



## ‘Quality Mark’ For Hospital’s Cancer Unit



### Also in this issue:

- Trust Introduces Mental Health First Aiders (pictured inset)
- Free Wi-Fi Now Available At All Trust Sites
- Projects Recognised At National Awards
- New Chief Executive Announced



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# welcome to all.together

Welcome to issue sixteen 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.

In this issue we have a lot of proud moments to share with you. The first, as you will have seen on the cover, is the news that our Macmillan Cancer Unit has been awarded The Christie Quality Mark. This accreditation is given by The Christie NHS Foundation Trust to units that deliver a high standard of cancer treatment. It means that local cancer patients can receive treatment closer to their home while being assured that the standard of care they receive is the same as at The Christie, which is renowned as a world pioneer in the care, treatment and research of cancer.

This award, which you can read more about on page five, is the latest in a string of achievements for our cancer services. The Trust is also consistently named as one of the country's leading NHS organisations in terms of the proportion of cancer patients seen and treated within the expected time frames. Early prognosis is vital in the treatment of cancer and so this offers further assurance to the local community that they will be seen quickly if they have a suspected cancer.

As a Trust, we believe it's important to look after our staff so that they, in turn, can provide safe and effective care to our patients. The Trust has an active Health and Wellbeing Group that meets regularly to develop and promote

support services for staff and, in this issue, we are pleased to tell you about a new one - turn to page nine to learn about our first cohort of Mental Health First Aiders and how they are challenging mental ill-health perceptions.

As you read through this edition of All Together you will see that we regularly celebrate our staff and services. On page seven you can find out who our latest Employee and Team of the Month winners are, and on page six you can read about Central Cheshire Integrated Care Partnership's (CCICP) recent showcase event, which highlighted just some of the work that has been taking place over the last 18 months to transform community healthcare within the South Cheshire and Vale Royal areas.

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 meet Julie Holmes from the Paediatric Speech and Language Therapy team. Julie works across the community, including in nurseries and in people's homes, and is also a dysfluency specialist, which can be described as a difficulty in producing smooth, fluent speech. You can read more from page 14.

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 free Members' events that you are welcome to attend. This includes our Annual Members' Meeting, which will take place on Friday 27 September at Crewe Lifestyle Centre and will once again include a health and wellbeing fair.

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](mailto: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](http://www.mcht.nhs.uk/AllTogether).

Best regards,

*Dennis*

Dennis Dunn  
Chairman

*Paul*

Dr Paul Dodds  
Interim Chief  
Executive



# Double Delight At Awards For Hospital Projects

Two Trust projects have been recognised at a national awards ceremony aimed to share and celebrate examples of excellent patient experience.

Mid Cheshire Hospitals was also named as a finalist in three further categories in the Patient Experience Network (PEN) National Awards, which recognises the delivery of outstanding patient experience by health and social care organisations.

The first award went to the Trust's Surgical Ambulatory Care Unit (SACU) in the category of 'Integration and Continuity of Care'.

SACU was recognised for providing patients with high quality emergency care that is managed safely and appropriately the same day without admitting them to a hospital bed.

The hard work and commitment of the team has led to a 104.5% increase in the number of emergency GP patients discharged home the same day, freeing up 102 beds at Leighton Hospital every month since the unit opened in September 2016. This has meant that beds are free for other patients who need them.

Helen Williamson, Matron and Project Lead for SACU at Mid Cheshire Hospitals, said: "The success of this project has been down to the hard-working staff who have been working tirelessly to ensure patients get timely and optimum treatment, but are then supported to return home the same day.

"I am delighted that the team has been recognised and I am extremely proud of the difference they have made to delivery of a high quality patient experience."

The unit was also a finalist in the 'Strengthening the Foundation' category, which recognised the Trust's commitment to delivering excellent patient experience through the introduction of this innovative new service.

The second award of the evening went to the Trust's Virtual Fracture Clinic in the category of 'Innovative Use of Technology, Social and Digital Media'.

The project has been delivering a cost-effective service whilst ensuring patients are managed according to best evidence.

Thousands of patients have benefitted from the

virtual clinic, which allows patients to manage their broken bones safely and reduces the number of times they need to visit hospital. The project has also reduced clinic waiting times for those that do have to return to hospital for fracture appointments.

Mr. Nick Boyce Cam, Consultant Orthopaedic and Trauma Surgeon, said: "The team has worked hard to get this project in place and it has had a positive impact on patient care. Patients are now receiving the correct treatment sooner with fewer visits to hospital.

"To be recognised at a national level for this work is more praise to the team and the great work that they do."

Julie Tunney, Director of Nursing and Quality at the Trust, added: "I am delighted a number of our teams have received much-deserved recognition for their continued work to improve patient experience at Mid Cheshire Hospitals.

"The recognition is a reflection of all the hard work that our staff produce to ensure patient satisfaction is as best as it can be.

"Congratulations to all those who won and those who were nominated for awards."

*Pictured top to bottom: the Trust's Virtual Fracture Clinic receives a national patient experience award; Stefanie Mahan and Verity Ashcroft (centre) with members of staff from Ward 4*



## Staff Recognised For Wound Care Work

Two members of staff have been recognised for their work on reducing hospital acquired skin damage at the latest Annual Wounds UK Conference.

Stefanie Mahan, Tissue Viability Specialist Nurse, and Verity Ashcroft, Junior Sister and Tissue Viability Link Nurse, submitted one of 350 abstracts to the conference and were awarded 'Most Innovative Abstract'.

The abstract, titled 'Effective Change Management Strategy To Reduce The Incidence Of Moisture Associated Skin Damage Across An Acute Trust', reviewed and improved ward education around tissue viability and has led to a 35% reduction in hospital acquired, moisture associated skin damage on Leighton Hospital's care of the

elderly ward (Ward 4) and a subsequent reduction Trust-wide.

Stefanie Mahan said: "We are delighted to receive the award for the abstract, which has been achieved by not only ourselves but the organisation. I am proud of both the work we have done as individuals and as a Trust."

"The work has led to an increase in patient experience through the reduction in moisture associated skin damage and we are sure this will continue."



# Quality Mark For Cancer Unit



*Pictured: Members of the Macmillan Cancer Unit with the Quality Mark*

Leighton Hospital has received a 'mark of approval' for treating patients with cancer.

The hospital's Macmillan Unit has become the tenth unit in the North to be awarded The Christie Quality Mark.

The accreditation is given by The Christie NHS Foundation Trust to cancer units that deliver a high standard of treatment.

It means that local cancer patients can receive treatment closer to their home while being assured the standard of care is the same as at The Christie.

Care and safety of patients, privacy, dignity, treatment, and record keeping are just some of the standards that are checked to earn the Mark.

These standards are assessed by speaking to patients and staff, as well as observing care and reviewing documentation. Assessments take place every three years to ensure the cancer units are still providing high quality care.

Along with the accreditation, Leighton's Macmillan unit also received a donation of £1,000 from The Christie, which will be used towards increasing the quality of care and experience for local patients.

Katie Mulroy, Macmillan Lead Chemotherapy Nurse, said: "As a team it makes us proud as we have had to work hard to get the Quality Mark.

"It's a boost for staff as much as patients as it shows we provide the same quality of care, and when the patients see the Mark they know they aren't missing out on quality."

Julie Tunney, Director of Nursing and Quality, said: "We are very proud of the cancer services we provide to the local population and are delighted to have received the Quality Mark.

"We hope it offers our patients comfort that they are receiving the highest quality of care from recognised, compassionate and dedicated staff."

Jackie Bird, Chief Nurse and Executive Director of Quality at The Christie, added: "Well done to the chemotherapy staff at Leighton Hospital on successfully being awarded The Christie Quality Mark. This award demonstrates their hard work and dedication in delivering the best possible standard of chemotherapy care. More patients now receive chemotherapy at local centres and the Quality Mark provides them with the reassurance that they are getting the Christie standard of outstanding."

## What is the Quality Mark?

The Quality Mark is awarded to units delivering treatments to Christie patients that demonstrate achievement of a number of standards. These standards are developed and agreed by a Christie multi-disciplinary team, which includes patient representatives. Treatment units are then checked against the standards every three years.

The standards concern:

- The Care Environment & Infection Prevention and Control
- Record Keeping & Care and Confidentiality of Records
- Privacy and Dignity
- Communication & Information Giving
- Patient Safety & Care of Vulnerable Patients
- Clinical Safety
- Eating and Drinking
- Treatment
- General Aspects of Care





## Event Showcases Community Services

Central Cheshire Integrated Care Partnership (CCICP) recently held a showcase event in Nantwich, which promoted their services and the changes made to healthcare within the South Cheshire and Vale Royal areas.

The event was attended by board members of all three partners, Mid Cheshire Hospitals NHS Foundation Trust (MCHFT), Cheshire and Wirral Partnership NHS Foundation Trust (CWP) and the South Cheshire and Vale Royal GP Alliance, along with members of the local Clinical Commissioning Groups (CCGs) and other Integrated Care Partnerships.

Care Community Service Managers (CCSM) for all five of our locations, Crewe, Nantwich and Rural, Northwich, Winsford and SMASH (Sandbach, Middlewich, Alsager, Scholar Green and Haslington), as well as the CCSM for Paediatric Services, gave talks on their care communities and what the individual priorities and opportunities are.

This showed the attendees that even though most services cover all five care communities they all face different challenges due to their differing population demographics and are often tailored to provide the best quality of care across the patch.

*Pictured (top to bottom): Tina Cookson, CCICP Board Member, and Kieran Gallagher, Care Community Service Manager, talk about recent work in Winsford; Emma Beveridge and a representative from the North West Ambulance Service talk about a collaborative pilot scheme*

The managers also showcased some of the achievements that their services have managed over the last 18 months, from a Lyndsey Leg club and reducing waiting times to recent nominations for the Patient Experience Network National Awards.

The showcase event not only highlighted the journey that CCICP has been on but looked into the steps that lie ahead in 2019, 2020 and beyond.

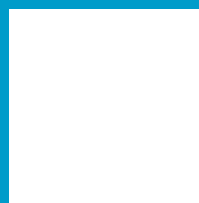
Tony Mayer, Associate Director, said: "It's great to see so many people turn up to hear about the hard work we've done over the last 18 months and I would like to thank all the managers and staff for taking time out of their busy days to make the day as good as it could be.

"All staff should be proud of themselves for the efforts and work they have put in to make the healthcare provided by CCICP the best in can be.

"We know we still have a way to go to achieve the high standards that we have set ourselves but, with the dedication of the staff and the achievements that we have already managed, we feel we can achieve what we have set out in front of us."

## CCICP Now On Social Media

The recent showcase is just one of many events that have been run by Central Cheshire Integrated Care Partnership (CCICP). If you would like to keep up-to-date with local community healthcare services, you can now follow the partnership on Facebook and Twitter - see opposite logos for details. Information on CCICP and its services can also be found by visiting [www.mcht.nhs.uk/ccicp](http://www.mcht.nhs.uk/ccicp).



/CCICPNHS



@CCICPNHS

# Employee of the Month

## Latest Winners

Did you know that the Trust runs a number of recognition schemes to celebrate staff who go above and beyond what is expected, as well as for displaying the organisation's key values and behaviours?

'Thank You' cards were introduced several years ago and can be found across the Trust so that patients, visitors and staff can provide hand-written messages of appreciation. Mid Cheshire Hospitals also runs an Employee of the Month scheme, which 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 December 2018 and February 2019.

### December 2018

- Employee of the Month – Rebecca Elliott, Ward 15
- Team of the Month – Sterile Services Department and Estates & Facilities staff

### January 2019

- Employee of the Month – Melanie Leggett, Early Pregnancy Assessment Unit
- Team of the Month – Ward 2 (Medical Short Stay)

### February 2019

- Employee of the Month – Tracy Bullock, Chief Executive
- Team of the Month – Ward 15 (Gynaecology)

*Pictured (clockwise): Rebecca Elliott, Ward 15; Tracy Bullock, Chief Executive, and members of staff from Ward 15*



### 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/employeeofthemonth](http://www.mcht.nhs.uk/employeeofthemonth) 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](http://www.mcht.nhs.uk/thankyou).

# Trust Says Farewell To Tracy Bullock

On Friday 22 March Tracy Bullock, Chief Executive, left the Trust after thirteen years of service.

Tracy joined Mid Cheshire Hospitals in 2006 as Director of Nursing and Quality and was then appointed Chief Executive in October 2010.

Under Tracy's leadership the Trust has gone from strength to strength, as she always put patients at the heart of everything she did and even took the time to reply to people who sent her personal messages on social media.

Before she left, Tracy said: "I will reflect on my time at Mid Cheshire with fondness and remember all of you with great affection. Without a doubt we were a winning combination, and this was based on a few simple things – we gelled, we supported each other and worked hard.

"I leave with great sadness and a heavy heart but with confidence in you all continuing our journey of success and onward aspirations."

Tracy has now joined the University Hospitals of North Midlands NHS Trust (UHNM) as Chief Executive Officer.



*Pictured (top to bottom):  
Dr Paul Dodds and  
Tracy watch a video of  
thank you messages as  
part of Tracy's last day  
at the Trust; Tracy cuts a  
personalised cake during  
her leaving presentation*



## James Sumner Announced As New CEO

Following Tracy Bullock's announcement that she was leaving Mid Cheshire Hospitals there was an extensive national search to find a replacement Chief Executive for the Trust.

It was then revealed in April that James Sumner has been appointed to the position and will join the organisation in July.

James (*pictured*) has more than 20 years of experience in the NHS and is currently Chief Accountable Officer at Salford Royal NHS Foundation Trust.

Dennis Dunn MBE, Chairman of Mid Cheshire Hospitals, said: "Following an extensive national search, I am delighted that James Sumner will be our new Chief Executive Officer. James brings with him an impressive track record of organisational success across key Trusts and systems in the NHS and will undoubtedly inspire us to continue to be the best that we can be for our patients.

"Our aspiration to be an outstanding Trust, together with our role in developing as part of an impressive integrated health system across Cheshire, is matched by his own ambition for Mid Cheshire Hospitals. I am confident that we have our next inspirational leader of the impressive staff already here."

James joined the NHS in 1999, initially working in Primary Care before moving on to several regional quality improvement roles. He moved into the acute sector in 2005 and has held a number of operational and strategic roles since, including Deputy Chief Executive at Stockport NHS Foundation Trust.

In 2016 James became Chief Officer of Salford Royal NHS Foundation Trust, part of an emerging large group of NHS organisations. James is currently accountable for Salford Royal Hospital and an integrated care organisation that brings



together health and social care across Salford.

Speaking about the appointment, James said: "I am delighted to be joining MCHFT as Chief Executive, an organisation with great ambition and values with an exciting future.

"I have been incredibly impressed with the staff I have met and the significant progress the organisation has made over the last decade. I look forward to working with the Board to further develop these ambitions and also with partners in Cheshire on the challenging and exciting agenda ahead."

Medical Director and Deputy Chief Executive Paul Dodds is the Trust's Interim Chief Executive.



# Trust Launches Mental Health First Aiders

A group of 17 staff at Mid Cheshire Hospitals have been trained as mental health first aiders to help look after the health and wellbeing of staff.

The training, which is accredited by Mental Health First Aid England, allows the group to be a first point of contact for someone who is experiencing a mental health issue or in emotional distress.

Whilst the group aren't therapists, psychiatrists or counsellors they are trained to listen in a non-judgemental way, provide crisis support and signpost people to the most appropriate help.

Bobby Sharma, Chair of the Trust's Health and Wellbeing Group, said: "One in four people will experience a mental health problem this year but, unfortunately, not everyone will feel confident to talk about it.

"We want to change the way mental ill-health is perceived and remove the stigma and discrimination, so our staff feel confident to discuss how they are feeling and seek out the appropriate support."

Heather Barnett, Director of Workforce and Organisational Development, said: "It is important to us



*Pictured: The Trust's first mental health first aiders receive certificates following their training*

that the wellbeing of the staff is looked after. With the new mental health first aiders we can support staff when they need help.

"Looking after our staff is the best way in making sure that our patients receive the very best care possible."

If you think you may be affected by mental ill-health you can visit: [www.nhs.uk/conditions/stress-anxiety-depression/](http://www.nhs.uk/conditions/stress-anxiety-depression/)

## Free Wi-Fi Now Available To Patients And Visitors

Patients and visitors are now able to access free Wi-Fi at all of our sites.

Previously, the Trust offered 15 minutes of free Wi-Fi or, at a cost, a premium service. Now, all patients and visitors are able to enjoy free access to the internet with no time restrictions at Leighton Hospital in Crewe, Elmhurst Intermediate Care Centre in Winsford and Victoria Infirmary in Northwich.

Providing free Wi-Fi will allow those staying in the Trust's hospitals to stay in contact with their friends and family, which can support recovery and promote wellbeing. It will also allow patients to access the increasing range of digital services available, which include online health-based information and patient support networks.

The free service can be accessed by selecting 'Patient\_Wifi' on your Wi-Fi settings (you will be asked to click 'accept and proceed' before you are connected). This will give you the ability to browse the internet, social media sites and read and respond to emails.

There is still a premium service for those who wish to stream videos (such as on YouTube or Netflix), use Virtual Private Networks (VPNs) or download large files. The premium service ranges in price from £3.40 for four hours to £16 for one month. It can be accessed by selecting 'Premium\_WiFi' on your network settings and following the on-screen instructions.

Staff also have access to free Wi-Fi, which can be accessed by selecting 'NHS\_WiFi' and registering your work email address. Once you have validated your email address, you will have 90-days' access until you will be asked to re-register your email address.

The staff Wi-Fi can also be used by visiting staff from other NHS organisations who can register by using their @nhs.net accounts. Staff from other support services such as the police and the council can also use the Wi-Fi by registering with their work email address.



# Trust To Hold Governor Elections

We will be holding our Governor Elections over the next few months and would like to invite you to stand or vote for a Governor to be elected onto our Council of Governors.

Our 27 Governors have an important role in the Trust, ensuring that Members' views are represented at the very highest level and holding the Non-Executive Directors to account for the performance of the Board of Directors. Governors also appoint Non-Executive Directors and auditors to the Trust and approve any significant mergers or transactions.

During the month of June, we will be inviting patients, carers, staff and members of the public to stand as a Governor. We will also be hosting a number of 'Meet your Governor' events, which will take place at a variety of locations (details can be found on the opposite page). These events will provide you with the chance to meet some of our current Governors and discuss the role with those who are most familiar with it.

For this election, we have three Governor vacancies in total. These are in the following constituencies and areas:

- **Public Constituency** - Congleton (one position available and must live in the area)
- **Patient & Carer Constituency** (one position available and must have been a patient or carer of a patient at the Trust in the last five years)
- **Staff Constituency** – Qualified Nursing and Midwifery Staff (one position available)

We would like to encourage staff, patients, carers and members of the public to get involved with the Trust and help make a difference. You can have your say and play your part for your local hospital.

If you would like to stand as a Governor, you will be required to fill in a nomination form. Nominations will open on Wednesday 5 June 2019, with the deadline for all nominations to be submitted by Wednesday 3 July 2019.

Voting will then take place towards the end of July and the declaration of the results will be towards the end of August. If you do not wish to stand as a Governor, please don't forget to vote when you have the chance as Governors play a pivotal role in the development of our Trust.

If you have any queries in relation to the upcoming

elections, would like further information or to check your eligibility, please don't hesitate to contact the Membership Office by emailing [foundation.trust@mcht.nhs.uk](mailto:foundation.trust@mcht.nhs.uk) or by calling **01270 612365**.



## What Does A Governor Do?

Any Member aged 18 and over is eligible to stand as a Governor representing their constituency. Governors are elected for a maximum term of three years. They can then be re-elected but no Governor would serve for longer than nine years in total.

You do not need any specific qualifications to become a Governor - just an interest in healthcare.

### Governors:

- Speak up for Members of the Foundation Trust
- Discuss with Members the latest developments from the Trust
- Ensure the Board of Directors is fulfilling its role
- Put forward views to the Board of Directors regarding annual plans of the Trust
- review annual reports and accounts regarding the Trust's performance and financial position
- appoint the Chairman, Non-executive Directors and Chief Executive

## SAVE THE DATE: Annual Members' Meeting 2019

The Trust will be holding its Annual Members' Meeting on Friday 27 September at Crewe Lifestyle Centre. Prior to the meeting, there will be a free health and wellbeing fair with many interactive stands, health checks, and information and advice from health professionals available. The fair will begin at 10am followed by the Annual Members' Meeting, which will then start at 12.30pm. It will be open to everyone and lunch will be provided. For further information, please contact **01270 612365** or email [foundation.trust@mcht.nhs.uk](mailto:foundation.trust@mcht.nhs.uk).

*Pictured: last year's Health & Wellbeing Fair held at Congleton Town Hall*





# Trust Appoints Two New Non-Executive Directors

In February 2019 the Trust welcomed two new Non-executive Directors to its Board of Directors. Les Phillpott and Trevor Brocklebank joined at the beginning of February and have replaced David Hopewell and John Barnes whose terms came to an end.

Les is a qualified accountant and member of the Chartered Institute of Public Finance and Accountancy (CIPFA), with a strong background in public finance and leadership in a public sector career spanning more than 40 years. He completed his executive career in 2016 in the role of Chief Executive and Accounting Officer of the Office for Nuclear Regulation (ONR) – a new public protection regulator he was the driving force in setting up in 2014.

Trevor initially joined Nissan Motor Manufacturing UK as a graduate trainee. Over the following twelve years, he worked in purchasing for Mercury Communications and sales for BT. Trevor has been on the Board of the United Kingdom Homecare Association (UKHCA) for six years and is currently their Chair. He has also been involved with an EU-wide initiative, Care Campus, working with leading universities across Europe to develop online training for family and paid carers. He was also the Chair of the British

Franchise Association (BFA) from 2016 to 2018.

We would like to thank David and John for their time spent at the Trust and the contributions they made to their role.

Non-Executive Directors bring external skills and challenge to develop the Trust's strategy, holding the Executive Directors to account for its delivery and ensuring that the Board acts in the best interests of patients and the wider community.

*Pictured (left to right): Trevor Brocklebank and Les Phillpott, Non-executive Directors at the Trust*



## 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 July 2019.

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

- 1 July 2019 (Monday)
- 5 August 2019 (Monday)
- 2 September 2019 (Monday)

Papers and agendas from previous meetings can be found in the Board Minutes section of the website at [www.mcht.nhs.uk/boardminutes](http://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](mailto:foundation.trust@mcht.nhs.uk).

## Member Events

Your Membership  
Your Governors



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](http://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.



**Meet Your Governor**  
**Tuesday 4 June 2019**  
9.30 - 11.30am at Holmes Chapel Health Centre (drop-in event)

**Meet Your Governor**  
**Tuesday 11 June 2019**  
9.30am - 11.30am at Victoria Infirmary, Northwich (drop-in event)



**Meet Your Governor**  
**Thursday 13 June 2019**  
9.30 - 11.30am at Meadowside Medical Centre in Congleton (drop-in event)

**Meet Your Governor**  
**Monday 1 July 2019**  
9.30am - 12.00pm at Leighton Hospital Outpatients department (drop-in event)



**Meet Your Governor**  
**Wednesday 19 June 2019**  
9.30 - 11.30am at Nantwich Health Centre (drop-in event)

# An Update From Your Charity Team

Our first event of the year was a fantastic 'fashion and fizz' evening held at Nantwich Town Football Club in March. Working in partnership with Bella Boutique, which has stores in Sandbach and Northwich, and Rodney Densom Wines, we welcomed more than 70 ladies to the event who enjoyed a selection of delicious sparkling wines and Processco from around the world, whilst viewing Bella's latest spring fashions.

The event was a huge success and raised £2,000 for our dementia appeal, which is funding a number of projects across the Trust to make our environments and services safer, more comfortable and calmer for people living with dementia.



*Pictured: Guests enjoy March's 'fashion and fizz' event*



*Pictured: Community Fundraiser Carole Salmon joins a volunteer and Kirsty Howard, Falls Specialist Nurse, at some of the new seating*

One of the projects that we've already been able to complete due to the generosity of our supporters is the newly installed corridor seating. The group that meets to discuss how appeal money is used told the charity that getting around Leighton Hospital can be very difficult for many of our patients due to the long corridors. This situation is made even more challenging for people living with dementia who may struggle to walk long distances without taking a break. Since the seating (which can be found on the ground and first floor levels of the main corridors) has been installed staff have commented on how often they see people using them and are delighted with the difference they've made to patient experience.

We have been very lucky to have so much local support for the dementia appeal. The Betley Bike Curious ride, which sees hundreds of cyclists ride from Holyhead in Anglesey to Betley in Cheshire, chose us as one of their charities for the 2018 event and we were thrilled to receive over £6,000 at their recent presentation evening. This amount will enable us to purchase another high-tech Reminiscence Interactive Therapy Activity (RITA) system, which is used to calm, entertain and reassure people living with dementia across our hospitals and now also within our community services.

*Pictured (right): Emma Robertson, Charity Manager, collects a cheque for more than £6,000 following the latest Betley Bike Curious event*



*Pictured (left to right): Lucy Grant, Sepsis Specialist Nurse, David Artell, Crewe Alexandra First Team Manager, and Emma Robertson, Charity Manager at MCHFT*

March proved to be a bumper month for the charity as we were delighted to be announced as the Official Charity Partner of Crewe Alexandra Football Club.

We already have a long-standing relationship with the club, which regularly supports us with donations for our raffles and visits our children's wards every Christmas.

This new partnership highlights the club's commitment to supporting local people and will involve them supporting the charity in promoting our events and fundraising activities, as well as helping to raise awareness of the charity and its work in the local community.



We are very proud to be supported by so many local businesses, which makes a huge difference to what we are able to do to support the Trust.

One such business totally overwhelmed us earlier this year when they handed over a cheque for more than £28,000, which they raised for our Children's Unit. Online retail giant AO run an in-house aspiring manager's programme every year and part of what they do involves them choosing a local charity to support throughout the year. 2018's team chose MCH Charity and managed to beat all previous amounts raised through the programme. After handing over the money we welcomed Dave Ashwell, AO's Managing Director, and two members of the programme (*pictured right alongside members of staff John Church, Deputy Chairman, and Dennis Dunn, Chairman*) to tour the new unit and find out more about how the money was spent.



Other local businesses that we're proud to be associated with include:

- Nantwich based Richmond Village, which is holding a number of events throughout 2019 to raise funds for the appeal
- M&S Food supported us throughout 2018 and recently handed over a cheque for a fabulous £1,381 (*pictured right*)
- Fresh Business Network members collected a fabulous £1,700 for the charity (*pictured below*)
- Shires Symphonic Wind Orchestra held two concerts, which raised £1,000, and is continuing to support the charity throughout 2019 (*pictured below*).



As well as all the external support we receive, our staff are always going over and above for the charity too. Last year Theatre Practitioner Alan Mackay and his brother Stuart walked from Edinburgh to Leighton Hospital raising an amazing £2,478 for the appeal.

We're so pleased to have been chosen again by the brothers (*pictured*) as they plan to head out on another hiking challenge which will see them cover over 200 miles starting out from Leighton Hospital into the heart of Wales – huge good luck to them. We know you'll smash it!

Finally, if you enjoy tea and love your NHS we need you!

This June sees the launch of the national NHS Big Tea 2019 campaign which aims to raise awareness of and funds for NHS charities across the country. We're looking for local people, groups, schools and businesses to get behind the campaign and hold their own tea-based activity to celebrate the NHS and to raise funds for MCH Charity. If you'd like to find out more, or would like a registration pack, please visit our website [mchcharity.org](http://mchcharity.org) and click on the NHS Big Tea link at the top of the page.

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. We can also help to promote your event and to celebrate your achievements when you've finished. Even if you're not fundraising you can still support the charity by following our Facebook and Twitter pages and by sharing our posts with your friends and family – find us at [@mchcharity](https://www.facebook.com/mchcharity) on both channels.

We are also on the lookout for people who would like to become Collection Can Champions to support our 'Everybody Knows Somebody' 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 (01270 273248 / [charity@mch.nhs.uk](mailto:charity@mch.nhs.uk)).



# A Day In The Life ...



*Pictured (clockwise): Julie during a makaton training session; one of Julie's clinic activities; Julie during one of her 'Messy Talk' groups*



**'A Day in the life'... aims to give you an overview of the different roles at Mid Cheshire Hospitals and Central Cheshire Integrated Care Partnership (CCICP). Over future editions 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 Julie Holmes from the Paediatric Speech and Language Therapy team.**

Julie's role as a Speech and Language Therapist varies from day-to-day as she goes from clinic sessions, home visits and drop-in sessions at nurseries. She also offers staff training to help with any early language needs. For the purpose of this article, activities and tasks that take place have been condensed from a few days into one.

**9:00am:** I start the day at the clinic seeing children with communication difficulties. This can include poor understanding of language, poor expressive language skills and speech sound difficulties. Normally there are about six appointments and each one can take up to 45 minutes.

**10:30am:** As part of the appointments that take place I make care plans for parents to follow. These target specific parts of speech and

language for their children to work on. The plans work on the outcome that we are trying to achieve for the child and are prioritised for the child - this means each plan changes from child to child.

**12pm:** I go to a local nursery in the South Cheshire and Vale Royal area. The aim here is to help train early years staff to effectively work with young children who have speech and language needs.

**1:30pm:** I run a 'Messy Talk' group. These allow parents to get together with their children and share their experiences. They also allow the children to receive extra therapy in a more fun way as we use jelly, gloop, paint and water. The parents learn strategies they can use when they play with their children at home.

**3pm:** I go back to clinic for my role as Dysfluency Specialist to support children and adults who stammer.

**4pm:** To round the day off I complete any administration tasks and finalise any Education and Health Care Plans that are needed. It's also a good chance for me to organise new appointments as well as prepare case notes for the next day of clinics.



**Name:** Julie Holmes

**Role:** Paediatric Speech and Language Therapist

**Background:** I graduated in 1993 with a Sociology degree from the University of Teesside however I went into a variety of different roles. These included working in a health spa, in recruitment and being a TV extra. After having my daughter, it was during a baby group that a Speech and Language Therapist spoke about the importance of talking to your baby. It was from this point I decided that I wanted to do that as a job so, in 2006, I went back to university as a mature student to spend three years studying a Speech and Language Therapy degree. I worked for a year as a Speech and Language Therapy Assistant in Derbyshire before starting in Cheshire as a Speech and Language Therapist.

## We Are The NHS

Whatever your skills, qualifications or interests, there is a career for you in the NHS. Julie's role as a Speech and Language Therapist is just one of more than 350 in the National Health Service, which are typically split into 15 categories (found below).

If you would like to explore opportunities within the NHS, including what any entry requirements are and the pay and benefits you can expect, visit [www.healthcareers.nhs.uk](http://www.healthcareers.nhs.uk). You can also find the current vacancies at Mid Cheshire Hospitals on the Trust's website, [www.mcht.nhs.uk/jobs](http://www.mcht.nhs.uk/jobs).

- **Allied health professions** - as key members of today's healthcare team, allied health professionals work closely with patients, often on a one-to-one basis, helping with rehabilitation and providing treatment that helps transform people's lives.
- **Ambulance service team** - you could be part of an emergency response crew, handle 999 calls in a control room, or provide vital non-emergency transport for patients.
- **Dental team** - if you're interested in diagnosing and treating a range of problems affecting the mouth, teeth and gums and like the idea of working with people, doing a job that's respected, and which offers flexibility and security, a career with the dental team could be right for you.
- **Doctors** - if you have the passion to improve people's lives and the determination to reach the highest standards, there's a wide range of career opportunities open to you within medicine. Becoming a doctor isn't an easy option, it takes years of study and hard work, but if you like helping people there are few more rewarding or respected careers.
- **Health informatics** - health informatics is one of the fastest growing areas within healthcare. To put it simply, health informatics is about getting the right information to the right person at the right time. You could be introducing electronic health records for every person in the country or exploring patient data to identify trends in disease and treatment.
- **Healthcare science** - whether it's helping patients with hearing problems, analysing tissue samples, or researching how results from the human genome project can be translated into new treatments — healthcare scientists and technicians help to save lives and improve care for millions of patients.
- **Management** - managers are a key part of the NHS. Whether they are managing the talented, hardworking staff, controlling the finance or providing the equipment, buildings and services, managers are crucial to the delivery of effective healthcare.
- **Midwifery** - being a midwife is much more than delivering babies. You'd be involved in antenatal and postnatal care, in counselling, in offering support and education, and help families prepare for parenthood.
- **Nursing** - if you want to work in an interesting, rewarding and challenging environment, a career in nursing will give you plenty of scope to do exactly that. Nurses work in every sort of health setting — from accident and emergency, to patients' homes — with people of all ages and backgrounds.
- **Operating department practice** - operating department practitioners are an important part of the operating department team, working with surgeons, anaesthetists and theatre nurses to help ensure every operation is as safe and effective as possible.
- **Pharmacy** - interested in science and how medicines help patients manage their condition? Pharmacists are experts in medicines and work with technicians and assistants in both hospital and community settings.
- **Physician associates/assistants** - physician associates and physicians' assistants support doctors in different areas of healthcare. Physician associates work in either general practice or hospitals, while physicians' assistants specialise in anaesthesia.
- **Psychological therapies** - one in four people will suffer from a mental illness at some point in their lives. Psychological therapists will provide, care and support, and help people overcome their difficulties through counselling, therapy and other ways.
- **Public health** - public health is about influencing people's lifestyles or aspects of the environment in which they live with the aim of preventing them from becoming unhealthy or ill, or of improving their health and wellbeing. Some of these roles are in the NHS, but many are found in other organisations.
- **Wider healthcare team** - you could design, construct and maintain NHS buildings, organise catering, supply linen, clean the wards, book appointments. Every role in the wider healthcare team has one thing in common — they are essential to running the NHS.

# News In Brief



## Diabetes Prevention Week

Our Diabetes team took to the crossroads at Leighton Hospital in April as part of Diabetes Prevention Week. As part of the event, the team provided more than 450 health checks to staff to assess their risk of developing Type 2 Diabetes. They also discussed the impact the condition can have. For more information about diabetes visit [www.nhs.uk/conditions/diabetes](http://www.nhs.uk/conditions/diabetes).



## Bowel Cancer Awareness Month

April also marked Bowel Cancer Awareness Month. One of the ways we shined a light on the varied and many people affected by bowel cancer is through an information stand. Members of our Colorectal Nursing team talked to passers-by about the cancer and the support available to those affected by it. Did you know every 15 minutes in the UK somebody is diagnosed with bowel cancer?



## Trust holds annual careers fair

We would like to thank all staff and partner organisations who volunteered at our latest careers fair which took place earlier this year.

The event was well attended and provided people with the opportunity to learn more about the various career paths within the NHS and at the Trust.

Did you miss the event? Visit [www.mcht.nhs.uk/jobs](http://www.mcht.nhs.uk/jobs) to find out what current vacancies we have at the Trust. If you have any questions surrounding the event, please contact our Inspiring Futures team on [inspiring.futures@mcht.nhs.uk](mailto:inspiring.futures@mcht.nhs.uk). You can also visit

[www.healthcareers.nhs.uk](http://www.healthcareers.nhs.uk) for all of the information you need to take the next (or first) step in your health career.



## CCICP supports launch of local arthritis group

February saw the launch of a National Rheumatoid Arthritis Society (NRAS) support group for Crewe and Nantwich, which is being supported by Central Cheshire Integrated Care Partnership (CCICP)

The launch night included a keynote talk from Dr Kiran Putchakayala, Consultant Rheumatologist at MCHFT, and an interactive session that offered attendees the opportunity to ask questions to an expert healthcare professional panel that included representation from Physiotherapy, Occupational Therapy (OT) and Pharmacy.

We would like to thank our CCICP colleagues who supported the event, including physios and OTs, for helping to make it a success – a number of people have signed up to either co-ordinate or attend the group going forward.





## No Smoking Day

13 March marked No Smoking Day, which some of our 'Stop Smoking Champions' used to talk to patients, staff and visitors about the free support available. If you live in Cheshire, you can access free and friendly advice by calling 0800 085 8818 (Cheshire East) or 0300 777 0033 (Cheshire West and Vale Royal). You can also get support by visiting [www.nhs.uk/smokefree](http://www.nhs.uk/smokefree).



## Do you recognise this trophy?

We uncovered the above old trophy in the Charity office and our talented library team have researched its origins. The trophy was made around 1929/30, was awarded to 'All Round' first year nurses and presented before Leighton Hospital was built in 1972. The trophy reads 'Presented to the Crewe and District Memorial hospital for Annual Award to the best All Round (First Year) Nurse.'



## 24 hours of Swallowing Awareness

Staff from Central Cheshire Integrated Care Partnership (CCICP) have been raising awareness of people living with swallowing difficulties.

A display was located at Crewe's Eagle Bridge Health and Wellbeing Centre in April aimed at informing and educating members of the public and health professionals about dysphagia (swallowing difficulties).

Not only were they sharing this information with the general public, but approximately 50 members of staff took on a 24-hour challenge to modify their food and drinks to get a better understanding of what a person may experience who has to do this to manage their swallowing.

Most staff that took part shared that they felt more able to support patients they see.



## Customer Care Team

Members of our Customer Care Team have relocated to the ground floor at Leighton Hospital to provide on-the-spot signposting, advice and information to patients and visitors.

The Customer Care Officers are now located in the old Chaplains office in the main reception area of the hospital, which provides easy access to service users. Their presence in this area will allow patients, relatives and carers to raise concerns, receive advice and provide the Trust with feedback regarding the care or treatment they have received across the organisation.

The office is open 9am-4pm, Monday to Friday.

# Volunteering At MCHFT ...



## New Member Of The Voluntary Team

We are pleased to announce that Hayley Nicholls (*pictured left*) joined the Patient Experience Team in March as Team Secretary, providing support to Voluntary Services. Hayley will be working alongside Voluntary Services Manager Jo Oakes to support volunteers at the Trust.

## Mayor Visits Hospital Radio

Cheshire East Mayor Lesley Smetham, and her husband and Consort David, visited the Hospital Radio Leighton studio in February for an annual interview with the Major (*pictured right*). The informal interview took place in the studio and was broadcast live. The Mayor's requests included The Beach Boys' 'Fun, Fun, Fun', Glenn Miller's 'In the Mood' and Billy Bragg's 'California Stars'.

Fun, Fun', Glenn Miller's 'In the Mood' and Billy Bragg's 'California Stars'.

The Mayor talked about her year in office, the workings of Cheshire East, her hobbies and future events.

*If you or anyone you know is interested in volunteering for Hospital Radio Leighton, please contact Jo Oakes (details below).*



## New Volunteering Role: Emergency Department Enquiries

We are very excited to announce the launch of a new volunteering role within our Emergency Department (ED).

The ED Enquiries Volunteers are helping to answer general enquiries, signpost members of the public and patients to departments and to their appointments, offer reassurance, provide refreshments and sit and chat to patients in the waiting area.

Belinda Dean, Head of Nursing for Urgent and Emergency Care said: "The introduction of volunteers in the waiting room of the Emergency Department has been invaluable.

They support the ED staff by providing non-clinical information to patients and their relatives in a timely manner. They reassure patients and support them during vulnerable times, offering them friendly advice and care. They are an absolute credit and fantastic addition to the team."

## Volunteer Garden Activity

In March a team of volunteers from Barclays' Gadbrook Park (*pictured right*), coordinated by Trust volunteer Sue Worthington, worked their magic across multiple garden areas including Urology, Critical Care, Ward 1 and the Neonatal Intensive Care Unit (NICU).

We are very fortunate to now have two teams from Barclays providing the hospital with volunteers throughout the year to help with garden maintenance.



**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](mailto: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](https://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 (May 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

\*Please note: half of Ward 4 has been relocated to the James Cross Unit located near to the Emergency Department due to planned refurbishment work that is being carried out between Ward 4 and 12.

## Other useful contact details:

- **Main Switchboard:** 01270 255141
- **Customer Care Team:** 01270 612410 / [customer-care-team@mcht.nhs.uk](mailto:customer-care-team@mcht.nhs.uk)
- **Mid Cheshire Hospitals Charity:** 01270 273248 / [charity@mcht.nhs.uk](mailto:charity@mcht.nhs.uk)

## Online:

- **Website** [www.mcht.nhs.uk](http://www.mcht.nhs.uk)
- **Twitter** [@MidCheshireNHS](https://twitter.com/MidCheshireNHS)
- **YouTube** [www.youtube.com/user/MidCheshireHospitals](https://www.youtube.com/user/MidCheshireHospitals)
- **Facebook (MCHFT)** [www.facebook.com/MidCheshireNHS](https://www.facebook.com/MidCheshireNHS)
- **Facebook (Jobs)** [www.facebook.com/jobsatMCHFT](https://www.facebook.com/jobsatMCHFT)

