



‘Operation Midnight’ Success At Elmhurst

Also in this issue:

- **Compassion Celebrated At New Festive Awards (pictured)**
- **Hospital Launches New Surgery For Cataract Patients**
- **Tips To Keep Safe, Fit And Healthy This Winter**
- **Public Invited To Celebrate Trust Staff**



Not sure
what to do?

Go straight to

Call or go online

111

111.nhs.uk

HELP US
HELP YOU

KNOW WHAT TO DO

welcome to all.together

Welcome to issue fifteen of All Together, our newsletter designed to keep you updated with the latest news and activities of Mid Cheshire Hospitals NHS Foundation Trust, the organisation behind Leighton Hospital in Crewe, Victoria Infirmary in Northwich and Elmhurst Intermediate Care Centre in Winsford.

It's no secret that the winter brings with it additional pressures on the NHS. What isn't widely known is the work that goes on behind the scenes to prepare for the colder months and ensure we continue to provide safe and effective care.

Part of this is promoting how you can 'Help Us Help You'. Did you know, for example, that NHS 111 is now online? The service, available at 111.nhs.uk, provides you with a convenient way to get the right help or advice when you need it. NHS 111 can be accessed through your smartphone, laptop or computer and takes you through questions about your symptoms to receive tailored advice on what to do next and where to go.

For those who don't have online access, you can simply call 111. Local pharmacists can also provide confidential advice and treatment for a range of common illnesses and complaints without the need to wait for a GP appointment. For further information on staying well this winter turn to page 4.

In the midst of all of the winter planning and pressures, it's easy to lose sight of the incredible work that takes place every day in our local hospitals and out in the community. It's for this reason that, in December, we held our first ever Christmas Compassion Awards.

We are proud to be part of a workforce that shows compassion on a daily basis, but it's a quality that is hard to measure and that is often not recognised. Our compassion awards were therefore a perfect opportunity to offer a number of staff a quick break from their busy roles and say thank you for how they treat others. You can find out more, including why it was such a surprising event for those shortlisted, by turning to page 6.

As you read through this edition of All Together you will see that we regularly recognise teams and individuals for going above and beyond. On page 7 you can find out who our latest Employee and Team of the Month winners are, and on page 8 you can read about our Public Choice Award, something that we run every year as part of our Trust-wide Celebration of Achievement Awards. If you believe a member of staff or team should be celebrated for their innovation, determination or simply for providing you with excellent care, please consider submitting a nomination.

In this edition we are also pleased to continue our 'day in the life' series. This feature introduces you to different Trust staff and gives you a snapshot of what they do in a typical day.

This time we are pleased to tell you all about members of our JET Library service, which is provided in partnership with the University of Chester and supports our colleagues to improve services,



develop their careers and look after patients better.

This is just a small sample of the articles included in this newsletter. Elsewhere, we have all of our regular features so that you can keep up-to-date with our charity's activities, the work of our volunteers, and the Members' events that you are welcome to attend.

We hope you enjoy the articles and finding out more about your local hospitals and would be happy to hear from you if you have any suggestions or ideas of your own. If so, please email them to all.together@mcht.nhs.uk.

If you wish to view previous editions of this newsletter you can download them from our website - www.mcht.nhs.uk/AllTogether.

Best regards,

Dennis

Dennis Dunn
Chairman

Tracy

Tracy Bullock
Chief Executive

Keep Safe, Fit And Healthy During The Cold Cheshire Weather

Cold weather can cause treacherous conditions underfoot, which can lead to dangerous slips, trips and falls for the frail or elderly. Cold, damp conditions can also leave people with long-term conditions – such as respiratory problems - more vulnerable to winter illnesses.

To help you 'stay well this winter', our partners at NHS South Cheshire Clinical Commissioning Group (CCG) and NHS Vale Royal CCG have put together some top tips:

- **Keep your home warm:** if you have reduced mobility, are 65 or over or have a health condition such as heart or lung disease, you should heat your home to at least 18C. If you're under 65, healthy and active, you can safely have your house cooler than 18C if you're comfortable.
- **Eat well this winter:** food is a vital source of energy that helps keep your body warm. Try to make sure you have hot meals and drinks regularly throughout the day and keep active in the home if you can.
- **Stay active:** if you can stay active, even moderate exercise can bring health benefits. If possible, try not to sit still for more than an hour or so.
- **Wear lots of thin layers:** clothes made from cotton, wool or fleecy fibres are particularly good and help to maintain body heat. Wear shoes with a good grip to prevent slips and falls when walking outside. If possible, stay inside during a cold period if you have heart or respiratory problems.
- **Help your neighbours:** check on older neighbours to make sure they're safe and well. Make sure they're warm enough, especially at night, and have stocks of food and medicines so they don't need to go out during very cold weather.

If you're worried about a relative or an elderly neighbour, contact your local council or ring the Age UK helpline on **0800 00 99 66**.

In addition to injuries from slips and falls, colds and flu also affect a lot of people in winter. Make sure you wash your hands often and get your flu jab to avoid getting sick.

Dr Sinead Clarke, GP and Clinical Director at the CCGs, said: "If you do pick up a cold or a minor injury this winter, there are steps you can take before having to wait for an appointment or in a waiting room which you may not need.

"Give self care a go - this is all about you knowing what to do to help develop, protect, maintain and improve our health, wellbeing and wellness.

"A well-stocked medicine cabinet and first aid kit will help you tackle minor illnesses and injuries as soon as they develop.

"Your local pharmacist can also give you loads of health advice, as is the NHS 111 phone line for when you need urgent but not emergency health advice."

Pictured: Leighton Hospital's Treatment Centre during the recent snowy weather



'Help Us Help You' Stay Well This Winter

Cold weather can be seriously bad for your health. That's why it's important to look after yourself, especially during the winter. If you start to feel unwell, even if it's a cough or a cold, don't wait until it gets more serious ...

- Pharmacists are experts in many aspects of healthcare and can offer advice on a wide range of long-term conditions and common illnesses (such as coughs, colds and stomach upsets). You don't need an appointment, and many have private consultation areas so they are a great first option. Your pharmacist will say if you need further medical attention.

- If you're not sure which NHS service you need, you can call 111 at any time to get free, confidential advice. An adviser will ask questions to assess your symptoms and then provide the advice you need or direct you to the best service for you in your area. This can include connecting you to a nurse, emergency dentist or even a GP. NHS 111 advisers can also assess if you need an ambulance and send one immediately if necessary.

- NHS 111 is now also available online. Those who visit **111.nhs.uk** will be asked questions about any symptoms they are experienced and receive fast and free advice on where and when to get help. The service is available on any device with an internet connection and is another way to get support if you need medical help but are unsure where to go.



Hospital Launches New Surgery For Cataract Patients

Leighton Hospital has introduced pioneering surgery that allows patients with cataracts in both eyes to have them operated on at the same time.

Traditionally, patients with bilateral cataracts have surgery on one eye before returning to hospital a number of weeks later for their second eye to be operated on.

A number of those patients now have the option of Immediate Sequential Bilateral Cataract Surgery (ISBCS) at Leighton Hospital, which involves operating on both cataracts during the same hospital visit.

The procedure is most commonly carried out as day surgery under local anaesthetic, meaning that patients can also expect to go home the same day.

Mr Dan Nguyen, Consultant Ophthalmic Surgeon and Clinical Lead for Ophthalmology at Mid Cheshire Hospitals, said: "We're pleased to be able to offer Immediate Sequential Bilateral Cataract Surgery to suitable patients in the local area.

"Having both cataracts operated on at the same time has a number of benefits for the patient, including the

quicker restoration of visual function and fewer hospital visits. It also means they have just one period of recovery."

All patients who are due to have cataract surgery at Leighton Hospital attend a pre-operative appointment where it's highlighted to them if ISBCS is a potential option.

Mr Nguyen added: "Not all patients are eligible for ISBCS. Those who are potentially suitable are at their consultation given a full explanation of their options so that they can make an informed decision."

A sight test can detect early signs of conditions such as glaucoma, which can be treated if found soon enough. Other health conditions such as diabetes or high blood pressure may also be detected during a test.

Pictured (left to right): Dan Nguyen, Consultant Ophthalmic Surgeon and Clinical Lead for Ophthalmology, and Alan Hubbard, Consultant Ophthalmologist

Did you know that the Trust has values and behaviours that have been developed through engagement with teams from across the organisation, as well as the wider community, and that all staff are expected to embed into everything they do? Our values can be found below.

Our Values



Putting Patients First



Commitment to Quality & Safety



Respect, Dignity & Compassion



Listening, Learning & Leading



Creating the Best Outcomes Together



Everyone Matters

Compassion Celebrated At New Festive Awards

Sixty staff from across Mid Cheshire Hospitals have been recognised for their compassion following the launch of a new awards event.

The Trust's first ever Christmas Compassion Awards, which took place in December, was set up to recognise members of staff for being kind, going the extra mile and for treating people how they would like to be treated.

Julie Tunney, Director of Nursing and Quality, opened the Christmas-themed event and spoke to those in attendance about the importance of compassion. She then joined Geoffrey Appleton, Chair of the Safeguarding Adults Board in Cheshire West and Chester, to hand out the awards.

Julie said: "Our nursing, midwifery and care staff embed something known as the '6Cs' into everything they do. These are care, compassion, competence, communication, courage and commitment.

"Each of these Cs is just as important as the other, but compassion is one that is difficult for us to measure. The Compassion Awards were therefore introduced to celebrate just some of our talented and dedicated staff who show compassion in their day-to-day work."

Unlike other Trust awards, the nomination process for the compassion awards was largely completed in secret.

Members of staff received a letter informing them that they had been shortlisted for an award and inviting them to an event where the winners would be revealed.

Pictured: Julie Tunney opens the compassion awards



To their surprise, however, all sixty nominees went on to be presented with an award, which included a card featuring their personal nomination.

Julie added: "The festive period can be a challenging time for the Trust as we tend to see a greater demand for our services. The awards were therefore also a perfect opportunity for staff to step away from their busy roles for an hour or two and celebrate just how much their kindness and dedication is appreciated.

"I would like to thank all of those who attended the event, and to extend my thanks to the thousands of Trust staff who show compassion every day to our patients, colleagues and visitors."

Following the event's success, the Trust will repeat the Christmas Compassion Awards in December 2019.

Staff Encouraged To 'Speak Up'

Staff from across Mid Cheshire Hospitals are being given the support and freedom to speak up about any concerns, following the introduction of a Freedom to Speak Up Guardian.

The Trust has been running the service since 2016, however re-launched it in 2018 after announcing Julie Tunney, Director of Nursing and Quality, as the new Guardian for staff.

Julie, who used October's 'Speak Up' month to talk to colleagues about her role, said: "Speaking up should be something that everyone does and is encouraged to do.

"As Freedom to Speak Up Guardian, I will be supporting this and ensuring that any staff who raise a concern about patient care are listened to and valued.

"We understand that not everyone is comfortable voicing a concern, which is why we are currently trialling a 'Speak Up' box where colleagues can anonymously let us know about a potential issue."

As part of the Trust's 'Speak Up' month activities, Russell Parkinson, Head of National Guardian's Office, also visited Leighton Hospital to speak to staff about the Guardian role and its importance.



Pictured: Julie Tunney, Director of Nursing and Quality, speaks to staff about her role as Freedom to Speak Up Guardian

STAFF: one of the ways concerns can be raised is by emailing our dedicated Freedom to Speak Up email address at speakup@mcht.nhs.uk, which is accessed only by Julie or a member of the Human Resources team.

Employee of the Month

Latest Winners

In 2014 the Trust launched new initiatives designed to recognise staff who go above and beyond what is expected, as well as for displaying the Trust's key values and behaviours.

'Thank You' cards were introduced across all areas of the organisation so that patients, visitors and staff could provide hand-written messages of appreciation, whilst the Employee of the Month scheme allows staff to reward colleagues and teams who consistently exceed the standards that we all expect from each other.

Both schemes have received positive feedback since they were introduced, and this article provides an update on your Employee and Team of the Month winners between September 2018 and November 2018.

September 2018

- Employee of the Month – Callum Wilkinson, Clinical Audit
- Team of the Month – Assessment Medical Unit (AMU) and the Simulation team (joint winners)

Pictured (clockwise): Simulation team, Callum Wilkinson and Domestics at VIN

October 2018

- Employee of the Month – Mohiuddin Mohammed, Medicine & Emergency Care
- Team of the Month – Endoscopy Decontamination team

November 2018

- Employee of the Month – Kathy Morgan, Mortuary
- Team of the Month – Domestics at Victoria Infirmary, Northwich (VIN)



Note to Staff:

Nominating a colleague or team for these monthly awards is easy – just complete either the electronic form available at www.mcht.nhs.uk/employeeofthemoth or one of the specially-designed A5 cards that have been distributed across the Trust, and a judging panel will review all of the submissions. Please note that the deadline for receipt of nominations is the first Monday of every month.

Thank You!

Note to Patients, Public and Members:

Unfortunately, we can currently only accept nominations for Employee of the Month from staff. If you wish to acknowledge a member of staff who has gone the extra mile, please send them a 'Thank You' using one of the specially-designed cards around the Trust or the electronic form available online at www.mcht.nhs.uk/thankyou.

NHS Long Term Plan Launches

As you may have seen in the news, the NHS Long Term Plan has recently been launched which outlines the National Health Service's plan to make sure it is fit for the future.

It aims to give everyone the best start in life, will deliver world-class care for major health problems such as cancer and mental health, and will help people age well.

The plan, backed by extra investment, has been developed by people who know the NHS best – frontline health and care staff, patients and their families, and other experts – who will continue to shape how it is implemented across the country.

Over the next few months, the Trust will be working with patients, the public and partners - including local councils, the voluntary and community sector and social care – to



develop local plans. These will turn the national ambitions contained in the Long Term Plan into real improvements to services and outcomes for local patients, building on the progress we've already made together over the last few years.

To read a copy of the national plan and find out more visit www.longtermplan.nhs.uk.

Public Invited To Celebrate Trust Staff



Pictured (left to right): Tracy Bullock (Chief Executive), Fran Lopez (Nurse and Public Choice Award winner) and Joe Clarke MBE (Olympic gold medallist)

Members of the public are being invited to recognise local NHS staff for going the extra mile and making their healthcare experience a more pleasant and positive one.

Mid Cheshire Hospitals is encouraging those who have benefitted from the kindness of its staff to put them forward for the Public Choice Award, which is part of the Trust's annual Celebration of Achievement Awards.

Patients, relatives, visitors and carers are all eligible to nominate individuals or teams for their hard work and outstanding commitment.

People can nominate staff, wards and departments at Leighton Hospital in Crewe, Victoria Infirmary in Northwich and Elmhurst Intermediate Care Centre in Winsford, as well as those

who work for Central Cheshire Integrated Care Partnership (CCICP) out in the community.

Dennis Dunn, Chairman of the Trust, said: "The whole reason we exist is to serve the people of mid Cheshire and so the Public Choice Award is perhaps the most significant and valuable recognition for a member of our hospitals who has done something exceptional that has been valued.

"We love the involvement and engagement we have with the people we serve and it is special for us to know that they support our dedicated workforce."

If you would like to nominate a member of staff for the Public Choice Award visit www.mcht.nhs.uk/publicchoice and fill out the short form.

Alternatively, you can email celebrate@mcht.nhs.uk with your nominee's name, department (if known) and the reasons for your nomination.

Those visiting Leighton Hospital can also fill out a printed nomination form, which can be found at various locations, and post it in one of the Celebration of Achievement postboxes (Main Reception, Treatment Centre).

The deadline for the receipt of nominations is 5pm on Friday 29 March. The winner will then be announced at the Trust's Celebration of Achievement Awards event in June 2019.

CALL FOR STORIES: Are you a member of staff that has worked on an interesting or successful project and would like to share it with colleagues, patients or the public? If so, contact the Communications team on **01270 273827** / communications@mcht.nhs.uk in order to discuss.

Elmhurst Staff Prepare For 'Major Incident'



Pictured: members of staff from Elmhurst evacuate a 'patient'

Staff at Elmhurst Intermediate Care Centre in Winsford are better prepared for major incidents following a recent simulation exercise.

After considerable planning, the Trust's Simulation team organised a 'fire' in the care centre, which required staff to act quickly and effectively to safely evacuate 15 fully trained 'simulated patients' out of the building.

Staff were on their shift when the fire alarm went off, triggering them to respond to a major incident. They quickly identified a fire on the first floor of the building, raised the alarm and were required to safely evacuate all 'patients' and ensure the correct protocols were followed.

The simulation required many hours of careful planning to ensure it ran smoothly, as well as ensuring that the 'major incident' was kept secret from staff at Elmhurst to allow for a natural reaction to the event.

Dr Chiara Mosely, Simulation Lead, said: "Simulation exercises are a fantastic way to test systems and processes in place to respond to a major or minor incident.

"The delivery of the Elmhurst exercise, nicknamed Operation Midnight, was a great success and has now given staff at the care centre the confidence in their ability to deliver safe and quality care in the event of a 'major incident'.



Pictured: members of Cheshire Fire & Rescue leaving Elmhurst

"I would like to thank our Simulation team, staff from Elmhurst and our wonderful volunteers, who helped by acting as patients in distress, for all their help in making the exercise a success and for helping increase patient safety in the Trust."

As part of the exercise, Cheshire Fire & Rescue (who were aware of the simulation exercise) were called and liaised with members of staff to make sure all 'patients' were evacuated safely and that the 'fire' was extinguished.

The simulation was filmed and observed by members of staff who then provided feedback during a debrief after the event.

The Simulation team were named 'Team of the Month' for September 2018 due to the success of the exercise and have also been awarded 'Outstanding Contribution to Patient Service and Care' at the annual Corporate Celebration of Achievement awards. The team will now go to the Trust-wide awards event later this year.

Thank you to everyone involved in the simulation for making it a great success and thank you to Cheshire Fire & Rescue and the local council for their support in delivering the live exercise.



Pictured: 'patients' are evacuated to safety

Trust Welcomes New Executive Director

The Trust is pleased to announce that Heather Barnett has joined the Board of Directors in the role of Director of Workforce and Organisational Development (OD).

Heather, who started in November 2018, began her NHS career in Wales in 2002 where she worked for almost ten years in a variety of HR positions. During this time she gained a Master's degree in Human Resource Management and a Postgraduate Diploma in Employment Law.

In 2012 Heather moved to The Clatterbridge Cancer Centre NHS Foundation Trust where she worked until recently as the Director of Workforce and OD. During her time at The Clatterbridge Cancer Centre, Heather's focus was on ensuring the effective transformation and transition of the workforce as part of the organisation's Transforming Cancer Care project.

Heather is committed to working in partnership with staff and trade unions to deliver successful change, and will bring with her a wealth of experience in change management and organisational development. Heather also has a second Master's degree in Executive Coaching and is a member of the NHS Leadership Academy's coaching register.

Heather has taken over from the Trust's Interim Director of Workforce and OD, Linda Holland.



Pictured: Heather Barnett, Director of Workforce and Organisational Development at Mid Cheshire Hospitals

'Youth Ambassador' Helps Students Through The Exam Season



Pictured: Emma Hickson, 'Youth Ambassador' at Mid Cheshire Hospitals

Emma Hickson, Youth Ambassador at Mid Cheshire Hospitals, has completed a project to help local students through the exam season.

Emma, 17, became a Youth Ambassador for the Trust in September 2017 and has since worked alongside the Membership team to develop a leaflet highlighting the importance of nutrition while preparing for tests.

The leaflet contains tips on how to remain mentally and physically healthy along with simple and easy recipes that have been compiled with the help of resources from the British Dietetic Association.

Emma said: "During my time as a youth ambassador, I have undertaken a personal project in which I have created a leaflet that is aimed at year 11 students regarding the importance of their nutritional choices during their GCSEs.

"As a year 12 student myself, who is currently preparing for exams, I understand both the challenge but also the necessity of looking after my physical and mental health during this stressful period."

Emma decided to focus on nutrition due to dietetics being her career ambition. Through the year-long programme, Emma has been able to work with dieticians at Leighton Hospital and gain valuable experience. She is now certain to follow this career path.

Interested in becoming a Youth Ambassador?

Over the next few months, we will be on the lookout for the next youth ambassadors to help develop our youth services and encourage change at the Trust.

If you are between the ages of 16 and 25 and want to learn more about how an NHS organisation is run, visit www.mcht.nhs.uk/youthambassadors where you can also find a digital copy of Emma's leaflet.

Annual Members' Meeting 2018

On 2 October we held our Annual Members' Meeting at Congleton Town Hall with a 'Health & Wellbeing Fair' prior to the annual event.

The meeting offered an opportunity for our Members to receive an update on the Trust's position. It also offered the chance to learn more about different service improvements that have taken place throughout the year and to ask any questions to members of the Trust's Board of Directors and Lead Governor.

For the second year running, prior to the meeting, the Trust held a Health & Wellbeing Fair which attracted more than 150 people. The fair was held jointly with the Congleton Partnership and a number of local organisations were in attendance along with a range of the Trust's divisions and departments.

Those who attended were able to learn more about maintaining a healthy lifestyle, health support options available in the area, and the work different areas within the organisation have completed over the previous year.

We would like to say thank you to all those who took part and to all of our Members who attended on the day.

Details about 2019's Annual Members' Meeting will be communicated later in the year.



Pictured (clockwise): Members of the public attending the Health & Wellbeing fair held at Congleton Town Hall and Mark Oldham, Director of Finance & Strategic Planning, presenting at the Annual Members Meeting



Meetings Held In Public

Members and the public are welcome to attend and observe both the Council of Governor's meetings and the Board of Director's meetings, the dates of which are given below.

Council of Governors

Your Council of Governors meet four times a year and these meetings are open to everyone. All meetings are held in the Postgraduate Medical Centre at Leighton Hospital from 5.30pm until approximately 8pm. The next meeting will take place on Thursday 25 April 2019.

Papers and agendas from previous meetings can be found in the Members' section of the website at www.mcht.nhs.uk/members.

Board of Directors

The Trust's Board of Directors meet every month at 9.30am in the Board Room at Leighton Hospital. Upcoming dates include:

- 4 March 2019 (Monday)
- 1 April 2019 (Monday)
- 7 May 2019 (Tuesday)

Papers and agendas from previous meetings can be found in the Board Minutes section of the website at www.mcht.nhs.uk/boardminutes.

To register your attendance at any of the above, please call 01270 612128 or email foundation.trust@mcht.nhs.uk.

Member Events

The Trust is planning a number of events for its Members to enable them to learn more about various conditions, treatments or services offered at its hospitals. The next events arranged, detailed below, are set to be held in 2019 at Leighton Hospital. For a full list of events, please visit www.mcht.nhs.uk/members/member-events-and-meetings.

For further information, to book your place or to confirm details, please contact the Membership Office on 01270 612365.



Focus on ... Diabetes care
Monday 25 February 2019
3pm in Board Room,
Leighton Hospital



Focus on ... Paediatrics
TBC March 2019
Leighton Hospital

Your Membership
Your Governors



An Update From Your Charity Team



The second half of 2018 proved to be a busy time once again for the charity team and for the many individuals, groups and businesses that supported us.

Luckily for us we have welcomed a new member of the team, Andy Golightly (pictured left), who brings a wealth of experience from the world of charity and now works in the office two days

a week. Andy has quickly settled in and taken control of ensuring that all our donors and fundraisers are thanked for their support. He is also working on projects that will make us more efficient and help to increase our income via the Gift Aid scheme.

On the subject of 'new', we now have a new leaflet which has been created to explain what the charity does and the ways in which people can get involved in supporting it. All the photos in the leaflet were taken free of charge by a local photographer, Karen Staniland-Platt, who worked with some of our fundraisers, staff and volunteers to capture the images. Huge thanks to Karen and to all our fantastic 'models'!



We've recently taken delivery of five Reminiscence Interactive Therapy Activities (RITA) units, which have been funded from our 'Everybody Knows Somebody' dementia appeal. The purpose of the units is to provide a library of activities, films, music and clips from history which can be used to calm, engage or entertain people living with dementia. So far the units, which cost £31,000 in total, have had a very positive impact in the areas where they are based and many other wards and departments are now desperate to have them in their area too.

Pictured (left to right): Anna Chadwick, Dementia Lead; Julie Tunney, Director of Nursing & Quality; Carole Salmon, Community Fundraiser and Kirsty Howard, Falls Specialist with RITA

Another purchase we've recently been able to make was thanks to our good friends and supporters from the Leighton Hospital Prostate Cancer Support Group who recently handed over almost £2,000 so we could purchase three specialised phlebotomy chairs.

The chairs, which are in our phlebotomy and imaging departments, offer increased comfort, are easier to move and are more adjustable than standard chairs - which is good for our patients and for the staff who care for them. Huge thanks to the group for this donation and for their ongoing dedication and hard work.

Pictured (right): Members of the Leighton Hospital Prostate Cancer Support Group presenting a cheque to the Phlebotomy department at Leighton Hospital



Our Children and Adolescent team continued in their challenge to raise funds to enhance their new ward and outside play area. From bingo nights to raffles, netball tournaments and collections at Crewe Alex, the team has shown amazing determination and passion for raising money which has paid for sensory room equipment, enhancements to the side rooms and the complete renovation of the outside spaces. The ward is now open and is looking welcoming and child friendly thanks to their hard work and to the many local people, groups and businesses who also raised money for it. There is still more that the team would like to do so if you would like to help, please get in touch with the charity.

Pictured (clockwise): The winner of a raffle held by the children's ward, members of the netball team and members of the ward with the cheque from the netball tournament



We are always so grateful to our supporters, who get up to all sorts to raise funds to help their local hospitals and community services:

Barbara Burrows held an event at her home to say thank you to the team in the Breast Care Unit, which raised an amazing £4,000. The team are planning on purchasing a water cooler and specialised chairs for the waiting area with the money.



Over 70 members of staff from Nantwich based Boughey Distribution completed a Tough Mudder in September and raised a fantastic £6,000 for our Neonatal Unit. The unit wants to purchase new state-of-the-art incubators and recliner chairs to support mother and baby bonding with the money.



Two members of staff from Leighton, Roshan Shanbhogue and Mark Randell, ran the Chester Half marathon to support our dementia appeal and raised over £1,000 between them.



Pictured (clockwise): Barbara Burrows with members of the Breast care Unit; Members of Boughey Distribution presenting a cheque to NICU at Leighton Hospital; Roshan Shanbhogue & Mark Randell with Carole Salmon



Christmas is a particularly busy time at the charity and 2018 was no exception. We introduced the 'Merry Mile', which is a one-mile festive fancy dress run, jog or stroll around Queen's Park in Crewe. We had lots of help from the park, local radio 'The Cat', the Parkrun team and many of our fundraisers and supporters who volunteered on the day which all made for a brilliant atmosphere. Almost 70 people signed up and completed the route and almost £600 was raised for the appeal. Along

with all of our other activities, such as 'Wear It Festive', 'Best Dressed Tree' and sales of our 'Flumpets', we raised over £3,500 for the dementia appeal this Christmas.



We also received lots of support from the local community with lots of festive fundraising and donations of toys and gifts for our patients who would be in hospital over the Christmas period. Many of the local supermarkets donated tasty treats for our festive trolley which goes on tour around the hospitals and out to our community services to ensure that staff receive a small 'thank you' from the charity for the hard work they all do throughout the year.



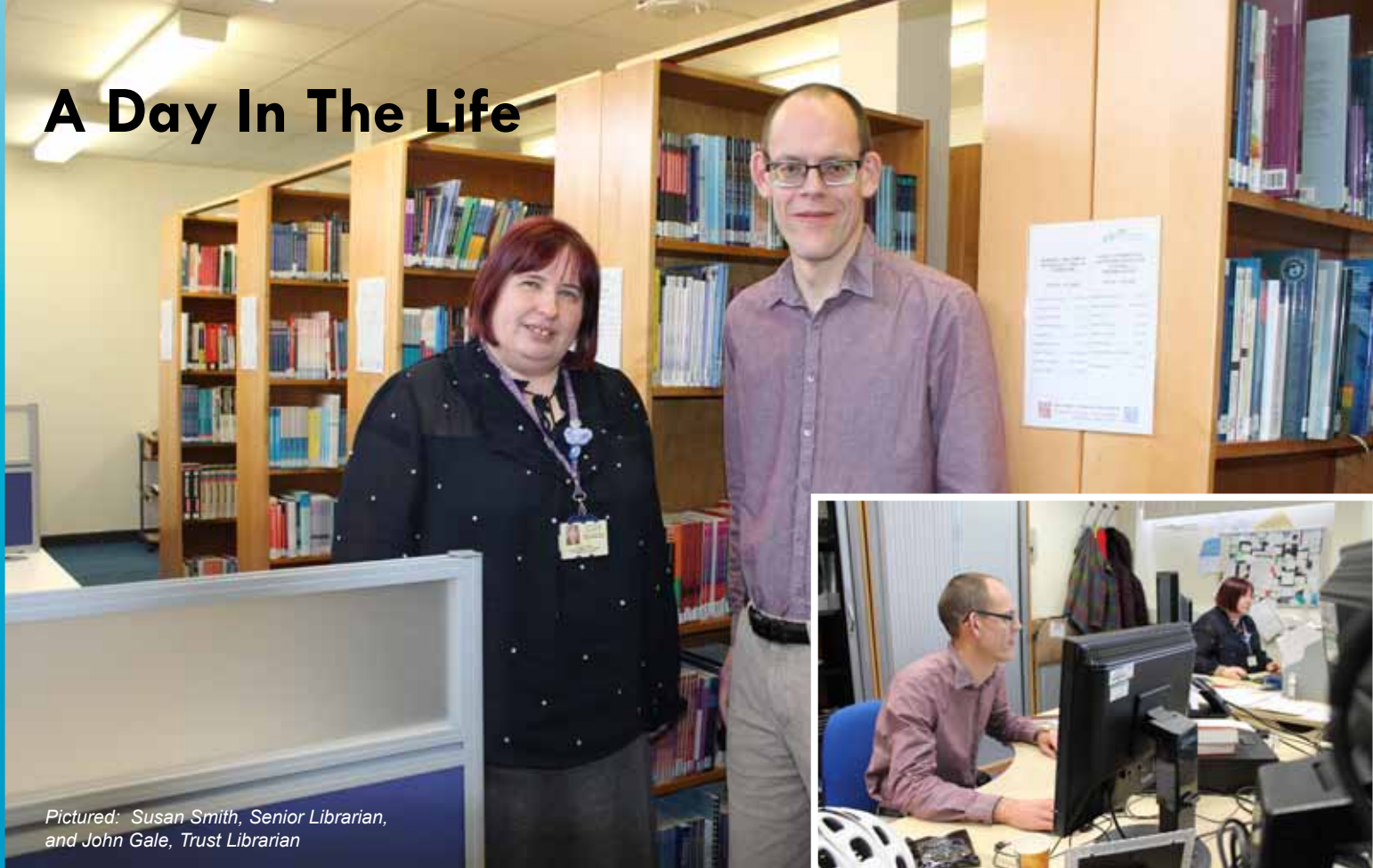
Minshull's once again welcomed Santa and his reindeer to the store over two weekends which resulted in a fabulous donation of £1,637 to the Children's Unit.



Finally, to finish off the year in style we were delighted to be announced winners of the Trust's Divisional Team of the Year award for the Corporate Division. We now go head-to-head with the other divisional winners for the award for overall Team of the Year, which will be announced at the Celebration of Achievement Awards in June 2019 – wish us luck!

If you feel inspired to get involved and fundraise for MCH Charity we would love to hear from you. We can offer lots of support, information and resources to help make your fundraising be the best it can be. You can support the charity by following our Facebook and Twitter pages and by sharing our posts with your friends and family – find us at [@mchcharity](#) on both channels. We are also on the lookout for people who would like to become 'Collection Can Champions' to support our dementia appeal. The champions are responsible for a small number of collection cans which they distribute and collect from their local shops, pubs, chip shops or gyms. If you are interested in finding out more, please get in touch. Call us on **01270 278361** or email charity@mcht.nhs.uk.

A Day In The Life



Pictured: Susan Smith, Senior Librarian, and John Gale, Trust Librarian

'A day in the life ...' aims to give you an overview of the different roles at Mid Cheshire Hospitals. Over future issues of All Together we will give you a glimpse of a typical day for particular members of our staff, from nurses and doctors to the more unfamiliar roles. This edition we meet Susan Smith and John Gale from the JET Library.

John - 8.30am: I start the day with a bit of writing, which I love. I write a news bulletin on healthcare education which goes to Health Education England and another called 'Making People Count' on learning and development, recruitment and people management. 'Making People Count' has been commissioned by Health Education England and the library gets money for it each year; it's great to know I'm bringing money in to support the service.

Susan - 9.00am: I start the day by checking my emails. These can be queries from regional and local networks and we do a lot of work linking staff to people in different organisations. This can include identifying best practice or connecting people working on similar projects.

Susan - 10.00am: I meet with colleagues from the Education and Learning and Development team. We work with colleagues in the Education team to support training, help people with their studies and develop the workforce. People often consult us when they're getting a project started to see whether people have tried something similar before, find out how successful this has been and to generate some fresh ideas.

John - 12.00pm: I have a training session on preparing a poster. For the last couple of years I have been

working with the students on the NHS Leadership Academy course to make sure the posters they produce as part of their coursework reflect the quality of the work they've been doing.

Susan - 1.00pm: Around lunchtime, you can find me on the library counter. This is the time we help deal with general enquiries, helping people access and use e-learning, find books and get information.

Susan - 2.00pm: I get stuck into some project work. Just now we are working on introducing virtual reality to the Trust and developing a way to record group discussions automatically so people can learn more from them. People associate us with books, but libraries are usually early adopters of using technology for sharing information. We've run events like the Human Library and Randomised Coffee Trials to bring people together and share good ideas.

John - 3.00pm: I go to the monthly meeting of the Patient Information Group. We look at leaflets for patients written by clinicians and edit them to make them easier for people to read. It's fascinating finding out about new services being developed in the hospital and, fingers crossed, most of the leaflets finish the meetings more readable than they were at the start!

Susan - 4.00pm: I start to finalise complex queries or work on reports. We ensure all enquiries have been answered or gone out for consultation. We start to prepare for the next day's meetings and events and check the library to make sure everything is working. This is the time many people come off the wards and pop in before going home. Some people come in to study or use the library space in the evening.

Name: Susan Smith
Role: Senior Librarian

Background: I graduated in 1994 from the University of Stirling with a BSc in Biology & Psychology, then went to the Barony Agricultural College to train as a countryside ranger. In 1997 I became a falconer. Alongside being ranger/falconer I worked as a senior community education officer, co-ordinating groups, summer projects, youth forums and was a leader for the Duke of Edinburgh awards scheme. While I was researching a book on corn mills (as you do), someone asked me if I'd ever thought about a career in libraries. Three months later I started working in a reference library specialising in local history and genealogy. In 2002 I got offered jobs as a corn miller and as a library assistant at Shrewsbury Hospital. Close call, but I chose libraries and started on a postgraduate qualification as a librarian at Aberystwyth. The day I qualified I became the E-Resource Librarian at Keele University supporting the NHS at North Staffordshire Hospitals NHS Foundation Trust with e-learning, managing online platforms and resources and helping people find evidence to back up guidelines. I started work for the Trust in 2010. I'm now part of the Trust's coaching team and was part of the first cohort to complete the CILIP & NHS Leadership Academy Senior Leadership Development Programme for Health Librarians.

Name: John Gale
Role: Trust Librarian

Background: After leaving Cambridge with a 2:1 in History I had a number of lost years working in accountancy and care work before a month's work experience at Hereford Public Library convinced me this was what I wanted to do with my life. I signed up to the Postgraduate Diploma at John Moores University in Liverpool and then got my first 'proper', job at the John Rylands Library in Manchester working on the rare-books collection. I found the books interesting but never really settled in Manchester so when a job came up at Guy's Hospital Library in London I, applied for, and got it. I spent fourteen years in London running the library at the Bethlem Psychiatric Hospital and working in the Institute of Psychiatry Library in Camberwell. I really enjoyed my time working in mental health but getting married and wanting to start a family I realised I'd need to have to move out of London if there were going to be more than two of us. With my family in Hereford and my wife's family in Chester, Crewe was a nice halfway point, close to lots of places while still being quiet and leafy. Five years on I've enjoyed the chance to get stuck into a variety of things I never thought I'd be able to get involved in when I started!

Recent Highlights:

- We have achieved 97% compliance with the Library Quality Assurance Framework making us one of the top library services across the North of England.
- We recently won a North West Library Quality Improvement Award for an artwork project by the Education Team, University of Chester, and the Liverpool Medical Institution.
- The Library has brought in £56,480 in contracts and external funding in 2018/19.
- Between them, Susan and John have presented at six sessions at international and national conferences in the last year.



Pictured: The JET Library at Leighton Hospital

National Health Library Facts:

- There are 190 health libraries in England
- There are 564,665 registered users of health library services (not everyone who uses us is registered and most services are open to the public)
- Nurses are our highest user group (double that of students)
- 74,226 article requests and external loans fulfilled 2017/18
- 17,251 training sessions delivered to NHS staff across 52,775 participants
- Only 4% of health library income is on books

News In Brief



Occupational Therapy Week

As part of Occupational Therapy Week, some of our Occupational Therapists (OTs) arranged an information stand at Leighton Hospital to promote the ways in which their profession improves the lives of patients and service users. The Trust has a number of OTs who work across the Trust to help people of all ages overcome the effects of disability caused by illness, ageing or accidents so that they can carry out everyday tasks or occupations.



Julie And Lisa Celebrate 30 Years At Trust

We'd like to say a big 'congratulations' to Julie Love and Lisa Hornby who have recently celebrated 30 years at Mid Cheshire Hospitals. Julie and Lisa started working for the Trust on the same day in October 1988 and have witnessed many changes over the years (they no longer wear paper hats and white tights, for example).

Julie worked on vascular and gynaecology wards before she moved to Critical Care for six months for the experience ... 23 years ago. Lisa, meanwhile, spent time in coronary care and orthopaedics before she joined Julie in Critical Care in 1999.

We'd like to thank Julie and Lisa for their many years of service and for their hard work and dedication during this time.



'Ask Your Pharmacist' Week

Pharmacy staff took to the crossroads in November in aid of 'Ask Your Pharmacist' week. As part of the stand, pharmacists discussed their role and the steps taken in order for you to receive your prescription (pictured above). Did you know Pharmacy Technicians are also registered health professionals who are increasingly taking on more clinical activities?



Macmillan Unit Lights Up Purple

The Macmillan Cancer Unit at Leighton Hospital was lit up purple during evenings in November in support of Pancreatic Cancer Awareness Month.

The campaign 'Purple Lights for Hope' helps raise awareness of pancreatic cancer and its symptoms.

We want to try and encourage those displaying symptoms, such as abdominal pain that can spread to the back or unexplained weight loss, to get checked early so that, if needed, they can be diagnosed and treated quicker. A quicker diagnosis leads to a better outcome, so if you are worried don't delay in getting checked.

For more information about the awareness campaign or pancreatic cancer and its symptoms please visit www.pancreaticcancer.org.uk.



Crewe Alex Visit Leighton Hospital

A big thank you to Crewe Alexandra Football Club for taking the time to visit Leighton Hospital in December. The squad handed out presents to our younger patients and helped put a smile on each of their faces. Half of the players also visited the Rehabilitation Unit to spend some time with those on the unit. Thank you for spreading Christmas cheer throughout the Trust!



World Radiography Day

In November, the Trust celebrated World Radiography Day, a chance to recognise the essential healthcare services radiographers provide to millions of people every year. Student radiographers manned a stall in the outpatients hall at Leighton Hospital and talked to staff, patients and visitors about their role. Did you know that radiographers not only work as clinicians but also as managers, researchers and educators.



Trust Holds 'Forward Thinking' Week

In September, we held our annual 'Forward Thinking' event which took place Monday-Friday on the ground floor crossroads at Leighton Hospital.

The event provided each of our divisions and CCICP the opportunity to showcase their achievements from the previous year and outline their objectives for the next 12 months.

The event was a success with members of the public, patients and staff learning more about the opportunity to meet members of staff from across the organisation, ask any questions and learn about future plans and develop.

We would like to thank all those involved in organising the week, as well as everyone who stopped by to find out more about our services.



Harry The Health Elf Joins The Trust

During December, Harry the Health Elf was on a secondment at Mid Cheshire Hospitals working to raise awareness of how you can 'Help Us, Help You'. Harry spent the month telling staff and the public how to stay fit and healthy during the cold winter period. The elf began by having his flu jab to protect him against the flu. He also stocked up his medicine cabinet ready to treat any minor winter ailments, raised awareness of the importance of hand hygiene to stop the spread of illnesses, wrapped up warm to reduce the risk of injuries and illness and much more. Harry later returned to the far north to help Santa during Christmas but wished everyone a Merry Christmas and a Happy New Year.

Volunteering At MCHFT ...

50 Years Of Hospital Radio



Leighton Hospital Radio celebrated its 50th Anniversary on 14 November. The station, which is completely volunteer led, started life at Coppenhall Hospital in 1968. It later moved to the Memorial and Barony hospitals, before making Leighton Hospital its base in 1987. The 50th birthday was marked with a display in Outpatients, presenting photos and memorabilia from over the five decades which Chairman Bob Squirrel and many of the radio volunteers helped to bring together.

Pictured (left to right): The Hospital Radio Leighton 50th Anniversary exhibition, with presenter Stewart Green, Leighton Hospital's Chief Executive Tracy Bullock, Hospital Radio Chairman Bob Squirrel and Wednesday night Request presenter, Anthea Taylor

Volunteering at Christmas

Once again, we witnessed wonderful community spirit over the Christmas period. As in previous years, hundreds of Christmas 'Bags of Joy' were delivered to the Trust. These had been kindly made and donated by volunteers from Elim Church and contained such items as toiletries, chocolates and socks along with a small message. They also donated many 'mermaid blankets' to the children's ward. The bags were added to the gifts already generously donated by staff and distributed by ward staff to patients over Christmas.



It would not be Christmas without Carol singers! We were treated to such from a group made up of volunteers from the churches of Audlem Baptist, Aston and Wheelock Heath Baptist and St Andrews. They performed on many wards across the hospital, singing carols which were enjoyed by patients and staff. Many patients requested their favourite carols and joined in with the singing. The evening's finale was enthusiastically sung at the crossroads before the group enjoyed some well-deserved refreshments.

Thank you to all that took part, it was a lovely evening and brought smiles to many faces.

One of the hospital's PAT dogs visited the children's ward over the festive season. Wearing a lovely festive outfit. Brann and her owner Gilly gave up their time during this busy period to bring joy to the ward.



Do you have a couple of hours a week to spare? We are currently looking to recruit volunteers to help support many of the wards and departments right across the Trust. We have a wide variety of roles available to suit individual interests and skills, from eye theatre hand holders, ward and outpatient assistants, administrative and clerical roles, conducting patient experience surveys, to helping in one of our busy clinics.

If you feel you could spare some time we would love to hear from you - please contact our voluntary services office on 01270 612311 / jo.oakes@mcht.nhs.uk.

Don't wait until you feel worse, ask us first.

You can help us help you if you start to feel unwell with a winter illness.

Even if it's just a cough or cold, speak to your pharmacist before it gets more serious.

**HELP US
HELP YOU**

STAY WELL THIS WINTER

nhs.uk/staywell

**Prameet Shah,
Pharmacist**

Visiting Us?

The table below outlines the speciality, visiting times and contact telephone number for each ward at Leighton Hospital, as well as the general numbers for Elmhurst in Winsford and Victoria Infirmary in Northwich. Please note that these details are correct at the time of printing (January 2019) and visiting times and specialities may change should reconfiguration occur after this time.

Ward	Speciality	Visiting Times	Telephone Number
Ward 1	Cardiac	3pm-4pm; 6pm - 7pm	01270 612003
Ward 2	Medical Short Stay	3pm-8pm	01270 612009
Ward 3	Medical Assessment Unit (MAU)	2pm-8pm	01270 612034
Ward 4	Care of the Elderly	Open at all times	01270 612018
Ward 5	Respiratory	2pm-4pm; 6pm-8pm	01270 612021
Ward 6	Stroke and Rehabilitation	3pm-8pm	01270 612359
Ward 7	General Medicine	3pm-8pm	01270 612030
Ward 9	Orthopaedic Elective	6pm-7pm	01270 612039
Ward 10	Orthopaedic Trauma	2pm-7pm	01270 612045
Ward 11	Surgical Assessment Unit (SAU)	3pm-8pm	01270 612048
Ward 11	Surgical Ambulatory Care Unit	3pm-8pm	01270 273093
Ward 13	Colorectal	2pm-7pm	01270 612057
Ward 14	Gastroenterology	3pm-8pm	01270 612012
Ward 15	Gynaecology	2pm-7pm	01270 612068
Ward 16	Paediatrics, 10-16 Years	Open at all times to parents / carers. Other visitors (including siblings): 2pm-8pm	01270 612070
Ward 17	Paediatrics	Open at all times to parents / carers. Other visitors (including siblings): 2pm-8pm	01270 612465
Ward 18	ENT, Urology & Ophthalmology	3pm-8pm	01270 612051
Ward 21B	Non-Acute Rehabilitation Unit	3pm-8pm	01270 612214
Ward 22	Neonatal Intensive Care Unit (NICU)	Open at all times to parents and siblings. Other visitors: 6.30pm - 7.30pm. Only two visitors per patient at any time.	01270 612290
Ward 23	Maternity	Partners only: 10am-10pm Other visitors (including patient's other children): 12.30pm-6pm Only two visitors per patient at any time.	01270 612287
Ward 25	Gynaecology Outpatients (Patrick Murphy Unit)		01270 612212
Ward 26	Labour Ward		01270 612144
Ambulatory Care Unit		Open at all times	01270 273926
Critical Care		12noon-2pm; 5pm-8pm	01270 612167
Elmhurst Intermediate Care Centre, Winsford		3pm-8pm	01606 597630
Victoria Infirmary, Northwich			01606 564000

Other useful contact details:

- **Main Switchboard:** 01270 255141
- **Customer Care Team:** 01270 612410 / customercareteam@mcht.nhs.uk
- **Mid Cheshire Hospitals Charity:** 01270 273248 / charity@mcht.nhs.uk

Online:

- **Website** www.mcht.nhs.uk
- **Twitter** @MidCheshireNHS (Trust) / @MCHCharity (Charity)
- **YouTube** www.youtube.com/user/MidCheshireHospitals
- **Facebook (MCHFT)** www.facebook.com/MidCheshireNHS
- **Facebook (Jobs)** www.facebook.com/jobsatMCHFT

