

Look who opened our innovative new Oak Ward...



Please see page 3 for the full story

Also inside...

We are HSJ Provider Trust of the Year and see photos of our first Annual Members Health Day on page 9!

LHCH is Awarded 'Provider Trust of the Year'!

Since our last edition of Members Matters, Liverpool Heart and Chest Hospital NHS Foundation Trust (LHCH) was awarded the highly prestigious "Provider Trust of the Year" Award at the 2012 Health Service Journal Awards on the 20th November 2012.

A visit to the Trust by specially appointed judges, followed by a presentation in London by members of the Executive Team, showed just why LHCH was the number one choice in the country as the Provider of the Year.

The Trust was recognised for its:

- Patient experience – putting the patient at the core of everything it does (as evidenced by being voted the top performing hospital for overall patient care 6 years running in the CQC Inpatient Survey).
- Clinical results and outcomes that rival the best in the world.
- Highly innovative, integrated care, working in partnership with other organisations to put specialist services into the heart of local communities.
- A focus on family centred care.
- Enhancing the Healing Environment – a focus on how the environment can assist patient recovery.
- Day Lounge Approach – promoting patient comfort and privacy, before, during and after procedures.
- Patient Shadowing – staff members shadowing a patient pathway to see what we can improve on.

A number of standout initiatives were presented to the judging panel including;

LHCH Chairman, Neil Large, commented:
"On behalf of the Board of Directors at LHCH I would like to thank our

staff, patients, governors, members and other stakeholders who have all contributed to this fantastic achievement. To be recognised as the Provider Trust of the Year is not only a marvellous accolade for us, it's great news for the communities we serve across the North West, North Wales and beyond, knowing that they are receiving the very best treatment and healthcare available to them."

Judges hailed the Trust as:
"An outstanding performer with impressive research and an impressive broad network of committed care in the community".

They added that it was:
"Really reinventing the role of the hospital in the community for the NHS"



New Research Unit officially opens

Friday 7th December saw the official opening of our new Research Unit by Professor Dame Carol Black CBE DBE, Chair of the Institute of Cardiovascular Medicine and Science (ICMS).

Members of staff were joined by guests including Luciana Berger MP, Maria Eagle MP, Appeal Chairman, Alan Birchall, Trust Governors and representatives from local healthcare organisations.

Neil Large, Chairman said at the opening:
"Today is a fantastic day for LHCH. Our new Research Unit will help to ensure we continue to be at the forefront of research in future days to come. The Trust

collaborated with Royal Brompton in 2011 to form ICMS, which is supported academically by Imperial College London. It is therefore a real honour for Dame Carol Black, Chair of this organisation, to join us today and officially open this unit."





Joe Anderson OBE, Mayor of Liverpool visited the Trust on Tuesday 19th March to officially open the Trust's brand new surgical ward.

On his visit the Mayor met with staff and patients on the ward and said the following:

"It is such an honour to be here to officially open the new Oak Ward. From talking to patients around the ward I have heard what a fantastic facility this is. It is a true testament to Liverpool Heart and Chest Hospital and the NHS as a whole."

Official Opening of our Innovative new Oak Ward

Our new Oak Ward opened its doors to the first patient on the 14th February 2013. Oak Ward is the first innovative surgical cardiac ward of its kind in the country and has been designed based on the Trust's aim to provide a Patient and Family Centred Model of Care.

The first patient onto the ward was Roy Blasberry, who had undergone a heart valve procedure. Roy, who was staying in the old Oak Ward prior to his procedure, was thrilled to be on the new ward. He said: "The change is tremendous. This looks and feels like a hotel – it's fantastic. I'm sure that being in such a nice environment will help me recover

quicker". Discussing the facilities Roy explained: "The room is so easy to use and get around – there's lots of space."

This new facility enables family and carers to be involved in the care of their loved ones and provides an environment suitable for family and carers as well as our patients. This allows patients to be supported by the people that matter in their lives, at the time they are needed the most.

The high quality rooms on this ward promote privacy, dignity and comfort and give the impression and feel of being in 5* accommodation. Features in the side rooms include a pull down bed for visitors to stay overnight. Staying in hospital can be

a worrying time for our patients and we have therefore incorporated this feature to enable their loved ones to support them at this difficult time.

In addition to this, the ward also has reclining chairs and a family room so relatives can take time out and relax on the ward. This provides a home from home environment with comfortable seating, a television, computer access and a microwave and vending facilities.



LHCH holds first Annual Members Health Event

On Saturday 2nd February, to fit in with National Heart Month, we held our first Members Health Event. This aimed to give our members the opportunity to receive health checks and lifestyle advice, along with the chance to view some of our state of the art facilities here at Liverpool Heart and Chest Hospital.

Members attending enjoyed the opportunity to find out more about Cardiovascular Disease with a talk from Sharon Faulkner, Cardiac Rehabilitation Facilitator and also attend behind the scenes tours in our Radiology (X-Ray) and Theatre Departments. Members receiving health checks were offered Blood Pressure, Body MOT, Body Fat, Total Body Water, Muscle Mass and Visceral Fat Rating testing.

Other highlights of the day included demonstrations of Wii fit technology for cardiac rehabilitation from our Knowsley Community CVD team, Smoking Cessation and Nutrition and Dietary advice and of course the chance for members to cycle for a smoothie!

Feedback received from members on the day was very positive and included:

"Please accept, and pass on to all concerned our appreciation for such a most enjoyable and informative visit. Everybody, both the staff and the volunteers were so helpful, it was a credit to everyone involved. Very many thanks."

"The talk on Cardiovascular Disease was the best explanation of the subject I have ever heard."

"I found the lifestyle and dietary advice very informative and useful. What an eye-opener!"

Plans are in place to organise a second event so don't forget to complete your copy of our members survey to let us know what you would like to see more of!



Introducing your new Governors

We have recently welcomed **Denis Bennett as Public Governor for North Wales and Neil Marks as Public Governor for Merseyside to the Council of Governors.**

Denis, who resides in West Shore in Llandudno, spoke of becoming a Governor:

"I applied for election as a governor as a sort of payoff, a thank you to the hospital and its staff, without whose skills I would not be here today. I would like to use my modest talents to help ensure that those skills are available and indeed enhanced in the future. Thank you all for the trust you have placed in me to represent you, I assure you all that I will do my very best to live up to that trust."

Professor Neil Marks, who lives in Liverpool stated:

"I have been a patient at the LHCH on a number of occasions and received treatment that was certainly life changing, and probably life-saving. I hope that by serving on the Council of Governors I can help to further the work of the hospital."

Janet Radford has also recently joined the Council of Governors as a Nominated Governor representing Association of Voluntary Organisation in Wrexham (AVOW). Janet is from Wrexham, North Wales. Currently working as Deputy Chief Officer at the Association of Voluntary Organisations in Wrexham she is well-placed to work with voluntary



Denis Bennett



Janet Radford



Neil Marks

and community groups across North Wales. She has over 20 years' experience of working in the voluntary sector in health, social care and environment.

Full details of the Council of Governors can be found on our Trust website by accessing the following direct link – www.lhch.nhs.uk/About-Us/Governors/governors_profiles.aspx. All Governors can be contacted via the Membership Office on 0151 600 1410 or by emailing membership.office@lhch.nhs.uk

International Wear Red Day (IWRD) 2013

The
Red Dress
Campaign

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



Thank you to everyone who wore RED on 1st Feb and for making our International Wear Red Day so successful.

Through this event we were able to highlight the fact that heart disease is the number one killer of women in the U.K., as well as raising valuable funds to help us improve women's heart health across our region.

We were delighted with the response we received this year and in particular special thanks to:

- Archbishop Blanch School, Liverpool
- Babcock International Group, Southport
- Bibby Line Group, Liverpool
- Canter Levin & Berg Solicitors, Liverpool
- Clarins at John Lewis, Liverpool One
- Michael W Halsall Solicitors, Wirral
- Knowsley Community College, Kirkby
- Liverpool Community College
- Staff at LHCH, especially Louise Nee for her scrumptious red velvet cup cakes
- USA Heath Truth Campaign, Washington DC

Our Red Dress Campaign is a wake-up call for women. We want women to be aware of the symptoms of heart disease, be more informed, receive the correct treatment and work towards prevention. For more information on Red Dress please go to our website www.lhch.nhs.

Our 2014 International Wear Red Day will be held on Friday 7th February and we'd love you to join us because we hope to celebrate by holding a Red Dress Ball. Please save the date and spread the word – with your support our Red Dress Campaign can make a real difference.



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

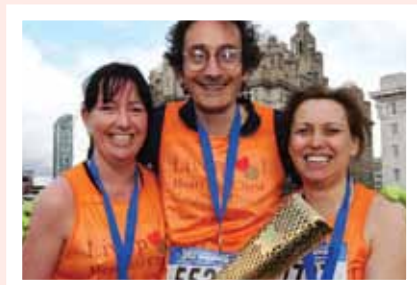


LHCH Team going that extra mile for our patients

A huge thank you to all our staff and supporters who ran in this year's Liverpool Half Marathon and raised funds to support our Appeal.

There was a great turnout for our hospital and the LHCH team were vibrant, creating a great atmosphere, even though it was a bitterly cold morning.

Following the race, family and friends of the runners congregated to the Matou Restaurant at the Pier Head to celebrate their achievements and St. Patrick's Day!



My marathon run for dad

Eamonn Touhey, 20, hails from Formby and is currently studying Sports Physiotherapy at University.

Fit and in good health, Eamonn, decided to run the Liverpool Marathon for Liverpool Heart and Chest Hospital Appeal after his father had undergone major oesophageal surgery on 24th January 2012 at this specialist heart and chest hospital.

Little did he realise at the time but reaching the finishing line of the Marathon would be one of the most poignant moments of Eamonn's life.

Eamonn Snr. was critically ill and following his operation which was carried out by Consultant Cardiothoracic Surgeon, Mr Richard Page, no one could deny that the following months weren't going to be plain sailing for all the Touhey family. But they had faith and their strong Irish heritage gave them the strength to combat whatever came their way.

Running the Marathon was much tougher than expected but the cheering

crowds along the route undoubtedly spurred him on. The finishing line was in sight but Eamonn could not believe his eyes. His father, above all odds, was standing at the finishing line waiting to greet him.

Eamonn had raised over £1,000 in sponsorship for the Liverpool Heart and Chest Hospital Appeal and arrangements were made to call into the hospital before Christmas to present his gift to Mr Page and Christine Bell, Head of Corporate Campaigns.

Arrangements were postponed as sadly, Eamonn Snr. lost his battle with cancer. He died peacefully at Woodlands Hospice on 24th December 2012 aged 54 years.

Incredibly, when Eamonn Touhey and his Mother Violet visited Liverpool Heart and Chest Hospital to personally deliver their sponsorship monies, little did they realise that it was the 24th January 2013, exactly a year ago to the day that Eamonn Snr. underwent his surgery.



Mr Richard Page with Eamonn Touhey

Our thanks to Eamonn and his family who have promised to continue supporting our Appeal.

Eamonn joined the Liverpool Heart and Chest Hospital's team to run the Liverpool Half Marathon on Sunday 17th March 2013 (St. Patrick's Day). Every step he took was devoted to his father's memory raising a further £880.00 for our hospital.

Valentine charity cake sale



The St Helens Branch of NatWest Bank chose to support the Liverpool Heart and Chest Hospital on Valentine's Day by holding a cake sale raising a fantastic £335. The bank has also agreed to match fund this donation with a further £250 which is great news for our Appeal.



Colette Barrett, NatWest Manager, said "Raising money for charities like this is very much the heart that links us with the community. Several staff working at the Branch have experience of the excellent care their loved ones have received at the hospital and so it was a genuine pleasure to support this very worthwhile cause."

On behalf of patients and staff at LHCH we'd like to thank everyone involved in this event and especially for the heartening way in which staff and customers took part. Thank you all once again.



Allan's get together raises £700 in just 4 hours!

Last May Allan Greaves suffered a heart attack and had to undergo heart bypass surgery here at LHCH. Unfortunately Allan's condition wasn't good and he spent 3 months in LHCH mostly in the Critical Care Unit and Maple Suite. During this time Allan did not speak for over 2½ months and according to Allan's granddaughter Amy "the staff at LHCH went above and beyond – nothing was too much trouble and we were so impressed with the care he received"

When Allan was finally discharged and given the all clear for Christmas the family were so relieved and thrilled that they decided to organise a 'Get Together' with family and friends to raise money for the hospital.

In the family's own words "we wanted to give something back to LHCH because LHCH had given us Allan back."

Over 100 people attended the afternoon event, which was held at the Sacred Heart in Moreton, and the surprise look on Allan's face said it all. "Honestly it was amazing. I could not believe how many people turned up in the afternoon - it blew my mind away."

Grateful thanks to the many people who supported this event by donating money, prizes and gifts to raffle. The family were able to raise £700 for our hospital's Appeal in just 4 hours! Special thanks to Sacred Heart's Manager, Kevin who did not charge them for the venue.



'Big Hearted' local community get together for LHCH Appeal



In January this year Margaret Taylor and Isabella Critchley visited LHCH to personally present our Appeal with their donation of £110 in memory of their neighbour and much loved friend, Doreen Croall. Since then, the swell of support received from Margaret, Isabella and the residents of Vienna Court in Old Swan has been nothing short of amazing.

Margaret and Isabella decided that they would start to raise money for our hospital by organising a weekly get together for their neighbours.

Their Wednesday afternoon tea party has become so popular that they have now extended their fundraising activities and introduced a bingo session which is excellent news as their support for our Appeal is ongoing.

Huge thanks to everyone at Vienna Court and especially Margaret and Isabella for raising a further £300.



Kids@Heart

Karen Dunning has the word 'charity' running through her veins. This extraordinary fundraiser helps so many charities that it is hard to keep up with her. Supporting her local church, swimming for Marie Curie, working at a hospice in Halton, helping the homeless – you name it and Karen has either done it or is about to do it!! Karen has lost family members to heart disease, so when her best friend Rena's husband Dennis was undergoing heart surgery at LHCH, she immediately wanted to help our Appeal.

Karen has always taught her sons Ruben (6) and Izaak (4) to be kind and help others and so she asked them to arrange a fundraiser for our Appeal. With Mum's help they decided to hold an afternoon party at their home. The boys started right away and drew hearts on their flyers to give to friends, family, neighbours (and anyone else they could think of) to invite them to their heart party.

At the party, the family sold hot dogs, tea cakes, soft drinks and bags of sweets for 50p that the boys had made themselves. Lots and lots of people came to their party donating money to the Appeal, buying raffle tickets for the tombola, had their hair braided but one of the most popular items of the day was the chocolate fountain. Altogether £502.48 was raised from this event which is incredible.

Special thanks to Karen, her niece Georgia, friend Shafika, husband Lee and everyone else who took part. Above all, thank you to Ruben and Izaak for supporting our hospital. We are very proud of you both.

Thank you.



Southport Old Links Golf Course supports LHCH Appeal in 2012

2012 was indeed a year of celebration and good-will across the country as we marked the Queen's Jubilee and hosted the Olympic Games.

Nearer to home there was also a lot of celebration and good-will, courtesy of Southport Old Links Golf Course, who spent 2012 raising funds for our hospital's Appeal.

Sonya King, 2012 Lady Captain, chose our Appeal as her charity of the year as a tribute to her brother Malcolm who sadly passed away from heart complications at Leeds General Infirmary following a lengthy period of treatment.

Sylvia and the kind hearted people involved at the Golf Club, organised lots of events and raffles during the year including a sponsored run around the Golf Course by Captains and Juniors, coffee mornings, Valentine's Day, a garden party to celebrate the Jubilee and a cake sale to mark the Olympic Games - each cake decorated with different flags from participating countries. £300.00 was raised very quickly filling jars with 5p coins!



In happier times, Sonya pictured with her late brother Malcolm King

A magnificent £1,400 was presented to Chris Bell, Head of Corporate Campaigns, at Southport Old Links Golf Club in January. Chris said "It was a privilege to meet so many of the kind-hearted members of the Club today who had supported Sonya's fundraising efforts throughout 2012. This is a marvellous gift to our hospital that we will use to continue improving the patient and family experience at Liverpool Heart and Chest Hospital.

Extra special thanks to Sonya who triumphed through adversity after losing Malcolm, to raise funds and awareness locally for our hospital. Keeping her motivated throughout 2012 was Malcolm's favourite saying which was "better to wear out than rust out"

Forthcoming Meetings and Events

Medicine for members event

'Sleep Apnoea'

On Tuesday 18th June at 2pm with Dot Price and Jenny Furlong, Senior Chief Clinical Physiologists, at the Sycamore Room, Heath Conference Centre, The Heath Business & Technical Park, Runcorn WA7 4NH.

Obstructive sleep apnoea (OSA) is a condition that causes interrupted breathing during sleep.

It is a relatively common condition that affects more men than women. In the UK, it is estimated that around 4% of middle-aged men and 2% of middle-aged women have OSA, which is often associated with being overweight. Symptoms of sleep apnoea include loud snoring and repeated interruptions to sleep caused by OSA can also make the person feel very tired during the day. A person with OSA will usually have no memory of breathlessness, so they are often unaware that they are not getting a proper night's sleep.

During the talk Dot and Jenny, who run a sleep apnoea clinic here at Liverpool Heart and Chest Hospital will discuss, in lay person's terms, the condition and the risks associated with it, along with the treatment currently available. There will also be an opportunity for members of the audience to ask any questions they may have regarding this subject. In addition to this there will be a CPAP machine and masks at the event to provide attendees with a demonstration of this form of treatment.

All members, their friends and families are invited to attend this free health awareness event which promises to be both informative and interesting. To book your place please contact the Membership Office on **0151 600 1410** or by emailing membership.office@lhch.nhs.uk.



Meetings of the Council of Governors 2013

Members are welcome to attend Council of Governors meetings held in public as follows:

3rd June 2013 at 3:00 pm

2nd October 2013 at 1:00 pm, followed by the Annual Members Meeting at 4:30pm

2nd December 2013 at 3:00 pm

All meetings take place in the LHCH Conference Room, located in our Research Department. Copies of meeting documents will be available to download from our website www.lhch.nhs.uk

Board of Directors Meetings

Public meetings of the Board of Directors are held regularly. This means members of the public are welcome to attend and observe the meetings. Members of the public wishing to attend the meetings can find copies of the agenda on the website five days before the date of the board meeting. From time to time, the Board of Directors may need to consider agenda items which are confidential and cannot be discussed in public. If this is the case, a private session will be held, from which the public will be excluded.

The Board of Directors' meeting dates for 2013 are:

28th May at 9.30am

30th July at 9.30am

7th October at 9.30am

26th November at 9.30am

If you would like to attend, please register your interest as places are limited by 4pm the day before the Board meeting by contacting Louise Nee on **0151 600 1249** or louise.nee@lhch.nhs.uk to register your attendance.

Have your say with our Members Survey

Have your say about the services we provide and, make the most of your membership with Liverpool Heart and Chest Hospital, by completing our Members Survey.

Our survey provides you with the opportunity to share your views – whether you have been a patient, family member, carer or visitor here at Liverpool Heart and Chest Hospital.

We also want to hear from you on how we can help you make the most of your membership – if there is

something you would like to see more of then please let us know!

You can make a difference today by completing the enclosed survey or by filling out the online survey which can be accessed via our website

www.lhch.nhs.uk/About-Us/membership.aspx

Watch out for feedback on the responses received in the next edition of Members Matters.

Thank you!

Patient and family engagement events

At LHCH, we hold several events each year where we invite patients and families to share their experiences of the hospital visit / stay with us. From these events, we identify any themes relating to a great experience and those that require further work. We also hold events to gain feedback on different areas of improvement work that we have ongoing in the hospital.

There are four domains of Patient and Family Centred Care:

- 1 **Dignity and respect:** by actively listening and honouring patient and family perspectives and choices.
- 2 **Information sharing:** ensuring the information we share can support the patient and family following discharge from home, in ways that are affirming and useful to them.



3 **Participation:** developing the Care Partner Programme and including families in shared decision-making.

4 **Collaboration:** working together with patients and families to look at policy and programme development, implementation and evaluation, as well as the delivery of care across all wards and departments.

Why we engage patients and their families

- Patients and their families are experts by experience.
- They are critical friends of the hospital.
- We reach out to them in their local community.

- We genuinely want to know about their experience at LHCH.
- Achieving the same goals with patients and their families.

Central to the work of LHCH's Patient and Family experience Vision is the delivery and design of health services around the needs of patients and their families. The feedback received influences and informs our strategies and organisational policies such as our estates design protocols, safe from harm strategy and volunteer policy. We achieve this through meaningful involvement of patients and families at engagement events at corporate and directorate level.

Who is your Employee of the Month?

The Trust runs a monthly 'Purple Star' Employee of the Month Scheme which aims to recognise members of our LHCH team that go 'above and beyond' in their roles.

Every month a member of staff will be chosen from the nominations received and will receive an award and £200 worth of vouchers. More importantly their achievement will also feature in our staff newsletter and intranet along with all of the other staff who are nominated.

We also welcome nominations from patients and their family members. If you have had a recent experience here at Liverpool Heart and Chest Hospital and would like to nominate a member of staff that left a lasting impression then please recognise their hard work and dedication by completing a nomination form.

You can nominate online via the following link:

www.lhch.nhs.uk/Patients-and-Relatives/psftest.aspx or contact the Membership Office on 0151 600 1410 or by emailing membership.office@lhch.nhs.uk who will arrange to send you a form.



Nicola Best, Infection Prevention and Control Nurse Specialist awarded with the March Purple Star Award

Share your experience & vote for your LHCH Employee of the Month



Showcasing our Patient and Family Centred Care



On Tuesday 23rd April the Trust hosted a major conference examining the increasing importance of Patient and Family Centred Care in today's NHS.

The conference, was organised by Liverpool Heart and Chest Hospital in association with the US-based Institute for Patient and Family Centered Care, and brought together Directors of Nursing, Deputy Directors of Nursing, Medical Directors, senior nurses and others involved in improving the patient experience.

After being named Provider Trust of the Year in the Health Service Journal Awards 2012 for this pioneering new approach, judges commented that Liverpool Heart and Chest Hospital was "really reinventing the role of the hospital in the community for the NHS".



The conference provided first hand accounts from patients, families and leading figures within the sector including Beverley H Johnson, President and Chief Executive Officer of the Institute for Patient and Family Centered Care, Maryland, USA and Jane Cummings, Chief Nursing

Officer, England, UK. Also speaking were Dr. Glenn Russell, Medical Director and Sue Pemberton, Director of Nursing who discussed the work undertaken at Liverpool Heart and Chest Hospital and how patients have benefited from this innovative, new approach.

Our Plans for a New and Improved Day Ward

Building work has now commenced for the redevelopment of our new Day Ward facility.

Day Ward will be moving to a new, larger, location (next to the Cath Labs) and will become a new Medical Day Case and Diagnostic Treatment Suite. This new facility will promote patient comfort and privacy, before, during and after procedures. It will be a quiet and calm area which supports patient independence and reduces the need for clinical observations.

The lounge will provide the perfect healing environment for patients who will be able to wear specially designed lounge suits or their own clothes instead of changing into and out of hospital gowns.

The area will have comfortable furnishings, décor and lighting, as well as refreshments and entertainment for patients in a non-clinical environment.

At LHCH families are encouraged to be partners in care and a dedicated Family and Quiet Room will be created for patients' families and friends to use whilst the patient's procedure is taking place.

It is expected the new Day Ward facility will be completed towards the end of the year.



Day Ward Reception Area



Day Ward Lounge Area

Introducing the Friends and Family Test

How likely are you to recommend this ward to friends and family if they needed similar care or treatment?

This is the question our patients are now being asked through the new Friends and Family Test. The test, which was introduced on the 1st April, is an important opportunity for patients to provide feedback on the care and treatment they receive and to improve services.

This means every patient being discharged from this hospital will be able to give feedback on the quality of the care they receive.

A net promoter score is used to determine the likelihood of patients to recommend the hospital to friends and family. LHCH has historically asked a similar question over

the last few years, therefore we will be working on building on our reputation of providing excellent services.

We will publish our results through our website on a monthly basis and the results from the Friends and Family Test will also be available through NHS Choices from July 2013.

If you have been a patient and would like to share your views please visit the Liverpool Heart and Chest Hospital page on NHS Choices via the following link www.nhs.uk



The Friends & Family Test

Part of the NHS Patient Revolution

How to make... a healthy smoothie!

A healthy diet is an important part of keeping your heart. Changing your diet and trying to get the balance right may help reduce cholesterol levels, prevent excessive blood clotting and lower blood pressure, reducing your risk of heart disease and strokes.

Protect yourself by;

- Eating plenty of fruit and vegetables (aim for at least 5 portions per day)
- Remember a portion is whatever fits into your hand e.g. an apple, 2 plums, 3 heaped tablespoons of veg.
- Eating plenty of fibre foods
- Cut down on salt (no more than 6g per day)
- Cut down on fats and choose unsaturated fats instead of saturates
- Choose lean meats and low fat dairy products
- Oily fish 2-4 portions (max) per week e.g. salmon, mackerel, trout, herring, sardines, pilchards (women who may have a baby should stick to 2 portions)
- Cut down on sugar and try to maintain a healthy weight

While most smoothies are packed with vitamins, since their ingredients are usually fruits and vegetables, there are some healthy smoothies that are healthier and richer in vitamins than others.

The recipe (right) has been

Ingredients:

- 1/2 cup blueberries
- 1/2 cup strawberries
- 1/2 cup blackberries
- 1 medium carrot
- 1 cup low-fat milk
- 1 cup pomegranate (cranberry is an okay substitute)
- 2 cups ice crushed

Blend together and there is your smoothie!

Recipe easily makes 2 servings

recommended by our Service Improvement Team who have recently held a series of awareness raising activities to emphasize the importance of good nutrition and hydration, during national Nutrition and Hydration week. Enjoy!

LHCH Appeal Donor Form

I would like to support the Liverpool Heart and Chest Hospital Appeal

TAX PAYERS - PLEASE REMEMBER TO ☒ WHEN YOU GIVE *giftaid it*

Please gift aid all donations I make from the date of this declaration until I notify you otherwise.

For every pound you give us, we get an extra 28 pence from the Inland Revenue. It doesn't cost you a penny.

To qualify for Gift Aid, what you pay in UK income tax or capital gains tax must at least equal the tax that the Liverpool Heart and Chest Hospital Appeal will reclaim on your donations in the tax year.

Please accept my donation of £

Please treat this as a 'Gift Aid' donation ☐

Cheques should be made payable to 'Liverpool Heart and Chest Hospital Appeal' or credit card details can be given below:

<input type="checkbox"/> Mastercard <input type="checkbox"/> Visa <input type="checkbox"/> Maestro	
Name <input type="text"/>	
Address <input type="text"/>	
Post Code <input type="text"/>	
Tel No. <input type="text"/>	
Email <input type="text"/>	
Card No: <input type="text"/> / <input type="text"/> / <input type="text"/> / <input type="text"/>	
Issue Date <input type="text"/> / <input type="text"/> / <input type="text"/>	Expiry Date: <input type="text"/> / <input type="text"/> / <input type="text"/>
Issue No: <input type="text"/>	Security Code: <input type="text"/>
Signature <input type="text"/>	

Please return to: Liverpool Heart and Chest Hospital Appeal
Liverpool Heart and Chest Hospital NHS Foundation Trust
Thomas Drive, Liverpool L14 3PE
Charity number 1052813