

December 2013

members matters

Newsletter for members of Liverpool Heart and Chest Hospital

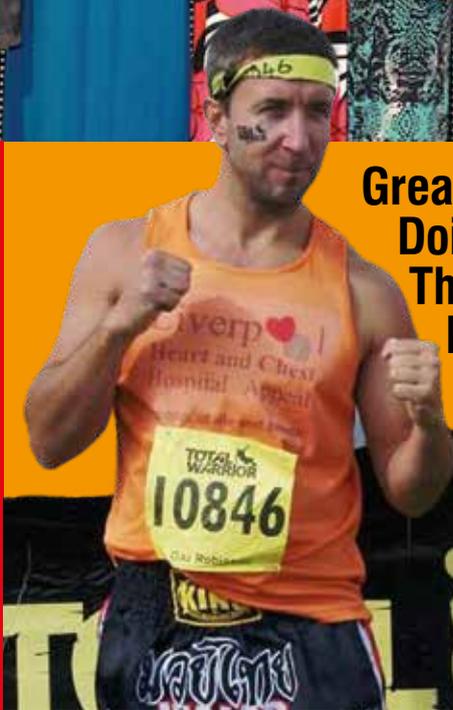
Liverpool Heart and Chest Hospital **NHS**
NHS Foundation Trust



LHCH Award Success Page 3



Jane Tomkinson
commences as new
Chief Executive
See pages 2 & 3



Great People
Doing Great
Things
Pages
6 & 7



Annual
Members
Health Event Page 9





Season's Greetings from the Chairman

It's been another memorable year for us here at Liverpool Heart and Chest Hospital NHS Foundation Trust.

We are again one of the best performing hospitals in the country for Overall Patient Care (Care Quality Commission's National Inpatient Survey). As you will read on page 10 we have also scored very highly in all areas for our annual PLACE Assessment. We have also continued to go from strength to strength in our work to deliver true patient and family centred care. As a Trust we strongly believe in the importance of ensuring family can be involved in the various stages of the patient journey and this is our utmost priority.

Following on from last year's outstanding success, when we were awarded the HSJ Provider of the Year Award, we have continued to enjoy much success in both national and regional awards. Our Knowsley Community COPD team recently won a prestigious award in the Respiratory Care category at the Care Integration Awards, along with being shortlisted for a HSJ Award. We also had three shortlisted teams for the Nursing Times Awards and two finalists for the North West Leadership Awards. All of these awards are a true credit to all our staff and volunteers, who are invaluable and without whom we would be unable to provide such exceptional care for our patients and their families.

Thank you to all our Members and Governors who have attended our member events held over the past twelve months. In February this year we held our first Annual Members Health Event, which proved to be particularly popular. Building on this success we plan to hold our second event on Saturday 15th February 2014. I hope to see as many of you as possible there on the day. You can find out more about this, and our

forthcoming Medicine for Members event on page 9.

In recent months we welcomed Jane Tomkinson as Chief Executive of the Trust. Jane was the outstanding candidate from a strong field of applicants after a rigorous selection process and I am delighted to welcome her to LHCH after a long and successful NHS career to date. I believe her vision, values, experience, and inspirational leadership, will complement an already talented Board of Directors ensuring that we continue to deliver 'Excellent, Compassionate and Safe Care for our patients and their families'.

In addition to this, earlier this year three new Non Executive Directors joined the Board of Directors – Mark, Marion and Lawrence. You can read more about them and why they wanted to take on this role on page 10-11 of this newsletter.

We have received a tremendous amount of support for our charity during the past twelve months and I would like to pay tribute to everyone involved and thank them for their exceptional efforts to raise funds so that we can continually improve patient care at LHCH.

I would like to take this opportunity to wish all our members a very happy festive period and a healthy and prosperous 2014.

Best Wishes
Neil Large
Chairman



INTRO

Jane Tomkinson



How many years have you worked in the NHS?

I started my career in local government way back in 1983 but then moved to work in the NHS in 1990 and have held a number of positions in acute trusts, including Director of Finance at Countess of Chester Hospital NHS Foundation Trust and subsequently being appointed the Trust's Deputy Chief Executive in 2005. Two years later, I was awarded the 'Finance Director of the Year' award by the Healthcare Financial Management Association. In 2011, I moved to NHS North West as Director of Finance, before taking on the NHS North of England lead finance role a year later where I had responsibility for £30bn of health budget, a pretty daunting sum!

How are you feeling about your new role?

I am absolutely thrilled to be joining the country's premier integrated cardiothoracic healthcare organisation. The opportunity to lead a hospital that was named 'Provider of the Year' less than 12 months ago is a real honour and I am looking forward to working with such dedicated and talented healthcare professionals as well as our Governors and Trust Members, to deliver the highest quality of care to our patients. The NHS is entering a very challenging period but I am firmly of the belief that Liverpool Heart and Chest Hospital and

DUCING...

, Chief Executive

Jane Tomkinson joined Liverpool Heart and Chest Hospital as Chief Executive on 8th October 2013. Jane spoke to Members Matters about her thoughts, aspirations and her vision to deliver excellent, compassionate and safe care to every patient, every day.

our services will continue to go from strength to strength.

What are your aspirations for LHCH?

My aspirations are for a thriving centre of excellence providing care within the hospital but also throughout the broader community to really reduce the impact of chest and heart disease for greater numbers of people. I'd like to see us develop further our research and innovation and be recognised as an academic cardiology hub.

What do you think will be our biggest challenge?

Our biggest challenge will be our response to the economic challenges; the NHS must save £30bn by 2021 whilst demand for care is increasing every year. The old ways of cost reduction are not appropriate if we want to deliver the high quality, safe care LHCH is renowned for so we must look for new and innovative ways of delivering and improving care without reducing quality.

What has been the proudest moment of your career so far?

I was very proud to be appointed as CEO to the Trust but a close second was the award of 'Finance Director of the Year'; it was the first time such an award had been given and to be selected from such a talented group of individuals across the UK was very humbling.

LHCH in Award Success

LHCH staff have enjoyed a number of award successes in recent months.

The Trust's Knowsley Community Chronic Obstructive Pulmonary Disease (COPD) team was named the overall winner in the Respiratory Care category at the Care Integration Awards 2013. The awards, organised by the Health Service Journal and Nursing Times, were presented at Grosvenor House, London on Tuesday 9th July at a ceremony attended by more than 1,000 healthcare leaders.

In winning the accolade, our community COPD service was recognised above five other shortlisted healthcare organisations for the work it has been doing to provide a multi-disciplinary care approach for patients that is all in one place.

The Trust was also successfully

shortlisted in three Nursing Times Awards 2013 categories as follows:

- 'Discharging a ventilated patient home from critical care. A preferred place of care at the end of life' in the Emergency and Critical Care category
- 'Patient group directives - avoiding hospital admission' in the Respiratory Nursing category
- 'Continuous glucose monitoring - an innovative approach to cystic fibrosis related diabetes' in the Respiratory Nursing category.

In addition to this, our COPD service was also shortlisted in two Health Service Journal 2013 award categories – primary care and community service redesign, and secondary care service redesign.

The Trust also had a further shortlisted entry in the EHealth (EHI) Awards 2013, along with two finalists in the NHS North West Leadership

Academy Awards. To be recognised in this way is a fantastic achievement for all here at Liverpool Heart and Chest Hospital.



The Cystic Fibrosis team



Right: The ITU team within the Critical Care Unit.

Below: The Knowsley Community COPD team pictured with their award.



Membership News

A day in the life of a Governor...

This is a new feature to give you, our members, a true insight into the role of the Council of Governors. Members Matters asked a number of Governors to provide examples of what they would be doing on a typical day in their role. Here's what they said...

Mike Brereton, Public Governor - Cheshire

"As part of my role as a Governor, I chair the Membership and Communications Sub Committee. This group contains Governors from all the geographical areas covered by the Trust and we usually meet four times a year. It is our responsibility to monitor, maintain and recruit the number of members registered with the Trust against the categories of geographical area, age, gender and ethnicity to achieve representation. Additionally, we also review how we can communicate with the 11,500 members currently linked to the Trust."



given by our local membership and health professionals in setting them up greatly enhanced their success. Many thanks. Our next event is set for April 2014."

David Hicks, Public Governor - Cheshire

"Last February as a member of the Nominations and Remunerations Committee, we interviewed a dozen candidates for three Non Executive Director positions.



It was very interesting to hear the views and experience of the candidates, and their feelings about working at Liverpool Heart and Chest Hospital. The panel made their decisions and all three have now settled into their work and are showing that we made the correct decisions. It is with a feeling of satisfaction that we as Governors are working to support the hospital with Non Executive Directors we respect and trust."

Vera Hornby, Public Governor - Merseyside

"As a member of the Membership and Communications Sub Committee, I often support membership recruitment events and activities. For example, along with my Governor colleagues we recently recruited 120 new members at a recruitment event held at Liverpool John Moores University. The interest in the hospital from students and staff at the university was fantastic and it was a very rewarding experience to be involved."



Roy Griffiths, Public Governor - North Wales

"Since becoming a Governor, I have helped organise five Medicine for Members Events in North Wales and these give greater insight into our hospital. Help



You can hear more about our Governors' experiences in the next edition of Members Matters due to be published in April 2014. In the meantime you can find out who all the Governors are on our website www.lhch.nhs.uk. All Governors can be contacted via the Membership Office on 0151 600 1410 or by emailing membership.office@lhch.nhs.uk

Members Survey 2013

Thank you to all our members for completing the Members Survey 2013. The response was the best yet and has given us an invaluable insight into what we are doing well and importantly, how we can improve. The Trust's Membership Office received an impressive 693 responses – which has given us real clarity in identifying what our members would like to see more of. For example the survey responses highlighted:

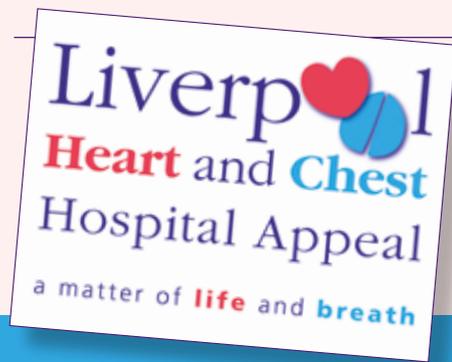
- A big proportion of the members that responded are interested in participating in surveys on a more frequent basis. Therefore, to increase engagement with our membership, the Trust plans to look at increasing the number of surveys to the group of members interested through a 'Membership Panel'.
- Members are keen to see more health and wellbeing events and open days (with behind the scenes visits) in

addition to Medicine for Members events. In response to this we are holding our second Annual Members Health Day in February 2014 along with a programme of our popular Medicine for Members events.

- Disappointingly, only 60% of members are aware of who our Governors are. In response to this a standing feature has been incorporated in this edition of Members Matters to highlight the work of the Governors. This will be continued in all future editions of this newsletter. Full details of the Council of Governors is also available on the Trust website www.lhch.nhs.uk.

Overall the feedback received from the survey was extremely positive. We were delighted to hear 98% of our members would recommend LHCH to friends and family.

Thank you!



Message from Alan Birchall, Voluntary Appeal Chairman

Firstly, I would like to say a huge thank you to everyone involved in surprising me for my 70th birthday on 25th October. Personally, it was a very emotional experience, especially as I thought I was attending a Board meeting! Walking into the conference room and seeing so many people was a moment that I will treasure forever. Thank you all so much.

The official opening of our new research unit last November was an incredibly proud moment for me because I believe that research is our future. Thanks to funds raised through our Appeal the work that our research team are now able to undertake in these new facilities is world class and will save lives not only in this country but worldwide. Thank you to everyone for supporting our Appeal because your efforts are now making a real difference.

It's almost 14 years since I accepted the post of voluntary Appeal Chairman and my admiration for this hospital, and its staff, has never diminished. It's been another great year for our Appeal with great people doing great things for this wonderful hospital so can I please ask you to keep your support going in 2014.

I'd like to finish by wishing everyone a very Merry Christmas and a happy New Year. Good health to you all.

Alan Birchall

*Vince Earl and
Dr Mark Jackson
surprising Alan on
his 70th birthday.*



Thank you Thank you Thank you

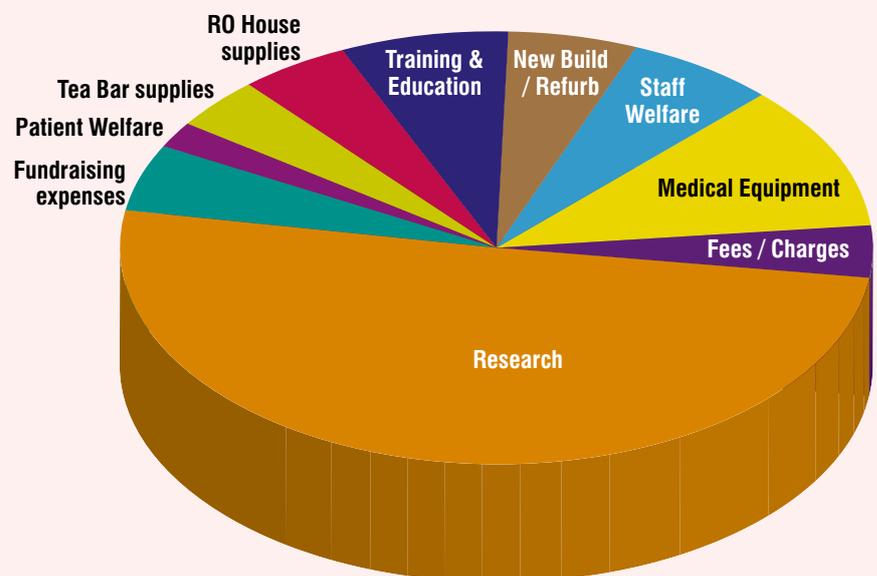


Huge thanks to all our donors. Truthfully, without your support we could not continually improve facilities at Liverpool Heart and Chest Hospital and achieve our vision of excellence for our patients and their families.

The Trust is very fortunate to receive income to our LHCH Appeal through donations from a variety of sources. As our Appeal continues to grow, we have been able to purchase and provide items that are above and beyond that of our NHS funding.

We'd like to share with you how our Trust has spent its charitable funds during the past twelve months and show you how your donations have helped us to make a real difference to patient care at Liverpool Heart and Chest Hospital.

Charitable Funds Expenditure 2012-13



Description	£000s	Change	Description	£000s	Change
Medical Equipment	116	↑	Tea Bar supplies	40	↑
Fees / Charges	42	↑	RO House supplies	50	↑
Research	534	↑	Training & Education	76	↓
Fundraising expenses	53	↓	New Build / Refurb	58	↑
Patient Welfare	22	↑	Staff Welfare	67	↔

Total spend £1,058,000

Staff Welfare costs have remained static. The main expenditure relates to Staff Christmas Party, Staff Awards Evening, Long Service Awards and Physiotherapy.

Thank you to all our supporters, we're humbled by your continued kindness.

Alan Birchall,
Voluntary Chairman LHCH Appeal

Chris Bell,
Head of Corporate Campaigns LHCH Appeal



Great people do

Merci beaucoup!

Heart patient gets back behind the guitar for LHCH Appeal



Kevin Rearden was 49 when he suffered a heart attack and was treated at LHCH – he was so impressed with the care and treatment he received that he decided that he would organise a charity night to raise funds for LHCH Appeal.

Having worked in the music industry, Kevin knew the kind of evening he wanted to provide for the charity night and started preparing for a show with entertainment to suit everyone. And what a show it was.

A packed audience filled Woolton Village Club on Friday 26th July. Guests were entertained with an eclectic mix – from belly dancing to flamenco guitar to music from Spinners legend Hughie Jones who thrilled the crowd with his rendition of "The Leaving of Liverpool".

For the finale, Kevin took to the stage and performed with good friend Caroline Murphy, singing and playing until midnight when it was Kevin's 50th Birthday! Now that's what we call Entertainment!!

Everyone was so gracious and supportive of Kevin's efforts to support our hospital and, whilst he could have been celebrating his 50th birthday elsewhere, he chose to raise £900 for our Appeal and £120.00 for Alder Hey Hospital.

Our grateful thanks from everyone at Liverpool Heart and Chest Hospital.



The 14th of July is a day of celebration in France where many large scale public events are held to celebrate Bastille Day.

However, this year the French did not celebrate alone! In true French style, Diana Begbie decided to celebrate all things French by holding a Bastille Night fundraiser for LHCH Appeal at her beautiful home in Cheshire.

Glorious weather ensured that guests enjoyed the ultimate French summer fete. Relaxing to French music, French food and, of course, French wine the evening and theme had the hallmarks of a great success.

We'd like to take this opportunity to thank everyone who supported this event and

especially Diana because her hard work and efforts raised a superb £1,546.00 for our Appeal which is just *tres bon!*

Diana's support for our hospital continues and she is now organising an event for International Wear Red Day on Friday 7th February 2014. Thank you Diana from all at LHCH.



Kim and Paul's Coast to Coast Challenge

Congratulations to our dynamic duo, Kim and Paul Taylor, who successfully completed Wainwright's Coast to Coast walk in June this year to raise funds for our LHCH Appeal.

The siblings started their adventure at St Bees in Cumbria, dipping their feet in the East Irish Sea before taking on the 200 mile trek up and down peaks and across three national parks (Lake District, Yorkshire Dales and North York Moors).

12 days later, and after walking for up to 24 miles a day with no break days, this wonderful pair reached the North

Sea, arriving at Robin Hood's Bay.

Kim said "it was a difficult but exciting trek for us but we wanted to raise some money for such a great cause and to say thanks for looking after our Dad after he underwent life-saving heart surgery. Even though it was over ten years ago since Dad was a patient at LHCH, we haven't forgotten the fantastic

care he received. This was our way of giving something back".

Our special thanks to Kim and Paul for raising £756.25 for our Appeal and, above all, for taking on this challenge to support our hospital and its patients.



ing great things



Total Warriors: Gaz and Matt “We’re so proud of what we did”

When best friends Gareth Robinson and Matthew Inskip took a weekend break in the beautiful Lake District it wasn't quite the normal weekend break that our readers would expect.

Instead Gaz and Matt became “Total Warriors” and participated in an event that saw them take on a gruelling obstacle challenge that is a test of strength, stamina, mental

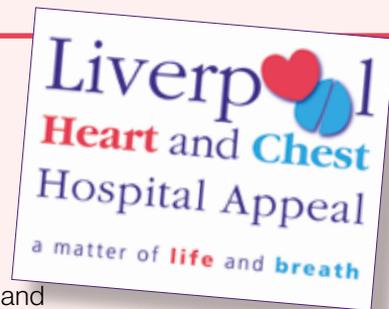
determination and teamwork.

During the weekend of 3rd and 4th August, Gaz and Matt participated in over 25 punishing obstacles through

steep hills, mud, water and fire. Spurred on by family and friends, the boys reached the finishing line after completing Sunday's 10 mile challenge.

Gareth said: “We participated in Total Warrior for LHCH Appeal because the hospital treated our father-in-law Mike and they do amazing work, saving lives every day. We actually enjoyed the event and have been really touched with all the support we have received. We're thrilled that we have been able to raise money to support the development of the minimally invasive surgery that the hospital is now offering.”

Huge thanks to Gaz and Matt for their valiant efforts to support our hospital and for raising £1,111.25 for our Appeal. Congratulations and well done from all at LHCH.



“Do something that makes you feel proud, make a difference and change a life” says heart patient *Becky Morgans*.

My life changed not so long ago when I found out that I have severe aortic regurgitation and mild dilation of aortic root and ascending aorta of the heart.

In the New Year I am due to have open heart surgery at Liverpool Heart and Chest Hospital. For those of you who have ever been to the hospital you will know how lovely all the staff are and how clean the hospital is. Mr Aung Oo is my surgeon and at 22 I am a little afraid but I know that I will be in good hands in this special hospital.

I've considered doing a sponsored event in the past but I don't do running so I set up a JustGiving page to fundraise for LHCH Appeal because I want to make a difference in people's lives.

My target was to raise £1,000 before Christmas and I knew this was going to be a high expectation but I am overwhelmed by the support I have received because, as this article goes to print, already £1,140.00 (plus £238.75 gift aid) has been raised.

Thank you to everyone for their donations and messages of support and special thanks to Little Orme Lions Club, where my grandparents are members, for raising £400.00 from a lion's drive in October.

If anyone donates and helps me then I just want to say thank you so much because it will make a huge difference to those who need it. So please dig deep and donate now through my JustGiving page <http://www.justgiving.com/BeckyMorgans>

Thank you

Becky Morgans



Good Luck to our Appeal Supporters and THANK YOU!

Jenifer Jones-Darlington who ran the Conwy Half Marathon on 24th November 2013 as a thank you to the hospital for taking care of her father.

Toni Harris who is climbing Mount Kilimanjaro in February 2014, in memory of her Grandfather.

Nikki Power who is organising a Valentines Ball in February and is running in the Liverpool Rock n Roll Marathon in May 2014 as a thanks for saving her Dad's life.

If you would like to organise a fundraising event for our Appeal then we'd love to hear from you and offer any help and support we can. Please give us a call on **0151 600 1409** or email christine.bell@lhch.nhs.uk



For the love of Suzanne



Since the tragic death of Suzanne Owen from heart failure in June this year her family, friends and colleagues have all rallied together to raise funds for our Appeal in her memory.

Initially, Suzanne's family donated funds received at her funeral but, as more money kept pouring in from friends and colleagues at Merseyside Police and the B6 Assembly Line at Fords Halewood, the family decided to continue supporting our Appeal and purchased a leaf for Suzanne on our "Tree of Life".

Suzanne's boyfriend Ian was moved when he learnt that his best friend, Rick Vanson, said he would do a sky dive for Suzanne to raise further funds for our Appeal. Lots of supporters turned up at Black Nights Parachute Centre in Lancaster on 28th September to see Rick bravely complete his sky dive. Rick has now raised an amazing £1,677.50 for our Appeal which is fantastic news.

In their grief for this young and beautiful girl, who passed away a week after her 27th birthday, this loving family have managed to raise almost £2,500.00 for our hospital in the hope that their loss will benefit our patients and their families.

Thank you to the endless list of people who have contributed to remember Suzanne with such love and affection and in particular Pamela, Suzanne's Mum, Sister Sarah, Ian and of course Rick Vanson for his gallant sky-dive. Thank you all once again from patients and staff of Liverpool Heart and Chest Hospital.



INTERNATIONAL WEAR RED DAY

FRIDAY
7 FEBRUARY
2014

Please support our Red Dress Campaign. By wearing red on 7th Feb you can help us spread the word that heart disease is no longer a man's disease – it is the biggest killer of women in the UK.

Our Red Dress Campaign is committed to reducing this statistic. We know that the majority of women tend to put their children, family, home and career first before their own needs but we want to remind women that they are important and so is their heart health.

There are lots of ways you can help us on International Wear Red Day. You could:

- organise a 'wear red coffee morning'
- ask your employers if you can have a 'wear red dress down day' and get sponsorship from colleagues
- get together with friends for a red dress lunch
- organise a 'come dine with me' red dress dinner. Ask friends to pay you for what they think the meal is worth
- ask your local hairdressers to wear red so that customers can sponsor their efforts
- just wear something red!

By raising funds you can help us support this very worthwhile cause so that we can improve the lives of women over the age of 18 suffering from heart disease.

Are you in?

If so, we'd love to hear from you. Call Chris on 0151 600 1409 or email christine.bell@lhch.nhs.uk. Or visit our website www.lhch.nhs.uk for more information on Red Dress.



Membership News

Forthcoming Events 2014



Annual Members Health Event

Saturday 15th February 2014, 10am – 2pm at Liverpool Heart and Chest Hospital

Following on from the success of last year's first Annual Members Health Event, we are delighted to invite our members to join us for this exciting free health day within our Outpatients Department.

We are planning for the event to be even bigger and better and is set to include:

- Behind the scenes tours will be available on the day with the chance to view one of our Operating Theatres.
- Health Checks to include a Body Composition Assessment, which entails:
 - Assessment of Body Fat % - reducing body fat has shown to reduce the risk of certain conditions such as high blood pressure, heart disease, diabetes and cancer.
 - Total Body Water % - this is the total amount of fluid in a persons' body expressed as a percentage of total weight.
 - Muscle Mass – indicates the weight of muscle mass in your body.
 - Visceral Fat Rating – this is the fat in the internal abdominal cavity surrounding vital organs of the trunk (abs area).

In addition to this, there will be an opportunity to try a massage or reiki treatments on the day. Please

note that these health checks and treatments are very popular and will be available by appointment only. Appointments can be made from 9am on Monday 20th January by calling 0151 600 1410 or emailing membership.office@lhch.nhs.uk. There will also be:

- Blood Pressure Testing.
- Opportunity to meet with our Smoking Cessation Advisor and Dietitians to receive lifestyle and dietary advice.
- Spirometry and Sleep Apnoea testing along with a sneak peek at the work of our Pulmonary Function team and the range of tests they perform.
- A look at Cardiac Rehabilitation within our Knowsley Community Cardiovascular Service team including the use of the Wii fit to help aid recovery.
- Opportunity to meet the Governors for your relevant constituency.

All members are welcome to come along and join us on the day. Please note that appointments for health checks and massage and reiki treatments must be pre-booked. You can book from Monday 20th January by calling the Membership Office on 0151 600 1410 or by emailing membership.office@lhch.nhs.uk. Don't miss it!

Devices to improve and save your life!

Dr. Jay Wright, Consultant Cardiologist at Liverpool Heart and Chest Hospital will present on the specialist subject of Cardiac



Devices on 9th April 2014, 7.30pm at the Wrexham Medical Institute in Wrexham.

The presentation will be delivered in jargon free terms and will include the following:

- An outline of those patients who should have a pacemaker, ICD or CRT device.
- Explanation of what a device looks and feels like.
- How to live with a device.

Prior to Dr Wright's talk, Erica Longster and Anne Wilson, Arrhythmia Nurses at Wrexham Maelor Hospital will open the evening with a presentation on "Atrial Fibrillation and Stroke Risk for You".

To book your place please contact the Membership Office on 0151 600 1410 or by emailing membership.office@lhch.nhs.uk

Council of Governors Meetings – held in public

- **Monday 3rd March 2014 at 3pm**
- **Monday 2nd June 2014 at 3pm**

Members are welcome to attend the above meetings, which take place at the LHCH Conference Room, Research Unit. Meeting papers are available to download in advance on our website www.lhch.nhs.uk

Earlier this year the Trust welcomed three new Non Executive Directors to join the Board of Directors. Members Matters spoke to Marion Savill, Mark Fuller and Lawrence Cotter to find out a little more about them and what attracted them to Liverpool Heart and Chest Hospital.



Marion Savill

Mark Fuller

Lawrence Cotter

Meet the NEDs

Favourite day of the week?

Marion

I really enjoy Saturdays, when I can combine spending time with my family (I have a husband and three teenage children) with some outdoor activities. In the winter, this is likely to be playing hockey and in the summer it could be a walk, or going to the coast in North Wales.

Mark

Sunday - for me it's the gentler day of the week. I try not to work or play any sport so it's a great day to spend with family or close friends.

Lawrence

Saturday, isn't it everybody's favourite day?

Where did you go to school?

Marion

I went to school in Taunton, in Somerset.

Mark

Stockport Grammar School.

Lawrence

I was brought up in a coal mining village called Merthyr Vale in South Wales. Initially I attended the local village infant school.

I then attended St Mary's RC school in Merthyr Tydfil, and then the valley grammar school.

What is your greatest achievement?

Marion

The achievements that I am most proud of are the ones which have involved overcoming personal fears. For example, like standing up on a tiny platform on the top of a telegraph pole on a high ropes course at one of my sons' birthday parties, despite being terrified of falling from heights.

Mark

Caring for my terminally ill wife.

Lawrence

There's no doubt that my greatest achievement was persuading my girlfriend Jennifer to marry me in 1973, over 40 years ago!

Trust receives top results for care environment

Liverpool Heart and Chest Hospital recently received the results from the PLACE Inspection (Patient Lead Assessment of the Care Environment) which took place earlier in the summer.

We are delighted to announce that the Trust achieved high ratings for each area of the assessment, which covers:

- Cleanliness
- Condition, Appearance & Maintenance
- Privacy, Dignity & Wellbeing
- Food & Hydration

Each of these four areas, which were reviewed by a team comprising patients and patient groups, were assessed as being well above the national average, including a rating of more than 97% for cleanliness and just under 95% for food. These results are a true testament to the hard work and dedication of all our staff and in particular, to our Support Services teams including Hygiene Services, Catering and the Estates Departments.



Professionally, it was probably while the Clinical Dean in Manchester guiding 2000 medical students, educationally and pastorally to successfully qualify as doctors.

Favourite food?

Marion

A perfectly cooked steak.

Mark

Indian.

Lawrence

Favourite food varies, but it's hard to beat a good Sunday roast.

Most people don't know this about me but...

Marion

I loved doing ballet as a child, and have attended some adult classes in recent years.

Mark

I started my career working for Schlumberger testing oil and gas wells in the Far East and Middle East. I was the engineer that tested the Risha gas field in Eastern Jordan in 1987 resulting in the building of a gas powered generating station that still lights the capital, Amman.

Lawrence

I enjoy watching birds.

My favourite holiday destination is...

Marion

Anywhere to ski.

Mark

The Maldives.

Lawrence

My favourite holiday destination fluctuates between France and Anglesey.

One great thing about LHCH is...

Marion

How committed everyone is to providing outstanding patient care. It has a completely different feel to any other hospital that I have been in, starting with the friendly and welcoming attitude of anyone that you talk to. I have heard extremely positive comments from people I know who have been patients in the hospital, and who have experienced fantastic care.

Mark

The people who work here.

Lawrence

The outstanding thing about LHCH is the culture of the organisation, and the fantastic team of wonderful staff who clearly do their level best to ensure "excellent, compassionate and safe care for every patient every day". It is an absolute privilege to work here.

Why have you taken on the role of a Non Executive Director at LHCH?

Marion

I have a longstanding personal motivation to 'give something back' to society, and my first job after I left

university was in the public sector. My career then took a different path, and I spent many years working for investment funds, providing finance to independent businesses and helping them with their strategy and growth plans. When LHCH was looking for a NED with a business background, it really appealed to me that the skills I had acquired in my investment career could be of use to help an organisation which provides a fantastic public service, as it continues to develop to meet future patient needs.

Mark

I have been blessed with a successful career that now continues with a portfolio of interests. I have also gained extended first hand experience of the incredible work the NHS does which has changed my awareness significantly. I would like to give something back. I am prepared to contribute and I believe I have the skills to help LHCH continue to improve on the wonderful work it does. Most importantly I believe LHCH wants to continue to improve on the wonderful work it does. Less easy when you are already good, but always possible!

Lawrence

I have worked in the health service for 40 years and when my time was up as a Consultant Cardiologist and Clinical Dean at Manchester Royal Infirmary, I thought I would like to continue making a contribution. Therefore, I applied for a post as Non-Executive Director here at LHCH.

ICMS celebrates collaboration success

The Institute of Cardiovascular Medicine and Science (ICMS) celebrated another successful year of collaboration between Royal Brompton & Harefield NHS Foundation Trust (RB&HFT) and Liverpool Heart and Chest Hospital with a symposium at the Royal College of Physicians in London, attended by over 150 delegates.

Launched in 2010, the Institute 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 ICMS Executive Committee, theme leads and visiting professors met in the morning to discuss progress and future plans before hosting an afternoon symposium with talks from ICMS Chair of the Board, Professor Dame Carol Black, British Heart Foundation's Medical Director, Professor Peter Weissberg and Director of the Monash Centre of Cardiovascular Research and Education in Therapeutics, Professor Henry Krum.

This year's symposium focused on the clinical research training supported by the ICMS with 11 fellows of the Institute presenting their work throughout the day for a panel of expert

judges.

Dr Rod Stables, Co-Chair of the ICMS Executive Group and Consultant Cardiologist here at LHCH, said: "This was an excellent day. I am particularly grateful to the panel of experts who stimulated discussion, and helped our researchers, with probing questions of a nature and quality that can only be realised from a group of international experts in the field. The meeting was enjoyed by many different staff groups from our two specialist cardiac hospitals and from the National Heart and Lung Institute at Imperial College. Stimulating, educational and enjoyable. I cannot wait for next year."

TURKEY AND CHICKPEA COCONUT CURRY

With Christmas around the corner, this is the ideal recipe for using up any leftover turkey from your Christmas Dinner... and it's healthy too! Any green vegetables such as broccoli, french beans or peas can be added at the end with the turkey.

Serves:
6-8 people
Preparation time:
20 minutes
Cooking time:
1 hour

- Ingredients:**
- 3 tablespoons sunflower oil.
 - 2 onions, peeled and finely chopped.
 - 1.35kg mixed root vegetables such as potatoes or carrots, peeled and cut into small chunks.
 - 2 cloves garlic, peeled and chopped finely.
 - 1 1/2 tablespoons garam masala.
 - 1/2 tablespoon dried chilli flakes or chilli powder.
 - 200ml turkey or chicken stock.
 - 1 x 400g chopped tomatoes.
 - 200g tin chickpeas, drained.
 - 75g dried apricots, halved.
 - 500g cooked turkey meat.
 - 4 tablespoons yoghurt.
 - 2 handfuls fresh coriander leaves.

- Method:**
1. Heat a large saucepan and add the oil, onions and cook, stirring until just browned for approximately 10 minutes. Add the other vegetables and cook over the heat until lightly coloured, for about 5 minutes.
 2. Add the garlic, garam masala, chilli powder and cook for a further 1 minute.
 3. Pour in the stock, coconut milk, chopped tomatoes, chick peas, apricots and bring up to the boil. Turn the heat down, cover and simmer until the vegetables are almost cooked for about 40 minutes.
 4. Add the cooked turkey meat and cook for a further 5 minutes or until the turkey is piping hot.
 5. Turn the heat off, and just before serving add the yoghurt and coriander, serve with plain boiled basmati rice or with any of the accompaniments suggest below.

- Suggested accompaniments:**
- 2 x 400ml cans of coconut milk.
 - Add fresh mint leaves to the onion slices.
 - Mix together the natural yoghurt with sliced cucumber, garlic and chopped mint.
 - Slice bananas and sprinkle with lemon juice and pomegranate seeds.
 - Mango chutney.
 - Poppadoms.



Transparency – Open and Honest Care

LHCH are one of a number of NHS organisations who want to be open and honest with our patients. This is how a modern NHS hospital should be – open and accountable to the public and patients and always driving improvements in care.

As a member of the 'Open and Honest Care: Driving Improvement' Programme, we continue to work with patients and staff to provide open and honest care, and through implementing quality improvements, further reduce the harm that patients sometimes experience when they are in our care. We have made a commitment to publish a set of patient outcomes, patient experience and staff experience measures so that patients and the public can see how we are performing in these areas. Each month we collaborate with other care providers to share what we have learned and to use this information to identify where changes can be made to improve care.

This data can be viewed on our website: <http://www.lhch.nhs.uk/About-Us/Our-Outcomes/>



YES, I want to HELP

Here's my gift to LHCH Appeal

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.

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 RRLK-KSHT-ZLKE

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