



# Charity's Toys Help 22,000 Children

Also in this issue:

- Free Member Events For 2017
- Linda Is Named 'Midwife Of The Year'
- Local Children Design Stop Smoking Posters (pictured)
- Staff Take Part In A 'Ride To Remember' For Dementia



# We cannot care for an empty chair



In the last financial year more than 15,000 appointments were missed by patients, costing us approximately £1.8 million. This could have paid for more than 80 additional nurses.

Please call **01270 612200** if you cannot make an appointment.

# welcome to all.together

Welcome to the tenth edition 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.

We are sure it will come as no surprise to you that there are a number of pressures currently facing the NHS. Not a day goes by without there being a national story on finances, hospital beds or A&E waiting times and, due to the rising demand for our services, we are not excluded from these challenges.

In the midst of all of this, it's easy to lose sight of the incredible work that is taking place every day in our local hospitals and out in the community. We are proud to be part of a workforce that continually goes the extra mile and that strives to improve the care, safety and experience of the patients we treat and just a few of the countless examples of this can be found on these pages.

Although it's difficult to recognise all members of staff who go above and beyond in their roles, every year we hold a Trust-wide event to celebrate those who have shown innovation, determination and enthusiasm. For the full story, and the list of winners, please turn to page nine.

As you will have seen on the front cover, our Trust is also supported by the kindness of others. Every two months or so we are fortunate to accept a delivery of nearly 150 cuddly toys from local Freemasons. These are primarily used in our Emergency Department and help to comfort children during what can be an unsettling time. For more information on the TLC Appeal and the impact it has had turn to page 12.

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](mailto: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 the Member events to look forward to in 2017.



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

Best regards,

*Dennis*

*Tracy*

Dennis Dunn  
Chairman

Tracy Bullock  
Chief Executive

# Doctor Shows That Disability Is No Barrier

An aspiring doctor with a congenital disability has been encouraged to pursue a career in medicine - after shadowing a Trust doctor with a similar upper limb deficiency.

Georgia Gray, 23, is currently applying for Graduate Entry Medicine courses and approached the charity Reach for support with her applications.

Reach, which helps children with upper limb differences to live life without limits, put the student in touch with Dr Tim Smith, a Consultant in Emergency Medicine at Leighton Hospital.

Tim arranged for Georgia to spend a day with him over Christmas where he gave advice on medical school interviews and talked about how his disability hasn't stopped him from succeeding in the field.

He also gave Georgia the opportunity to practice skills such as suturing, taking blood and resuscitation simulation.

Tim said: "We went through some of the practical skills that universities have flagged up as potential issues and it's given Georgia the confidence to know that they can be done. It's sometimes just a case of finding different ways of doing things.

"There are other doctors who are working and practising that have a range of disabilities, including upper limb deficiencies, and so it's definitely possible for those with a disability to pursue a career in medicine."

Georgia, who has recently moved from New Zealand to England visited the hospital and explained that the



Above: Georgia practices suturing during a visit to Leighton Hospital

experience was encouraging.

She said: "It was a real stroke of luck finding out about Tim and it's been really cool to be here and to see the different ways he does all of the practical skills.

"I hadn't really considered A&E before, but now I've seen that it's not an issue."

Tim added: "We've all got different attributes, different skills and different abilities and that applies whether you've got a disability or not.

"The beauty of medicine is that it's so varied that you can find an area that suits you. You can do whatever you want as long as you've got the aptitude."

## Community Nurse Wins National Award



Pictured: Debi Allcock collects her GP Practice Award

A Crewe-based nurse has been presented with a national award for her outstanding contribution to patient care in the local area.

Debi Allcock, a Paediatric Community Matron at Eagle Bridge Health and Wellbeing Centre, has been named as the 'Nursing in Practice' Nurse of the Year in the latest GP Practice Awards.

The awards are designed to recognise, highlight and reward the hard work and innovation that gets carried out every day in surgeries across the country.

Debi was praised for delivering a successful paediatric community matron service, which is designed to help families cope better with their child's health needs and reduce

the number of emergency hospital and GP visits.

Debi works closely with families so that they can self-manage their child's condition and are able to recognise and respond to any problems.

As part of the service, Debi also keeps those who are involved in a child's care updated and connected.

Debi explained: "The role was set up in 2007 to reduce emergency hospital admissions, as well as the number of emergency GP appointments that take place.

"It's a service where we are basically giving families a one stop shop. Previously, parents may have felt that there was a lack of integration regarding their child's care, but now they feel more confident knowing that someone's an advocate for them and who is talking and guiding them through everything."

It is believed that, thanks to Debi's work, more than 70 GP appointments and a number of hospital admissions were avoided over the last year.

Debi's service is provided by Central Cheshire Integrated Care Partnership (CCCIP), a new NHS partnership made up of Mid Cheshire Hospitals NHS Foundation Trust, Cheshire and Wirral Partnership NHS Foundation Trust, and the South Cheshire and Vale Royal GP Alliance, which covers all 30 local GP practices.

By working together, the three organisations aim to transform, develop and deliver health care services in the community that are focused on delivering high quality, safe care in the right place at the right time.

# Staff Take Part In A 'Ride To Remember'



Pictured: Health & Wellbeing Group members James Whittall and Anna Bickerton take part in the event

More than 80 members of staff used pedal power to raise funds towards a dementia-friendly garden at Leighton Hospital

'Ride to Remember', a virtual cycle challenge, took place on Thursday 26 and Friday 27 January and raised £364 for Mid Cheshire Hospitals Charity.

For the event, staff were invited to cycle on a stationary bike in 10 minute slots. It is thought that during this short time three people would have developed dementia in the UK.

The challenge, which was arranged by the Trust's Health and Wellbeing Group, was open to all staff from the Trust's three sites, as well as community services staff, and took place at Leighton Hospital and Eagle Bridge Health & Wellbeing Centre in Crewe.

Together, staff managed to cover 219 miles over the two days, which is the equivalent of cycling from Crewe to the Cotswolds and back.

Bobby Sharma, Occupational Health Service Manager, said: "Our Health and Wellbeing Group are really keen to raise awareness and support Mid Cheshire Hospital Charity's dementia-friendly garden appeal.

"Furthermore, the health benefits of cycling are numerous, including burning calories, elevating mood and kick-starting the metabolism, so it was also a great team building event."

The money raised will go towards the creation of a landscaped, dementia-friendly garden connected to Ward 4 at Leighton Hospital.

It is hoped that the area will provide a calm and peaceful environment for the hospital's older patients and those with a cognitive impairment. It will also be an enjoyable area for patients and their families to either go for a stroll or sit quietly away from the hustle and bustle of the ward.

'Ride to Remember' also gave the Trust an opportunity to raise awareness of dementia and an understanding of the condition.

Representatives from the Alzheimer's Society and the Dementia Reablement Service, which was launched by Cheshire East Council to help and support individuals in the early stages of dementia, ran information stands over the two days.

The Trust's Bowel Screening Team and Dementia Action Alliance, which brings together organisations and individuals committed to improving health and social care outcomes for people living with dementia, were also on hand to talk to visitors and staff.

If you would like to support the Trust's Dementia Appeal, either through organising or participating in fundraising events or by donating money for the garden, please visit [www.mchcharity.org](http://www.mchcharity.org).

## Did You Know ...

The Alzheimer's Society report that 225,000 people develop dementia every year, which equates to one person every three minutes. This is a shocking figure, and one that is set to rise - the total number of people with dementia in the UK is 850,000 and it's set to soar to two million by 2051. If you would like further information on the Society, or what support is available locally, visit [www.alzheimers.org.uk](http://www.alzheimers.org.uk).



Pictured: Staff members Joanne Sullivan, Jacqueline Allen and Arlene Smith take part in the event

# Trust Hits National Flu Jab Target

Staff at MCHFT have protected themselves and their patients by having the flu vaccine this winter.

More than 75% of frontline staff chose to have this year's vaccination, making the Trust one of 75 across the country to reach a national target.

The figure also exceeds national results - a total of 61.8% of frontline healthcare workers were vaccinated between 1 September and 31 December 2016, a record figure.

Alison Lynch, Director of Nursing and Quality, said: "We are thrilled that so many of our staff have had their flu jab as it not only protects themselves and their loved ones from influenza but also our patients.

"People can carry and pass on the virus without having any symptoms themselves and so everyone who has had the flu jab has taken an extra step towards delivering excellent patient care.

"The flu campaign is something we run every year and

it's a huge team effort. I'd like to thank everyone involved and who had their vaccination for their efforts in ensuring the campaign's success once again."

The Trust makes it as easy as possible for staff to get their flu vaccination. As well as drop-in sessions, both at Leighton Hospital and out in the community, a large number of nurses are trained to administer the jab to their colleagues.

For the latest campaign the Trust also introduced 'Jab-at-the-hut', a hut that was donated by Cheshire Sheds and was open at select times throughout the campaign for staff to drop by and have their vaccination.

Flu is unpleasant for the majority of people who catch it. For some, however, it can lead to chest infections, severe complications and even death.

Globally, seasonal flu accounts for up to five million cases of severe illness and between 250,000 and 500,000 deaths annually.

# Children Encourage Visitors To Stop Smoking



Local children have joined Leighton Hospital in reminding staff, patients and visitors that it is a no smoking site.

Mid Cheshire Hospitals NHS Foundation Trust (MCHFT), which manages the hospital, ran a competition for children to design new stop smoking posters.

Staff from the children's ward decided on first, second and third place for two different age categories before the finalists were invited to the hospital to be thanked for their work.

Estelle Carmichael, Director of Workforce and Organisational Development, attended the meeting to praise the children for their creative and hard-hitting designs and to present them with shopping vouchers.

She said: "The health and safety of our patients is our utmost priority and one step we can take is to ensure that they are cared for in a smoke free environment. This also has benefits for our staff and visitors.

"We have a number of no

smoking signs around Leighton Hospital, but they are not always followed and it's hoped that the fantastic posters designed by local children will be more eye catching and act as a further reminder that smoking is not permitted on site."

Maisie, six, was named as the winner of the 10 years and under category for her poster pleading people to not smoke so that she can get better.

Fourteen-year-old Rosie, meanwhile, won the 11 and over category for her message of 'stop smoking them before they stop you'.

Maisie's and Rosie's posters will soon be displayed around Leighton Hospital to encourage people to stop smoking.

Estelle added: "We would like to congratulate those who were named as finalists in the competition and to extend our thanks to all of the children who entered a poster."

Smoking is prohibited on all of MCHFT's premises and entrances, as well as within the Trust's site boundaries, and there are numerous signs that state this.

The Trust recognises, however, that in certain circumstances some people will express the need for a cigarette, particularly those who are emotionally distressed or bereaved.

For this reason there are three smoking shelters on the peripheries of Leighton Hospital. These can be found near to the A&E entrance on Smithy Lane, towards the back of the staff car park, and near to car park F, which is inbetween South Cheshire Private Hospital and the Satellite Outpatient Unit.

Patients who would like help to stop smoking can speak to a member of staff about the options available.

*Pictured above: Estelle Carmichael (far right) joins staff on the children's ward to thank local children for their stop smoking posters*

# 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 October 2016 and January 2017.

### October 2016

- Employee of the Month – Kerry Lawrence, Women & Children's
- Team of the Month – Payroll

### November 2016

- Employee of the Month – Gary Shaw, Emergency Department
- Team of the Month – Bowel Screening Team

### December 2016

- Employee of the Month – Karen Doyle, Community Diabetes  
Wendy Evans, Post Room
- Team of the Month – Surgical Assessment Unit

### January 2017

- Employee of the Month – Michelle Hitchen, Learning & Development
- Team of the Month – 21B



Pictured: Kerry Lawrence, Gynaecology Theatre Scheduler



Pictured: The Bowel Screening Team (above) and Ward 21B (right)

### 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).

Pictured (left to right): Jennifer Stevenson and her daughter Olivia with 'Midwife of the Year' Linda Gibbs



## Linda is 'Midwife Of The Year' 2017

A Trust midwife has been named as Midwife of the Year 2017 for the North of England for being a mum's 'rock' during and after pregnancy.

Linda Gibbs, who is based at Crewe's Hungerford Road Medical Centre, won the title after being nominated by local mum Jennifer Stevenson.

The prestigious award is sponsored by support and advice website Emma's Diary and is part of the Royal College of Midwives (RCM) Annual Midwifery Awards, which recognises the remarkable work done by inspiring midwives across the country.

Linda came into Jennifer's life when she needed her most. She provided a tailor-made plan and was instrumental in Jennifer receiving her Asperger's diagnosis, which enabled her to gain the confidence to grow as a mum.

Jennifer, from Crewe, said: "From the very beginning Linda has been there for me – her big, friendly smile putting me at ease every time we met, sharing her knowledge to help comfort and encourage me.

"Due to slow growth, the baby had to be induced at 38 weeks and Linda stepped in to be my rock, explaining everything so I felt in control and knew what to expect. She took the time to provide a one-to-one visit to the maternity unit in preparation for labour. For someone suffering with Asperger's this made the experience more bearable.

"She was also there towards the end of my delivery giving me the final encouragement to push Olivia into the world."

More than 740 nominations were received for the Emma's Diary Mums' Midwife of the Year Award. These were then put through a rigorous judging process by a panel of representatives from both the RCM and Emma's Diary, resulting in seven regional winners.

Linda will now attend an awards ceremony in London in March to collect her trophy and find out if she will be announced as the overall national winner.

She said: "I was absolutely speechless when I found out I'd won this award. Jennifer had already made me a fantastic cake and said such lovely words but this was totally out of the blue. My colleagues laughed at my reaction as I'm rarely left speechless!"

"It's such an honour as I feel like I'm just doing my job, but knowing I have made a difference means everything to me."

Cathy Warwick, Chief Executive of the RCM, remarked: "What is so important about winning this award is that it comes from the mothers that midwives have cared for. There is no better indication of the quality of care than that of the mother, so Linda should be hugely proud of this achievement."

"Linda has gone above and beyond to deliver high quality, woman centred care and I congratulate her for her commitment, dedication and for caring so much about the care she gives."

Jennifer added: "Linda's not just been my midwife but also my friend, helping me to grow as a person. Without her support, I really don't think I would have the bond that I have with Olivia now."

# Celebration Of Achievement Evening 2016

More than 200 members of staff attended the Trust's annual Celebration of Achievement Awards to recognise and thank those colleagues who regularly go the extra mile to help improve the quality, safety and experience of patient care here at Mid Cheshire Hospitals.

The event, held at Crewe Hall, was made possible thanks to the Mid Cheshire Hospitals Charity and the support of a number of sponsors - Hill Dickinson, The Royal College of Nursing and local software company SAP.

Our guest speaker for the evening was David Pickles, an entrepreneur, adventurer, and survival and fitness expert who delivered a motivational speech before helping to hand out awards to the night's winners.

Staff and volunteers were nominated by their colleagues in all-but-one category with nominations for the 'Public Choice Award' coming from the general public, patients and visitors whose experience had been enhanced by Trust staff.

If you've received great care, or you've had a positive experience in hospital thanks to a member of staff going the extra mile or for their support, and you would like to thank them, please send them a 'Thank You' using one of our specially designed cards round the Trust or filling out the electronic form at:

[www.mccht.nhs.uk/thankyou](http://www.mccht.nhs.uk/thankyou)



Pictured (top): Winners Dr Julie Ellison (far left) and Liz Champion (far right) are presented their award by Tracy Bullock, Chief Executive, and David Pickles, guest speaker on the evening  
Pictured (bottom): Winners of the Apprentice of the Year, Matthew Chapman (far right) and Jack Hughes (far left) with Tracy Bullock and David Pickles

## The Winners

Congratulations to all of the winners on the evening:

**Public Choice Award:**  
Dr. Julie Ellison & Liz Champion

**Volunteers of the Year:**  
Sue Worthington  
& David Williams

**Apprentice of the Year:**  
Matthew Chapman  
& Jack Hughes

**Nurse of the Year:**  
Julia Woodbridge

**Midwife of the Year:**  
Kirsty Jones

**HCA of the Year:**  
Brenton Fairbrother

**Outstanding Contribution to Patient Services and Care:**  
Julie Pieczarka

**Outstanding Contribution to Quality and Safety:**  
Ben Woodrow-Hurst

**Innovation in Working Award:**  
Betty Lodge

**Divisional Employee of the Year:**  
Yvonne Black

**Divisional Team of the Year:**  
Financial Services Team

**Chairman's Award:**  
Dave Mansell

# Making The Most Of Your Membership

As a member, we want you to share your thoughts and views, you help us plan for the future by telling us what you think about the services we run and the decisions we make today.

Being a member has plenty of benefits that you may not be aware of; first and foremost you get to have your say and your opinion is vital to us. You get to choose who represents the views of your constituency on the Council of Governors, or even stand for Governor.

We run a yearly calendar of Member Events for you and they aim to provide an in-depth, behind-the-scenes look at how departments run and give you the opportunity to ask any questions you'd like to. If you haven't been to an event and like the sound of one on the 2017 Calendar join us, you'll learn about the department from front-line staff who can give you some real insight.

We are always looking for feedback on our events, and we want to know what you want to hear about, if there is something you are really interested in,

let us know. Our events are organised in line with what you request.

As a Foundation Trust Member you also have access to some of the same discounts as NHS Staff. For example if you visit [www.healthservicediscounts.com](http://www.healthservicediscounts.com) you can gain access to exclusive offers on there, just by signing up for free and clicking the 'Foundation Trust Members' option.

We like to keep our Members informed but try to use email where possible to reduce costs for the Trust. Please let us have your email address if you want to hear from us more often or are interested in receiving surveys and questionnaires from the Trust.

If you are reading this, and you aren't a Member but think you might like to be, you can join the Trust online at: <http://www.mcht.nhs.uk/members/how-do-i-join/> where you can apply online or download a membership form. You can also contact the Membership Office directly on 01270 612365 or by e-mailing [alexandra.berisford@mcht.nhs.uk](mailto:alexandra.berisford@mcht.nhs.uk).

## Trust Looking For Youth Ambassadors

We are recruiting three enthusiastic young people to get more involved in our Trust as 'Youth Ambassadors'. If you are between 16 and 21 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 some 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 starting in July of this year, 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 and 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 for 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 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'd like more information or an application form for Youth Ambassadors get in touch with the Membership Office by phoning 01270 612365 or email [alexandra.berisford@mcht.nhs.uk](mailto:alexandra.berisford@mcht.nhs.uk)

The deadline for applications is 30 April 2017, if we have more applicants than places, we will consider all the 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 (16-21).

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 4 May 2017.

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.

- 3 April 2017 (Monday)
- 2 May 2017 (Tuesday)
- 5 June 2017 (Monday)
- 3 July 2017 (Monday)
- 7 August 2017 (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).

# Voting In The Governor Elections

Governors are elected to represent the views of their local constituency on our Council of Governors.

Voting for your choice in the Governor Elections is one way to get your voice heard. Remember that the choice you make is important and every vote counts.

If you have received correspondance from us please make sure you've taken a moment to vote.

# Your Membership Your Governors



The Trust has planned a number of events for its Members to enable them to learn more about various conditions, treatments or services offered at its hospitals. The following sessions are set to be held in 2017 at Leighton Hospital, unless otherwise stated. For further information, to book your place or to confirm details, please contact the Membership Office on 01270 612365.

## Focus on ... Pathology

Tuesday 11 April 2017  
2.00pm - 3.30pm

Postgraduate Medical Centre



## Focus on ... Antibiotic Resistance

Friday 19 May 2017  
11.30am - 1pm

Postgraduate Medical Centre



## Chief Executive Update

Thursday 6 July 2017  
10.00am - 11.30am

The Board Room



## Focus on ... CCICP

June (TBC)  
(TBC)  
Postgraduate Medical Centre



## Focus on ... Urology

July/August (TBC)  
(TBC)  
Postgraduate Medical Centre



## Focus On ... Organ Donation

September (TBC)  
(TBC)  
Postgraduate Medical Centre



## Chief Executive Update

Tuesday 24 October 2017  
2.00pm - 3.30pm

The Board Room



## Focus On ... (TBC)

November (TBC)  
Postgraduate Medical Centre





## Charity's Teddies Make 22,000 Children's Hospital Visits More BEARable

A charity that donates cuddly toys to distressed children at Crewe's Leighton Hospital is celebrating a milestone.

The Cheshire Freemasons launched their Teddies for Loving Care (TLC) scheme for Mid Cheshire Hospitals NHS Foundation Trust, which manages the hospital, 12 years ago.

Since then more than 22,000 children have received free cuddly bears at the Trust's sites, which also include Victoria Infirmary in Northwich.

Money for the plush toys is raised by the Freemasons' volunteers who then deliver them to A&Es across Cheshire.

Staff in Leighton Hospital's Emergency Department give the teddies to children who are in distress and where it is felt a toy to cuddle can alleviate that distress.

Jo Rimmer, Service Coordinator for A&E's reception, organises the delivery of the cuddly toys for the hospital. She said: "The bears offer great comfort to our younger patients."

"Some are distributed in our minor injuries unit and they're used to reassure children by demonstrating treatments they may have, such

as a sling or bandaging. The children get to take them home, too.

"They offer a positive distraction during what can be an unsettling time and we're so thankful to the Freemasons for their ongoing support."

Neil Eaton, TLC Coordinator for Cheshire, added: "Children tend to form a bond with the teddy because of the circumstances in which they are received and will bring them back to hospital with them if they have to return."

Neil joined Freemason and volunteer Mike Bentley to deliver the latest batch of bears on 10 February along with TLC colouring in sheets, which will be used to entertain and occupy those who use children's waiting area in A&E.

The delivery of 144 bears is just one of hundreds that the Freemasons have made in Cheshire since 2004 and of the thousands that have been made across the country.

Together, 126,000 bears have been distributed in Cheshire and 1.9 million all over England, Ireland, Wales and parts of Scotland.

## Did You Know ...

The TLC appeal was originally launched in Essex in 2001 after the wife of a Freemason suffered from an allergic reaction, which caused the swelling and blocking of her windpipe.

Her life was saved by the rapid action of A&E staff who were able to resuscitate and stabilise her. She found the experience the most frightening of her life and it led her to speculate on the distress that children must face when visiting emergency departments.

The TLC scheme was born after she discussed the idea of helping A&Es with other Freemasons and it has since been adopted by most Masonic provinces across the country.

## Nurse Steps Into The Ring For Charity

A Crewe nurse swapped the ward for the boxing ring to raise money for her local hospital and mental health trust.

Ward Manager Claire Smith took part in a Pink Collar Boxing event on 26 February as part of fundraising for the Trust.

Claire, who works on the Planned Intervention Unit (PIU) at Leighton Hospital, also took part in the three-round match for Cheshire and Wirral Partnership NHS Foundation Trust (CWP) after they supported her son Matthew in managing his autism.

Speaking before the event, she said: "I'm nervous, but I know I'm fighting for two very worthy causes.

"The PIU team provide important IV interventions and transfusions as part of a day service that allows many local people to spend more time at home with their loved ones.

"Meanwhile, the care my family has received from CWP's Child and Adolescent Mental Health Service (CAMHS) has been amazing.

"The team at CWP were supportive of our whole family and the difference they made to Matthew's life in just a

few weeks was unbelievable."

Claire completed nearly four months of intense training with dedicated volunteers at South Cheshire Amateur Boxing Club to prepare herself for the fight and was sparring four times a week running up to the match.

She added: "It's been hard, but every day is hard for Matthew because of his autism.

"He is my ultimate motivation and I want to show him that, with hard work and determination, anything is possible."

If you would like further information, or would like to make a donation to Claire, please contact her directly by emailing [claire.dave96@gmail.com](mailto:claire.dave96@gmail.com).

The money that Claire raises will be divided between the two Trusts and, at MCHFT, will go towards the purchase of a reclining chair to improve patient comfort in PIU.

To find out more about CAMHS support in your area please search 'CAMHS' at [www.cwp.nhs.uk](http://www.cwp.nhs.uk).

*Pictured: Claire Smith (centre) with colleagues on the Planned Intervention Unit at Leighton Hospital*



# Supporters Doing Great Things

We would like to say a huge 'thank you' to all our supporters and donors who have been raising funds for us over the last few months. Here are just some of the groups who have been busy fundraising recently...

In December teams from Ward 4 organised cake and craft sales and a Christmas raffle to raise funds for their Nightingale Garden project. They raised an absolutely amazing amount of over £1,570 in December through their fundraising activities. Thank you to everyone who organised and supported.

Our Child & Adolescent Unit (CAU) also held bake and craft sales at the Leighton Hospital crossroads in December and raised over £576 towards their new outdoor playing area. Well done to everyone involved!

Other Christmas fundraising included staff taking part in a Christmas Jumper Day. On Wednesday 7 December nurses and secretaries in the Community Paediatrics Team held their own Christmas Jumper Day, raising almost £60 towards the CAU outdoor playing area.

Other staff teams, including the Supplies and Clinical Effectiveness teams, took part in the national Christmas Jumper Day on Friday 16 December and raised over £45.

The Trust's Choir, The Nightingales, performed on two evenings at Leighton Hospital in December and also performed at Capesthorne Hall's Christmas Fair event at the end of November. Through these events The Nightingales raised over £250 towards the Ward 4 Garden Project. Our thanks to all The Nightingales.

For further information about our Charity, our coming events, or to discuss your own fundraising ideas, contact Laura Riddle, Charity Manager, on 01270 273248 (extension 3248) or at [laura.riddle@mcht.nhs.uk](mailto:laura.riddle@mcht.nhs.uk)



Pictured: Prizes on display for the Ward 4 Christmas Raffle



Pictured: The Community Paediatric Secretaries taking part in Christmas Jumper Day



Pictured: Ward 4 Staff at their Cake Sale to raise money for their garden project



Pictured: The Community Paediatric Nurses taking part in Christmas Jumper Day

## MRI Scanner Appeal Thank You!

We would like to take this opportunity to sincerely thank all of the members of the local community, local businesses, groups, patients and families who have supported our MRI Scanner Appeal and for the absolutely staggering amount of funds that you have raised.

We are absolutely delighted to have now hit our £1 million target! Thank you, we could not have done this without your support.

# Trust Thanks Community For Patient Donations

Mid Cheshire Hospitals NHS Foundation Trust (MCHFT), 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 festive period.

The Trust's younger patients, based on the Child and Adolescent Unit (CAU) at Leighton Hospital, were provided with a number of toys, games and gifts thanks to donations by staff and customers of local businesses, as well as individuals. These included:

- Morrisons Manufacturing in Winsford who visited the hospital to kindly present 25 giant teddy bears and a number of small ones, as well as cases of wine, that had been donated by staff. Some of the bears were given to the children's ward and the others will be used as future raffle prizes to help raise money for a dementia-friendly garden.
- Sainsbury's and Argos in Nantwich, whose customers very generously donated more than 200 toys to children staying at the hospital over Christmas
- Banks Sheridan, an accountancy and tax practice based in Crewe, who provided a number of gifts for children of all ages that had been collected by the company
- Cheshire West and Chester Highways and their highways contractor, Ringway, who donated chocolates and treats to the children's ward
- Roberts Bakery, who provided hard-working staff on the children's ward with delicious festive gingerbread men
- Barclays Bank's contact centre in Northwich whose staff have been tirelessly raising money for the hospital's charity throughout 2016. Staff from the centre visited in festive fancy dress over Christmas to present a cheque and to deliver presents to children
- The Elderly Christmas Shoebox appeal who collected shoeboxes full of gifts from the community and delivered over 100 boxes to wards in Leighton Hospital, including the Care of the Elderly ward. The patients opened their boxes on Christmas Day and were overwhelmed with the thoughtful notes and generous gifts inside
- Crewe Alexandra FC, whose players took precious time out to visit the CAU to meet patients and donated presents on behalf of the club.



Other patients in the hospital also benefitted from donations and activities such as ward-based parties and a number of choir performances. The staff and the patients in hospital were overwhelmed by the support and generosity of our local people

Laura Riddle, Charity Manager, said: "On behalf of our patients, their families and our staff, I'd like to thank everybody who has helped to make these donations possible.

"Staff who were working over Christmas ensured that all of the donations were used to benefit those patients who were in hospital recently. The gifts go a long way in helping to make their hospital experience as positive as possible.

"We would like to extend our thanks to everyone who has supported both the Trust and the Charity over the past 12 months. Your donations, gifts and events, however big or small, really have made a difference and will continue to do so for years to come."

For further information on Mid Cheshire Hospitals Charity, please visit [www.mchcharity.org](http://www.mchcharity.org).



Pictured: (top) Staff from Morrisons Manufacturing donating teddies and (bottom) staff from Barclay's Bank donating their presents and cheque to Children's Ward staff



## A Day In The Life ...

*Pictured: Mr. Rono Mukherjee (seated) assisted by colleagues removing a patient's kidney stones*

**'A day in the life ...'** is a new feature that aims to give you an overview of the different roles in our Trust. 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.

No two days are the same for me working for MCHFT, but let me take you through one of my really busy and very interesting days of the week, Thursday.

**8.45am:** I arrive in time for the Urology X-ray meeting where we discuss interesting scans and cases with the team in a multi-disciplinary setting (which includes our highly experienced Uro-radiologists, John Scally and Richard Hawkins).

**9.30am:** I go on my ward rounds, which includes visiting patients and the teaching of junior medical staff.

**10.00am:** This is my office and admin time, it is often used as a Clinical Lead "drop-in" session for the Unit to run any issues past me. I also spend this time preparing for the Multidisciplinary Team Meetings (MDTs) and catching up on general admin such as dictating letters.

**10.45am:** We have our weekly Uro-oncology MDT, and this is where we video-conference with our cancer network partners at Stepping Hill Hospital to discuss the management of prostate, kidney, bladder and testicular cancer cases. This meeting involves all members of the department including specialist nurses, registrars, radiologists and pathologists.

**1.15pm:** After a lunch time department meeting, the rest of my day is spent in theatres. The theatre list includes a variety of urological cases such as treating bladder cancer (TURBT), men with prostate symptoms (Urolift), and patients with kidney stones.

**6.00pm:** Once I finish surgery, I make sure to review post-operative and ward patients before I go home.

**Name:** Mr Rono Mukherjee

**Role:** Consultant Urological Surgeon, Clinical and Educational Lead for Urology

**Background:** Rono graduated from the University of Glasgow Medical School in 1997. He went on to complete his Pre-Registration house jobs at the Western Infirmary Glasgow, before entering Basic Surgical Training on the West of Scotland Training rotation, and after this successfully submitted his M.D. thesis on hormone-refactory prostate cancer in 2005 at Glasgow Royal Infirmary. He then moved to Manchester to enter Higher Surgical Training in Urology as part of the North-West regional Rotation.

Rono became a consultant in 2010 at Blackpool Teaching Hospitals NHS Foundation Trust before joining Mid Cheshire Hospitals NHS Foundation Trust in 2011.

Since arriving, Rono has become Clinical Lead for Urology in 2012, as well as Educational Lead for Urology in 2015. He specialises in Endourology and complex stone surgery.

## Rono's Recent Highlights:

I am very proud of the work we do here in the Michael Heal Department of Urology, and of the improvements we have made to the service.

We have increased the number of Consultants, middle-grade medical staff, specialist nurses and advanced nurse practitioners working in the Unit. I feel like we've really modernised the department and we can offer better, more time efficient care to our patients.

A highlight for me as Educational Lead for Urology is that the feedback we receive from trainees at the Trust has greatly improved. We have gone back to being one of the first choices for Urology Speciality Trainees in the region, which shows people want to learn at Leighton Hospital.

A proud moment for me personally was last year when I was nominated for the Northwest's School of Surgery Trainer of the year, and I was runner up for Regional Urology Trainer of the Year and Trust Educational Supervisor of the Year.

The main highlight of my job is working together with my nursing colleagues to treat the amazing patients that live in this area. The number of compliments and thank you letters we receive every week is extremely humbling. Our Unit record in the Friends and Family test is fantastic and makes me extremely proud of this department and all of it's staff.



## Urology News

The department has led the way in developing new techniques in Urological surgery. This includes performing a Percutaneous nephrolithotomy (an operation to remove kidney stones) in the supine position which means that the patient is lying face upwards on their back rather than lying on their front. The supine position is beneficial to the patient because it reduces the operative time needed, and it shortens patient length of stay in hospital.

The department has also introduced more minimally invasive means of treating patients with prostate symptoms via a day-case procedure known as Urolift. This means patients can have the surgery and go home the same day, which is more beneficial to the wellbeing of the patient.

Finally, the department have an excellent record in cancer treatment and outcomes. Patients undergo robotic surgery for more major complex cancer operations as well as newer forms of radiotherapy via partnership working with Stepping Hill and Christie Hospitals in Manchester.

## Send Us Your Ideas

Is there a particular role you would like to see in a future 'A day in the life ...' article? We are always happy to listen to ideas and suggestions for All Together.

If you would like to get in touch please email [all.together.mcht.nhs.uk](mailto:all.together.mcht.nhs.uk) or call the Communications Team on 01270 273827.

*Pictured (left): Mr. Rono Mukherjee looking at a recent scan from one of his urological cases*

*Pictured (below): Mr Rono Mukherjee with colleagues in his weekly MDT meeting*



# Volunteering At Mid Cheshire Hospitals

MCHFT is fortunate to have a large number of volunteers who make a regular commitment to help our patients and staff. Here, Voluntary Services Manager Emma Clarke provides a run through of recent volunteering activities...

Christmas was a busy time for volunteers in the hospital. We had volunteer carollers and musicians playing and singing for patients, staff and visitors. Volunteers helped with the Christmas Carol Service in the chapel and on 23 December the group of volunteers pictured on the right gave up an afternoon to deliver gifts to all the adult inpatient areas and some of our clinics. The gifts were very generously donated by Churches Together in Nantwich. The teams of hospital and church volunteers delivered a gift to each patient and spent a little time chatting with them. Our sincere thanks to Churches Together for their very generous gift and for remembering our patients at such a busy time of year.

## Radio Leighton



Pictured: Radio Volunteers Joe and Tilly broadcasting on a Tuesday evening

Patients on Ward 21B have been enjoying weekly visits from Jody, the Lead Artist with responsibility for dance and dementia at Cheshire Dance. Funding via Cheshire East Council has enabled this collaboration and provided a really enjoyable programme for our patients. Jody comes in once a week and works with patients on the ward getting to them to join in with gentle movements in time to favourite songs. Not only have these group sessions aided in encouraging patients to exercise, but they have been a lot of fun. Patients have shared memories of tea dances and other social events they attended and the music has often led to a sing-a-long. This social interaction lifts spirits and lets patients and staff get to know each other better.

Cheshire Dance will be holding similar sessions in the community, so patients can continue to participate in the programme after they return home.

## Christmas at Leighton



Pictured: Christmas Volunteers in the Chapel at Leighton Hospital

Leighton Hospital is very fortunate to have a group of volunteers dedicated to providing a free radio service with live broadcasts every evening and weekend. Patients or their visitors can send in requests for a particular song along with a dedication and broadcast volunteers also visit patients on the wards to collect requests. The station plays a wide variety of music to suit all tastes and has an extensive music library. The radio show hosts also talk about current news, music history and have guest interviews. The outside broadcast team provide live broadcast coverage of Crewe Alexandra FC home games and also other hospital events like the annual Christmas Carol Service. Free headsets are available for inpatients so they can listen in. If you would like more information or to submit a request please call the studio request line on 01270 273043 or press \*800 on the Hospedia bedside units. You can also follow the broadcast team on their Radio Leighton Facebook page.

## Cheshire Dance



Pictured: Jody, Lead Artist from Cheshire Dance, exercising with staff from Ward 21B

# Not sure if you need A&E?



And speak to a highly trained adviser,  
supported by healthcare professionals.

They will assess your symptoms and  
immediately direct you to the best  
medical care for you.

For more information visit [www.nhs.uk/111](http://www.nhs.uk/111)



# 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 (February 2017) and visiting times and specialities may change should reconfiguration occur after this time.

Ward	Speciality	Visiting Times	Telephone Number
<b>Ward 1</b>	Cardiac	3pm-8pm	01270 612003
<b>Ward 2</b>	Medical Short Stay	3pm-8pm	01270 612009
<b>Ward 3</b>	Acute Medical Unit	11am-8pm	01270 612034
<b>Ward 4</b>	General Medicine, Care of the Elderly	Open at all times	01270 612018
<b>Ward 5</b>	Respiratory	10am-4pm; 6pm-8pm	01270 612021
<b>Ward 6</b>	Stroke and Rehabilitation	3pm-8pm	01270 612359
<b>Ward 7</b>	General Medicine	3pm-8pm	01270 612030
<b>Ward 9</b>	Orthopaedic	7pm-8pm	01270 612039
<b>Ward 10</b>	Surgical Assessment Unit	3pm-8pm	01270 612044
<b>Ward 10</b>	Surgical Specialties Ward	3pm-8pm	01270 612045
<b>Ward 11</b>	Surgical Ambulatory Care Unit	3pm-8pm	01270 273093
<b>Ward 12</b>	Female Surgery & Gynaecology	3pm-8pm	01270 612199
<b>Ward 13</b>	General Surgery	3pm-8pm	01270 612057
<b>Ward 14</b>	Gastroenterology	3pm-8pm	01270 612012
<b>Ward 15</b>	Orthopaedic Trauma	3pm-8pm	01270 612066
<b>Ward 16*</b>	Paediatrics, 10-16 Years	Open at all times to parents / carers. Other visitors (including siblings): 2pm-8pm	01270 612070
<b>Ward 17</b>	Paediatrics	Open at all times to parents / carers. Other visitors (including siblings): 2pm-8pm	01270 612465
<b>Ward 18</b>	Diabetes, Endocrinology	3pm-8pm	01270 612051
<b>Ward 21B</b>	Non-Acute Rehabilitation Unit	3pm-8pm	01270 612214
<b>Ward 22</b>	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
<b>Ward 23</b>	Maternity	Partners only: 10am-10pm Other visitors (including patient's other children): 10am-8pm Only two visitors per patient at any time.	01270 612287
<b>Ward 25</b>	Gynaecology Outpatients (Patrick Murphy Unit)		01270 612212
<b>Ward 26</b>	Labour Ward		01270 612144
<b>Ambulatory Care Unit</b>		Open at all times	01270 273926
<b>Critical Care</b>		12noon-2pm; 5pm-8pm	01270 612167
<b>Elmhurst Intermediate Care Centre, Winsford</b>		3pm-8pm	01606 597630
<b>Victoria Infirmary, Northwich</b>			01606 564000

\*Please note that Ward 16 is currently being refurbished and has temporarily moved to Ward 19

#### Other useful contact details:

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

#### Online:

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

