

members matters

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



In partnership with
**Nursing
Times**

Chief Nursing Officer FOR England's **SUMMIT 2014**

**LHCH are
national
'Compassion in
Practice' Award
Winners**

INSIDE: Trust's first photography competition 'bringing the outside in' is astounding success

LHCH nurses awarded 'Blue Heroes' by Everton FC

Opportunity for a North Wales member to join our Council of Governors

Our team support our LHCH Appeal by joining 'Festive Friday'

New year message from the Chairman and Chief Executive

2014 was another remarkable and memorable year for Liverpool Heart and Chest Hospital.

Last year we treated 13,237 inpatients, 73,280 outpatients and 26,466 patients in the community. This is more than last year and as such is a truly phenomenal achievement. We are proud that our care has made such a real difference to these patients and their families.

We were again number 1 in the country for 'Overall Patient Care' in the Care Quality Commission's National Inpatient Survey and we have been for 7 out of 8 years running.

As with previous years we have also been recognised with regional and national awards – finalists for 4 Nursing Times Awards and for a Health Service Journal Award.

We also won two awards at The Patient Experience Network National Awards (PENNA) for the 'Development of a Nursing Model of Care for Patient and Family Centred Care', before being announced as the overall PENNA winner for 2013. Our EPR team won an award at VM World Europe Awards 2014. LHCH also received awards for Advancing Quality and for 'Compassion' at the Chief Nursing Officer for England Summit.

We recognised outstanding individuals and teams with our Annual Staff Awards in July 2014, including our Volunteer of the Year Award for Arthur Newby who has volunteered at the hospital for many years. Our HEAT PPCI trial findings were presented, with much acclaim, at the American College of Cardiology Annual Expo in Washington DC.

These are just a few of the achievements from 2014. We recognise that our staff and volunteers go the extra mile every day to deliver the care and service our patients and families deserve and every role is important whether on the front line or supporting the front line across a range of services. Our vision 'to be the best' is achievable with the talent, dedication and professionalism of our staff and volunteers and whilst the NHS struggles with reduced funding and rising demand, we remain clear that Liverpool Heart and Chest Hospital and its services across the community can continue to provide the very best care available.

We would like to take this opportunity to wish you all the very best for 2015.

Best wishes



Neil Large
Chairman



Jane Tomkinson
Chief Executive



National award winner

The Trust was recognised recently at the Chief Nursing Officer Summit 2014, for improving the experience of care for patients and families.

Hosted by Chief Nursing Officer for England, Jane Cummings, the event for senior nurse leaders

from across the country incorporated an inaugural 'Compassion in Practice Awards' ceremony.

The Trust won the prestigious award for embedding Compassion in Practice into its ways of working and taking it right to the core of the organisation.

Dr Gupta scoops national car



Dr Dhiraj Gupta, Consultant Cardiologist, was recently presented with the 'Outstanding Individual' award at the Arrhythmia Alliance Excellence in Practice Awards, for his contribution to arrhythmia services.

Dr Gupta was selected

Advancing quality awards

LHCH was named 'Best Performing Trust for Coronary Artery Bypass Graft (CABG) as a clinical focus area at the Advancing Quality Alliance (AQuA) Awards 2014.

Pictured is Dave Walker, RAE Officer, who supports this CFA for the Trust, working with the cardiac surgeons. Congratulations to Dave and colleagues who have worked so hard to achieve this.





Members of the LHCH team, Lisa Salter, Assistant Director of Nursing, Joanne Shaw, Assistant Director of Nursing and Lisa Tierney, Theatre Manager are pictured with all the other award winners on the evening.

Echo department excellence

Following a visit by the British Society of Echocardiography (BSE), our Echo Department was recently awarded advanced accreditation in transthoracic echocardiography and training.

As the national body for echocardiography, the BSE is responsible for setting standards, awarding accreditation, providing education and giving advice on all echocardiography matters.

In addition to all our echo physiologists holding personal accreditation, we are delighted to have been awarded advanced level accreditation, signifying the excellence, quality and safety of our service.

Congratulations to the Echo team for their hard work and commitment to achieve this.



diology award

because of his role in a number of pivotal developments in the local provision of care for arrhythmia patients, including establishing a primary care atrial fibrillation service.

Congratulations to Dhiraj (pictured) for this phenomenal achievement.

Throughout the autumn, LHCH's public photography competition invited people to showcase their creative talents for the benefit of patients, families, staff and visitors.

With the incentive of having 50 shortlisted photographs displayed on canvas around the hospital site, the competition was a great success with almost 250 outstanding entries in four categories – nature, weather, buildings and a separate young person's category.

We are delighted to announce that Brian Fisher, from Liverpool, was chosen unanimously by

Striking Liverpool image wins LHCH competition



the judging panel as the overall competition winner for his stunning lightning strike picture over the Liver Buildings at night.

The other best in category

photographers were Alison Lomax, Nature; Stephen Whittaker, Buildings; and Molly McPartland, Young Person.

CQC recognise patient safety

LHCH is one of the safest and lowest risk hospitals in England, according to the latest intelligent monitoring report published by the Care Quality Commission.

Our Trust was placed in Band 6 in the CQC's assessment of risk to patients, meaning that we have been assessed as presenting the lowest level of

risk of failing to provide safe, effective, caring, responsive and well-led services.

Jane Tomkinson, Chief Executive, said: "We are pleased that this latest monitoring report from the CQC reflects the priority we place on patient safety. As a Trust, we are fully committed to continually improving safety standards, and earlier this year we pledged our

support to the national 'Sign Up to Safety' campaign. Furthermore we have also recently launched daily safety huddles, attended by our executive team, clinicians, and senior nursing staff to review frontline issues raised by frontline staff. These safety huddles have been really helpful so far, and provide a further indication of the dedication of staff to deliver

excellent, compassionate and safe care for all our patients and families."

More information on this CQC's assessment can be found on our website www.lhch.nhs.uk





Sue Pemberton

Can you help us shape our quality priorities for 2015-2016?

Sue Pemberton, Director of Nursing & Quality is hosting a Stakeholder Focus Group on Friday 13th February 2015 to seek your views on what our quality priorities should be for 2015-2016.

This year (2014-15) our work has been focused on achieving the following priorities:

- Ensuring our patients with Dementia are identified and assessed whilst under our care and are referred to their GP for investigation at discharge
- Reducing pressure ulcer development
- Reducing the number of patient falls during their hospital stay
- Improve the Timeliness of our Communications to General Practitioners at the Point of Discharge.

The session will be held from 11.30am to 1.30pm in our Conference Room, Research Unit. If you would like to be involved and make a difference please register by contacting the Membership Office on 0151 600 1410 or by emailing Membership.Office@lhch.nhs.uk

Exciting new images unveiled of our planned Cystic Fibrosis Unit



As highlighted in the autumn edition of **Members Matters** plans are in place for our new Cystic Fibrosis Unit to open in summer 2015. We are one of the leading providers of Cystic Fibrosis Services in the country and the unit will provide exceptional facilities for our patients and families.

As demonstrated by these 'mock up' images, the bedrooms will be spacious and modern and include en-suite bathrooms, which are not currently available in all of the side rooms within the existing unit. Rooms will also incorporate a sofa and entertainment facilities including televisions and access to Sky TV and a DVD library. There is more of a 'home from home' feel with medical equipment and gases covered by



fitted wardrobes – more 'hotel' than 'hospital'.

The facility will also include a dedicated family room, atmospheric and relaxing mood lighting and improved car parking and a new entrance enhancing the accessibility to the facility.

The Trust is pleased to announce the appointment of new Non-Executive Directors.

Following formal approval by our Council of Governors meeting in December, Mark Jones has now taken up his role as Non-Executive Director, while Julian Farmer, who will also chair the Audit Committee, will take up his role in June 2015.

Mark and Julian both bring a wealth of experience with them. Mark has extensive high level experience in the pharmaceutical industry, while Julian has a strong background in accountancy and audit.

Both appointments have been made following the departure of Geoffrey Appleton as Deputy Chair who took up a new challenge as the Lay Chair of NHS St Helens CCG in September



Mark Jones



Geoffrey Appleton

Appointment of Non Executive Directors

2014, and of Mark Fuller who stands down from his role as Non Executive Director/Chair of Audit Committee on 31st January 2015.

Neil Large, Chairman spoke of the appointments:

"We are delighted to welcome two talented and experienced individuals to the Board of Directors. Mark has already commenced his role and we look forward to Julian joining us in the summer. Thank you to all our stakeholders involved in our recruitment process, especially Governors who are on our Nominations and Remuneration Committee (NEDs) for their dedication throughout the process which led to such a successful outcome.

We are also pleased that Ken Morris has been appointed on an interim basis, as Non-Executive Director and chair of the Audit Committee. Ken is vastly experienced, having spent 9 years as Chair of Liverpool Women's

NHS Foundation Trust, and will take up his interim role on 1st February 2015 and until Julian Farmer commences."

Neil added:

"I'd also like to thank both Geoffrey Appleton and Mark Fuller for their work to date. Geoffrey had made a tremendous contribution to the success of the Trust in the past 4 years and I would like to thank him for his commitment on behalf of colleagues across the organisation. Whilst the Board will miss both his insight and kindly approach to the challenges that we face, the loss that we feel here at LHCH will be compensated by the wider gain for local NHS services. Mark joined us in 2013 and he has been an asset to the Board of Directors – Mark also leaves to take on new challenges and I'm sure you will join me in passing on our congratulations and best wishes to Geoffrey and Mark."



LHCH Knowsley community services 'Santa Dash'

On Thursday 4th December 2014 our Knowsley Community COPD and CVD teams held their annual festive event for patients and residents of Knowsley.

The walkers, dressed in Santa hats, festive costumes and special t-shirts, were all cardiovascular disease (CVD) and/or chronic obstructive pulmonary disease (COPD) patients with Liverpool Heart and Chest Hospital's community services, and completed the route to raise awareness of both conditions.

Well done to all who took part!



Become a Dementia Friend

The Trust has two Dementia Friends Champions who are trained volunteers to encourage colleagues, friends and the local community to understand a little bit more about dementia. To achieve this, our champions are holding dementia friends sessions and you are invited to attend. At the session you will find out more about what it is like to live with dementia and then turn that understanding into action.

The following sessions will be held in the Conference Room, within our Research Unit. If you would like to attend, please contact Shirley Cummings on 0151 600 1494 or by emailing Shirley.Cummings@lhch.nhs.uk
Tuesday 3rd February 2015 at 2-3pm
Saturday 28th February 2015 at 10-11am
Wednesday 11th March 2015 at 2- 3pm
Friday 27th March 2015 @ 2- 3pm

STAFF CHRISTMAS PARTY

Colleagues joined together to celebrate the festive season with the annual Staff Christmas Party held on Friday 19th December at the Britannia Adelphi Hotel, Liverpool City Centre.

After dinner entertainment was provided by Singer, Steve Charles and was followed by a disco.

We think the photos show a great night was had by all!



2014



Hospital food passes taste test

Jane Tomkinson, CEO and Sue Pemberton, Director of Nursing and Quality recently undertook a hospital food taste test to ensure that the food our patients receive meets the expected high standards.

Jane commented on the quality presentation, taste and choice of the food on offer for our patients. For the second year running, our hospital food rated significantly higher than the national average in our most recent PLACE assessment.



Left to right: Sue Pemberton, Kim Hughes, Catering Assistant and Jane Tomkinson.

MP meets Trust's specialist CF team

Stephen Twigg, MP and Lynsey Beswick, Cystic Fibrosis Trust visited the Trust recently to meet with our specialist multi-disciplinary Cystic Fibrosis team.

Stephen heard from Dr Martin Walshaw, Clinical Lead for Respiratory Medicine who provided an explanation on the condition itself and discussed the service provided here at LHCH before visiting the Amanda Unit.



Left to right: Jane Tomkinson, CEO, Stephen Twigg MP and Lynsey Beswick, CF Trust pictured with members of the CF team.

Membership Zone

Introducing your new Governors

Trevor Wooding, Public Governor for Merseyside and Sharon Hindley, Staff Governor – Non Clinical joined the Council of Governors following the Annual Members' Meeting on Monday 29th September 2014. Members Matters asked what had motivated them to become a Governor initially and what their hopes and aspirations are for the role.

Trevor said:

"Having spent 40 years in the primary food manufacturing industry, mainly in senior roles on the commercial side of the business, I retired early some 8 years ago. Since then I have been actively involved in developing a community sports hub at my rugby club in Manchester but I am now phasing out of this project which is all but complete.



I wanted to become a Governor of LHCH to try and repay them for the two procedures I've had at the hospital and also the fantastic routine post operative care I've received.

As a new Governor at LHCH, I'm looking forward to helping shape the Council of Governors' Objectives for 2015 and beyond and also taking a proactive role in other Governor key responsibilities in an ever changing NHS environment."

Sharon told Members Matters:

"I have worked in the NHS for over 33 years, in that time I have worked in most hospitals in Liverpool with the majority of the years spent in Broadgreen Hospital before I joined LHCH 20 years ago (when it was known as The Cardiothoracic Centre). In this time I have been proud to be involved in quality services and have seen first-hand the excellent work from all the Trust staff.



I was asked to think about becoming a Governor by a colleague, and at the start was uncertain of what I could offer the Council of Governors. As I started to look into what the role entailed I became more interested as I could see the future challenges this Trust and the NHS as a whole have to deal with. I wanted to be a part of helping to achieve the Trust vision of being the best. I also want to ensure the views, opinions and concerns of our staff are raised and they know they have been listened to as we need our staff to be part of the solutions to deal with the challenges we face.

I feel the staff in all disciplines within this Trust work really hard, they know their jobs and perform to high standards which ensures excellent outcomes for our patients. I see the Council of Governors playing a significant part in giving staff confidence that we are prioritising governance of the Trust with the best interest of our staff, patients and their families. That is what made me want to be a Governor – being part of an excellent organisation with the ability to be the best within its chosen field."

On 12th November, **Councillor Ruth Hirschfield** (pictured) also joined the Council of Governors as Nominated Governor for Liverpool City Council. Welcome to Ruth!



Opportunity to join our Council of Governors



An election will shortly be running to fill a vacancy on our Council of Governors as follows:

- 1 Public Governor for North Wales Constituency

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 by election as a Governor you will need to:

- Be a member of LHCH and reside in North Wales
- 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 following Notice of Election from our electoral administrators, Electoral Reform Services on Wednesday 28th January 2015 by calling 020 8889 9203 or by emailing john.box@electoralreform.co.uk. If you would like any additional information regarding the role please contact the Trust's Membership Office.

Save the Date!

**Annual Members Health Event – Saturday 28th March 2015
10am – 2pm, LHCH Outpatients Department**

Following the popularity of our Members Health Event we plan to hold our third annual event on Saturday 28th March 2015. As with previous years the event will offer the opportunity to have lifestyle assessments and advice, visit our Pulmonary Function Department and go behind the scenes on one of our hospital tours to name a few. Full details of the programme will be published on our website www.lhch.nhs.uk on 1st March 2015. For more information, or if you would like to receive a copy of the programme following publication please contact the Membership Office.

Contact the Membership Office on 0151 600 1410 or email membership.office@lhch.nhs.uk

LHCH consultants lead national masterclass in heart surgery

Cardiac surgeons from across the UK have taken part in a national Masterclass to learn a new surgical technique that could save the lives of their patients who need aortic surgery.

Led by Miss Deborah Harrington and Mr Aung Oo, Consultant Cardiac Surgeons at Liverpool Heart and Chest Hospital, the Masterclass provided a unique opportunity to gain hands-on experience of total aortic arch replacement.

Deborah Harrington, Consultant Cardiac Surgeon said: "It was fantastic to have such an eminent European faculty. We had lively debates and excellent presentations from Professor Roberto Di Bartolomeo and Professor Malakh

Shrestha. I am sure the opportunity to perform such complex surgery will benefit future generations of patients."

The Masterclass, which was funded by national charity Heart Research UK, took place in the Human Anatomy Resource Centre at the University of Liverpool.

The topic of the Masterclass was 'aortic arch surgery' – a specialist area which the majority of heart surgeons rarely come into contact with. It is difficult to train in this type of surgery because the operations are complex and the numbers of patients are small.



Pictured left to right are: Professor Malakh Shrestha, Mr Jorge Mascaro, LHCH's Consultant Cardiac Surgeons, Miss Deborah Harrington, Mr Mark Field and Mr Aung Oo.

The event was the fourth in a series of Masterclasses, aimed to give clinicians the opportunity to learn about the best techniques and the latest treatments so they can be used at their own centres around the UK.

ICMS celebrates collaboration success

LHCH and the Royal Brompton and Harefield NHS Foundation Trust celebrated another successful year of collaboration with their 3rd annual symposium on Tuesday 30th September 2014 at the Royal College of Physicians in London.

Launched in 2010, the Institute of Cardiovascular Medicine and Science (ICMS) aims to improve outcomes for patients with heart disease through ground breaking research, service development and innovative education. The collaboration, which is supported academically by Imperial College London and is the first of its kind in Europe, brings together the expertise of clinicians from these two leading Trusts and international leaders in the field.

The symposium included a range of presentations and interactive sessions from a wide range of specialists and experts involved with the ICMS, focusing on subjects such as Heart Failure, Ischaemic Heart Disease, Aorta and Valves, Arrhythmias and a keynote presentation on Secondary Prevention of ACS.



Dr Stables gave a presentation about perspective and how it influences our opinions. This was the presentation given in Washington DC previously regarding the findings of the HEAT-PPCI trial.



LHCH becomes key partner in vital national research

The Trust is one of the partners in a new and ambitious national project.

The North West Coast was successful in becoming one of the 11 NHS Genomic Medicine Centres that will recruit patients and deliver the £100k Genome Project with NHS England and Genomics England. The centre will be at Liverpool Womens Hospital and LHCH will be one of the key partners involved in this exciting initiative to make better health outcomes a reality for all our patients.

The centres will gather DNA samples to help devise targeted treatments for a wide range of diseases. It will be focusing specifically on cancer and rare genetic diseases.

Staff Noticeboard

Wear pink day resounding success

On Friday 31st October 2014 members of staff supported a cause close to their hearts by supporting Breast Cancer Awareness Day. Teams wore pink and raised some valuable funds for the Breast Cancer Campaign.

Here are a couple of photos from the day – congratulations and well done to all involved!



Coffee morning for a good cause

Well done to our Medical Secretaries team (pictured) who held their own Coffee Morning on 26th September in support of Macmillan.



Martinez christ for LHCH



Two of our LHCH nurses were given a fabulous festive surprise, when Everton boss Roberto Martinez made an unexpected visit to their tour of Goodison Park.

The Evertonian nurses, along with 26 other nurses from hospitals across Merseyside, had been invited to the Club's stadium under the impression that they were representing their respective trusts at a corporate event.

With no idea of the surprise ahead, the group of nurses were taken on a stadium tour by blues legend Graeme Sharp, before being interrupted in the first team dressing room, by the Everton Manager. Roberto Martinez then made the surprise announcement that they were being recognised as Everton's latest Blue Heroes and thanked them for their dedication to patient care.

Martinez said: "It's one of those days that we, as a football club, are so proud to be able to give some good feeling back to many, many special people. What they do on a daily basis is so important and so vital for everyone in the community, for everyone in the city and Merseyside as a whole.

"For us to highlight many Evertonians that are special with their commitment and time on a daily basis and affecting so many families in the right manner and in special times is wonderful. Working in a hospital is a significant time for anyone, it always

mas surprise nurses



Stephanie Wright receives her award.

shocks you when you have to be in a hospital and people like the Blue Heroes that we recognise today make that time different and what they give back is quite unique."

The surprise was the latest in the Club's 'Blue Crimbo' campaign, recognising deserving members of the local community. Each hospital in the region was invited to nominate Evertonian nurses who deserved special recognition.

Joanne Shaw, Assistant Director of Nursing, was recognised for her role in significantly raising awareness of dementia and leading the hospital's ongoing dementia friends training programme, whilst Stephanie Wright, Holly Suite Staff Nurse, was commended for her training figure success for blood transfusion.

Joanne said: "For nursing staff across Merseyside to be recognised in such a special way was wonderful. We were obviously the lucky ones who were nominated and invited along to the event, but we just represented the thousands of other nurses who could also have been put forward for providing outstanding levels of care to patients and families on a daily basis."

Stephanie added: "I didn't have any idea that we were coming to Goodison for such a really big surprise. It was a fabulous experience and meeting Roberto was obviously the highlight!"

LHCH hold first Christmas market

In order to help staff prepare for Christmas and kick start their festive shopping a pre-Christmas market was held for staff on Thursday 13th November.

There were a number of stalls selling items, including:

- glass jewellery
- precious stones jewellery
- woodturning products
- embroidery/upholstery
- button cards
- poetry gifts
- Clinique products and individual Costco membership.

Thank you to all stall holders who attended and to staff who supported the event!



Meet your new Safeguarding Lead

Jo Shaw, Assistant Director of Nursing has now commenced as the Trust's new Safeguarding Lead. If staff have any queries with regards to safeguarding of adults and children please contact Jo by emailing Joanne.Shaw@lhch.nhs.uk or by calling Ext.1857.

Flowers donation to Birch Ward

Patient, Alan Madeley, sent in flowers to say a huge thank you to the staff on Birch Ward who looked after him so well, during his inpatient stay earlier in the year.

The staff were all very touched that a patient should remember them so fondly months after leaving hospital. It's given them all a big morale boost!



Staff Noticeboard

Dry January

The Health Promotion Team here at LHCH is encouraging people to think a bit more about what they are drinking for a healthier start to the New Year.

Throughout December and January, we supported the 'Drop a Dink Size' / 'Go Drier for January' campaigns, which aimed to raise awareness of the number calories in alcoholic drinks, as well as the negative impacts on your health. We also encouraged people to review their current drinking behaviours and to make a serious effort to go dry or drier throughout January 2015.

Drinking fewer units is a great simple way to:

- get healthier
- reduce your risk of serious health problems
- drop a dress or collar size.

The Department of Health (DH) recommended sensible drinking levels are:

Male 3-4 Units per day

Female 2-3 Units per day

Whether male or female you should try to have at least two alcohol free days each week to give your liver a break from alcohol, especially if you have had a heavy drinking session the night before.

Drinking beyond the recommended daily sensible drinking guidelines can gradually affect your health and you may not notice changes until it is too late. People who regularly drink twice the recommended amount will increase their chances of getting a wide range of serious illnesses. For example, you are 13 times more likely to suffer liver disease.

For further information, please visit www.fewerunits.co.uk or www.dryjanuary.org.uk



FACT Did you know the calories in a bottle of wine is the same as a Big Mac burger with medium fries?

Take 5 with the Palliative Care and End of Life Team

1. Tell us what your role is...

Provide individualised appropriate support and symptom control to patients, families and those that matter to them at the end of life (within the last 12 months).

2. Tell us one thing your colleagues don't know about you

We are an open book – what you see is what you get!

3. What are you most proud of?

Dedication and hard work of the team.

4. What's coming up for the team that we can look out for?

New End of Life steering group, new EOL training in preceptorship programme, introduction of Advance Care Planning and therefore, awareness sessions, information leaflets and new documents.

5. For more information who can we call?

Sue Oakes, Clinical Nurse Specialist on Ext.1630 and Tracy Gill, Clinical Nurse Specialist on Ext.1247.



New year, new you

2015 is the year to get active!

Is your new year resolution to get more active? Andy Beaumont, Research Audit and Effectiveness Officer told

Members Matters his inspirational story of how he turned 2014 into a year of running!

"I turned 40 last January and embarked on trying to do a race every month for my birthday year. I had run half a dozen or so races per year since I started running in 2010 and so I thought why couldn't I race all year round too!

It was all going nice and steady until March – and then I did 5 races in 8 weeks, so I started thinking I could try for 24 as this would be a good challenge. Then along came the summer and since June 2014 I've had only one weekend without a race!

On top of these I also get up every Saturday morning and do parkrun <http://www.parkrun.org.uk/> - which is a free weekly timed 5k run.

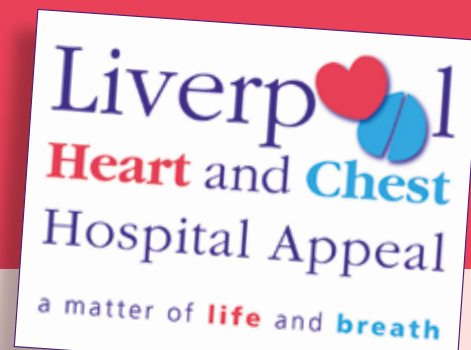
All being well, I plan to complete the Wellcome Tavern 10K in Preston in couple of weeks and after this I will have completed 40 races in 365 days - that will be more races than I have ever run in my life before!

I've met some amazing people, gained some lifelong friends, and seen and ran in every season and all types of weather. Running truly is an all year round activity and best of all - it's free! All you need is a pair of trainers, pair of shorts and a t-shirt and your good to go."



Andy Beaumont (right) pictured with colleague Matt Shaw at a past half marathon event

Great people doing great things



Celebrating 'Festive Friday'

Staff joined forces on Friday 12th December to wear something 'festive' in support of the hospital's appeal. An impressive £700 was raised from kind donations, a raffle and a departmental cake sale. A big thank you to all that took part and supported the day including, all the local organisations that kindly donated raffle prizes and to Neil Marks, Governor – Merseyside



who provided a series of christmas carols at our Festive Friday event.



We are looking forward to next year's event already!

Carolyn's heartfelt birthday gift

Carolyn Stapleton recently celebrated her 45th birthday with a party to remember and raised a remarkable £535 for the LHCH Appeal. Carolyn, who suffered a heart attack in 2010 and has been a patient at the hospital ever since spoke of why she wanted to help the appeal:-



the way I have received professional, emotional and supportive care from everyone I have met and I believe the hospital goes above and beyond. With this in mind I decided to throw myself a birthday party and asked everyone to make a donation to LHCH instead of bringing a present. The night was fantastic and I believe the hospital deserves every penny of this donation."

Thank you Carolyn for your kind donation and sharing your inspirational story!



"After I had a heart attack, I was critically ill. I spent six weeks in LHCH and I attend the heart failure clinic regularly. Over the past five years I have attended clinics, undertaken many tests and procedures and in April 2014 I had an ICD fitted. Every step of



'Iron kids' say thanks

Owen Young and Michael Wadeson were just four years old when they completed an iron man challenge in support of Liverpool Heart and Chest Hospital Appeal.

The energetic cousins, from Ashton in Makerfield, entered the Iron Kids 500m fun run event in Bolton Town Centre, determined to raise valuable funds for the hospital - the largest single site specialist heart and chest hospital in the country - which had provided such excellent care to their granddad, Michael Young, just months earlier.

They raised £841 and recently visited Dr Wright, Consultant Cardiologist to say a special thank you.

Dr Wright "It was wonderful to meet both Owen and Michael - two remarkably generous and determined young iron men! We are very grateful to receive such a kind donation, which will make a huge difference to our ongoing cardiac research programmes."

Kevin's charity concert

Kevin Rearden was 49 when he suffered a massive heart attack and was treated here at LHCH. Kevin was so grateful for the care and treatment from the whole healthcare team that he said he owes his life to them!



As a 'thank you', Kevin organised a fun packed charity evening to raise some valuable funds for the Appeal. Comedian, Stan Boardman hosted the evening and live entertainment was provided by Spinner's Legend Hughie Jones, Dance Company 'Growing Old Disgracefully' and 'Mersey Wave Choir'.

With money still coming in, Kevin has confirmed the night was a success and on behalf of Liverpool Heart and Chest Hospital we would like to say a huge 'Thank You' to Kevin for all of his efforts!

August Amble raises over £1,000 for Appeal

An excellent day was had by the fifty participants, many with their canine companions, at our first 'August Amble' which took a meandering route along the wonderful Whitegate Way in Cheshire.

A warm welcome was extended to both dogs and humans for our half way halt at the Forest Arms where we refuelled for the return journey.

On our return to base we were rewarded for our efforts with a magnificent afternoon tea which we enjoyed whilst sunbathing among the fruit trees and flowers. Delicious

homemade cakes and sandwiches soon replaced all the calories we had lost during the day!

At the time of writing we have raised over £1000 for our appeal, which is a brilliant amount for this first time event. We have kindly been invited to make this an annual event, come along and help us double that figure next August! Our very grateful thanks to Ann and Fred Clarkson and their helpers, who so generously hosted this event, planned the route and fed us so splendidly.

Alan Birchall, Voluntary Appeal Chairman



Concert raises £1,800 in memory of the late Mr Emyr James

A beautiful celebration concert was held on Saturday 18th October 2014 at St Oswald's Church, featuring the Cantorian Sirenian Singers and the Maghull Wind Orchestra in memory of the much loved and respected Mr Emyr James.

The Sirenian Singers organised the concert to raise monies to purchase a Physiotherapy Chair for the hospital which during his time as a patient Emyr had spoken very highly of how such equipment had helped with his recovery.

Sheena Williams, from the Sirenian Singers said

"Emyr James was a most amazing Tenor with an Italian sound that would have given Pavarotti some heart stopping moments! Despite breathing problems, even in the early years of his being a chorister with Cantorian Sirenian Singers, his was a voice to be treasured but, more importantly, he was a man and a Tenor to be treasured - and we did!"

Thank you to Sheena and all involved in holding the concert which raised a very impressive £1,800!



Alan Birchall, Voluntary Chairman of the LHCH Appeal thanks all involved in organising and the audience for attending such a wonderful evening



Ivy's special centenary gift

A special congratulations to Ivy Bradshaw (pictured) on receiving her letter from Her Majesty The Queen in celebration of her 100th birthday.

Thank you to Ivy for also making a kind donation to LHCH Appeal to commemorate this wonderful achievement. Her donation is in memory of her Grandson, Stuart who sadly passed away in January 2010.

Stuart's Zumbathon

In April 2014, Stuart Whiston had major surgery at Liverpool Heart and Chest Hospital.

Stuart said:

"After a 14 hour long procedure, I remained in CCU before being moved to Oak Ward. The nurses & staff were all fantastic and that old scouse wit made my stay quite enjoyable! I am so grateful to all the team and I am also grateful to all the nurses and team who gave such outstanding care - it was second to none."

"As a small token of our appreciation, my wife Amanda who is a Zumba instructor organised a charity Zumbathon on the 17th June 2015. All of her ladies from her classes attended and kindly gave raffle prizes. In total they managed to raise £400 for LHCH which is just a small way of saying 'thank you'.

Contact the Appeal Office

Stuart's epic run from the heart

Stuart Goodwin has completed a staggering eight marathons totalling a massive 111.02 miles all in aid of LHCH where his father was treated back in 1998.

Stuart explained that "my original plan was to run a marathon. That's marathon singular. But I've left it so long, that I felt obliged to up the ante somewhat."

In October 1998, Stuart's father Brian Goodwin sadly died. Stuart said: "Sadly my dad Brian Goodwin,



reached the hospital too late to be saved but my family have never forgotten how much empathy and compassion the staff showed to us. I said at the time I'd run a marathon for them to say thanks, but it seemed only right to do a little more as a nod to how they went the extra mile to look after not just the patient in the bed but the family in the waiting room."

Stuart decided to complete 8 marathons including the 'Sandy 10 mile

race', 'The Milton Keynes Marathon and half marathon', 'The Whipsnade Zoo Stampede'. 'The Guernsey Waterfront Marathon', 'The English Half-Marathon', 'New Ware 10 mile race' and also the 'The Brian Goodwin 10k race in Glasgow' which Stuart said there was no relation to his father, but how could he not enter?

Stuart's wish is the funds raised will enable our hospital's doctors to continue their ground-breaking research into cardiovascular disease. Thank you Stuart!



John's coast to coast challenge

John Woodruff helped to raise valuable

funds for our Appeal this September by taking part in a 'Coast to Coast' cycle challenge which included a 140 mile ride over 2 days, travelling from Whitehaven to Whitley Bay.

After dipping their bikes into the Irish

Sea, John and his fellow cyclists began their 2 day challenge across the country, travelling through areas like The Lake District National Park, Loweswater, Whinlatter Pass, Keswick, Alston, Haltwhistle and Northumbrian National Park.

Travelling along Hadrian's Wall John said 'although the road was straight the Romans neglected to remove the hills so it was very testing on the old legs!'

After circling around Newcastle, John arrived at the finishing point of St Marys Lighthouse in Whitley Bart, where they dipped their wheels into the North Sea to cement their achievement of cycling 140 miles coast to coast across the UK.

Thank you to John and his fellow cyclists for raising valuable monies for our appeal and congratulations on completing such a brilliant personal achievement!



Rugby league star's kind donation

Paul Clough, Rugby League Player has generously presented a cardiac diagnostic machine to Liverpool Heart and Chest Hospital.

The Bradford Bulls prop and former St Helens player, an official ambassador for the 'Have a Heart Foundation', visited the hospital recently to hand over the machine to heart specialists.

Paul was joined by another former St Helens player Tommy Frodsham – a patient at the hospital himself and a keen supporter of the charity.

Mr Aung Oo, Consultant Cardiac Surgeon at the hospital, said: "We intend to make excellent use of this cardiac diagnostic machine which has been presented to us by Have a Heart Foundation – we're so grateful. It will allow us to assess the cardiorespiratory performance of patients and help us identify those with cardiovascular risk factors. First and foremost it means that we will be able to provide better care for our patients. Thank you"

hon Appeal

It is because of these people I have now got a second chance at life and being with my beautiful wife Amanda and four handsome boys Lewis, Laith, Finlay & Rocco. Five if you include our new Rottweiler Diesel!"

Will you 'Go red' in Feb?

Will you support our LHCH Appeal by going red on Friday 6th February 2015 and help us raise valuable funds to improve our patient and family experience?

If you'd like to join us please contact the Appeal Office.

9th Annual




Hope Mountain Hike

**Sunday
26th April
2015**

Join us for a 10 mile sponsored hike in the beautiful surrounds of Hope Mountain in Cymau, near Wrexham, North Wales.
Entry Fee £10.00 to include BBQ and Commemorative Certificate.
To take part or request an information pack please contact LHCH Appeal Office on **0151 600 1409** or contact Ruth on **07803 748686** Visit our website on **www.lhch.nhs.uk**

Liverpool Heart and Chest Hospital Appeal
a matter of life and breath

In association with the Walton Neuro Home from Home Appeal – Charity No. 1050050

Can you help our appeal?

We are not sure what kind of a fundraiser you are – maybe you are sporty, glitzy, a dare devil, workplace or prefer to run an event from your own home. 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



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