

Summer 2017

Stockport **NHS**  
NHS Foundation Trust

# Stepping Up

News about Stepping Hill Hospital and community health services



## Coronation Street star opens our new Dementia Cafe

Advancements in kidney and spinal care

Treating the Manchester Arena attack victims

Goodbye and Hello: meet our new Chair

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# Message from our Chair

It is against the backdrop of recent tragic events, nationally and more locally in Manchester, that I find I am writing my first introductory column as your new Chair. These events, and particularly how we in Stockport responded to the bombing in Manchester, have highlighted to me and, I am sure, many others, just how precious our NHS is. I am left in sheer admiration of the many people who directly, and indirectly, helped those affected, as well as the Trust, through extraordinarily testing times. I am proud and humbled to Chair such an organisation.

As if that has been something of an unexpected challenge, then added to that we now have the uncertainty created by the outcome of the General Election, and what that will now mean for the future funding of health and social care. In chairing the Board I will be keen to ensure that the Trust delivers on what the communities and patients of Stockport expect, both now and for the longer term. Despite the uncertainties, or perhaps because of them, it is all the more important that we continue, as Stockport Together, in integrating our health and social care services around the needs of the patient, to provide better outcomes and in a more financially sustainable manner.

Inevitably that will mean some changes to the way we currently design and deliver services. I haven't met anyone yet though who believes that staying as we are today is the best way forward. Change will need to be evidence based, planned carefully, and entered into with a true spirit of partnership. "We are all in this together" couldn't be a better truism.

Your Board will be considering the implications of proposed changes, and especially for this Trust, over the next few months. My commitment is that we will be open, transparent, and genuinely welcoming of feedback in how we can further improve the future quality of services for the people we serve.

I am also looking forward to chairing the Council of Governors meetings. The Governors are elected by you and are all unpaid volunteers. The Council has a crucial role to play in holding the Trust to account. Hence I am keen to understand how we can ensure we are delivering on our promises.

I like to receive feedback, good, bad or indifferent, so please do feel free to contact me directly if there is anything you would like to share with me.

Adrian Belton, Chair





# IMPORTANT NOTICE

**Stepping Up newsletter is going online only, as printed copies end – so we need your email address!**



This is the last printed edition of Stepping Up newsletter.

This decision has been made to save on both postage and printing costs, as we need to make significant savings at the moment.

We will continue to keep you up-to-date with all the latest news, events and information through a special online edition of Stepping Up, which we will continue to e-mail out to our members.

**That's why it's more important than ever for you to make sure we have your e-mail address.**

If you already receive e-mails from us, then don't worry, we have your e-mail address. But if you don't, please send your e-mail address to: [membership@stockport.nhs.uk](mailto:membership@stockport.nhs.uk)

If you aren't already a member, then please sign up today (via the form on page 31 or via our website, 'Become a member'). As well as receiving Stepping Up newsletter, you can have your say on how our organisation is run by voting in governors elections.

## Specialist spinal surgery

ONE OF ONLY TWO HOSPITALS IN THE REGION



Consultant Parmjit Sian

**We are now carrying out a specialist form of neck surgery to provide swifter treatment for patients with spinal cord or nerve compression.**

The neck surgery, which is medically referred to as cervical spine or C-spine surgery, involves the removal of discs or bones to treat these painful conditions. The surgery is carried out by a team led by consultant surgeon Parmjit Sian.

people to fall over and, in severe cases, even paralysis.

In the Greater Manchester region, this specialist surgery was previously only available at Salford Royal hospital. We are now the second hospital in the area to perform these operations.

This surgery can also help patients with certain types of cancer and infections.

The condition can be caused by slipped discs pressing on the nerves which can cause arm pain, or on the spinal cord which can cause

### David's story

David Kick, a 56 year old HGV driver from Offerton in Stockport was rushed to hospital with a neck abscess, which is a deep neck infection which can often be fatal. He had developed diabetes, which was uncontrolled, and this had led to the severe infection.

When David arrived at Stepping Hill Hospital he was unable to move his arms or legs and had septicaemia, a life-threatening blood infection. He was rushed from our A&E and acute medical unit for an emergency neck

(C-spine) operation to drain the abscess and another abscess was drained from his leg. With a longer delay he may not have survived.

David was in intensive care for ten days, before going to our spinal ward and then our off-site Devonshire Unit. He is now walking again and was able to attend his son's wedding in June.

David said, "I'm so grateful that Stepping Hill Hospital now does this surgery, as it's made all the difference for me. The care I had from all the staff was extraordinary."



David recovering on the ward with advanced nurse practitioner Johanna Wilkinson



Treating the

# MANCHESTER

Our hearts go out to all the victims of the Manchester Arena attack and their families.

## Arena Attack victims

Stepping Hill Hospital was one of eight hospitals across Greater Manchester that treated people injured by the devastating attack, who arrived by both ambulance and car.

We saw great professionalism and resolve from teams; from those already on duty, those who came in and worked all night and those who picked up jobs the next day.

There were also many departments who supported the frontline teams – from procurement ordering extra items to facilities staff offering much needed cups of tea – and all the teams who made sure all our other services continued as normal.

There had been a Greater Manchester wide exercise, called Exercise Socrates, just seven weeks earlier

which was a practice run for incidents like this.

### Private VIP visits

Jeremy Hunt, Health Secretary and Andy Burnham, Greater Manchester Mayor both paid private visits to thank our emergency department and surgery staff for their tremendous efforts.



### Explaining the NHS response to the world

Members of our staff, particularly medical director and anaesthetist Dr Colin Wasson, A&E matron Charlotte Brownhill and senior sister in anaesthetics and recovery Joe O'Brien, gave moving accounts to the world's media of how well the NHS services in Greater Manchester responded.





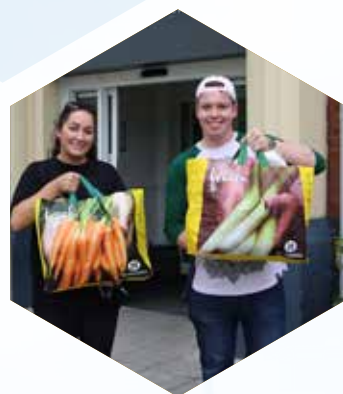


## Royal recognition

One of our pharmacists, Habib Khan, received royal recognition from Prince William for delivering supplies of food and drink to local emergency services in the wake of the bombing.

Prince William praised him and his twin brother, along with other volunteers as 'Shining lights for the community in Manchester.'

There was more royal recognition when three members of staff from the emergency and theatres teams, Charlotte Brownhill, Jill Flynn and Jean McMonagle, were honoured at a reception in Manchester by Prince Charles and Camilla Parker Bowles who paid tribute to their hard work and bravery.



## The kindness of strangers

We were overwhelmed by the wonderful offers of support from the public, partners and businesses.

Supermarkets delivered free food and drinks over the week and bank holiday weekend (Sainsbury's, Tesco, Morrisons, Asda, Co-op, Pizza Hut).

Members of the public rang offering to help in any way. Primary and high schools, as well as independent card makers, across the country sent in handmade thank you

cards. People from across the world also sent in embroidered hearts for our staff.

NHS organisations and agencies, from Cheshire to Glasgow, offered help.

## Parade of pride

Some of our nurses were joined by colleagues from neighbouring hospitals in representing the emergency services at the Manchester Day Parade on Sunday June 18th. They were part of a special tribute which honoured the victims of the Manchester Arena bombing.

## Special tributes

One of the patients injured in the attack who we treated baked us a special cake as thanks. We also received a board full of messages of solidarity and support from a major hospital in Boston, USA, and charity MedEquip4Kids donated a new vein scanner to our children's A&E department in honour of their efforts.



# The A&E four hour CHALLENGE

further actions

Readers will be aware that the A&E four hour wait target (for patients to be seen, treated, and admitted or discharged) has been an ongoing challenge.

We have been seeing an increasing number of older and frail patients with complex conditions coming through our A&E department who need to be admitted to a ward. This has been coupled with difficulties in discharging patients who are ready to leave, but waiting for a care package or care home place to be arranged. Patients are therefore remaining in hospital longer than they need to, putting a great deal of strain on available beds.

## A lot of work has been taking place

In recent months we have taken further measures to tackle this, which include:

- a new ambulatory care unit and ambulatory ill unit to see non-emergency A&E patients
- a new community unit on our hospital site for patients who do not need a ward bed but are waiting for care arrangements to be put in place
- a new crisis response team for adults who are at risk of hospital admission without immediate support

We have also expanded our A&E department and our short stay older people's unit, and continue efforts to recruit more senior doctors to key posts.

## New Transfer Hub

We have also just opened a new transfer hub on our hospital site to ensure patients get an assessment of what they need to return home from the ward.

The team working in the transfer hub includes discharge co-ordinators, continuing healthcare nurse assessors, mental health community psychiatric nurses, social workers, ward trackers, and the Age UK placement team.

It is supported by the new 'active recovery team' and will help reduce delayed discharges and maintain independence.

# Home for Easter Week



**Another measure we took was a special 'Home for Easter Week'. This was to improve the safe flow of patients from our emergency (A&E) department, through the ward and back home.**

The week involved our Stockport Together partners and every hospital ward had extra help to sort issues which lead to delays – with volunteers in the role of 'ward liaison officers'.

As well as improving the patient experience, by getting people home as soon as they were medically ready to leave hospital, the aim was to free up beds quicker for other patients who need them.

Home for Easter Week created energy for change by doing things differently. Teams were able to try new ideas during the week, as well as identify obstacles to improve patient flow through the hospital.

Every team made a pledge for the week, and are continuing with many of these for long term patient improvements. Pledges range from completing all surgical ward rounds by 11am, to booking all patient transport in advance.



Tracy Marsden (in green) was one of a number of staff working as ward liaison officers to support the week



# We are research:

## Be part of the solution

**We're always looking for patients to help us in our role as one of the key clinical research sites in Greater Manchester. And we used International Clinical Trials Day to help raise awareness.**

Our research team oversees studies involving around a thousand local patients each year; in areas such as cancer, stroke, heart disease, surgery and childbirth.

The advancement of medicine and surgery in the NHS depends on volunteers taking part in studies, especially in seeing how effective new drugs can be. Every participant is a 'research champion', helping to improve and save the lives of others in the future.

Two of our top volunteers helped raise awareness on the day too. Sophie Hampton (23) from Edgeley in Stockport has been taking part in patient trials at Stepping Hill Hospital for eight years. Sophie was diagnosed with Type 1 Diabetes aged 11.

Since the age of 15, and with the support of her parents, Sophie has participated in numerous trials, giving blood and urine samples to test the effectiveness

of different diabetes drugs. She is currently on a trial which tracks the risk of cardiovascular disease in people with diabetes.

Sophie said, "I love taking part in the research and I'm really pleased to do what I can to support other people with diabetes. I can't believe it's been this long! I'm happy to keep meeting with the research team for many years to come."

Another research volunteer is Malcolm Mottram (70) from Brinnington in Stockport. Malcolm was diagnosed with myeloma, a cancer that affects plasma cells, in March 2014.

Malcolm helped to test two new drugs, the oral drug Lenalidamide and the intravenous drug Carfilzomib, which are now being routinely used across the country. Both drugs help to increase cancer remission times and extend lives.

Malcolm said, "I have two children and



Malcolm Mottram with research nurse Sheila Hodgkinson



Sophie Hampton with research nurse Sara Bennett

three grandchildren and I'm taking part in clinical trials to help younger people with cancer. Having cancer was bad enough for me, but it's worse for those who still have debts and mortgages to pay. I'm very pleased I've been able to help the future generation in this way."

**Our research team is currently expanding its research studies in areas such as critical care, dental health, haematology, stroke and urology, and are always looking for new volunteers. If you'd like to get involved e-mail [research.development@stockport.nhs.uk](mailto:research.development@stockport.nhs.uk)**

## A refreshing volunteer

**One of our volunteers Kath Bake goes the extra mile to make sure patients feel at home.**

The treats she organises for patients on our short stay unit for older people include a refreshing non-alcoholic 'mocktail' tasting afternoon, hair styling, manicures and knitting sessions.

Kath from Bredbury in Stockport started volunteering on the unit this January as a way of giving thanks for the "fabulous care" hospital staff gave her aunt Mai.

Kath, who also works part time in an accounting job, has become a popular regular on the unit every Wednesday. Together with other volunteers and our dementia matron she has helped decorate a corner of the ward in 1950s period style, with music from the era playing, which has a calming effect for those patients with the condition on the ward.

Kath said, "The staff at Stepping Hill Hospital are amazing, and because they were here for my aunt, I wanted to be there for them. I love helping out with the patients on the unit. It's a joy to come up with new ideas each week to help put a smile on their faces."

Five other volunteers help out on the unit on other days. Kath is one of over 350 volunteers who generously offer their time



at Stepping Hill Hospital. The volunteers support patients and staff in many ways, whether it's helping out on the ward like Kath, greeting and guiding patients when they first visit the hospital, or serving in one of our hospital's retail shops.

The short stay unit for older people cares for patients usually over 70 years old, and suffering from problems such as fractures from falls. It has 22 beds and sees over 1000 patients a year.

Patients with dementia, care home residents, patients with mobility problems, those struggling to manage at home, and those who have been admitted to hospital repeatedly are among the people using the unit.

# A journey to improve health and social care in Stockport



Here in Stockport we're proud of the fact that our borough is one of the healthiest places to live in the North West. We take pride in our achievements in healthcare, including the fact that Stockport residents are living longer than ever before.

But we cannot – and should not – ignore our changing world, and whilst doing nothing is an option we could look at, we would be facing an ever worsening financial position. This would make it impossible to continue offering safe and efficient health and care services.

There are vast differences between life expectancy across the different areas within Stockport. So, depending on where you live, you may live up to 11 years longer, and a more healthy life overall, than someone in another area of Stockport.

So that's what we're doing. We are transforming the way that healthcare is managed and organised in Stockport so the services you rely on are fit for purpose in the 21st century.

## What is Stockport Together?

Under the umbrella of the Stockport Together programme, five organisations are combining their skills to better serve the 300,000 people of Stockport. These groups are the NHS Stockport Clinical Commissioning Group, Pennine Care NHS Foundation Trust (mental health services), Stockport Metropolitan Borough Council, Stockport NHS Foundation Trust (Stepping Hill Hospital and community health services) and Viaduct Health (a federation representing all Stockport GPs).

By working together, our organisations will deliver a health and social care system to meet the needs of the borough.

## Why things need to change

As we've already mentioned, the rising number of older people in Stockport means there will be a greater need for health and social care support both in the short and long term.

If we can improve the health and

wellbeing of the older generation, then that will greatly enhance their quality of life, as well as reducing the need for hospital care. Consider this: one in five of the Stockport population is aged over 65, which is higher than many other areas of Greater Manchester and above the national average. This proportion is expected to keep rising.

Older people have greater health needs and increased chance of developing long-term illnesses. We need to change services to help these people in the future.

In essence, we have a health and social care system in sore need of updating and improving. We also want to take advantage of advances in technology and medicine, something that is proving difficult under current conditions.

We also understand that people prefer to be treated in their own home rather than in hospital – and we want to help make that happen. Hospital can be absolutely the right place for those suffering from certain conditions, but top notch care at home is, in many circumstances, more beneficial to the patient and their recovery.



## What's happening?

We want to provide you with care that works efficiently and effectively for you, one you can rely on. We'll do this by changing our way of working: instead of reacting when people get ill, we want it to prevent people from getting ill in the first place. In turn, this should help you to stay independent, reduce the number of unnecessary hospital visits and GP referrals, and lower the number of hospital stays and the length of time spent in a hospital.

## How the changes will benefit the people of Stockport

Once this overhaul of our health and social care system has taken place, we anticipate some great results, among them a better life expectancy for those living in our more deprived areas, an improved quality of life (especially for the older generation), a reduction in people dying from preventable causes, and a rise in the number of individuals making better decisions about their health.

We're excited about Stockport Together. We hope you are too.



## Esther's story

After a spell in hospital, Esther Wagstaffe couldn't wait to come home. A new service provided visits day and night to make sure Esther was safe and well at home.

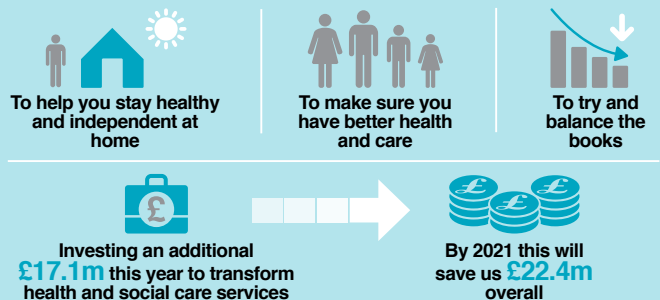
"When I was told I was fit to come home, I was really happy," the 99-year old from Heaton Moor said. "And I was so glad to get in my own bed and sit in my own lovely chair. They [the carers] make you feel comfortable and it's because of that that it helps you to start working for yourself."

While the service – called Transfer to Assess – is still in its early stages, Esther's experience shows that it is successful.

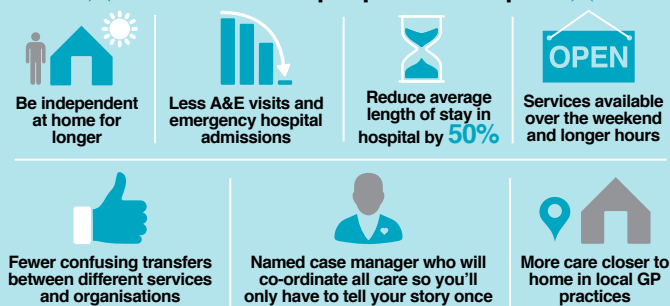
For Esther, a team working on the Short Stay Older People ward was able to help her move back home. This new way of working removed the need for Esther to stay in a residential care home after leaving hospital. In the past, this may have been the next step.

## We're joining health and social care to improve outcomes for you

1 in 5 people in Stockport are aged 65+, so we need to change the way we do things



### ★ Benefits for the people of Stockport ★

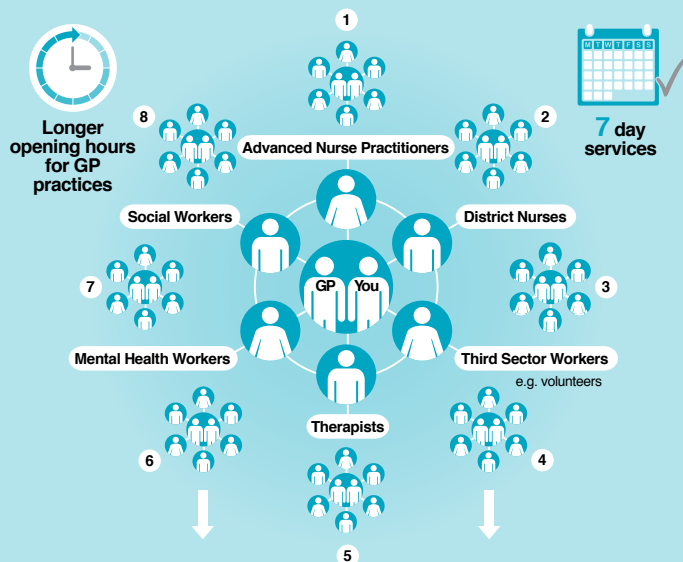


### We are making significant investment in...

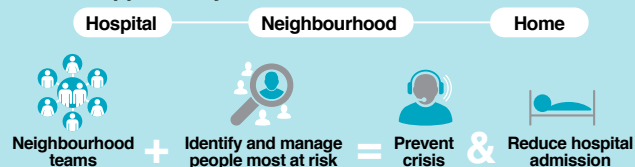


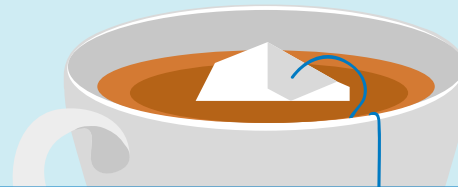
### How this will look...

8 neighbourhood teams led by GPs, bringing health and care together



### Supported by further services delivered in the:





## PURE SUCCESS STORY

**A project to give disabled students training and career opportunities at our hospital has led to a full time job for one of our young interns.**

Mark Muskett, 18, from Bredbury in Stockport had a 12 month internship at Stepping Hill Hospital, working in locations including our patient records department and training centre. His second placement was as a retail assistant in the maternity café and shop, run by catering company Host, and was so successful he has been offered paid employment.

Mark, who has learning disabilities, has now been given a permanent paid role by Host, working five days a week in the early evenings.



Pure Innovations students celebrate completing their year's internship

The internship project is a joint scheme between ourselves, Cheadle and Marple College Network, and Pure Innovations, a charity which helps disabled people live more independent lives.

Ten interns have been working with us since September 2016, in areas including administration and reception work. As well as teaching the students useful work and life skills, the aim is to find them paid positions where possible. Another intern has also recently gained a full time position at Stepping Hill as a domestic worker in the restaurant.

## X RAY VISION

**Patients at one of our x-ray departments now have a more colourful welcome, thanks to a Stockport College art student mural.**

George Cunningham and his friends, Natasha Holmes and Elizabeth Simmons, produced a spectacular painting of wild animals for X Ray A department.

With a team effort the mural was completed in a few days- working into the evenings when the main waiting room is not used.

Radiographer Sally Hubbard said, "This is a wonderful colourful design which has really brightened up the waiting room for our patients, and for the staff too. We'd like to thank George, Natasha and Elizabeth for all the time and effort they've put in, and Stockport College for helping make it possible."

Stockport College art students have been helping us elsewhere. See the story on page 27 about the opening of our new dementia café.





# Heartfelt wedding

## A heart patient has married his long term sweetheart on our coronary care ward at Stepping Hill Hospital.

Patient Philip Pickrick, 82 first met Kathleen Geering, 81 at British Aerospace in Stockport almost 30 years ago when Philip was working at the company as a structural engineer and Kathleen as a secretary.

The couple, who live in Hazel Grove in Stockport, have been together since 1990 but have never tied the knot until now. After suffering a major heart attack, Philip and Kathleen decided to confirm their love with a wedding.

Staff on the coronary care ward and hospital chaplains organised the registrar's visit to the ward to carry out the wedding, getting everything together in just one day. Friends and family gathered together on the



ward for the happy occasion, with the hospital chaplain blessing the ceremony afterwards.

Kathleen said "It was a terrible and frightening experience when Philip had his heart attack, but it made us take the plunge and get married. I'd

like to thank the staff at the hospital twice over. First for the brilliant care they've given Philip after his heart attack, and secondly for helping us organise the wedding at such short notice. They've been absolutely marvellous and helped us have a wonderful day."

# HEALTHIER TOGETHER

## Update

**The reorganisation of general surgical services is at the heart of the *Healthier Together* changes across Greater Manchester, in order to improve clinical outcomes for patients.**

We are one of four 'hub' hospital sites for high risk general surgery. The geographical area we will cover for this specialist surgery is known as the 'South East sector' and includes Tameside and North Derbyshire. This will significantly increase the number of inpatient admissions in general surgery, and also affect critical care and a range of other clinical support services.

The aim is for planned high risk procedures to transfer from Tameside this

year, and emergency cases in the first half of 2018. Because the final financial approvals are not yet concluded, the previously planned start dates have slipped, but the programme is still working hard to move on with everything that we can get in place in readiness for the changes. A plan is in place, for instance, to merge the Tameside and Stockport colorectal multi-disciplinary teams.

These changes require additional funding of various kinds. The sector is

very hopeful that it will shortly receive confirmation of additional capital funding of more than £10m, to enable expansion in our endoscopy, radiology, emergency department resuscitation, ward upgrade, and provision of four additional high dependency and critical care beds, and approximately 30 additional ward beds.

We will keep you up to date with these changes as they develop.

# TRIPLE joy for mum

**A joyful mum gave birth to triplet baby boys at our maternity unit earlier this year.**

Colette Pawluk conceived babies Finn, Charlie and Milo naturally, which only happens in one in every 8000 births. This is only the fourth set of triplets born at our hospital in the past ten years.

The trio were induced early, at 34 weeks, by caesarean section. After three weeks observation on the neonatal unit, they were home with their proud parents and two year old sister Maya. While Finn and Charlie are identical twins, Milo is not.

Colette and husband Dave, from the High Peak, were first told they were having twins when she was six weeks pregnant. It was six weeks later that

they were told there was to be an extra bouncing baby boy.

*"I'm in awe of the staff here at Stepping Hill, and the brilliant care we had from the maternity and neonatal teams," said Colette.*

*"While everyone is clearly incredibly busy, you just know you're in the best possible hands all the time. I can't thank the staff enough."*

Around 3400 babies are born at Stepping Hill Hospital every year.



## FIRST FOR FLU FIGHTERS

**Stockport is the best place in the country, for the sixth year in a row, for protecting pregnant woman against the flu virus.**

Our hospital and community midwives, working together with local GPs and the council's public health team, vaccinated 65% of pregnant women in Stockport. This is 2,200 women out of 3,400 - 20% higher than the national average of 45%.

Pregnant women are at greater risk of contracting infections because their immune system is compromised by being pregnant. They also have a higher chance of developing complications if they get flu, particularly in the later stages of pregnancy, which could include bronchitis or pneumonia.

The advice is therefore to get the flu vaccination every winter, which they can receive from our midwife team for free. Studies have shown that the flu vaccine is safe during any stage of pregnancy, from the beginning through to delivery.

### Protecting us to protect you

We were also very successful in vaccinating our staff against flu. We had the 12th best score in the country out of 259 NHS organisations. 80% of staff were vaccinated, against a national average of 63%.





# New alert system helps **BOOST** kidney treatment

**A computer alert system is helping us provide faster and better care for acute kidney injury patients.**

The IT alert system, the only one of its kind in Greater Manchester, will help us save local lives by ensuring patients get specialist care and treatment as soon as they arrive at hospital to prevent them from developing chronic kidney disease.

It is estimated that one in five patients taken into hospital for an emergency is suffering from an acute kidney injury, a sudden reduction in a person's kidney function.

In the UK around 100,000 deaths each year are associated with acute kidney injuries, and up to 30% of these could be prevented if a patient is given the right treatment.

Wendy Oakes is a specialist nurse for acute kidney injury and joined us in March 2016. She is working with Dr Karl Bonnici, clinical director for acute medicine to raise awareness and provide new care plans and guidance for these patients.

When a patient comes to our A&E department, a blood test is taken which determines whether a patient has an acute kidney injury. When the doctor or nurse updates the patient's electronic record the IT system then sends an immediate colour-coded alert about the patient to the computer screens where doctors and nurses view patient details. This information is particularly useful in the fast-moving environment of A&E, acute medical and surgical assessment units.



Dr Karl Bonnici and Wendy Oakes

## Great results in just one year

Since the system and care plan was introduced last year, we have seen great results. For patients with the most severe acute kidney injuries, 40% more acute kidney injury patients have received an initial urine test and a kidney scan within the first 24 hours.

There has also been a 10% improvement in stopping earlier any medication which may be harmful to these patients. A full critical care evaluation has also been carried out within 12 hours on 30% more acute kidney injury patients.

## Leading visits

**We recently had two VIP visits. Ann Coffey MP and Jon Rouse, chief officer for the Greater Manchester Health and Social Care Partnership visited our hospital to see new initiatives for improved patient care.**

**"What I saw at Stepping Hill Hospital was a great deal of innovation and co-operation in developing services for the future" - Jon Rouse**

**"It is impressive to see the steps the hospital is taking to ensure people who don't need to be seen as emergency cases are cared for in neighbouring areas" - Ann Coffey MP**



# NEWS IN BRIEF



## PURPLE REIGN

Consultants in our emergency department now provide educational support for colleagues with a specially developed and highly visible role. For three and a half days a week a consultant takes the educational support role, wearing a special new purple uniform to mark them out for colleagues. The scheme has been praised by the Royal College of Emergency Medicine.

## END OF LIFE ART

Our palliative care team supported an art exhibition organised by 'Dying Matters' at the Whitworth Art Gallery in Manchester. They helped organise several art projects for the 'The Art of Dying' exhibition, with those taking part making art expressing what loss and bereavement mean to them.



## CHINESE DOCTORS VISIT

We showed our expertise to an international audience with a visit from a team of doctors from China. The six Chinese doctors spent seven weeks in different clinical areas including our children's unit and emergency department, observing our medical teams to learn from their skills.



## TRAINEE NURSE ASSOCIATES

Staff at our hospital are now caring for patients in a new care support role. In their distinctive brown uniforms, the new Trainee Nurse Associates work alongside care assistants and registered nurses to deliver hands-on care, focusing on ensuring patients continue to get the compassionate care they deserve.

# SOCIAL MEDIA UPDATE

WE LOOK AT SOME OF THE MOST POPULAR FACEBOOK AND TWITTER MEDIA POSTS IN RECENT MONTHS

Our stroke unit has received the top 'A' rating from the latest national stroke audit. (Facebook and Twitter)

With @ManMetUni & @StockportMBC we've won the @StudentNTAwards Partnership Award for training in public health – congrats to all involved (Twitter)

Triple joy Colette gave birth to triplets on our maternity unit, one of only four such births there over the past ten years (Facebook and Twitter)

Joe O'Brien, one of our senior surgical sisters, told The Guardian how she and colleagues treated casualties at Stepping Hill Hospital in the aftermath of the Manchester Arena bombing (Facebook)

Nursing director @JudithMorris18 & colleagues visited all depts/wards (with chocs!) to thank fantastic nurses on #InternationalNursesDay (Twitter)

We would like to say another huge thank you to all of the schools, crafters, companies, organisations and others who have been so kind and generous over the past few weeks since the horrific Manchester attack – as the kindness and gifts continue to arrive at Stepping Hill Hospital (Facebook and Twitter)

Keep up-to-date with our latest news through our website, Facebook, Twitter and Instagram.



[www.stockport.nhs.uk](http://www.stockport.nhs.uk)



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# CALLING ALL NURSES

**In recent months we've been going all out on a new campaign to recruit more nurses.**

Some of our nurses, such as Becky Wakefield, are getting used to seeing their faces around town as they are on our delivery vans as part of the campaign.

The vans, which deliver blood samples and medicines to GP surgeries, pharmacies and hospitals across the North West now carry adverts asking for nurses to join our team. Van drivers have also been taking photographs of their vans as they stop off in locations across the North West to post on Twitter.

Our #InSearchOf recruitment campaign is also being promoted on social media

and websites, with special videos from nurses Steph Scocroft, Charlotte Hopkinson and Juan Perez explaining what they get out of working for us. This includes all the benefits in terms of rotational packages, flexibility, career development, mentoring and much more.

Many thousands of people have viewed the posts on Facebook and Twitter, including those taking an online quiz to check 'What kind of nurse are you?'

The campaign is having a positive impact, with 62 new nurses recruited so far.

There are a wide range of job opportunities for trained nurses at both our hospital and in the community in Stockport in a whole host of roles. We also need new nurses as we expand our surgical services, and to ensure we have our own staff wherever possible rather than relying on bank and agency staff. This is better for both continuity of care and value for money.

**If you, a member of your family, or a friend are thinking about your next nursing role, visit our website – [www.stockport.nhs.uk/jobs](http://www.stockport.nhs.uk/jobs)**



**Have you spotted one of our vans out and about? Tweet us a picture at @StockportNHS**

# A day in the life of a radiogra

**“** I have worked as a senior radiographer at Stepping Hill Hospital for just over three years, having been a radiographer for a total of seven years. My job role here involves working in the CT and x-ray departments, the radiology interventional suite; and the cardiac catheterisation lab. I also have the additional roles of being one of the department's radiation protection supervisors, a basic life support trainer, and I order the stock for x-ray department A.

During a normal working day the x-ray department is kept incredibly busy with patients from our emergency department, wards, outpatient clinics and requests from GPs. CT appointments are made up of out-patients, wards and urgent scans.

There is a huge variety of x-ray and CT examinations covered in the department, for every body part there are diagnostic imaging examinations.

## 8:00am

I arrive early for my shift for a handover with the night CT radiographer. The radiology department is open 24 hours a day, 7 days a week. It works a shift system rota; with radiographers working a mixture of twelve hour day shifts, twelve hour night shifts and 9-5 days to make up their weekly contracted hours. Today is a 12 hour shift for me.

The night radiographer has checked all the booked appointments for the following day. They check that the request has been authorised for scanning by our consultant radiologists, that the request is not a duplicate (it happens more than you'd think), and that the patient has adequate kidney function if they are to receive intravenous CT contrast. This is a dye that is injected into the patient's vein during the scan to help highlight anatomy and pathology.

There are three issues that have been found during these checks that will need to be followed up by the CT lead radiographer when they arrive.

Patient appointments start at 8.00am in CT, so the two CT radiographers hit the ground running until two more staff arrive at 9.00am.

## 9:00am

The appointments are twenty minutes long. This gives us time to transfer the patient onto the scanner, put a cannula into the patient or check their cannula is working if they are an inpatient, go through the pre-scan safety questionnaire, scan the patient, and complete post-scan care.

There's not much spare time to play with when working in CT, so efficiency is key to avoid patients waiting too long. In amongst the booked appointments we fit in urgent scans mainly from our emergency department. The majority of these scans are examining patients brains and necks due to trauma, for instance, from falls or motor accidents.

As Stepping Hill is a major stroke centre for Greater Manchester, we scan lots of brains a day. The department completes, on average, forty CT brain scans in a twenty-four hour period (although not all of these are suspected strokes).

## 11:00am

After working through numerous booked and emergency scans, a colleague comes to CT to relieve me so that I can order some stock.

During the week my colleagues leave me a note about any products they notice running low. Although the task sounds simple, it has taken me a while to fully grasp how much we need each week. No one likes running out of hand towels or examination gloves!

## 1:30pm

After lunch I have time to follow up on radiation protection and basic life support tasks.



In this edition we spend a day with Ruth Heggarty, a senior radiographer at Stepping Hill Hospital.



# ppher

For radiation protection, the supervisors make sure the whole radiology department is safe and adheres to radiation laws. This involves completing quality assurance on all radiology equipment, reporting any equipment faults to the manufacturer's engineers, and ensuring all radiographers and radiologists are wearing their personal dosimeters (devices which monitor the amount of radiation we're exposed to) and returning them at timed intervals.

Radiographers work with radiation on a daily basis, so we are required by law to monitor any radiation we may have been exposed to. It's normally zero, as we run behind our lead screens when any radiation exposure occurs, but there are instances where radiographers do receive a small dose. As long as these personal doses stay below a set acceptable level, we are safe from any

adverse effects from radiation. Everyone has come through at the safest 'zero' level today.

## 3:00pm

I receive a phone call to see if I am available to help insert a permanent cardiac pacemaker in the cardiac catheterisation lab. I head over to the lab and change into scrubs, and don the hat and face mask before entering the procedure area.

A pacemaker is inserted by the consultant cardiologist through an incision in the patient's collarbone under fluoroscopic guidance, which is basically showing 'live' x rays in real time to guide the doctor. The fluoroscopy is then used to show the

"There's not much spare time to play with when working in CT, so efficiency is key to avoid patients waiting too long."

cardiologist the position of the pacing wires as they are guided into the ideal location. The whole procedure doesn't take much longer than an hour, so I am back in CT by 4.30pm.

## 5:00pm

Some of these scans include CT scans of a patient's abdomen and pelvis for our surgical team when they suspect the patient has a blockage or leak in their bowel— these scans are common as Stepping Hill is classed as a 'super hospital' for our surgical speciality.

We have outpatient appointments booked until 7.00pm, but we also have emergency scans being approved by the on-call radiologist. Myself and another radiographer manage to scan all the outpatient and the emergency examinations by 8.00pm, in between answering the phone and taking messages for the ever changing workload.

I love my job, but when the night radiographer walks in at the end of our shift, it is a happy sight! After a busy day, covering only a few of the many aspects of the radiology department work, I am ready for my dinner...and sleep.





A tribute to **Gillian Easson**, former Chairman

# Thank you for your outstanding decade of dedication



**Gillian Easson retired as our chairman in May, following ten years of outstanding service.**

Gillian passed on the baton to new chair Adrian Belton. She first joined our Trust as a non-executive director in 2007, before being appointed chairman in 2012.

Gillian always showed a strong sense of commitment to her home area. She was born in Stepping Hill Hospital, as were her parents, children, brother, nieces and nephews.

Impressive and talented from the start, Gillian was the first pupil at her state school to get a place at Cambridge University. She then became the first female prosecuting solicitor in the North

West. She's even landed a light aircraft at Manchester Airport!

## **Significant achievements over her ten years with us**

During her time as our chairman, Gillian championed patient quality and safety, and helped develop important partnerships locally, regionally and nationally.

Gillian oversaw the recent opening last year of our new £20m medical and surgical centre, as well as new kitchens and a major investment in our new electronic patient record which is set to





**"I will always hold this organisation very dear to my heart, both personally and professionally. I have never ceased to be impressed with the skilled and dedicated staff, and I salute the hard work that staff undertake day in and day out for the good of patients, carers and their families.**

**"It has also been a privilege to work with a group of talented board members and governors who are committed to delivering the highest quality services for patients."** - Gillian Easson

revolutionise care, improving efficiency and safety

Throughout her time with us, Gillian made the patient experience central to all our work and it's not luck that we've consistently achieved high scores in the Friends & Family Test since it was launched four years ago.

Whilst she was chairman we achieved UK-firsts, won national awards and received praise for our services in many prestigious features and reports.

Our stroke unit has expanded and become one of the best performing units in the country, being described as "world class" by external bodies. Our trauma & orthopaedics

department has hosted surgeons from US hospitals, who have flown over to see some of our specialist work where we are leading the way. Stockport has been ranked the fifth highest best place in the country for cancer survival, with our bowel cancer surgery achieving the best results in Greater Manchester.

And we mustn't forget that we have hit performance target after performance target throughout this time. Whilst the spotlight has been on the four hour wait target, we've been achieving countless targets across the board month in and month out.

We have also grown in numbers under Gillian's chairmanship – taking on 900

community health staff and making them a key part of our organisation and future direction.

### Working with others

Gillian put a huge amount of time into working with and supporting our Council of Governors and developing their role.

But being a chairman isn't just about setting the strategic direction of the organisation and working with governors, teams and people within our Trust. Gillian also had an important external role in building key relationships and networks, and representing and promoting our organisation. She was greatly respected by other chairs across the region.

**"I would like to thank Gillian publicly for all the excellent work she has done to develop and improve patient services.**

**"Her passion, drive and commitment have been nothing short of outstanding. It has been an honour and a pleasure to work with Gillian. She has been an inspirational chairman and has made a major contribution to the NHS."** - Ann Barnes, Chief Executive





**A look at our....**



# hospital chaplaincy

**Our chaplaincy service supports the spiritual and religious needs of patients, family and visitors, as well as our own staff.**

The chaplaincy is celebrating its 50th anniversary this year. The original hospital chapel was built by the Free Church Women's Committee. It was rebuilt in 1997 and still stands on the same spot off our hospital's main corridor.

The team currently consists of seven chaplains, supported by 22 chaplaincy volunteers. Each week they visit wards across the hospital site, including the Devonshire Unit and the Meadows Community Hospital. They also support the mental health wards run by the Pennine Care NHS Foundation Trust.

## **Supporting people of all faiths and those with none**

The chaplaincy supports those of all faiths and none. While the core chaplaincy team comprises Christian ministers of various denominations, they are also able to contact religious leaders of other faiths. Within our chaplaincy centre, there is a multi-faith prayer room which is used regularly on a daily basis. Friday prayers, for Muslim worshippers, take place in a larger room at the Pinewood House education centre.

One of the newest chaplains, Alison Gunn, was previously a radiographer here between 1985 and 2012. Alison writes,

*"Working at Stepping Hill Hospital is a familiar environment to me as I previously worked in this hospital as a radiographer from 1985 to 2012, beginning my career initially at Stockport Infirmary.*

*In 2012 I left as a radiographer to follow my calling to work for the Methodist Church as a pastoral worker.*

*Over the last 12 months I explored voluntary chaplaincy work at Wythenshawe hospital and discovered it brought together my two careers offering pastoral care in a caring hospital environment.*

*It is a privilege to now work here as a member of the chaplaincy team and also be a part of Stockport NHS Foundation Trust again too."*

## **24/7 on-call service**

The chaplaincy team offers a 24/7 on-call service. The main request for support is from patients and their families in "end of life" situations.

The chaplains work with the bereavement team and carry out funerals when required. These are mainly for babies who have sadly died at the beginning of life. Each year they also organise a baby memorial service for families who have lost a child. This is held at St George's Church in Stockport. The team also organises special thanksgiving services to remember staff who have died in service.

Occasionally they will hold weddings on the hospital site. This has happened 3 times in the past two years.

A service for Holy Communion takes place every Thursday at 1pm in the chapel and a further worship service is held on Sunday mornings at 10am to which everyone is welcome. The team also organises celebrations for Christmas and Easter including the annual Trust carol service.





# Hello to our new Chair

## **Adrian Belton officially started as our new Chair on 1st June 2017.**

He has a wide ranging track record in private and public sectors, at both national and regional level. His 40 year career spans both operational and strategic leadership roles.

Adrian is passionate about inclusive leadership, creating and maintaining a culture of trust and collaborative working. He has successfully led transformation programmes and improvement initiatives, including mergers, turnarounds, restructuring, and new models of delivery.

Adrian has held chief executive roles at the Construction Industry Training Board (CITB) and FERA, formerly the national Food and Environment Research Agency. He led the merger of four organisations to create FERA, thereby helping to establish a more joined up plant health economy, through the integration of services designed to deliver better and more cost effective outcomes for plants, crops, trees and bees. He established FERA's profile as a provider of world class scientific capability, with businesses in over 100 countries; improving customer and business focus to grow income while also improving efficiency.

Over his career Adrian has been an executive director of Nottingham City Council and a key player in the creation of Natural England as a new non-departmental public body. He also worked at board level within banking and financial services, with risk director roles at Barclays and the Bradford & Bingley Group.

In addition, he has held non-executive roles over the last 10 years. These include Chair of the Institute of Environmental Management and Assessment (IEMA) and a lay member on the Council of Sheffield University, where he sits on the audit committee.

Outside of work, Adrian is a keen outdoor person, with a particular interest in activities which are a test of nerve as well as physical endurance.

He still holds a number of long distance mountain running records which he set almost 30 years ago. He also lives in perpetual hope, being a long standing supporter of Sheffield Wednesday.



# Questions and Answers w

**Our new Chair Adrian Belton answers questions from staff, volunteers, patients and a local journalist about both himself and the future of our organisation.**

**Q** *“Tell us something about yourself which people may find surprising.”*

**Sue Guy, personal assistant to senior nurses**

**A** Some of my record breaking mountain running exploits are well documented, but one record is a bit unusual. Emulating someone who in the 1930s claimed to have played a round of golf in each of England, Ireland, Scotland and Wales in a single day, I once climbed the highest mountains in each of the four countries, from sea level, in just under 24 hours. No-one else has ever done that.

**Q** *“Our team keep children happy and entertained and we know that helps in their recovery. What do you do to keep happy, and do you think it keeps you healthy too?”*

**Jeanette Burden, play specialist, children’s unit**

**A** I find that having a wide range of interests and new ones too (for example I have just taken up beekeeping), good friends, a loving wife, and five children with their own interests too, makes me happy. My wife always knows when I’m not happy because she says I look much older and strained - not healthy!

I have also been happy in my working life by choosing jobs that have a purpose that fulfils me, and great colleagues to work with, something I have already found here at Stockport. At the risk of tempting fate, in over 40 years of working I have had to take less than one week off through illness.

**Q** *“Stockport and High Peak area have a changing demographic, an aging population, but also a population who are more active in their old age and retirement too. How do you see local services respond to these changes?”*

**Richard King, patient and public member, Hazel Grove**

**A** As someone in his sixties, retired from executive life, and in his spare time enjoying time out on the hills of the Peak District, I guess I qualify as someone with a personal interest in this too! Hence I believe in what we are exploring here in Stockport in the integration of health and social care at a neighbourhood level so we can better align our services to the evolving needs of the population in each neighbourhood.

**“** I believe that a strength of 'our NHS' is just that. I never cease to be amazed by just how much people from all walks of life express their gratitude in the way they willingly give their time and in such a caring manner. **”**

**Q** *“The pressures we come under in the emergency department are growing all the time. As the new chair, what do you think we need to do in the future so these pressures don’t overwhelm us?”*

**Jane Redshaw, staff nurse, emergency department**

**A** One of the main attractions for me in joining Stockport is the opportunity for us to forge a new model of the delivery of care, in conjunction with our partner organisations. I think we all recognise that lasting improvement will only come if we tackle this together as a whole system, including the emergency department.

In the meantime, I have arranged to spend at least a full day with colleagues who work in urgent and emergency care. I believe it is important that as chair, and along with the rest of the Board, I hear and see first hand the pressures that colleagues are working under, so that we have a better understanding of working on the ground. I would also like to meet many more colleagues to say thank you for the tremendous work being done, and for the improvements that we are starting to see.

**Q** *“Staff parking at Stepping Hill has come in for criticism in the past, with staff members who pay a large amount of money to park saying there are not enough spaces. Is there anything that can be done to combat this?”*

**Katherine Bainbridge, journalist, Stockport Express and Manchester Evening News**

**A** I am well aware of just how sensitive and difficult the subject of car parking is. I am pleased therefore that further work is being done to review it. In the longer term, with our new model of delivery, it is to be hoped that more care will be taking place in the community, resulting in fewer visits to and perhaps a smaller footprint on the Stepping Hill campus. But in the meantime we need to check how our charges compare with other Trusts, and do all we can to alleviate the pressure on spaces.

My own small contribution is that when travelling by car I do not park at the





# With the Chair

hospital, preferring instead a ten or fifteen minute walk. If more of us could do that, more spaces would be available for those whose needs are greater.

**Q** *"I find visiting time 11 am to 8 pm very difficult to carry out my duties efficiently, sometimes it is very difficult and at times impossible as visitors do not want to be disturbed. Will this ever change to enable staff to do their jobs to the standard required?"*

**Ann Williams, domestic staff member, ward E2**

**A** It's great that you can express the challenge you face, thank you! A problem shared is a problem halved. My vision for the Trust is a place where such everyday problems can be openly shared in a way that colleagues, and where appropriate patients and their carers, will willingly discuss and help find solutions that work for you.

**Q** *"If you were Prime Minister for the day what one law would you introduce?"*

**Marie Arnold, healthcare assistant, Laurel Suite (cancer services)**

**A** Whilst I treasure democracy and the rule of law that we enjoy in this country, I feel we suffer from far too many laws! Hence I wouldn't want to add any more. If I could pass a law however it would repeal all that stuff which gets in the way of us going about ordinary and simple things in our everyday lives.

For example, a domestic appliance might have been bought in my wife's name, there's a problem with it, and it happens that a call centre number is only available at a time when only I can ring. I get told they can't speak to me about it because 'that's the law'. That winds me up!

**Q** *"We are always hearing about how the NHS is underfunded. Do you think more non-medical and essential work will have to be carried out by volunteers in the future?"*

**Alec Broughton, volunteer, Stepping Hill Hospital main reception**



**“** As chief executive of a government agency it felt rather brave to resist the call by Ministers to make cuts, as I strongly believed the right thing to do was generate income instead. **”**

**A** I believe that a strength of 'our NHS' is just that. I never cease to be amazed by just how much people from all walks of life express their gratitude in the way they willingly give of their time and in such a caring manner. If we are to keep the NHS as 'our NHS' then I do think that we will need to consider how necessary reform, as we are undertaking here in Stockport, embraces the work of partner organisations, including those in the third sector, and our volunteers.

So, in short, I believe that as a society that will increasingly make greater use of health and social care services then the short answer to the question is mostly likely yes!

**Q** *"How do you see Stepping Hill Urology continuing to develop and grow this flagship comprehensive urology service for Stockport, Tameside and Macclesfield as part of the Greater*

*Manchester Health and Social Care Partnership?"*

**Adebanji Adeyoju, urology consultant**

**A** The outstanding urology service at Stepping Hill Hospital is recognised by everyone and something that this organisation is understandably very proud of. Greater Manchester Health and Social Care Partnership is in the process of consolidating some hospital services to ensure consistently high standards across the region, which in some cases will involve more specialist services in one area. We are inputting into this work and are party to these discussions and I will keep everyone up to date about developments.

**Q** *"What's the bravest thing you've done in your life?"*

**Des Foden, Swanbourne Gardens children's respite centre support worker**

**A** Brave or foolhardy? Nearing the top of a steep gully when ice climbing on the north face of Ben Nevis with no protection for several hundred metres below me certainly scared the life out of me! And sailing a yacht around Cape Horn at the bottom tip of South America, was also, for me, a voyage into the unknown. As chief executive of a government agency it felt rather brave to resist the call by Ministers to make cuts, as I strongly believed the right thing to do was generate income instead, so as to protect national science capability.

I've enjoyed answering these questions but I know there will be many more. My door is always open and I'm happy to attend events and meet up with individuals and groups whenever I can. If you'd like to get in touch, please e-mail me via [adrian.belton@stockport.nhs.uk](mailto:adrian.belton@stockport.nhs.uk) or ring 0161 419 5030

# Culture - the health of our organisation

**We all want to work in a happy healthy culture where all staff treat each other as well as our patients: with compassion and kindness.**

Organisational development (OD) is a service developed to ensure that systems and processes include and embrace the people element.

Our OD team have a plan to support a positive culture through the following:

**Vision and values:** The vision will support direction and if we integrate the values in all our practice we encourage pride, positivity and a strong identity.

**Learning and innovation:** Everyone to have equitable access to learning, with opportunities for new qualifications, in house programmes designed with and about our teams.

**Compassionate leadership programme:** Leaders to be ambassadors of our values, all interactions to involve careful attention, empathy and listening with fascination.

**Teamwork:** All teams will be offered support in developing their own 'code of honour' with team away and planning days to support delivery and team vision.

**Coaching conversations:** All conversations to be supportive, and enabling individuals to make the right choices for their career, professional development or life in general. Our coaching network is looking for would-be coaches to join us.

**Talent management:** All staff from apprentices upwards to be given the opportunity to join a talent pathway where skills and talents will be nurtured to create opportunity and professional growth.

**Our cultural ambassadors:** A network of volunteers from diverse roles who are supporting OD to deliver all these themes. They are 'values driven' individuals, who

are focused on compassion, recognise and celebrate good practice and support their colleagues.

**Celebrating Stockport:** We want to capture and celebrate good practice, with events and initiatives that say 'well done' and 'thankyou'.

Our Trust is a wonderful place to work and be part of. Let's work together to create together a culture of pride, trust, compassion and achievement.

**Contact Tina Harkin head of OD and Learning at [tina.harkin@stockport.nhs.uk](mailto:tina.harkin@stockport.nhs.uk) or on 0161 419 4681 if you want to be part of our culture programme.**







# Corrie star opens new dementia café

**Our new dementia café was opened at Stepping Hill Hospital by Coronation Street star Richard Hawley, who plays factory owner Johnny Connor in the soap.**

The new space provides a calm and relaxing environment for dementia patients, and their families and carers, to spend some quiet, quality time together.

Our staff helped to finance the café with a variety of fundraising events in their spare time. Local organisations have also generously donated items and Stockport College art students have helped paint the room.

Richard Hawley has personal experience of dementia, as his father died of the condition. As well as Coronation Street, Richard is known for roles in Family Affairs and the film Love Actually.

Ruth Turner's husband had dementia and was a patient at Stepping Hill Hospital before he sadly died earlier this year. She also spoke at the event, and said; "It can be a struggle supporting a loved one with the condition, and facilities like this can really help."

Florence Bawak, matron for dementia care at Stepping Hill Hospital, said "Being in an unfamiliar hospital environment can be a very frightening experience for patients living with dementia. The new café is a supportive place for staff or family members to relax with patients."

Volunteers are helping out in the café which has coffee and tea making facilities, music, games and reminiscence books and pictures. The Alzheimer's Society and the EDUCATE group (Early Dementia Users Co-operative Aiming To Educate) will be also at the café every month to offer dementia advice and information.

*"I know the effects of dementia first hand through my father's illness. It has a huge impact not just on the person with dementia but on the rest of their family as well."*

*"That's why it's so important they get the care and support they need. This café at Stepping Hill Hospital is a fantastic example of that support in action, and I know it's going to be such a wonderful help for them."* - Richard Hawley, actor

**Around 1,300 patients a year being treated at our hospital are living with dementia.**

**In recent years, we have taken many steps to give both patients and their carers extra support.**

**This includes a new memory clinic to diagnose dementia, a badge scheme to enable staff in A&E to easily recognise patients with the condition, dementia friendly signage and environments, two reminiscence rooms on wards, and over 70 dementia champions across the organisation, headed by Florence Bawak, our matron for dementia care.**

# Mayor's support for Swanbourne

The Mayor and Mayoress of Stockport paid a visit to our Swanbourne Gardens respite home for disabled children and their families. They have been fundraising to support the facility and are urging others to do so as well.



The Stockport centre gives children and their families much needed breaks. It provides a homely and relaxing environment for youngsters with severe learning disabilities and complex additional health needs.

It was set up 15 years ago and is the only NHS facility of its kind in the North West. More like a home than a hospital, it is hugely popular with its users and their families.

The Mayor Councillor Chris Gordon and Mayoress Dr Margaret Gordon toured the facilities and met one of the young service users and their family.



## Supporting our nursing HEROES

Nurses in both the hospital and community were honoured on International Nurses Day, which celebrated nurses across the world.

Hospital nurses held another bake-off competition for the most attractive and tastiest cakes, and senior nurses handed out chocolates to staff working hard in all the wards and departments to thank the 'nursing heroes'.

## *Celebrating midwives* a piece of cake

Cathy Warwick, the chief executive of the Royal College of Midwives, visited our maternity staff to help celebrate their work for International Day of the Midwife.

Midwives at Stepping Hill Hospital held a bake-off to mark the day, with Cathy Warwick judging the tasty entries and handing out prizes. She also took time to speak to midwives at the hospital birth centres about the fantastic work they do.





# Charity Roundup

Our **Tree House children's unit** received a bumper play box full of toys, games and activities from the charity **Action for Sick Children** as part of their new Magical Power of Play Appeal; the first hospital in the country to do so. Pupils from **Norbury Hall Primary School** in Hazel Grove had helped to raise money for the box. The charity delivered their box together with the Mayor and Mayoress of Stockport.

There'll also be plenty of laughs at the Tree House children's unit thanks to entertainer **Louby Lou**. Visits from Louby have been financed by donations from the Irwin Mitchell Charities Foundation, together with the MedEquip4Kids charity.

Children on the ward also got a large amount of Easter Eggs during the Easter holiday weekend thanks to a local **Honda dealer** and **Wood Bank Office Solutions**, as well as £800 worth of Lego from the **Fairy Bricks** charity.

Our **Swanbourne Gardens** respite centre for disabled children and their families received a fundraising boost from an evening of entertainment at **Stockport Masonic Hall**, attended by the Mayor and Mayoress of Stockport which included indie rock from local band Blank Cheque, Bar Pop from the Manchester Showbar, and tribute stylings from the Chicagoland Blues Brothers. Over £3000 was raised on the evening.

Couple Mike and Rosie Griffin have presented our **neonatal intensive care unit** with a cheque for almost £5,000 to say thank you for saving the life of little Lola Griffin, who was born in January at just 29 weeks after her mum Rosie suffered from pre-eclampsia, and had to spend the next three months on the unit. Mike and Rosie said the care she received at Stepping Hill was 'fantastic', and they wanted to raise the money as a way of saying thank you.

Parents who have tragically lost babies at birth are receiving support thanks to the kind efforts of **Glossopdale Angel Gowns**. The volunteers provide a beautiful 'angel' gown in which parents can dress their babies before they say goodbye. Made from donated wedding dresses, the gowns are hand-stitched by the Glossopdale volunteers.



# Partnership of the Year

**We won a national award for our partnership work training students in public health, together with Stockport Council and Manchester Metropolitan University.**

Training and public health staff triumphed in the 'Partnership of the Year' category in the Student Nursing Times Awards.

Local NHS, university and council staff have been working together to promote the importance of public health, including a special open conference day where the team encouraged student nurses to take up further public health placements.

There is growing recognition of the crucial role that healthcare students can play in health promotion with their patients, for instance with advice on diet, exercise, and alcohol intake.

Judith Morris, Director of Nursing and Midwifery said, "The future is going to depend more on health and social care staff working more closely together, giving people the support they need to live independently and to manage their own conditions. We are jointly helping to produce nurses fit for the future and helping people to help themselves."



## Patient safety awards

**Our staff were shortlisted in two separate categories for national awards recognising their work to improve patient safety at Stepping Hill Hospital.**

Wendy Oakes, specialist nurse for acute kidney injury at the hospital was a finalist in the 'Quality Lead' category, and the pre-operative anaemia team were finalists in the 'Patient Safety in Surgical Care' category at the Health Service Journal Patient Safety Awards.

Wendy Oakes has led on the introduction of a new care plan and IT alert system to improve care for patients with acute kidney injuries, and the pre-operative team introduced a system of successfully identifying patients with the condition at an earlier stage, and treating them with iron

supplements without the need for a blood transfusion, easier and safer for the patient.

**For more information on Wendy's project, see page 15.**

## Making a difference

**A pioneering new form of therapy, led by one of our doctors, to help children with autism was shortlisted for a University of Manchester award.**

The therapy is based on intervention techniques developed by Dr Catherine Aldred, who works with children as a consultant speech and language therapist. It has shown impressive results in the world's largest long-term follow-up study of treatment for children with severe autism (known as core autism).

The techniques include parents watching videos of themselves interacting with their

child, replaying selected clips and receiving session by session therapist feedback. Parents are then able to adapt their response to their child's unusual patterns of communication.

Initial studies show that children aged two to four years, who received the intervention, had improved social communication and reduced repetitive behaviours; the first improvements ever in a study of this kind.







# Membership Form

Our members are very important to us, but we would like even more! If you know somebody who would like to receive this newsletter such as a friend, neighbour, relative or work colleague please encourage them to join us.

Anyone can join by either signing up online at [www.stockport.nhs.uk](http://www.stockport.nhs.uk) in the membership and governors section, or by filling in the form below and sending it to: **Membership Office, Stepping Hill Hospital, Poplar Grove, Stockport, SK2 7JE**

## Your details:

Title: Mr/Mrs/Miss/Ms/Dr/Prof (delete as appropriate)

Name:  Telephone:

Address:

Email Address:

Contacting you electronically saves us money. We will always send information by email.

## About you:

Male / Female (tick boxes)      Male ☐ Female ☐      Date of birth:

### Ethnicity (please tick as appropriate)

White British	<input type="checkbox"/>	Other mixed background	<input type="checkbox"/>	Black/British – African	<input type="checkbox"/>
Irish	<input type="checkbox"/>	Asian/British – Indian	<input type="checkbox"/>	Black/British – Other Black	<input type="checkbox"/>
Other White background	<input type="checkbox"/>	Asian/British – Pakistani	<input type="checkbox"/>	Chinese	<input type="checkbox"/>
White & Black Caribbean	<input type="checkbox"/>	Asian/British – Bangladeshi	<input type="checkbox"/>	Other Ethnic Group	<input type="checkbox"/>
White and Black African	<input type="checkbox"/>	Asian/ British – other Asian	<input type="checkbox"/>		
White and Asian	<input type="checkbox"/>	Black/British – Caribbean	<input type="checkbox"/>		

Do you consider yourself to have a disability? Yes ☐ No ☐

**Thank you for applying to be a member of our Trust.**

The information you provide here will be held on a database so that we can keep you up to date on membership issues. This information will remain confidential and held in accordance with the Data Protection Act (1998).

# YOUR GOVERNORS

## Public – Heaton & Victoria (4 seats)



**Lesley Auger**  
gov-lesley.auger@stockport.nhs.uk



**Evelyn Brown**  
gov-evelyn.brown@stockport.nhs.uk



**Gerald Preston Wright**  
gov-gerald.wright@stockport.nhs.uk



**One vacancy**

Heaton North, Heaton South, Davenport and Cale Green, Edgeley, Cheadle Heath, Manor. Elected until Annual Members Meeting 2017

Brinnington and Central, Reddish North, Reddish South, Bredbury and Woodley, Bredbury Green, Romiley. Elected until Annual Members Meeting 2018

## Public – Tame Valley & Werneth (4 seats)



**Roy Driver**  
gov-roy.driver@stockport.nhs.uk



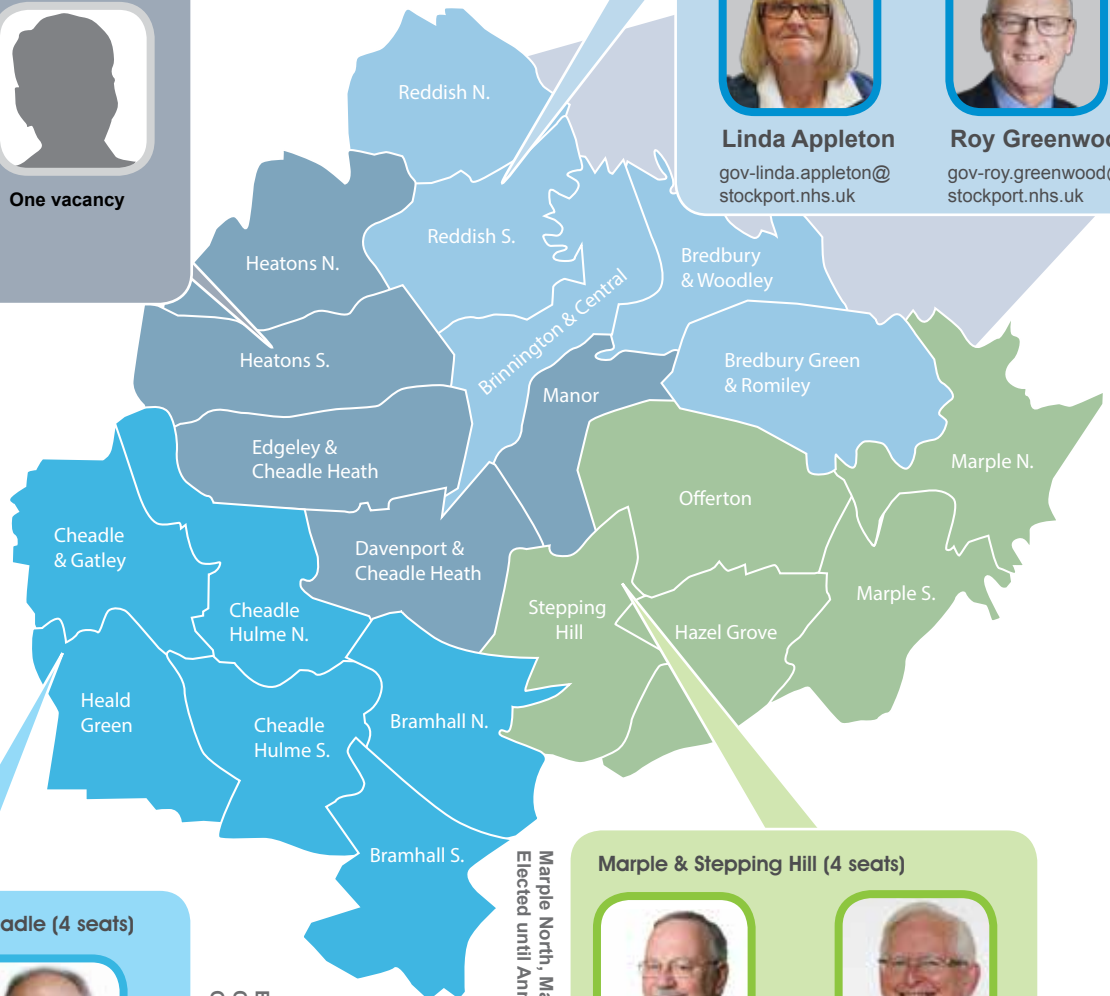
**Alan Gibson**  
gov-alan.gibson@stockport.nhs.uk



**Linda Appleton**  
gov-linda.appleton@stockport.nhs.uk



**Roy Greenwood**  
gov-roy.greenwood@stockport.nhs.uk



## Public – Bramhall & Cheadle (4 seats)



**Dr Robert Cryer**  
gov-robert.cryer@stockport.nhs.uk



**Prof Charles Galasko**  
gov-charles.galasko@stockport.nhs.uk



**Maureen Harrison**  
gov-maureen.harrison@stockport.nhs.uk



**Tony Johnson**  
gov-tony.johnson@stockport.nhs.uk

Bramhall North, Bramhall South, Cheadle Hulme South, Cheadle and Gatley, Cheadle Hulme North and Heald Green. Elected until Annual Members Meeting 2019

Marple North, Marple South, Hazel Grove, Offerton, Stepping Hill. Elected until Annual Members Meeting 2019

## Marple & Stepping Hill (4 seats)



**Dr Ronald Catlow**  
gov-ronald.catlow@stockport.nhs.uk



**Les Jenkins**  
gov-les.jenkins@stockport.nhs.uk

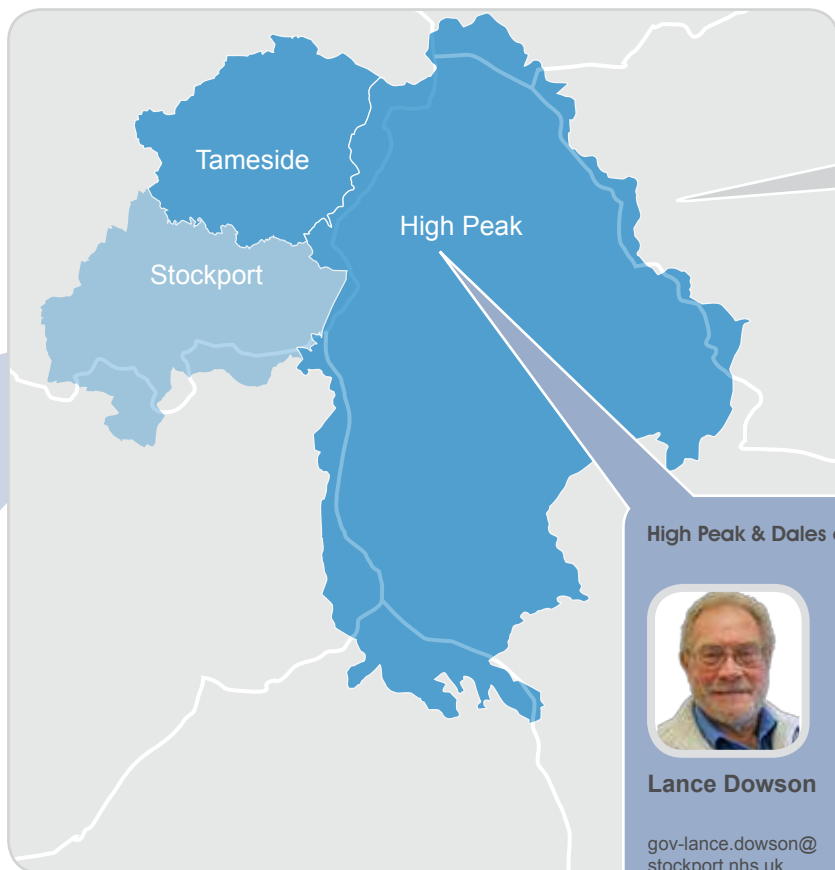


**Julie Wragg**  
gov-julie.wragg@stockport.nhs.uk



**One vacancy**





**Public - Outer Region  
(1 Seat)**

**Raees Khan**

gov-raees.khan@stockport.nhs.uk

Covers Cheshire East, Manchester, Trafford, Salford, Oldham, Rochdale, Bury, Bolton, Wigan and those wards in High Peak not covered under the High Peak seats. Elected until Annual Members Meeting 2018

**High Peak & Dales and Tameside & Glossop (3 seats)**



**Lance Dowson**

gov-lance.dowson@stockport.nhs.uk



**Lynne Woodward**

gov-lynne.woodward@stockport.nhs.uk



**Barbara Vaughan**

soile.curtis@stockport.nhs.uk

Covers the following wards in High Peak: Barms, Blackbrook, Burbage, Buxton Central, Chapel East, Chapel West, Corbar, Cote Heath, Hayfield, Limestone Peak, New Mills East, New Mills West, Sett, Stone Bench, Temple and Whaley Bridge. Elected until Annual Members Meeting 2018

**Council Of Governors – Appointed**



**STOCKPORT  
Metropolitan  
Borough Council**

**Cllr Tom McGee**

soile.curtis@stockport.nhs.uk



**One vacancy**

**Staff Governors - (4 seats)**



**Isabel Daniel**

isabel.daniel@stockport.nhs.uk



**Yvonne Banham**

yvonne.banham@stockport.nhs.uk



**Chris Hudsmith**

chris.hudsmith@stockport.nhs.uk



**One vacancy**

You can get in touch with your governor by ringing our membership office on 0161 419 4653, emailing - [membership@stockport.nhs.uk](mailto:membership@stockport.nhs.uk), or in writing.

Please address your envelope to your local governor and post to: **Membership Office, Oak House, Stepping Hill Hospital, Poplar Grove, Stockport, SK2 7JE.**

# your guide to upcoming events

To book visit  
[www.stockport.nhs.uk](http://www.stockport.nhs.uk) and  
go to our events page, or  
call 0161 419 4451.

## Operation! Tour of our theatres

A tour of our operating theatres with doctor and nurse guides

Tuesday 12th September 7:00pm – 8:00pm



## Board meetings and council of governors meetings

You are welcome to attend our public Board meetings, and our Council of Governors meetings.

All meetings are held in Pinewood House education centre on our hospital site. The agenda and papers for the meetings are available on our website approximately one week before the meeting. Visit the board of directors and membership and governors pages to find out more.

## Annual Members Meeting

A look back at the previous year and looking to the year ahead

Thursday 12th October 6:00pm-8:00pm



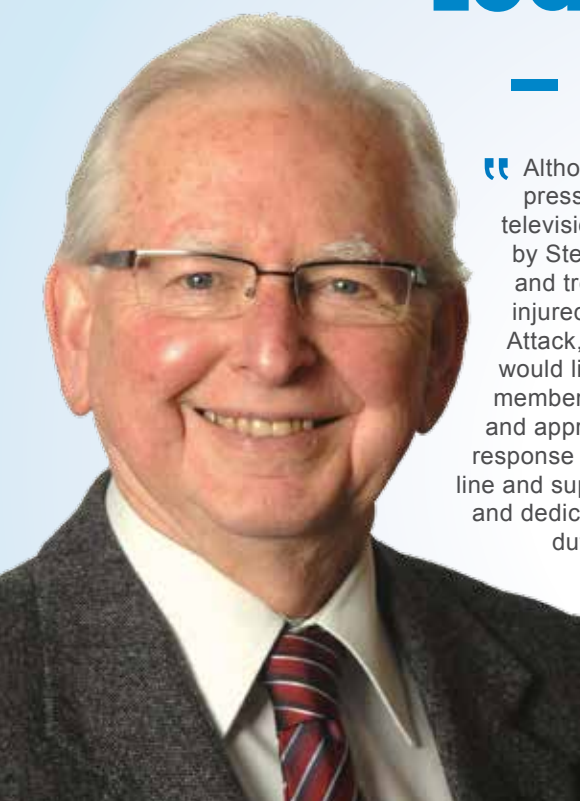
## Diabetes: Reduce your risk

Ways to reduce your risk of getting diabetes, and of living with the condition

Tuesday 7th November 12:00pm – 1:00pm



# Lead Governor Update – Les Jenkins



“ Although there has been extensive press, radio, social media, and television coverage of the part played by Stepping Hill Hospital in receiving and treating those so grievously injured in the Manchester Arena Attack, the Council of Governors would like to put on record in this members magazine their admiration and appreciation of the tremendous response shown by the Trust’s front line and support staff. The efforts, skills, and dedication displayed by those on duty, those called in, those who rushed in voluntarily, and those who followed up were magnificent. I am sure that members would echo that.

On 31 May the Trust said farewell to its Chairman,

Gillian Easson, on her retirement. The Chair of the Trust is chair of both the Board of Directors and the Council of Governors and the governors would like to record their appreciation of her service to the Trust over the past ten years – the first five as a non-executive director/ deputy Chairman and the last five as Chairman. She has always been totally committed to the promotion of the Trust, the development of the hospital and the services it provides, but first and foremost the best care and welfare of patients.

On 1 June we were pleased to welcome Adrian Belton as new Chair. He arrives at a challenging time for the Trust – indeed the whole NHS – and the governors look forward to working with him in the interests of the members and all those in Stockport and the High Peak who need and, in many cases, depend on the services the Trust provides. ”



# Meet your Governor

# Gerry Wright



In this edition we meet Gerry Wright, a public governor for the Heaton and Victoria constituency.

**Q When did you first come across Stockport NHS Foundation Trust and how?**

**A** I am a born Stockfordian and have been aware of Stepping Hill all of my life. It started with the birth of my children and their ailments through life, my wife's, and in later years my own. It was at this time I thought it was time to put something back on my retirement. Being a governor appears to be the way I can help.

of companies throughout the UK, Europe and Near East. This included seeking to develop the companies against their business plan, keeping them abreast of regulations, new technologies and legal requirements. With having this experience I can communicate effectively, speak to large groups of people, undertake presentations and handle awkward questions becoming more adroit with greater knowledge of the working of the hospital.

the virtues of Stockport NHS Foundation Trust to win hearts.

**Q What aspects of your role do you enjoy the most?**

**A** I enjoy the role of governor and being able to contribute to the meetings. The workings of the Trust and its development is of great interest to me and being able to communicate the benefits it's bringing the people of Stockport.

**Q How and why did you choose to get involved?**

**A** I have been a people person all my life. I believe Stepping Hill has been punching above its weight against the Manchester hospitals for a long time but the Manchester hospitals gain all the limelight. I thought being a governor and joining the membership would give me the chance to promote the role Stepping Hill plays and provides for the people of Stockport and surrounding areas. I attend many meetings in my role promoting the virtues of the hospital.

**Q What is the most important thing about being a governor?**

**A** Being a governor requires you to be a good listener and have a lot of knowledge of the hospital's workings and the Trust, listening to people's points of view and their experiences to provide feedback.

**Q What advice would you give someone who is considering standing for election as a governor?**

**A** I would advise that it's a rewarding activity that brings satisfaction and a great deal of interest, that brings you into doing service for your community.

**Q What experiences from your past do you believe have helped you prepare for the role?**

**A** I am a retired company director and my role was the development

**Q Which area do you live in and why is representing your constituency important to the running of the Trust?**

**A** I live in the Heaton. The people in this area are very aware of services and have a very active health centre. There is a high number of senior citizens and the Manchester hospitals are easily accessible therefore there is a tendency to use them. You have constantly to raise

**Q What motivates you in life?**

**A** The desire to be successful and to be helpful. I really enjoy seeing things fixed and working.

**Q What is your greatest pleasure in life?**

**A** Travel. I am a keen caravaner and travel Europe. I am also a keen classic car owner.

## LAST PRINTED ISSUE

Don't forget this will be the last printed issue of Stepping Up, but we still want to send you our online edition to keep you up to date with the latest news.

Email your address to: [membership@stockport.nhs.uk](mailto:membership@stockport.nhs.uk)



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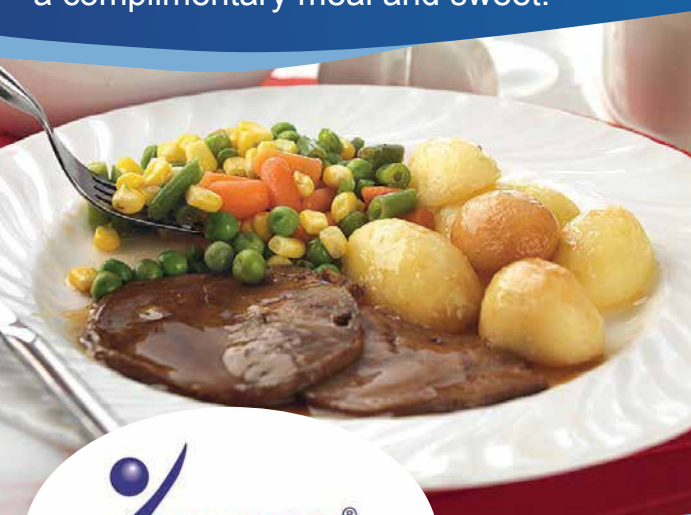
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## Get in touch

Stockport NHS Foundation Trust  
Stepping Hill Hospital  
Poplar Grove  
Stockport  
SK2 7JE

**Tel:** 0161 419 4653  
**Email:** [membership@stockport.nhs.uk](mailto:membership@stockport.nhs.uk)  
**Web:** [www.stockport.nhs.uk](http://www.stockport.nhs.uk)

You can also keep up-to-date with our latest news through our website, Facebook, Instagram and Twitter.



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### Keeping Costs Low

It is important that we keep you updated on our news through this newsletter, but we work hard to ensure that costs are kept as low as possible. This is through many different ways such as using small local agencies offering discounted rates, cheap paper, sending just one copy for members who live together and emailing electronic copies to many others. From September 2015, the newsletter will also include advertising to help cover the costs.