



Local Cancer Patients Benefit From Free Pamper Workshops

Also in this issue:

- **Children's Ward Patients Have Egg-cellent Easter**
- **Trust Welcomes New Director of Nursing & Quality**
- **Leighton Hospital Awarded For Commitment To Patient Safety**
- **Could You Be A 'Youth Ambassador'?**
- **College Kicks Off Local NHS 70th Celebrations**



Worried you have an urgent medical concern? **CALL 111**

Our fully trained advisors will help you get the right medical attention when you urgently need it, 24 hours a day, and can put you through to healthcare professionals.

**CALL
111**



welcome to all.together

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

For those who may be unaware, the NHS is turning 70 on 5 July 2018. This milestone is the perfect opportunity to celebrate the achievements of one of the nation's most loved institutions, to appreciate the vital role the service plays in our lives, and to recognise and thank the extraordinary NHS staff who are there to guide, support and care for us day in, day out.

We can all play a role in supporting the NHS in this special birthday year. If you would like to 'give something back', why not consider giving blood (www.blood.co.uk) or volunteering at your local hospital (www.mchft.nhs.uk/work-for-us/volunteering). We can also all take steps to look after our own health and use services wisely

As a Trust, we are currently in the process of confirming our own NHS70 activities and look forward to sharing the highlights with you in the next edition of All Together. Local celebrations have already started, however. In April students from Cheshire College South & West invited members of staff to a special afternoon tea to recognise and thank them for offering

work experience placements and volunteering opportunities. You can read more about the event, which also included a wall of thank you messages, on page nine.

As you read through this newsletter you will find many more examples of people, or the Trust, giving thanks. Every year, for example, we are grateful to the local community for the generous donations that are offered to our younger patients (and sometimes staff) over Easter. Further information can be found on page eight.

Finally, we are pleased to continue our 'day in the life' series. This feature introduces you to different Trust staff, from nurses and doctors to the more unfamiliar roles, and gives you a snapshot of what they do in a typical day. Turn to page 16 to find out who we have included this issue and please don't hesitate to send in your thoughts of who you'd like to see in the future. Ideas can be sent to all.together@mchft.nhs.uk.

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 any opportunities at the Trust (if you're aged between 16 and 25 you



may be interested in our Youth Ambassador programme. Turn to page ten for further details).

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@mchft.nhs.uk.

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

Best regards,

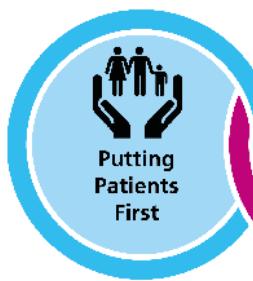
Dennis

Dennis Dunn
Chairman

Tracy

Tracy Bullock
Chief Executive

New Strategy Sets Out Future Focus



Mid Cheshire Hospitals has a vision 'to deliver excellence in healthcare through innovation and collaboration'. In order to successfully deliver this, and to stay at pace with the changing economic environment, the Trust has worked with its stakeholders and partners to review and update its strategy.

The document was developed in line with changing principles and priorities to deliver more integrated healthcare to the community the Trust serves.

As part of the Trust's strategy, and to continually progress on its journey from a 'Good' to 'Outstanding' CQC rating, the Board of Directors agreed the following five strategic domains as the organisation's focus:

- Delivering outstanding clinical quality, safety and experience
- Being a leading partner in a progressive health economy
- Striving for outstanding organisational effectiveness
- Aspiring to excellence in practice through our workforce

- Creating a 21st century infrastructure for transformative health and social care.

Each domain is underpinned with strategic objectives that are adopted locally by the Trust's clinical teams and inform the Trust's priorities and plans working collaboratively with the community and partners.

The revised strategy also includes updated values (*pictured above*) and behaviours for the Trust. These were developed through engagement with teams from across the organisation, as well as Governors, stakeholders and the wider community, and staff are encouraged to embed them in everything they do.

You can find a copy of the strategy on the Trust's website (www.mcht.nhs.uk/strategy).

STAFF: Copies of values and behaviours posters can be requested from the Communications team (01270 273827 / communications@mcht.nhs.uk). Please display these in your work area.

Julie Tunney Joins Board Of Directors

The Trust is pleased to announce that Julie Tunney has joined the Board of Directors in the role of Director of Nursing and Quality.

Julie, who started in January, has more than 30 years' experience in the NHS and most recently held the position of Deputy Chief Nurse at Birmingham's Heart of England NHS Foundation Trust.

After joining the NHS in 1984, Julie qualified as a Registered Nurse in 1987 and has since held a variety of senior nursing roles. During this time she has also qualified as an Advanced Life Support Instructor and gained a Master's degree in Management and the Health Service.

Chief Executive Tracy Bullock said: "I have no doubt that Julie will make a significant contribution to the Trust and, in particular, to quality and safety improvements – she is committed to recognising and rewarding compassionate staff and the real difference it makes to patients."

As part of this passion, in 2014 Julie graduated as a Florence Nightingale Leadership Scholar and led a project that has enabled a compassionate workforce across a number of hospitals. The project was recognised for going the extra mile for when it became a finalist in the Kate Granger Compassion Awards in 2015.

Julie has taken over from the Trust's Interim Director of Nursing and Quality, Anne Cleary, who had been at the Trust since October.



Pictured: Julie Tunney, the Trust's new Director of Nursing and Quality

Trust Bids Farewell To Longest Serving Employee

Mid Cheshire Hospitals has said a fond farewell to Jonathon Nulty, a Staff Nurse in Critical Care who has retired after an incredible 48 years of nursing.

Jonathon began his career in 1969 when he began working as a Cadet Nurse at Crewe and District Memorial Hospital. He then qualified as an Enrolled Nurse in 1973 and began full time employment on the Intensive Care Unit at the then new Leighton Hospital.

Two years later Jonathon moved to Wythenshawe Hospital where he worked for three years before he returned to Leighton in 1978, this time in the Accident and Emergency unit.

Jonathon moved back to the Intensive Care Unit in 1980 where he stayed for 18 years. During this time he successfully completed a conversion course and, in 1994, became a Registered General Nurse.

In 1998 Jonathon left Intensive Care to work on the Medical Admissions Unit before returning to Intensive Care again in 2000, which had now become the Intensive Care/High Dependency unit. Jonathon decided to take voluntary early retirement in 2008 and returned back to work on reduced hours.

In 2014 Intensive Care became Critical Care and moved to a new state-of-the-art building. It was here that Jonathon was the nurse to transfer the first patient from the old Intensive Care to the new Critical Care unit.

Jonathon also won Mid Cheshire Hospitals' 'Chairman's Award' in 2014 after being nominated by his



Pictured: Jonathon Nulty (fifth from the left) with members of staff at his retirement party

colleagues on for all the hard work and dedication he had put in during his time at the Trust.

Jonathon has now retired from nursing. He has cared for, nursed and comforted many patients during his 48 years and has been described as well-liked, friendly, hardworking and a valuable member of any team he has been a part of. This is due to his motivation, enthusiasm and huge wealth of knowledge within his specialty.

Many patients, relatives and staff have benefited over the years due to Jonathon's compassionate care. Jonathon was, and is, much loved and respected by all and the Trust would like to wish him a very happy retirement and to once again thank him for his many years of service.

Maternity Unit Contributes To National Study



Pictured (left to right): Research Midwives Caroline Dixon and Janet Brown, who helped to recruit women for the study

The Trust's maternity unit is one of 41 across the country that has taken part in the largest study of maternal sleep position and risk of stillbirth.

291 women who had a stillbirth and 733 women who had a live-born baby were interviewed for the Midlands and North of England Stillbirth Study (MiNESS), which found that mothers-to-be who went to sleep on their backs had at least twice the risk of late stillbirth

compared to those who go to sleep on their side.

The MiNESS estimates that if all pregnant women in the UK went to sleep on their side in the third trimester there would be a 3.7% decrease in stillbirth, saving around 130 babies' lives a year.

Between April 2014 and March 2016, Research Midwives Caroline Dixon and Janet Brown helped to recruit local women for the study alongside Consultant Shanthi Pinto.

Caroline said: "We're very thankful to all of the local women who were interviewed for the study and are pleased that the Trust's contribution will go on to help parents and increase our understanding of stillbirths."

The Trust's Research Midwives are part of a research active unit that is currently recruiting to a number of other national studies. These aim to improve the care of women with cholestasis, pre-eclampsia, twin pregnancy and smoking cessation. The unit is also looking for women who have a history of pelvic pain to participate in a gynaecology study. For further information, call the team on 01270 273745.

If you would like to find out more about research at the Trust, visit www.mcht.nhs.uk/research.

Leighton Hospital Awarded For Commitment To Patient Safety

Leighton Hospital has been recognised for the way it monitors and records joint replacement surgery.

The hospital has been named as a Quality Data Provider by the National Joint Registry (NJR), an organisation that monitors the performance of hip, knee, ankle, elbow and shoulder joint replacement operations to improve clinical outcomes for the benefit of patients, clinicians and industry.

It collects high quality orthopaedic data in order to provide evidence to support patient safety, standards in quality of care, and overall cost effectiveness in joint replacement surgery.

The NJR Quality Data Provider certificate scheme is designed to offer hospitals a blueprint for reaching standards relating to patient safety and reward those who have met registry targets in this area.

Derek Pegg, Consultant Orthopaedic Surgeon at Mid Cheshire Hospitals, said: "Improving patient safety is of the utmost importance and something all staff take very seriously.

"We fully support the National Joint Registry's work in facilitating improvement in clinical outcomes and governance for the benefit of joint replacement patients and we're delighted to be awarded as a NJR Quality Data Provider."

To achieve the award, staff at Leighton Hospital met a series of six ambitious targets during the 2016/17 financial year. One of these was to complete its compliance with the NJR's mandatory national audit, which is aimed at assessing data completeness and quality within the registry.

The Data Quality Audit investigates the accurate number of joint replacement procedures submitted to the registry compared to the number carried out and recorded in the hospital's Patient Administration System.

The audit ensures that the NJR is collecting and reporting upon the most complete, accurate data possible across all hospitals performing joint replacement operations, including Leighton Hospital.

Mr Martyn Porter, National Joint Registry Medical Director, added: "Congratulations to colleagues at Mid



Pictured (left to right): Theatre Scheduler Alan Owen and Derek Pegg, Consultant Orthopaedic Surgeon, with the Quality Data Provider award certificate

Cheshire Hospitals. The Quality Data Provider award demonstrates the high standards being met towards ensuring compliance with the NJR and is often a strong reflection of a departmental effort to achieve such status.

"Registry data now provides an important source of evidence for regulators, such as the Care Quality Commission, to inform their judgements about services, as well as being a fundamental driver to inform improved quality of care for patients.

"It is clear that, for surgeons and patients alike, the necessity for having accurate and complete data is an absolute requirement. The Quality Data Provider award continues to go from strength to strength and highlights the number of hospitals who are now fully engaged with the NJR's data completeness programme."

Full details about the NJR's Quality Data Provider certificate scheme can be found online at www.njrcentre.org.uk.

111 – The new NHS number



The telephone number to call when you need medical help fast – but it's not an emergency



Employee of the Month

Latest Winners

In 2014 the Trust launched two 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 2017 and February 2018.

September 2017

- Employee of the Month – David Hill
- Team of the Month – Breast Imaging

Pictured (clockwise): Ward 21B's Julie Powell; Keiron Parker from ED; members of staff from Cafe Express

October 2017

- Employee of the Month – Megan Truan
- Team of the Month – Integrated Discharge Team (IDT)

November 2017

- Employee of the Month – Gary Shaw
- Team of the Month – Cafe Express team

December 2017

- Employee of the Month – Keiron Parker
- Team of the Month – District Nursing Team

January 2018

- Employee of the Month – Julie Powell
- Team of the Month – Theatres Night Staff

February 2018

- Employee of the Month – Amy Chadwick
- Team of the Month – Surgical Ambulatory Team & Outpatient team



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 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.



Donations Provide Patients An Egg-stra Special Easter

Mid Cheshire Hospitals, in partnership with Mid Cheshire Hospitals Charity, would like to say a huge thank you to the local community for the generous donations received over the recent Easter period.

The Trust received over 500 chocolate eggs from local groups, companies and individuals, which were handed out to younger patients staying on the Child and Adolescent Unit (CAU) at Leighton Hospital.

Treats were also shared with patients' siblings and those in other areas of the hospital, such as in the Emergency Department and Children's Outpatients.

Sue Palin, Housekeeper on the CAU, said: "We are always overwhelmed by the support from the local community and would like to thank everyone who made a donation.

"Staff working over Easter ensured that they were used to benefit younger patients who were in or visiting hospital - something as simple as a chocolate egg can really make a difference to their hospital experience."

Those who made a donation to the Trust included:

- Staff from Cheshire West and Chester Highways and a number of their contractors, including Ringway, who donated around 200 chocolate eggs
- 19 Co-op stores across Crewe, Sandbach and Cheshire who donated around 200 chocolate eggs. This was made possible due to donations from both customers and staff
- Adecco, Crewe, who gave 60 eggs. These were donated by staff at various sites in the area
- Long O'Donnell Associates Limited who brought 100 chocolate eggs. These were donated by the company and other businesses on Gadbrook Business Park, Northwich
- Customers of Total Fitness, Crewe, donated a

number of eggs to the children's ward

- Barclays visited the children's ward to distribute chocolate eggs and soft toys to younger patients
- Fowles Funeral Services, Winsford, donated 50 chocolate eggs
- The Royal British Legion Crewe branch donated a number of eggs to the Trust
- Vale Royal Lions Club kindly donated to our younger patients
- And a thank you to Cheshire Fire and Rescue who walked around the children's ward and handed out chocolate eggs to the younger patients.

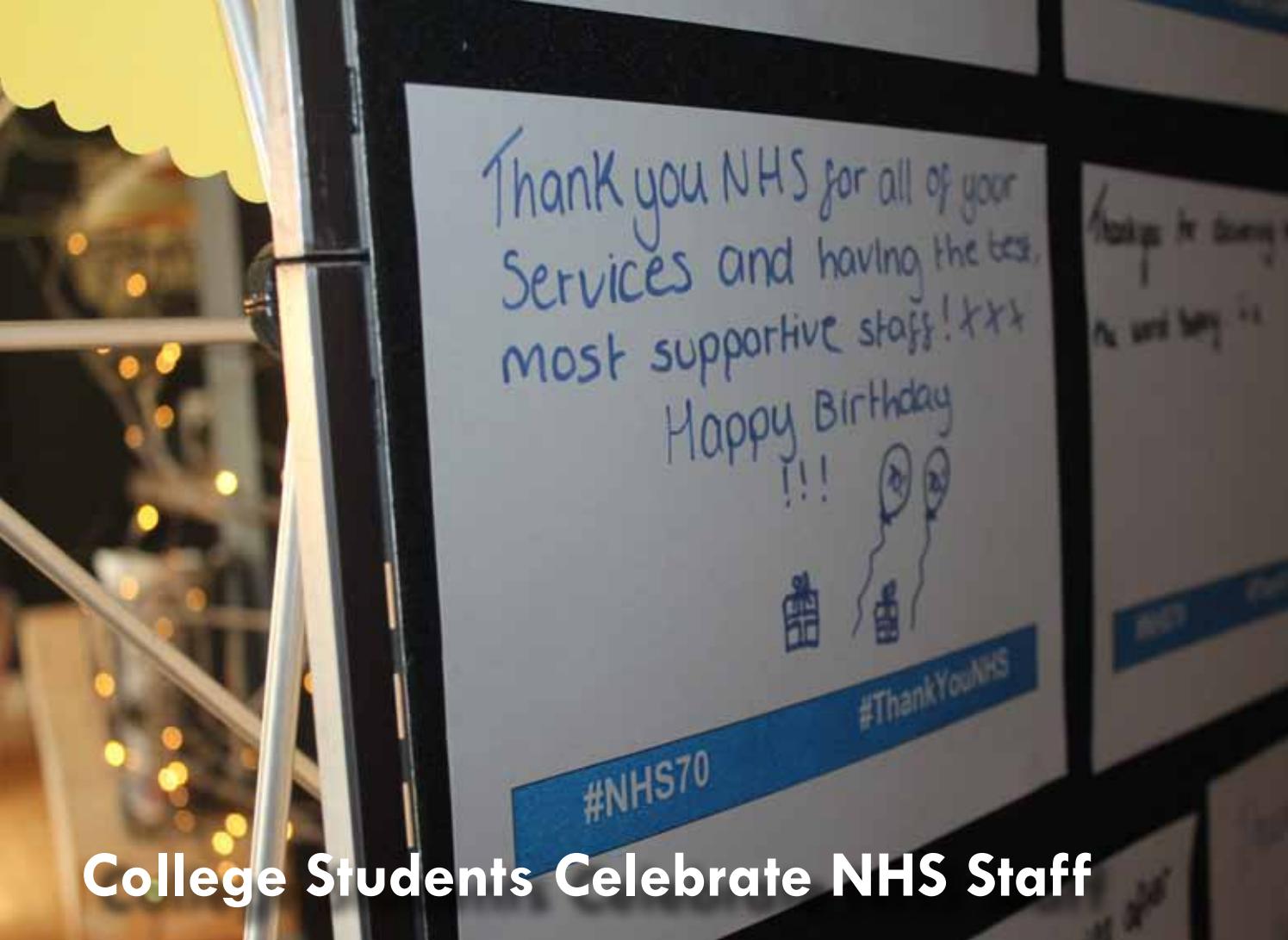
Sue added: "We would also like to say thank you to all of the individual families that have made donations and, in doing so, have brought a smile to the children spending time with us over Easter."

The children's ward also recently held a cake sale for staff in order to raise money for the Children's Fund at Mid Cheshire Hospitals. In total, an amazing £955.50 was raised that will be used to enhance the experience and care provided for the Trust's younger patients.

For further information on Mid Cheshire Hospitals Charity, including how to fundraise for the Trust, please email charity@mcht.nhs.uk.



Pictured right: Members of staff on Ward 19 with Carole Salmon (purple jacket), Community Fundraiser



College Students Celebrate NHS Staff

Students from Cheshire College South & West held a special event in April to celebrate the NHS' 70th birthday.

Health and Social Care students at the college planned, prepared and hosted an afternoon tea for members of Trust staff who have supported students with work experience and volunteering opportunities.

The invited guests were guided to a room that had been decorated by the students and that contained a wall of inspirational 'thank you' messages. The messages thanked the staff for their hard work and dedication to their roles. There were also a number of personal stories of the NHS saving the lives of people close to the students.

Two students, Laura McDowell and Ashleigh Finn, delivered a presentation on their experiences of volunteering and work experience at Leighton Hospital. They both described the hospital as friendly and were made to feel at home during their time at the Trust. They also admired NHS staff for the work they put in every day and described the staff as 'inspirational on every level'.

The students also discussed that the experience they had gained has helped them make future career choices - Laura is going on to study child nursing at university, while Ashleigh will start working at a care home.

Attendees were then treated to tea, coffee and cakes.

including brownies and trifle, which were prepared and served by the college's catering students.

We would like to thank Cheshire College South & West and all of the students involved for hosting a brilliant event to celebrate the NHS on its 70th birthday.



Would you like to gain work experience at the Trust?

If you would like further information about work experience at the Trust, or are interested in applying, please visit www.mcht.nhs.uk/workexperience. You can also email inspiringfutures@mcht.nhs.uk.

Pictured (top to bottom): One of the 'thank you' messages displayed at the college; Laura McDowell and Ashleigh Finnан present to the event's attendees

Pictured (left to right): Annabelle Dixon, Emma Hickson and Jamie Goff, the Trust's first Youth Ambassadors who have been working on their own projects during 2017/18



Trust Looking To Recruit 'Youth Ambassadors'

We are recruiting three enthusiastic young people to get more involved in the Trust as 'Youth Ambassadors'. If you are aged between 16 and 25 and interested in learning more about how an NHS organisation runs this role could be right for you.

We want to hear your views, opinions and ideas and are offering a unique opportunity for you to come and help us improve what we do here. All we ask is that you are committed and keen to get things done.

In return for your input you will gain valuable work experience and, most importantly, have the chance to influence the development of youth services and encourage change here at the Trust.

The position is for 12 months and we want to work with you to develop your ideas over this period into a completed project. You'll be working closely with us on a number of projects, such as our website or planning events for Members.

We'd love to hear if you have had any experiences in organising an event, completing a project or creating a solution to a problem. Share your experiences with us - we want to know what you've learnt from school, work or your free time.

Let us know what you enjoy. Whether it's design, working on websites and social media platforms or planning events, we want to work with you to develop your own ideas and help you gain experience in something you enjoy.

This is a voluntary role and the time commitments will vary, but it's vitally important that this doesn't interfere with your studies or existing work commitments so we will endeavour to work around these. We will be supporting you through your time as Youth Ambassador and will be on hand to help with anything you need.

If this sounds like something you are interested in and you would like more information or an application form, please get in touch with the Membership Office by phoning 01270 612365 or email mitchell.benson@mcht.nhs.uk.

The deadline for applications is 25 May 2018. If we have more applicants than places, we will consider all applications and invite our best candidates to a recruitment day in July. Following this, a shortlist will be produced and a final vote will be held by our young Members (those aged 16-25). If you are under 18 we will need to receive consent from your parent or guardian if you are successful.

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 26 July 2018.

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:

- 8 May 2018 (Tuesday)
- 4 June 2018 (Monday)
- 2 July 2018 (Monday)
- 6 August 2018 (Monday)
- 3 September 2018 (Monday)

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.

Upcoming Governor Elections

We will be holding our Governor Elections shortly and would like to invite you to stand or vote for a Governor to be elected onto our Council of Governors. Our 29 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

Your Membership
Your Governors



locations (details can be found below). 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 seven Governor vacancies in total. These are in the following constituencies and areas:

- **Public Constituency** (must live in one of the following areas) - Vale Royal (two positions available) and Congleton (one position available)
- **Patient & Carer Constituency** (must have been a patient or carer of a patient at the Trust in the last five years) - two positions available
- **Staff Constituency** - Non-clinical Support Staff (one position available) and Clinical Support 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 Monday 4 June 2018, with the deadline for all nominations to be submitted by Monday 2 July 2018. Voting will then take place towards the end of July and the declaration of the results will be in the middle 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, or 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 or by calling 01270 612365.

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 2018 at Leighton Hospital (further events are currently being arranged and will be announced soon).

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



Focus on ... Fractures
Wednesday 7 May 2018
10am in the Board Room,
Leighton Hospital



Meet your Governor
Monday 11 June 2018
9am - 12pm in Outpatients
Department, Leighton Hospital



Meet your Governor
Tuesday 12 June 2018
9.30am - 12pm at Victoria
Infirmary, Northwich (VIN)



Meet your Governor
Wednesday 13 June 2018
9am - 12pm at Holmes
Chapel Health Centre



Meet your Governor
Tuesday 19 June 2018
9am - 12pm at Eagle Bridge
Health and Wellbeing Centre,
Crewe



Chief Executive Update
Tuesday 17 July 2018
10 - 11.30am in the Board
Room, Leighton Hospital



Focus on ... Organ Donation
TBC September 2018
Leighton Hospital



Chief Executive Update
Wednesday 4 October 2018
10am in the Board Room,
Leighton Hospital

Local Cancer Patients To Benefit From Free Pamper Workshops



An international cancer support charity has launched its 99th workshop at Leighton Hospital.

Look Good Feel Better, which provides practical support for people struggling with the visible effects of cancer treatment, is offering free pamper sessions to local cancer patients.

The confidence-boosting workshops started at the hospital's Macmillan Cancer Unit on 7 February and are set to run every other month.

They are led by beauty volunteers who guide women through a twelve step make-up programme, including tips and techniques to help with eyebrow and eyelash loss and changes to the skin.

Those who attend are also presented with gift bags. These are made up of a number of donations from international beauty brands and allow them to continue pampering themselves at home.

Julie Pieczarka, Macmillan Information and Support Manager at Mid Cheshire Hospitals, said: "We are delighted to be able to add these workshops to the support options available to local cancer patients.

"Going through cancer treatment can be a lonely experience and these workshops offer an opportunity for women to share some time with people at different stages of their patient journey. They're also a chance to learn some simple, practical make-up tips that can help to address some of the physical side effects of their treatment."

The Look Good Feel Better skincare and make-up sessions are held all over the UK for people undergoing treatment for any type of cancer. The charity also offers teen and young adult workshops and will launch support



services for men in 2018.

Staff at Leighton Hospital's Macmillan Cancer Unit, which is consistently named as one of the country's leading services for the proportion of cancer patients seen and treated within the expected time frame, found out more about the charity when they were invited to a training session in January.

Here, staff were pampered by volunteers and were taken through the two-hour workshop so that they could share the benefits with patients.

Sarah Addis, Regional Manager for Look Good Feel Better, said: "We are so pleased to be able offer our patients the opportunity to come along to the Look Good Feel Better workshops at Leighton Hospital.

"The difference in confidence the workshop and the team have on all the ladies is very rewarding for all those involved. As well as feeling pampered, the workshops give the ladies a chance to meet and chat to others that have either been through or going through a similar experience in a fun, relaxed atmosphere."

If you are going through cancer treatment and would like to attend a future session, please call the Macmillan Information and Support Service on 01270 273603.

Pictured (top to bottom): Staff at Leighton Hospital's Macmillan Cancer Unit get pampered during a Look Good Feel Better training session; Regional Manager Sarah Addis (far left) with beauty volunteers at the hospital's training session

Volunteering At MCHFT ...



'Purple For Polio' Campaign

Pictured left to right: Steve Bullock, Scoutmaster of 38th SWS Scouts, Crewe Mayor Diane Yates, Geoff Sheridan of Crewe and Nantwich Weaver Rotary Club, and Emma Clarke, Voluntary Services Manager

Have you noticed the patch of crocuses outside our maternity unit? Last November, scouts from 38th SW Cheshire Scouts, along with past president of the Weaver Rotary club, Geoff Sheridan, planted crocus bulbs as part of Rotary's 'Purple for Polio' campaign.

For over 30 years, Rotary and its members have been committed to fighting to eradicate polio across the world. The number of polio-endemic countries has dropped from 125 to just three, with over 2.5 billion children receiving vaccinations thanks to the help of Rotary.

We are delighted to have partnered with Rotary in raising awareness of this campaign and would like to say thank you to everyone who helped to plant the bulbs.

Do you have a couple of hours a week to spare? We are currently looking for volunteers for Elmhurst, our intermediate care facility in Winsford. Volunteers are needed to chat with patients, play board games or read to patients. If you are interested in lending a hand please contact our Voluntary Services Office on 01270 612311.



Members of the Cheshire Constabulary Band visited Leighton Hospital in the run up to Christmas to play festive music to visitors and passers-by. Thank you, all, for giving up your time to bring some Christmas cheer to the Trust.

Also in December, carollers visited the majority of inpatient wards bringing the joy of seasonal music and glad tidings to patients and staff alike. Thank you to all those who attended and helped spread the Christmas cheer!

Pictured left : Members of the Cheshire Constabulary Band

A Huge 'Thank You' From The MCH Charity Team

Over the last few months we've been delighted to see a rapid rise in the number of people getting in touch to offer their support in raising funds for our hospitals.

Members of staff, patients, their friends and relatives, local groups, schools and businesses have signed up for a range of exciting activities to raise money, which will be used to improve the care and experience of our patients. From cake sales to marathons, big band concerts to art exhibitions, there's no end to the enthusiasm and passion that our fundraisers have for supporting their local hospitals.

All of this support enables the charity to purchase items for the hospitals which otherwise the NHS wouldn't be able to provide. Just a few of the most recent charity spends include:

- Specialised reclining chairs to allow patients to get out of bed sooner and be more comfortable
- Foldaway beds to allow relatives of poorly patients to stay close by overnight
- Refurbishment of day rooms and outside spaces to make them more accessible, comfortable and welcoming.

We'd like to say a huge thank you to everyone who has donated or fundraised for the charity and who without we wouldn't be able to make such a positive difference to those who use our hospitals every day. They all have their own reasons for supporting us. Here are just a few of their stories:



Pippa and Lee Rawlinson wanted to say thank you to the hospital for the care their young son Jude received earlier last year when he was brought into Leighton Hospital with meningitis. Thankfully, little Jude has fully recovered and the family, along with their work colleagues, friends and family, have raised an amazing £10,000 for our Children's Fund! They're not stopping there, though, and plan to continue to fundraise throughout 2018 to hit their target of £20,000.

Shaun Terry took the brave step of shaving his head to raise funds for our Cancer Services to say thank you for the care he received when undergoing treatment seven years ago. Supported by colleagues at Barclays, who also held a number of other fundraising events, the final total came in at a fantastic £9,000!



Kate and Karl Ryder asked for donations rather than presents for their son Theo's Christening and recently handed over a wonderful £600 to the Neonatal Unit to say thank you for the care he received there last year. Their donation has been used to purchase a conference phone which will be used with 'The Big Word', a telephone interpreting service. This will be a massive help to families using the unit.

Many individuals and groups are supporting our 'Forget-Me-Not' pin badge initiative. These gorgeous badges are knitted or crocheted and are available from the charity office at Leighton Hospital for a donation of £1, which will go towards our 'Everybody Knows Somebody' Dementia Appeal. If you would like some of the badges or would like to make some yourself, please contact Carole Salmon on 01270 273248 or email carole.salmon@mcht.nhs.uk.



Pictured (top to bottom): Pippa and Lee Rawlinson; Shaun Terry with Ruth Heaton, Divisional Head of Nursing; Kate and Karl Ryder with their son; members of staff with 'Forget-Me-Not' pins

Staff Contributions

Child and Adolescent Uni Housekeeper Sue Palin and the children's team are continually thinking up new ways to raise money. Their fantastic cake sales and raffles have raised hundreds of pounds just over the last few months, which will be used to refurbish their outside play area.



Ward 4 Manager Dawn Lafferty and her team have also pulled out all the stops to raise funds for our 'Everybody Knows Somebody' Dementia Appeal. With the money they have raised, they have been able to make their dayroom a welcoming and comfortable environment by installing a retro television and fireplace as well as new furniture and a wall mounted 'fish tank'.

Duncan Goff and Daniel Moore joined a group led by Red Shift Radio to climb Kilimanjaro at the end of last year, which all together raised a whopping £19,000 for four local charities including MCH Charity.



Pictured (top to bottom): Staff from the Child and Adolescent Unit during a Christmas bake and craft sale; members of the team on Ward 4 along with their cakes and crafts during their bake sale; Daniel Moore, Divisional General Manager for Surgery & Cancer, and Duncan Goff, Deputy Director of Finance - Financial Services, after they climbed Kilimanjaro in 2017

If any of this has inspired you to get involved 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 celebrate your achievements when you're 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. You can find us by our username - **@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.



Did you know...

Did you know that you can make a donation or fundraise for the ward or department of your choice? If you're thinking of fundraising please contact the charity team before you start. The team can provide you with a letter of support, as well as lots of resources to make your fundraising the best it can be.

01270 273248 / charity@mcht.nhs.uk / www.mchcharity.org

A Day In The Life Sepsis Team

Pictured left to right: Lucy Grant and Viola Jackson, the Trust's Sepsis Specialist Nurse



'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 Lucy Grant and Viola Jackson, our Sepsis Specialist Nurses.

8.30am: We arrive at work and check an electronic handover to assess if any patients are in the Emergency Department or any assessment areas that may have been admitted with sepsis/infection or potential sepsis. We devise a list of the patients we will see later in the day to go and assess and discuss their care.

9.00am: We listen to an Emergency Department patient handover. We use this time to update the staff on recent audits and promote good practice and areas for improvement. We have recently introduced a Patient Group Directive (PGD), which enables nurses to administer antibiotics to patients as soon as they present with high risk features of sepsis. This time in the morning is also used to train each triage nurse on the administration.

10.00am: This time is usually used to complete some of the audits we have to undertake to ensure the highest level of care is always given. Auditing patient notes enables staff to learn and improve the quality of care given. Audits tend to take the whole month to complete but we use a few hours out of each day to keep on top of them. The audit is to help us improve and deliver care in line with national goals (known as Commissioning for Quality and Innovation, or CQUIN, goals).

1.00pm: We use our time to complete a lot of training and visit wards and departments to train staff. Training varies each week and consists of many different areas.

2.00pm: Around this time we head down to the departments to assess the patients we earlier identified as being admitted or treated for sepsis. We use this time to look at the patients' notes and discuss with the patients their care and their diagnosis. We have patient information leaflets that we provide for them to read to help them understand a little more about their condition and to give reassurance. We also use this time to promote good practice and use of the sepsis pathway and sepsis screening tool with staff.



Pictured: Sepsis Screening Tool

4.30pm: We attend frequent meetings to update senior management and staff on the progress of sepsis and how we are achieving as a Trust. We deliver information to a Quality and Safety Improvement Strategy Group to ensure support is given to help us achieve a high quality, safe, cost effective service to our patients. Here, we also discuss any barriers we have come across that we need extra support with.

6.00pm: We head home around this time ready to start the process again the next day.

Name: Lucy Grant
Role: Sepsis Specialist Nurse

Background: I graduated from the University of Chester in 2010 where I gained a diploma in Adult Nursing. Once newly qualified I gained experience working on a diabetic ward whilst doing relevant modules to top my diploma up to a degree. In 2012 I graduated with a Bachelor of Science 2:1. After working on the diabetic ward, I moved wards to the Acute Medical Unit where I secured a Sister's post and helped with patient flow from the Emergency Department to specialist wards. After a while on AMU I moved to the Primary Assessment Area where we accepted, assessed and treated all GP admissions. This area then widened and I helped in the opening and running of the Ambulatory Care Unit. Here we accepted more ambulatory patients and assessed and treated patients in hope to send them home the same day with outpatients appointments. It was from here I moved and applied to become a Sepsis Specialist Nurse, with the background knowledge of assessments and identifying sick patients' sepsis soon became a keen interest of mine.

Name: Viola Jackson
Role: Sepsis Specialist Nurse

Background: I completed my Adult Nursing Diploma in 2011. My first post was at Shrewsbury and Telford Hospital NHS Trust on the Acute Stroke Unit where I worked for 18 months. I then went to the Acute Medical Unit and Ambulatory Care Unit where I worked for three years and then worked on a Medical Short Stay ward as a Sister for six months before coming to Mid Cheshire Hospitals. During this time I was involved in a project improvement workshop in sepsis; this is where my interest in the care delivered to patients with sepsis began. I became passionate about quality improvement and in time saw what a difference could be made with improvement projects and clever initiatives. I have completed many individual degree modules since qualifying, including Assessment and Management of the Acutely Ill Adult, Mentorship and Principles of Physical Assessment to name but a few. I also recently volunteered in Africa (Kenya) for a short time with the charity 'Taking Football to Africa and Beyond' appeal. During this time I also visited medical clinics within the slums, an eye opening experience and one I will never forget.

Recent Highlights:

We are very proud of the work we have achieved so far in the Sepsis team. We have shown significant improvements in screening and treating our patients for sepsis.

A highlight for us recently was receiving a letter from NHS England congratulating us for being a Trust that has shown the most improvements in the last 12 months.

We continue to work to the best of our ability to provide the best possible care to our patients, working closely with various teams throughout the Trust and implementing new ideas to improve the sepsis care process for both patients and staff.



Sepsis Facts:

- Sepsis kills approximately 44,000 people each year in the UK. This is more than prostate cancer, bowel cancer and breast cancer combined
- Sepsis is the largest cause of maternal deaths in the UK
- Early recognition and quick treatment could save your life
- Visit www.nhs.uk/conditions/sepsis for more information.

What Is Sepsis?

Sepsis is a life threatening condition that is triggered by an infection. In sepsis, the body's immune system goes into overdrive as it tries to fight off an infection. This can then lead to multiple organ failure and death if not treated early enough.

Pictured above: Viola and Lucy discussing sepsis with a patient

News In Brief



Trust hosts annual NHS careers fair

More than 250 people attended Mid Cheshire Hospitals' latest careers fair, which took place in March and allowed people to find out more about careers and opportunities in the NHS. Did you miss the event? Visit www.mcht.nhs.uk/work-for-us to discover our latest vacancies and opportunities. If you have any questions about the event please email inspiring.futures@mcht.nhs.uk.



Diabetes team takes to the (cross)road

The Trust's Diabetes team organised an interactive information stand at Leighton Hospital's crossroads to mark Diabetes Prevention Week in April. The team offered advice and information on how to prevent type 2 diabetes, and also performed hundreds of mini health and wellbeing checks on staff. If you would like to 'know diabetes, fight diabetes' visit www.diabetes.org.uk.



Macmillan Unit marks World Cancer Day

Members of staff from the Trust's Macmillan Cancer Unit used social media during World Cancer Day in February to promote just some of their support services and staff. The Unit was also lit up blue on the run up to the day, which is an annual opportunity for the world's population to unite in the fight against cancer.

Volunteer Tina (*pictured*) offers patients undergoing chemotherapy food and drink, as well as friendly conversation, and was just one of the individuals to be profiled on the day. The Unit's Macmillan Information & Support Service was also promoted, which offers information about all aspects of cancer, as well as job advice and support, counselling, complementary therapy, patient support group information and signposting to other support options. You can contact the team on 01270 273603.



Matron Sue receives Palace invite

Surgical Matron Sue Sarson was invited to an event at Buckingham Palace earlier this year to thank those engaged in frontline nursing across the UK. Sue, just one member of Trust staff to be invited, was among 350 nursing staff honoured at the reception, which was hosted by Prince Charles. Each person who attended shared their first-hand experiences of working as a frontline nurse for the NHS.

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.

SEPSIS

**IS A RARE BUT SERIOUS COMPLICATION
OF AN INFECTION**

**If your child has any of these symptoms
you should take immediate action:**

- Looks mottled, bluish or pale
- Is very lethargic or difficult to wake
- Feels abnormally cold to touch
- Is breathing very fast
- Has a rash that does not fade when you press it
- Has a fit or convulsion

Acting quickly could save your child's life. If your child has any of these symptoms, don't be afraid to go to A&E immediately or call 999.

For more information visit nhs.uk/sepsis
or sepsistrust.org



**THE UK
SEPSIS
TRUST**

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 (April 2018) 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	Acute Medical Unit	11am-8pm	01270 612034
Ward 4	General Medicine, Care of the Elderly	Open at all times	01270 612018
Ward 5	Respiratory	10am-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	7pm-8pm	01270 612039
Ward 10	Orthopaedic Trauma	3pm-8pm	01270 612045
Ward 11	Surgical Assessment Unit	3pm-8pm	01270 612048
Ward 11	Surgical Ambulatory Care Unit	3pm-8pm	01270 273093
Ward 12	Female Surgery & Gynaecology	3pm-8pm	01270 612199
Ward 13	General Surgery	3pm-8pm	01270 612057
Ward 14	Gastroenterology	3pm-8pm	01270 612012
Ward 15	Medical Escalation	3pm-8pm	01270 612068
Ward 16	Paediatrics, 10-16 Years	Open at all times to parents / carers. Other visitors (including siblings): 2pm-8pm	01270 612070
Ward 18	Surgical Specialities Ward (SSW)	3pm-8pm	01270 612051
Ward 19*	Paediatrics	Open at all times to parents / carers. Other visitors (including siblings): 2pm-8pm	01270 612465
Ward 21B	Non-Acute Rehabilitation Unit	3pm-8pm	01270 612214
Ward 22	Neonatal Intensive Care Unit	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 that, as of 12 September 2017, Ward 17 has temporarily relocated to Ward 19 to allow refurbishment work to take place.

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

