

# STEPPING UP

Summer 2021 edition

Better continuity of care for mums

Meet our new chair

Celebrating our vital volunteers

Annual members meeting

Stockport NHS Charity

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

Making a  
**DIFFERENCE**  
every day



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# GET IN TOUCH

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## LEADING BY EXAMPLE



We're very proud that we have been chosen as an 'exemplar' site – which means an example for others to follow – in two very different fields; high catering standards, and reducing dangerous blood clots among patients. Here, we take a look at how we won both titles.

## £5m investment in new nurses

We've investing over £5m to recruit 142 more nurses & care assistants for our hospital wards.



The investment will support teams to ensure patients receive a high standard quality of care on our medical and surgical wards.

The permanent roles will reduce the amount of money we currently spend on bank and agency staff, so will be a more effective use of NHS funding.

In the last year we have recruited more than 50 nurses from overseas, and also recruited over 80 new nursing healthcare assistants and associates, making a real impact in reducing vacancy levels in our ongoing drive to improve the quality and safety of local services.

## Fine dining

We were chosen as an exemplar site for NHS Catering following a national Independent Review into NHS Hospital Food published late last year. We're one of just 14 sites across England, and the only site in Greater Manchester, to be chosen for the honour.

The Review Into NHS Hospital Food, has the support of top TV chef Prue Leith, and recognises the importance of good nutrition in patient recovery and supporting for healthier living in the wider community, as well as providing a pleasant environment for both patients and staff. As an exemplar site we will serve as test sites for national initiatives such as reducing food waste and a national recipe and menu bank.

Our catering team was singled out for its high standards of nutrition, and for the diversity and choice it offers both patients and visitors, with options from food across the world. The team also offer other themed events for inpatients such as steak nights, and have supported British Food Fortnight using locally sourced ingredients for a bespoke three course menu for patients as well as special meals for celebrations including Christmas and Eid. They have led the way in promoting their top meals on social media too.



## TOP FOR STOPPING CLOTS

We've been certified as an exemplar site in the prevention and care of Venous Thromboembolism (VTE), a type of blood clot.

This means we join a network of hospitals with a track record of excellence in VTE prevention and care. Run by King's College, the network offers practical support and advice to other centres by sharing their resources, and collaboration on clinical research.

VTE clots begin in deep veins and travel to various parts of the body, including but not limited to arms, legs, the lungs and heart. They estimated to affect around 2 in every 1000 people in the UK. They can happen to anybody and can cause serious illness, disability, and in some cases, death. Over 25,000 deaths per year in the UK are attributable to VTE. Thankfully, they are treatable if discovered early.

Our specialist nursing led VTE clinic at Stepping Hill Hospital is skilled in counselling patients on their diagnosis, formulating and prescribing the correct treatment for their condition and ongoing management.

They were recognised for their high quality of data, and risk assesment system. Since being introduced, patient safety has improved dramatically, and since April 2013 we have successfully achieved the 95% national target for VTE risk assessment compliance.





# MEET OUR NEW CHAIR



Professor Tony Warne joined the Stockport NHS Foundation Trust family on 1<sup>st</sup> May this year. As our new Chair, Tony is the latest member to join our almost completely refreshed Board.

Tony's professional background is nursing; a career which began as a student nurse in Wales in the early 1970s. He went on to spend around 20 years in clinical and management practice, including establishing a ground-breaking young person's forensic psychiatric facility in Prestwich, Manchester. Moving into academia, he became a researcher, gaining his PhD in 1999 and was appointed Professor of Mental Health Care in 2006. A year later, he became the first Executive Dean appointed at the University of Salford, leading the largest School of nursing and allied health care professions in the North West.

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During his academic career, Tony has co-authored two books, published 18 chapters in edited books, published 62 papers in peer-reviewed journals and 18 research reports. He has presented his work through 116 peer-reviewed conference papers in 25 different countries, including China, US, Australia, New Zealand, Slovakia, Holland, Japan, Germany, Italy, Czech Republic, Nigeria, South Africa and Iceland.

Before joining us, Tony was a Non-Executive Director (and Vice-Chair) at Wrightington, Wigan and Leigh Teaching Hospitals and a Non-Executive Director at Blackpool Teaching Hospitals.

## We asked Tony a few questions about his life and work.

### **What do you see as your greatest achievements in your career?**

'Greatest' is a big word! - I've always been supported and inspired by the many 'mentors', who have been there to guide me along the way. It's an approach I've tried to promote with colleagues I have worked with. It's wonderful to see people you supported when they were just starting out realise their ambitions. Being able to research and write, teach and give people a voice has been a real privilege. Number one was possibly gaining my PhD. For many months after, I suffered from that 'imposter syndrome' thinking any moment now someone would come along and say it was a mistake.

### **What made you particularly want to be Chair at Stockport?**

I had heard that Stepping Hill hospital was well on the way on its journey of improvement. I had also heard of the many good folk who had joined the Board and I wanted to be part of that team. I was interested in the possibility of partnership-working with our NHS neighbours in Tameside and Glossop and East Cheshire, something I'm very keen to help develop. Lastly, in this new world of collaboration, who wouldn't be excited about working in a trust that provides both hospital and community services?

### **Are there any aspects of the role which you are particularly interested in, or looking forward to?**

I think the trust values align with how I see the world, and I'm looking forward to telling the world how we translate these values into action. I have always believed in the power of strong relationships to transform and change things for the better – and there are some great partnerships already in place that I want to strengthen and develop further. It's something I believe we can all be involved in. I recently had a 'Cook's Tour' of the trust (thanks to our Chief Nurse Nic Firth) and I was really inspired by the enthusiasm and pride everyone I met took in their work. So yes, I'm very much looking forward to meeting many more colleagues in this way.

### **Tell us a little about your home life, your hobbies and how you relax. How do you keep happy and healthy?**

I'm a very keen walker. I walk every day and usually manage around 40 to 50 miles each week. I belong to a Twitter group #NHS1000miles which promotes activity as a way of staying active and reducing the burden of disease on the NHS. Every Sunday evening, I join many others in uploading photographs of my walks and updates on the number of miles walked so far this year. I love music and I'm a keen collector of guitars. I have Fenders, Gibsons and three beautiful Martin guitars. I love the blues. My top three artists to listen to are the Rolling Stones, Pink Floyd, and Leonard Cohen. I'm a keen gardener and have 22 chickens, 2 goats, 3 cats, a dog and a parrot called Billy who all share my home and garden. In fact chickens are another lifelong passion; I have a collection of over 6000 chickens in every form of media you can think of. I have long hoped the Guinness Book of Records might have shown an interest, but they have never given me a call!

### **Is there anything about your background which people might be surprised by?**

Well I once sat on Nelson Mandela's bed at his former house in Soweto, an experience I found inspirational. I once received a Royal Humane Society award for Bravery for rescuing a milk tanker driver who had driven off a road into a fast-flowing river – I can't swim. And all my clothes are black, I don't wear anything else. But I do like colourful clogs and have about 35 pairs. The colours do not relate to my mood.

### **What's the biggest challenge you think the trust and the NHS face as a whole at the moment?**

The corporate answer would be people, finance and the pandemic – all of which provide unique challenges, which we have to deal with. However, I think our biggest challenge will be in managing and modifying the expectations many people have of what the future provision of health and care might look like. The pandemic demonstrated that we can do things differently and just as effectively. I want to be part of a great team that continues to be creative, innovative and committed to providing the best care possible.

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## News in brief

### Specialist care for 'Long Covid'

We've set up a new specialist community clinic to support patients who are having ongoing serious symptoms associated with COVID-19. The new clinic is based at Romiley Health Centre and provides both face-to-face and virtual support and assessment. The multi-disciplinary team includes physiotherapists, occupational therapists, a dietitian, a doctor and a psychologist.

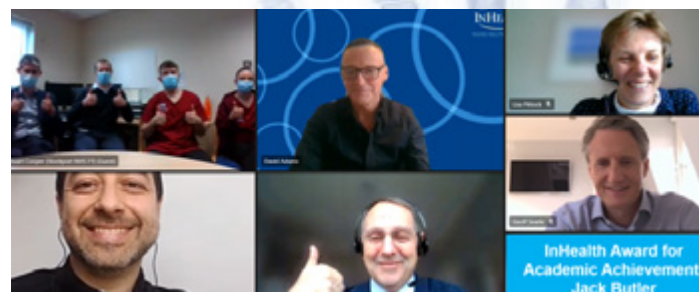


### An ultrasound way of saving sight



Our new 'fast track' outpatient service improves the diagnosis of 'giant cell arteritis' (GCA) which if not diagnosed quickly can cause blindness. Led by our rheumatology team, the consultant led clinic is the first of its type in Greater Manchester. It means that patients don't have to have a biopsy, so is less invasive, safer and more comfortable for patients.

### NATIONAL AWARD FOR RADIOGRAPHER



Jack Butler, Chest Reporting Radiographer has been awarded the InHealth Award for Academic Excellence in Clinical Reporting in a special online ceremony. He received his prestigious award from Chris Kalinka, national president of the Society and College of Radiographers, in the presence of his Stockport radiology colleagues.

### ENHANCED DIAGNOSIS FOR ENDOCRINOLOGY

Our new endocrinology specialist investigation unit has opened. The outpatient service, led by endocrinology consultants and a specialist nurse performs all the diagnostics patients need for a range of endocrine disorders including thyroid, pancreatic and pituitary disorders.



Our CURE staff have organised an art competition for pupils at primary and secondary schools in Stockport.

CURE is a Greater Manchester project to help patients in hospital stop smoking. Since the CURE team have been in place many more patients have got the help they need to stop smoking. 80% of patients approached have accepted help to stop smoking from the team, and on average one in four of those have managed to stay off cigarettes after discharge.

The winning entries were 12 year old Lola Pagnam from Bramhall High School, and 11 year old Jessica Pickles from Torkington Primary School, who both used cheery colourful images to support the CURE team in their mission to stop smoking in Stockport.

Find out more about the CURE project [www.thecureproject.co.uk](http://www.thecureproject.co.uk)



## Local kids pictures help with the CURE



# Better continuity of care for mums

More local mums-to-be than ever before are receiving personalised care thanks to the expansion of our 'continuity of carer' scheme.

This means that pregnant women receive the support of a named midwife and a 'buddy' who will remain the principle carers for her throughout pregnancy, birth and in the postnatal period. This helps to develop relationships both during and after the period of pregnancy.

Expectant mothers becoming comfortable with a midwife and building a relationship with them which grows over time, enables greater trust to develop. Mothers are then more likely to start to share their deeper anxieties and insecurities, as well as enjoying the more positive aspects of growing knowledge and confidence through their journey of pregnancy.

We have five continuity of carer teams based within the community, including one which focuses on vulnerability and those families requiring additional help and support during pregnancy. All community teams provide women with options for birth including home birth. The new structure and the COVID-19 pandemic has seen a rise in women choosing to birth at home, and being attended by a midwife from their assigned team and who they know.

Results from this approach showed that mothers had a consistently better experience from continuity of carers. They were 16% less likely to lose their baby, 19% less likely to lose their baby before 24 weeks, and 24% less likely to experience pre-term birth. The supported approach also produced better outcomes for mothers from Black, Asian and Minority Ethnic or deprived communities, who have traditionally had poorer outcomes in pregnancy.

COVID-19 delayed the introduction of the scheme in Stockport, but now it is well underway. By February 2021, 43% of local pregnant mothers were either receiving or were on a plan to receive continuity of carers, achieving well above the national target of 35%.

You can find out more about our maternity services and see our virtual tour [www.youtube.com/StockportNHS](https://www.youtube.com/StockportNHS)

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One of the mums-to-be to benefit from the scheme was Sarah Rock, 30 from Heaton Norris, who gave birth to baby Toby in January this year. Sarah had her birth at home with the support of her named midwife Danielle Kennedy and the carer team. When she found out she was expecting in April 2020 she thought the pandemic would have passed by the time she gave birth, but this was not to be.



Sarah Rock and baby Toby

“ Sarah said

At first, I was upset to learn I'd have to attend antenatal appointments alone but my amazing midwife Danielle, who became like my guardian angel, made me feel so comfortable and well informed that I was confident attending alone. We decided early on that a home birth was the right choice for us - as a first time mum, I was apprehensive, but Danielle was so supportive and encouraging from the start. We eventually welcomed our little boy into the world at home in January - I achieved the water birth I wanted and did not require a transfer - it was the birth I had dreamed of! The community midwives that attended my birth were outstanding - they all took the time to understand my birth preferences, were incredibly supportive, patient and kind - I could not have felt in safer hands. The care I received postnatally continued to be great - I was provided with extra breastfeeding support and knew I could contact my midwife at any time during those first few weeks of the unknown.

“ Danielle said

Continuity of care has amazing health benefits for mums and babies, but it also has great outcomes for us as midwives too; it's a wonderful experience emotionally. You are involved right from the first booking, up to the birth of the baby and then with their postnatal care too. I like to call it becoming a 'professional friend', giving mums like Sarah all the support they need throughout this time. It's a great experience helping to give babies the best possible start in life in this way.



Danielle Kennedy - midwife

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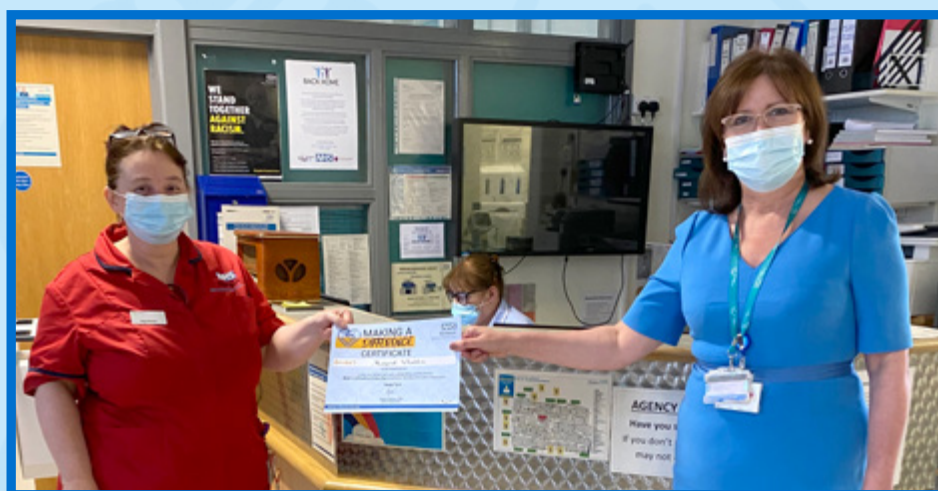
# Thanking staff for **MAKING A DIFFERENCE**

We've been continuing to celebrate and reward individuals and teams who have gone above and beyond with the presentation of their 'Making A Difference' Awards.

Our latest winners were nominated by colleagues and chosen by a judging panel for their outstanding work in making a difference every day. Both winners received their certificates and prizes with a personal visit from our Chief Executive Karen James OBE.



The first winner was Alison Moorhouse; a ward clerk on Ward B2, an escalation ward which cares for general medical patients. Alison was chosen by colleagues for her calmness and capability, with a caring manner that ensures patient stays are as enjoyable as they can be.



The second winner was Margaret Wheeldon, ward manager on Ward C4. Margaret was nominated by colleagues for taking the lead role in arranging a wedding for a patient on the ward as one of his last wishes, as he was near the end of life. Margaret and her team organised the registrar, the wedding rings and even a cake in a wonderful display of compassion.

## **VITAL VOLUNTEERS**



**Our volunteers carry out vital work every day - and Volunteers Week gave us an opportunity to say thank you for their fantastic efforts.**



Volunteers received certificates or appreciation and awards by Voluntary Services Manager Yvonne Hewitt, our Chair Tony Warne and Chief Executive Karen James OBE.

We usually have a dedicated team of over 430 volunteers at the hospital, providing a vitally important service in supporting patients, families, visitors and staff through a wide variety of ways, including helping out at meal times, serving in shops, and serving as guides.

Many volunteers are older, and during the pandemic and lockdown many of them were no longer able to safely work on the hospital site due to risks of infection, although a smaller core of 60 mainly younger volunteers have still been at work during the past year. With restrictions beginning to ease, some roles such as guides are being slowly reintroduced, so that our volunteers can continue supporting our patients.



One of our longest serving volunteers is 85 year old Charles Hamilton – better known by his nickname Skip – who has been entertaining children on our Treehouse ward for an amazing twenty years.

Skip started out as a scout leader back in the 1950s, and earned a reputation early on for delighting kids with an enthralling show, showing them games from around the world and making paper models. After retiring from the Scouts aged 65 Skip has been cheering up the Tree House unit almost every week for decades and in 2013 won a Pride of Britain award for his achievements.

Skip was overjoyed to receive his award.



With governors needed for our Tame Valley & Werneth, High Peak & Dales, Heaton & Victoria, staff and outer regions, the search is now on for the next members of our Council of Governors.

Governors are an important link between members, staff, patients, public and our board of directors. They give feedback and ensure the trust engage and respond to issues that are brought to their attention.

The governor role is a voluntary one but they do have statutory and non-statutory duties including appointing our non-executive directors and holding them to account; and representing the interest of our members and the public.

If you would be interested in the role, you can speak to our membership team on 0161 419 5166 for an informal chat.

We'll write out to our members based in areas where elections will take place, inviting your nominations shortly. Nominations will open at the end of July.

Undecided? We chatted to Zahida, governor for Marple and Stepping Hill, to find out why she became a governor and why you should too.

## Zahida's story

Having worked for 35 years in the Civil Service in management, tax / financial legislation, auditing accounts and serving on Human Resources committees, at national and regional levels, I knew that a voluntary role as a governor would be perfect for me.

My husband was diagnosed with early onset of Vascular Dementia in 2005, which has given me first hand experience of navigating not only the hospital but also social care services in the Stockport area. During that time, I've become very familiar with health and care services for people living with dementia. I've also gained extensive knowledge of the work carried out by the Alzheimer's Society as I volunteered for the Stockport branch to help them with their accounts for a year, as they didn't have anyone else to help at the time.

Then in 2015, whilst accompanying my husband to Stepping Hill, I happened to see a notice near one of the hospital entrances, encouraging members of the public to become a member, which I did. And then in 2019, when there was an election for the Council of Governors, I decided to stand for the Marple and Stepping Hill constituency.

I felt I could use my experiences to make a useful contribution to the Council of Governors – to help and improve the medical and care services for the constituents, especially for vulnerable people. In our various committees and meetings we hold the chair and non-executive directors to account for the performance of the board, and that's very important in keeping our services accountable to the community.

Save the date

## ANNUAL MEMBERS MEETING

Wednesday 29<sup>th</sup> September  
2:00pm – 4:00pm

### All welcome

This year's Annual Members Meeting is once again taking place virtually.

The online session includes a review of the year, the presentation of our annual accounts and the opportunity to ask your questions.

You can find out more and register here:  
[www.stockport.nhs.uk/events](http://www.stockport.nhs.uk/events)

For further details please see our website.



I hadn't been a governor for very long before the COVID-19 pandemic began, and that has changed the way governors have worked. It hasn't been possible to hold face to face meetings or have involvement in committees. However I think the trust has responded well to the challenges with holding meetings online. Earlier this year I took part in the selection of our new Chair, Tony Warne and I think this is my proudest moment. I'm looking forward to working with him in implementing the changes needed for an integrated care system in our area.

I would definitely recommend the role to anyone – it's interesting, varied and I'm enjoying using the skills I've learned throughout my career into giving something back to the community.





It's been a busy few months at Stockport NHS Charity so we wanted to fill you in on some of the highlights and let you know about opportunities to get involved.

## A Better Birth Suite

Charity funding allowed us to improve patient and staff experience at our Birth Centre by creating a better environment and giving better options for mums-to-be.

A birthing couch provided by Stockport NHS Charity gives enhanced options to women in labour, allowing them more opportunity to be mobile. It also improves the experience of the staff caring for the women allowing for better positioning and posture when assisting the patient. On top of this, the birth couch may also be made in to a double bed following delivery which means the new family can sit or lie together comfortably.

We also used funds to spruce up the decoration in our Birth Suite rooms, giving a less clinical feel and helping to put patients going through labour in a more comforting environment.



## Staying Hydrated

Improving staff health and wellbeing is one of Stockport NHS Charity's goals. As part of this, we provided durable drinks bottles for our staff following feedback about the difficulty they can experience staying hydrated during busy periods at work. Thanks to donations from NHS Charities Together we were able to fund a bottle for each member of staff at Stockport NHS Foundation Trust and with the help of our volunteers we distributed these across all of the Trust's sites.



## Supporting Sight-Saving Services



Stockport NHS Charity has helped Stockport NHS Foundation Trust's rheumatology team to set up a new specialist ultrasound clinic which diagnoses a condition which can cause blindness and will help us to save the sight of more patients.

This innovative new technique is swifter than previous methods at spotting symptoms and it's also less invasive, safer and more comfortable for the patient.

Funds donated by our generous supporters have purchased the specialist ultrasound probe needed to deliver this service.



## Get involved – NHS Big Tea

We've been through a year like no other and now more than ever, we've all got a reason to show support for our local NHS.

So join us for the nation's biggest tea break on 5th July – or whenever works best for you – by hosting an NHS Big Tea for Stockport NHS Charity. You can host it in person or virtually, in the community or at work.

Find out more at  
[www.stockport.nhs.uk/bigtea](http://www.stockport.nhs.uk/bigtea)

## Going the Extra Mile

Children and young people's nurse Natasha Boffey hit the ground running when she decided to take on the Tatton Park 10K in April. After completing a couch-to-5K programme, Natasha set her sights on going even further in order to raise funds for our Treehouse Children's Unit.


After weeks of training and promoting her JustGiving page, Natasha completed her first ever 10K and raised £400 to make a real difference to the health and wellbeing of the children and families we support.




## WANT TO KNOW MORE?



Follow us on social media to see how we're making a difference every day:

 [@StockportNHSCharity](https://www.facebook.com/StockportNHSCharity)

 [@SNHSCharity](https://twitter.com/SNHSCharity)

 [@stockportnhscharity](https://www.instagram.com/stockportnhscharity)

Sign up to receive our Charity e-newsletter with updates about our work and opportunities to get involved by emailing [charity@stockport.nhs.uk](mailto:charity@stockport.nhs.uk)



# YOUR GOVERNORS

## Public - Outer Region (1 seat)



**Prof Charles Galasko**  
gov-charles.galasko@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.

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



**Lance Dowson**  
gov-lance.dowson@stockport.nhs.uk



**Lynne Woodward**  
gov-lynnewoodward@stockport.nhs.uk



**Catharine Cecilia Grundy-Glew**  
gov-catharine.grundy-glew@stockport.nhs.uk

Covers the following wards in High Peak: Barmes, 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.

## Public - Heaton & Victoria (4 seats)



**Chris Summerton**  
gov-chris.summerton@stockport.nhs.uk



**Tad Kondratowicz**  
gov-tad.kondratowicz@stockport.nhs.uk



Vacancy



Vacancy

Heaton North, Heaton South, Davenport and Cale Green, Edgeley, Cheadle Heath, Manor.

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



**Carlton Lyons**  
gov-carlton.lyons@stockport.nhs.uk



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

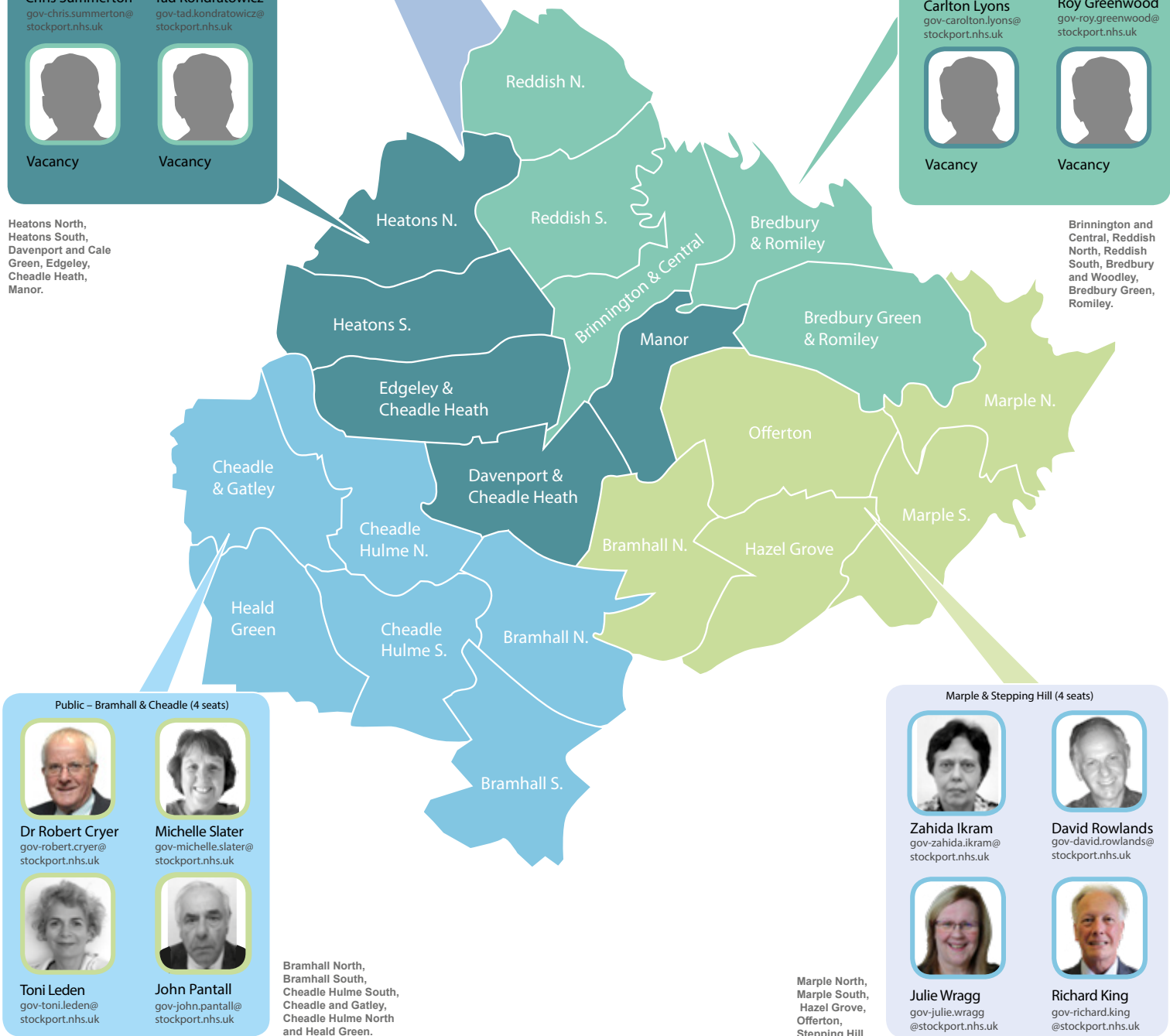


Vacancy



Vacancy

Brinnington and Central, Reddish North, Reddish South, Bredbury and Woodley, Bredbury Green, Romiley.



## Public - Bramhall & Cheadle (4 seats)



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



**Michelle Slater**  
gov-michelle.slater@stockport.nhs.uk



**Toni Leden**  
gov-toni.leden@stockport.nhs.uk



**John Pantall**  
gov-john.pantall@stockport.nhs.uk

## Public - Marple & Stepping Hill (4 seats)



**Zahida Ikram**  
gov-zahida.ikram@stockport.nhs.uk



**David Rowlands**  
gov-david.rowlands@stockport.nhs.uk



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



**Richard King**  
gov-richard.king@stockport.nhs.uk