vulnerable groups of patients

We will identify and ensure our vulnerable in-patients receive the best in quality safe care in accordance with their needs.

Jane Tomkinson, Chief Executive attended the event and said: *"Thank you all for coming along today – seeing you all set our priorities with such passion and enthusiasm is amazing. Decisions you have made are really driving future improvements in patient care and next year you will really see the progress that has been made."*



Donation to relatives accommodation in loving memory of Jill

Thank you to family, friends and work colleagues of the late Jill Harrison who helped to raise an impressive £2,020 in her memory for Robert Owen House.

Whilst Jill had been a patient here at LHCH her husband, Paul, and twin sister, Angela, had been long stay visitors at Robert Owen House.

Angela (left) and Paul (right) are pictured with members of the Robert Owen team Sharon Hindley, Michelle Carson and Michelle Smith.

Building for success

The Trust is currently undertaking a number of key projects and developments to further enhance our patient, family and staff experience and ultimately to support our vision to be the best cardiothoracic integrated healthcare organisation in the country.

Main entrance

The Trust plans to commence building works for the new main entrance in June 2015, with completion scheduled for early 2016. This development will:

- Provide a welcoming area for patients and visitors with quiet space, new toilets and rest areas.
- Include a new purpose built café, volunteers area to meet and greet and an efficient workspace for the Telecommunications Team
- Have a new layout carefully planned with safeguarding and dignity at the forefront.



Cherry

Building work is due to complete shortly on our new 10 bed Cystic Fibrosis Unit 'Cherry Ward' and it will open to the first patients this summer. The new development will feature:

- Spacious, modern bedrooms with en-suite bathrooms.
- All rooms with a sofa and entertainment facilities.



Robert Owen House refurbishment



This year Robert Owen House, our onsite relatives accommodation is celebrating its 20 year anniversary.

As a result of a successful programme of fundraising, the House has nearly

completed a refurbishment project. The project is bringing the house more up to date and providing modern facilities, which are of an exceptionally high standard.



Ward

- Improved car parking and new entrance enhancing accessibility to the facility.
- A real 'home from home' feel with medical equipment and gases covered by fitted wardrobes 'more hospital' than 'hotel'.
- Dedicated family room and relaxing mood lighting.



Critical Care Family Rooms

Improvement work on our Critical Care Family Rooms has now been completed. This important piece of work will enable us to deliver our vision for true patient and family centred care.

The Critical Care area sees patients and their families at the most vulnerable part of their journey through our Trust so it was vital to ensure that this area was welcoming and comfortable with the option for privacy when needed and with improved facilities, and access to refreshments.

The Trust also identified the enclosed garden area as a non-utilised space and adapted this for use by families, weather permitting. The colours and layout of the area was chosen with engagement from

families who had used the space previously and provided insight into what needed to be improved. The new area is vastly different, maximising light and space and hopefully fulfilling what was in our brief: a welcoming and relaxing environment with the opportunity for privacy and quiet when needed.



Membership Zone

LHCH holds 3rd annual members' health day and open day



The Trust's 3rd annual members' health event and open day was held on Saturday 28th March 2015 offering the chance to attend behind the scenes tours in Pulmonary Function, Theatres and Radiology.

There was also the opportunity to receive lifestyle assessments and health, dietary and smoking cessation advice from a range of healthcare professionals including colleagues from our Knowsley Community Cardiovascular Disease service.

Neil Large, Chairman of LHCH spoke of the day: "We were delighted to see so many join us from across our catchment area to take part in the day's events. Thank you to all our governors, staff and volunteers for supporting the event and making the time to host this event for

us. Thank you also to Liverpool John Moores University students who provided blood pressure and resuscitation demonstrations on the day voluntarily. A further thank you to everyone who attended the event – we hope you enjoyed the event as much as we did."

Feedback received on the day will be taken forward by our Council of Governor's Membership and Communications Sub Committee. Below are a few of the comments received:

"I would like to thank you all for showing us this amazing equipment here at LHCH. I had a operation here over 7 years ago and I'm proof it's a wonderful hospital. Thanks to all."

"Very enjoyable and informative visit – thank you for engaging with the public."

This gives good reassurance prior to having a procedure. Please continue the good 'communication' work"

"In particular, the tour of the theatre was calming to my nerves as I know exactly what will happen to me in a few weeks. Meeting the staff has certainly calmed any thoughts as I can see I'll be in the most capable hands. I look forward to meeting you all again soon - bizarrely!"

"My first health day visit which was a delight to attend, your staff were friendly and excellent. The group tour was staffed by very experienced staff with good bright explanations that were outstanding to all of us."

Forthcoming member events



'COPD' with Dr Dennis Wat and Onnor Hampson from the Trust's Knowsley Community COPD Service on Tuesday 16th June, 7pm, Select Security Stadium, Widnes

'The key to a healthy heart' with Jan Naybour, Cardiac Rehabilitation Facilitator on Wednesday 15th July, 7pm at Langtree Park, St Helens.



'Combined General Meeting of Council of Governors and Annual Members' Meeting 2015' on Thursday 1st October 2015, 4.30pm, LHCH Conference Room, Research Unit. Celebrate our successes of 2014-15, receive the annual report and accounts from the Board of Directors and hear a report from our Governors along with details of our exciting future plans. This is also a perfect opportunity to share views and ask us any questions you may have regarding the services we provide.

For more information on the above events, or to book your place please contact the Membership Office. All events are free of charge and open to all.

Opportunity to join our Council of Governors

The Trust will shortly be running an election for the following Governor vacancies within the public and staff constituencies:

Public Constituency

- 3 Governors - Merseyside
- 2 Governors - Cheshire
- 2 Governors - North Wales
- 1 Governor - Rest of England and Wales

Staff Constituency

- 1 Governor - Non Clinical
- 1 Governor - Registered and Non Registered Nurses
- 1 Governor – Registered Medical Practitioners
- 1 Governor – Allied Healthcare Professionals

and Cheshire). Alternatively, be a staff member and work in the classification of which you are standing (e.g. Non Clinical, Registered and Non Registered Nurses).

- Be able to spare a minimum of 3 hours on a quarterly basis to attend Council of Governors meetings (ideally more so you can participate in informal meetings such as working groups and community events).
- Have interpersonal skills including enthusiasm and willingness to contribute.
- Have basic IT skills and access to email.

Nomination forms and information packs for interested candidates will be available from our electoral administrators, Electoral Reform Services following Notice of Election on 3rd June 2015 by calling **020 8889 9203** or emailing **john.box@electoralreform.co.uk**.

Elected candidates will commence their term of office following our Annual Members Meeting on Thursday 1st October 2015. If you would like any additional information regarding the role please contact the Trust's Membership Office on 0151 600 1410 or by emailing **Gillian.Donnelly@lhch.nhs.uk**.

Interested in playing a part in our future?

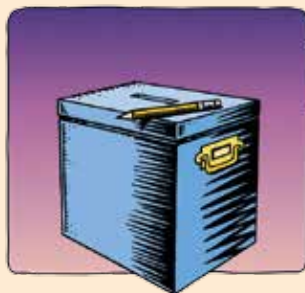
By becoming a Governor you can help shape the future of our hospital and have a voice by representing the views of our members.

To stand for this election you will need to:

- Be a member of LHCH and reside in the constituency of which you are standing for in the case of public governors (e.g. Merseyside

Don't forget to vote!

In the event of a contested election, members will receive a ballot paper and be invited to place their vote for their preferred candidates. All votes should be received by Electoral Reform Service (by post or online) **by Tuesday 28th July 2015**. Please support the candidates and place your vote!



Mike Bowyer

This year we received the news that Mike Bowyer, who served as a Public Governor in our North Wales constituency from 2011-2014, sadly passed away.

Mike's dedication to ensuring the highest quality of care for his constituents was an example of quiet public service, which was greatly valued and which will be sorely missed.



Complete your members survey today...

Enclosed within this newsletter you will find your copy of the bi-annual members survey.

Please spare a few moments to complete this. This survey will help us to improve your membership experience and strive for further improvements in the services that we provide – helping us achieve our vision 'to be the best cardiothoracic healthcare provider in the country'. If you prefer you can also complete this survey online via our website **www.lhch.nhs.uk**



Pilot study has significant impact on patient outcomes

A pilot study carried out which integrated patients who had undergone invasive gastrointestinal surgery for cancer into mainstream cardiac rehabilitation has been a great success.

The patients included in the pilot showed progression both functionally and psychologically. The main reported benefits were demonstrated in walking capacity, increasing confidence around exercise and a decrease in cancer related fatigue.

Our Knowsley Cardiovascular Disease Service was awarded NHS England regional innovation funding of £37,000 to continue this project due to the favourable outcomes demonstrated in the pilot study. The opportunity has enabled the



team to expand the project bringing additional specialist resources and clinical expertise to support a more individualised rehabilitation programme for a group of patients who clearly require specific clinical expertise to promote improvement outcomes in cancer management.

Honorary titles

The University of Liverpool has recently awarded richly deserved accolades to two consultants at LHCH.

Mr Aung Oo, Consultant Cardiac Surgeon, has been awarded the post of Honorary Chair, whilst Dr Martin Walshaw, Consultant Chest Physician, has been recognised as Honorary Professor.

Mr Aung Oo has also recently been awarded Visiting Professor at the University of Sydney, Australia.



Mr Aung Oo (left) and Dr Martin Walshaw

International lung cancer award

A world leading lung cancer specialist has been recognised with a prestigious award at the recent European Lung Cancer Conference 2015 in Switzerland.

Professor Pieter Postmus, Consultant in Thoracic Oncology at LHCH and Clatterbridge Cancer Centre, was recognised for his outstanding contribution to lung cancer research and education.



Funding success

LHCH is delighted to have been awarded £208,900 by the Department of Health's Nurse Technology Fund.

The funds will be used to purchase devices that wirelessly transmit observations, such as a patient's blood pressure and pulse, directly into the electronic patient record. The technology will also mean an automated alert system can be introduced, which reviews recorded clinical information and ensures that appropriate members of staff are alerted to signs of deterioration in a patient.

Mutuals project

In January 2015, the Trust embarked on a three month pilot research project into mutuality. The research feasibility project is now complete and has concluded that the Trust will not be pursuing mutual status at this present time.

Thank you to all of our staff and stakeholders who have been engaged in this research project, by sharing their views and providing helpful feedback. The full report has been presented to the Department of Health and Cabinet Office to inform national policy and is available to

download on our website: <http://www.lhch.nhs.uk/About-Us/LHCH-Publications.aspx>

After appraising a number of options as part of the research project, the recommendations to the Board of Directors were as follows:

- Dedicate greater time, attention and resource to staff engagement as a Foundation Trust
- Seek to embed staff engagement as part of the Trust's culture.

The above will be implemented through development of our People Strategy and Listening into Action (LiA) work.

Research recognition

Dr Jay Wright, Consultant Cardiologist, was recently commended at a prestigious National Institute of Health Research (NIHR) event, in recognition of his contribution as a principal investigator at LHCH and with the NIHR Clinical Research Network.



Staff Noticeboard

New employee of the month scheme launched



LHCH has launched a brand new 'Best of the Best' employee of the month scheme.

Nominations are welcome for any member of staff who is believed to be an 'unsung hero' and who goes above and beyond their day to day role.

Nomination forms can be completed online via the Trust's website and staff intranet. Paper based nomination forms and a post box are also available at key points across the hospital site - close to Switchboard/Elm Ward, outside Critical Care, outside Oak Ward and on the old surgical corridor outside the Amanda Unit.

Our first Employee of the Month (April 2015) was awarded to Tina Carter, Cedar Ward by Jane Tomkinson, Chief Executive, Sue Pemberton, Director of Nursing and Quality (pictured) and Tony Grimes, Staff Governor and member of the staff multi-disciplinary judging panel.

"Tina is a fantastic asset to Cedar Ward, welcoming others to the ward in an exceptionally friendly and courteous manner, whilst demonstrating a valuable contribution to the delivery of excellent patient care. This

was evidenced by multiple nominations. Thank you Tina for all your continued hard work and commitment in delivering our ambition to be the best."

For more information regarding the Employee of the Month scheme please contact Human Resources on **0151 600 1305**.



SAVE THE DATE!

'Best of the Best' LHCH Grand Awards 2015

We are pleased to announce the Trust's 'Best of the Best' LHCH Grand Awards event will be held on Friday 4th December from 7pm at the Crowne Plaza Hotel, Liverpool City Centre.

Watch this space for full details of the new annual awards scheme and how you can be there and celebrate this special occasion!

LHCH staff 'bake off' provides food for thought



In March, to mark nutrition and hydration week, members of staff cooked up a storm submitting their creative entries to the first ever LHCH staff 'bake off'.

First place and the judges' overall winner went to Lisa Salter (pictured below receiving the trophy and her winning entry).

Jo Shaw, Assistant Director of Nursing spoke of the event: "Over 250 staff attended the event to find out more about the importance of keeping hydrated and how smoothies can support a healthy lifestyle - a little bit of cake can be eaten in moderation and as part of a healthy and balanced diet. Thank you to everyone for their impressive cake entries and to all staff who attended to support the event. We are looking forward to next year's event already!"

Staff Noticeboard

Staff Health

Our Staff Health and Wellbeing Group organised a New Year New You event in January, attended by more than 100 colleagues. On the day a variety of stalls and staff provided support and advice on a range of issues including alcohol, maintaining a healthy weight, healthy eating, back awareness and much more.

Our survey says...

The results are in from the latest NHS Staff Survey, which staff completed at the end of 2014.

We were pleased that our overall response rate of 63% was higher than 2013 and was also significantly higher than the national response rate of 42%.

It was also pleasing that 92% of staff said that if a friend or relative needed treatment they would be happy with the standard of care provided at LHCH, placing our Trust fourth nationally.

Our most improved scores from 2013 included:

- staff receiving equality and diversity training (up 10%)
- staff agreeing that they are satisfied with the quality of care they give (up 4%)
- staff agreeing that they are able to deliver the patient care they aspire to (up 4%).

As always, the Survey also highlighted areas where further progress could be made and therefore all departments across our Trust are currently reviewing the results and identifying key actions for improvement.



Nurses' Day

National Nurses' Day is celebrated every year in May to honour the birth of Florence Nightingale and also to mark the contribution of nurses towards patient care.

This year, staff were given the opportunity to treat themselves to a manicure, pedicure and other complementary therapies courtesy of Liverpool Community Health, as well as to purchase Clinique products and handmade jewellery.



LHCH staff back no smoking campaign



In a recent campaign Liverpool Heart and Chest Hospital along with other hospitals across Merseyside called on patients and visitors to support them in saying 'no' to smoking anywhere on hospital grounds. The campaign was supported by local health charity, the Health Equalities Group.

LHCH is a completely smoke free site. For help and advice please contact our onsite Smoking Cessation Service on 0151 600 1455.

Take 5

with the Cath Lab team

1. What is the role of the Cath Labs?

We treat patients undergoing percutaneous procedures for the diagnosis and treatment of a wide range of cardiac conditions. We provide elective, urgent and emergency services. The primary percutaneous coronary intervention (PPCI) service provides vital emergency treatment for our heart attack patients. This service is a 24/7 service and patients are brought direct from scene by the paramedic crew. The lab team then receive an estimated time of arrival which can be as rapid as 1 minute!

2. What facilities are there for patients?

We have five cardiac Catheter Laboratories (Cath Labs); three for coronary intervention and two for heart rhythm management. The labs are supported by a forward waiting area, a six bedded recovery unit and a dedicated blue light entrance direct into recovery for emergency admissions

3. Who works in Cath Labs?

We have a large team of staff. A multi-disciplinary team works within Cath Labs – Consultant Cardiologists/Electrophysiologists, supported by a team of highly skilled registrars, Cath Lab nurses, radiographers, cardiac physiologists, transfer staff, stock team and the management team.

4. How many patients do you treat?

The Cath Labs carried out a total of 6,219 procedures in the last financial year 2014-2015.



5. What are the team most proud of?

We have excellent clinical outcomes and a national and international reputation for our services and the delivery of excellent patient care to every patient, every day.

Most significantly the PPCI service is what we are most proud of. There are thousands of patients spending time with their families today after having their lives saved in our Cath Labs following a heart attack. That's job satisfaction! Also the introduction of the Cath Lab dedicated WHO patient safety checklist was led by Liverpool on behalf of the British Cardiovascular Society and has since been implemented nationally. We now find ourselves as the leaders in the field being the first to have taken this to the next level and created an electronic patient safety board that is completed for every patient and remains visible throughout the procedure ensuring everyone is fully informed at all times, even if the situation changes and additional members of staff are required.

Team LHCH success in the Liverpool Half Marathon

Members of staff and LHCH Appeal supporters took part in the Liverpool Half Marathon on Sunday 29th March 2015, where they ran the 13.2 mile route around Liverpool.

Congratulations to all who took part for this fantastic achievement and a special thank you to all of you who raised sponsorship for our appeal.



Great people doing great things

LHCH Appeal is Hogans' Charity of the Year

Thank you to Hogans Solicitors who chose LHCH Appeal as their 'Charity of the Year' for 2014/15.

Staff at Hogans raised a fantastic £3,995.30 from a range of fundraising events held over the year including a charity gold day held on 2nd October 2014 at Childwall Golf Club (pictured).

Monies raised will be used to further improve our patient and family experience.



Wear Red Day

Thank you to all our supporters who wore red to support our Appeal on International Wear Red Day – Friday 6th February helping us to raise funds and awareness of heart disease.

Our Knowsley community teams made a creative kissing wall and helped to raise monies for our appeal!



Tommy's donation to Knowsley Community COPD Service

Tommy Butler recently returned to LHCH to visit the team that helped him back to health.

Onnor Hampson, Knowsley Community COPD Team Leader told his story:

"Tommy is 66 years old and was first diagnosed with COPD in April 2007 during a hospital admission with pneumonia. At that time he was employed as a slate roofer. He is married to Margie and has 3 children and 5 grandchildren with another one due any time now!"

During the months after his admission, Tommy was followed up in clinic and commenced on both ambulatory and long term oxygen therapy. He also underwent further investigations and severe emphysema was subsequently confirmed. Tommy was referred and underwent a double lung transplant in February 2013. It has been very emotional for the team to watch Tommy's journey and much to our delight he has made an incredible recovery and is now fighting fit!

Although Tommy's recovery was all the reward we needed, the team have been very touched that Tommy, Margie and his family have generously donated £500 which the team will use to help improve the service for future patients. Thank you."



Frances's gift in memory of husband Alan

After suffering the sad loss of her husband Alan, Frances Spencer recently visited the Trust making a donation to the LHCH Appeal in his loving memory.

Frances said:

"I have been an LHCH patient since 1963 and I had my first heart operation when I was six months pregnant with my first baby. All in all I have had 2 heart ops and 3 pacemakers and I don't think I would be telling my story if it wasn't for this hospital. I must thank Dr Ramsdale, Mr Fabri, all the staff and everyone I came into contact with. If anyone is afraid to spend time at LHCH - don't be as it is a wonderful hospital and we should have every faith in the staff there."

Thank you to Fran for your heart-warming donation in memory of Alan.



Fran with
Dr Ramsdale,
Consultant
Cardiologist

Contact the Appeal Office

Rhythm of the 50s and the rhythm of the heart

A former patient recently decided to host a 50s fancy dress and music night to raise money for further research into Atrial Fibrillation (AF) at LHCH.

John Rostron had experienced a racing pulse or atrial fibrillation (AF) for as long as he could remember, until he was referred to Dr Derick Todd, Consultant Cardiologist in 2011.

Having previously been treated with medication, but still suffering from troublesome symptoms, John agreed to undergo an ablation procedure to

prevent his AF from occurring.

"The procedure was a great success and since then my heart beats very smoothly," he said.

"It's also allowed me to play golf almost every day – something I wasn't even able to do when I was half the age, because my heart would race."

John added: "The quality of care that I received was amazing. It's certainly the best hospital that I've ever known, which is why I wanted to give something back as a token of appreciation for changing my life in my

twilight years."

John and his wife, Christine, from Southport both turned 70 at Christmas and decided they would turn their birthday celebration into a 50s fundraiser, with donations going towards LHCH's ongoing work and research into atrial fibrillation.

With entertainment provided by cast members from the former West End hit musical, 'Buddy: the Buddy Holly Story', the evening was a stunning success raising more than £2000.

Dr Todd said: "We are so grateful to John and Christine, and their friends, for their generosity towards the hospital. The money they raised will make a real difference to AF research at LHCH, particularly the work we are doing on 'quality of life' in patients affected by AF."

He added: "I was delighted to be able to join John and Christine for their birthday celebrations as well as seeing him in such good health. It was great to witness at first hand that the rhythm of John's dancing was almost as good as the rhythm of his heart beat!"

9th Annual Hope Mountain Hike attracts record numbers

Alan Birchall, Voluntary Chairman of LHCH Appeal and Ruth Bellis hosted this year's 9th Annual Hope Mountain Hike on Sunday 26th April which saw record breaking numbers take part in the 11 mile hike.

Alan spoke of the event:

"Our 9th Annual Hope Mountain Hike proved to be another great success. It was very rewarding to welcome over 185 participants raising funds for Liverpool Heart and Chest Hospital and The

Walton Neuro Science Fund. It is brilliant to see so many regular smiling faces, both human and canine! Please accept our grateful thanks to all who give up their precious spare time to participate and to help us on the day. We could not do it without you and our hearts and heads will benefit from our efforts."

Thank you to Alan, Ruth and the rest of the team who helped to organise and support this year's event – a fun day (and sore legs) were certainly had by all!



Ann and Fred Clarkson have once again kindly offered to hold the sponsored walk on Sunday 23rd August 2015.

Our 'August Amble' is a 10 mile circular walk along Whitegate Way through leafy Cheshire woodland, a very flat route – perfect for beginner and intermediate walkers. Dogs are also very welcome.

The entry fee for this event is £10 and includes 'Afternoon Tea' and a commemorative certificate at the end of the day.

To take part in this event or to request an information pack, please contact **Robyn Sefton** in the LHCH Appeals Office on **0151 600 1409**, or by emailing **Robyn.Sefton@lhch.nhs.uk**



Can you help our appeal?

We are not sure what kind of a fundraiser you are – maybe you are sporty, glitzy, a dare devil, or perhaps you prefer to run an event from your own home or workplace. What we do know is that whatever support you can provide will greatly benefit our patients in the future. Help and support is always available from our Appeal Office by calling 0151 600 1409 or by emailing **Robyn.Sefton@lhch.nhs.uk**

To find out more about LHCH and our appeal please visit our website

www.lhch.nhs.uk, follow us on twitter **@LHCHFT** or like us on Facebook **https://www.facebook.com/lhchft**



Join us to help raise money for Liverpool Heart and Chest Hospital Appeal



YES, I want to HELP

Giftaid it

Gift aid is a scheme from HM Revenue & Customs that allows us to reclaim an extra 25% on your donations made during the past 4 years, as well as on all future donations, without costing you a penny. This means that for every £1 you donate to the LHCH, the charity gets an extra 25p.

I confirm that I am a UK tax payer and that all donations I have made in the last four years and any future donations, until I notify you otherwise, should be treated as a Gift Aid donation. I understand that I must have paid Income Tax and/or Capital Gains Tax that the charity claims during a tax year, currently 25p for each £1.00 given. If your circumstances change and you no longer pay enough Income Tax and/or Capital Gains Tax you can contact the charity to cancel your declaration.

Signature

Data Protection Your personal data is protected in the UK by the Data Protection Act. This provides, amongst other things that the data we hold about you should be processed lawfully and fairly. It should be accurate, relevant and not excessive. The information should, where necessary, be kept up to date and not retained for longer than is needed. It should be kept securely to prevent unauthorised access by other people.

Here's my gift to LHCH Appeal

☐ Cheque £ Please make payable to Liverpool Heart and Chest Hospital Appeal

☐ My payment: £ Mastercard / Visa / Maestro / CAF

Card No:

Start Date / / Expiry Date: / / CVV No:

Title

First Name (in full) Surname

Address

Post Code:

Telephone No:

Email:

Please return completed form to:

Liverpool Heart and Chest Hospital Appeal, FREEPOST RRLL-KSHT-ZLKE

Liverpool Heart and Chest Hospital NHS Foundation Trust, Thomas Drive, Liverpool L14 3PE

Appeal Office (0151) 600 1409 Email: Robyn.Sefton@lhch.nhs.uk. Visit our website www.lhch.nhs.uk Charity No. 1052813