



# STEPPING UP

*Happy 75<sup>th</sup> Birthday NHS!*



**SUMMER 2023 EDITION**

Celebrating the big NHS birthday | Our emergency campus takes shape |  
Big improvements to managing pain



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**2023 is a very special milestone for the National Health Service: 75 years since it all began.** Stepping Hill Hospital and community services in Stockport have been part of the health service right from the beginning.

For all the many changes and developments over the years, a health service dedicated to care provided free at the point of delivery has continued throughout the years, and we are immensely proud to be a part of it, and we held a number of celebrations to mark the big event.



5th July wasn't just important to the NHS, several of our colleagues celebrated their own birthdays too!

Karen James OBE, our Chief Executive, took time to have a special tea and cake with them at our restaurant to celebrate the double birthday.

## Valued volunteers

**1948 was the year the NHS was born – and so were three of our amazing volunteers.**

Peter Jackson, Anne Wilcox and Neale Raven are three of over two hundred dedicated volunteers who work for us at Stepping Hill Hospital in a number of wards and departments.

There have been volunteers in the NHS throughout its existence, providing invaluable support for patients and their staff colleagues. In Stockport, they perform many different roles, such as greeting and guiding patients when they first visit the hospital, performing administrative tasks, or serving in one of the hospital's retail shops.



Peter Jackson

Peter Jackson started volunteering back in 2008 as soon as he retired, as he wanted to do something completely different from his career in engineering. He works with the chaplaincy team visiting wards, and for those who need it, he offers a listening ear and a shoulder to cry on, and enjoys the many interesting and amusing stories which patients and visitors have to tell.



Anne Wilcox

Anne Wilcox began volunteering in 2013 after retiring as a safety officer at the University of Sheffield. Like Peter, she works with the chaplaincy team visiting wards. Anne says it is a great privilege being able to meet people of all faiths and none; being a listening ear to those who are worried about the future, sad, lonely, hurting or just plain bored. She looks forward to coming in on each and every working day.



Neale Raven

Neale Raven's wife, children and grandchildren were all born in Stepping Hill Hospital and he says he owes everything to the NHS following care for both his cancer and heart condition. He was a patient at Ward A11 for six weeks in November and December 2021 while awaiting an operation. He admired the selfless volunteers and hard working staff on the ward, and, now recovered, he started volunteering last year at the same ward he recovered on, and thoroughly enjoys it.

**Could you be our next volunteer? We're always looking for new volunteers to join us.**

If you think you may be interested in the being a volunteer, then visit the 'volunteer' section of our website, email [voluntaryservices@stockport.nhs.uk](mailto:voluntaryservices@stockport.nhs.uk) or call 0161 419 5400.



WE'RE PROUD  
TO CELEBRATE

# 75 YEARS OF THE NHS

1948 - 2023

1948



Stepping Hill Hospital, first opened in 1905, becomes part of the newly founded NHS.

1972



Our new maternity building opens, replacing the old 1940s building.

2004



We make history by becoming one of the first ten NHS foundation trusts in the country.

2015



Our charity funds a new therapeutic garden for patients recovering from stroke.



2015



We become one of four specialist centres in Greater Manchester for high risk general surgery.

2017



The Duchess of Gloucester officially opens our £20m new medical and surgical centre on the hospital site.

2020



We respond to the COVID-19 pandemic, innovatively reorganising our services and helping to vaccinate both the public and our staff.

2020



We introduce an enhanced CT scanner to help provide higher levels of patient care and treatment, thanks to Stockport NHS Charity.



2021



An inspection sees our emergency department (A&E) services improve the CQC rating to 'Good', reflecting dedicated improvement work by colleagues.

2023



Building work continues on our new £30m emergency and urgent care campus which is set to greatly improve care for patients.

## THEN & NOW IN 75 YEARS

A lot can change in 75 years!  
Take a look at how our population and their needs have grown over time.

### OUTPATIENTS PER WEEK

NOW  
2023 **6,074**

THEN  
1948 **825**



We now see over 7 times as many outpatients every week



**2,131** 2023

1948 **300** ↑↑↑↑↑  
**PER WEEK**  
**A&E ATTENDANCES**

**1,912**



**60**

We now have an amazing 1,852 more nurses than we did in 1948



**NURSES**

### STOCKPORT

### POPULATION

**50%**

The population of Stockport has more than doubled in the last 75 years from

**140,000 to 295,200**

### AVERAGE LIFE EXPECTANCY

**+13**



People now live on average 13 years longer

**68 to 81**  
in 1948 in 2023

### BIRTHS PER YEAR

**+740**



We deliver around 740 more babies a year

**2,500 to 3,240**  
in 1948 in 2023



## Building better care

Building work on our new Emergency and Urgent Care campus is progressing very well. The main building structure is now complete, and our Chief Executive Karen James OBE and Chair Professor Tony Warne recently took part in a steel signing ceremony to mark the occasion.

The emerging campus is an exciting £30m project to enhance emergency and urgent care for local patients, their families and carers, with a much more modern and efficient building, making sure they receive high quality treatment sooner and in a better environment.

The building work is scheduled to finish next year. Until then there are traffic restrictions on site, with the front area around Oak House headquarters closed to the public and a one-way traffic system for cars around the site. For further information see the special 'Emergency and Urgent Care Campus' page on the News section of our website.



## Projects in place

**Other building projects to improve patient care on site are already complete.**

Our new endoscopy suite is in place with an improved environment for patients and staff. The new unit now has four procedure rooms, when previously there were three. It also has two separate recovery areas, where previously there had been one.

With a 33% increase in capacity, many more procedures per year will now be possible, with an estimated increase from 13,500 a year to 18,000 a year. This will also help to reduce waiting times for patients.

We also have a new cardiac pacing suite, opened by footballing star Steve McManaman (pictured.) The suite is now providing investigations as well as procedures for patients with a wide array of suspected heart conditions.

As well as providing more services, the new suite is larger, and with more advanced facilities.



## A BIG GAIN for managing pain

**Our pain management team have introduced big improvements for patients managing their pain and conditions.**

The 'FAS Pain Tool', or Functional Activity Scale Pilot, is a way of introducing a user-friendly scoring system so clinicians can work better with patients to assess their pain, after lower limb surgery such as hip replacements.

The results have been impressive, with patients being able to move around again sooner following their surgery, and with less dependency on opioid pain relief. The team has been working with clinical colleagues on wards across Stepping Hill Hospital to train them in the use of the new tool.

When it is used, 100% of patients are now moving on the first day following their operation ('1st day mobilisation'), compared to 71% previously. 100% of patients had pain assessed using FAS, and 100% of staff reported it as easy and effective to use.

One example of someone benefiting from the technique is Emma Allen, a 40 year old lady who has been living with hip dysplasia and arthritis for the past 3 years and struggling day to day with her pain management, which has affected her family life and career as a district nurse. Previous pain relief analgesia had little effect.

Following a hip replacement operation in October last year, Emma was able to stand up on the first day after her operation, had physiotherapy and was discharged the following day. She found the nurses had assessed her pain and given her the right analgesia she needed to achieve her physio goals.

Emma knows the medicines will not take the pain away and that movement is really important to her recovery, so she has been determined to not just rely on analgesia but use her determination to get up and moving, which has been made possible through the FAS pain tool.

We look forward to many more patients like Emma having better control of their pain in the months and years to come.



## NHS Industrial Action

**As you will be aware, workers in the NHS both nationally and regionally are taking part in a series of ongoing industrial actions at the moment.**

Staff at our trust who are currently taking action on selected days are those belonging to the BMA (British Medical Association). We will continue to update the public on our website and social media in advance of any strike day.

Unless advised otherwise, everyone should please continue to attend appointments and access services appropriately. For those whose appointments or care that may be impacted, you will be contacted directly by the service.

**Thank you for your continued support.**

**Our emergency department (A&E) is for serious and life threatening conditions:**

- Severe chest pain
- Difficulty breathing
- Bleeding you can't stop
- Possible broken bones
- Loss of consciousness

Our A&E department will remain open for genuine emergencies and life-threatening conditions. If it is not an emergency, please consider other options such as visiting a pharmacist, contacting your GP or visiting [www.111.nhs.uk](http://www.111.nhs.uk)



## Excellence in endoscopy

The high quality of our endoscopy services was confirmed in their high quality following an independent inspection from the independent Joint Advisory Group (JAG) on gastro intestinal (GI) Endoscopy which assess services across the country.

The review judged clinical standards, patient standards, infection control, staffing levels and waiting times all to meet high levels of quality.



## PICTURE PERFECT



Our maternity ultrasound department had a lovely makeover thanks to the artistic talents of Lynn Bruckshaw, a clerical officer who works on the unit.

Keen amateur artist Lynn has been painting since she was a child and won the title 'Stockport contemporary artist of the year' a few years ago.

Her fabulous flower and nature paintings are really brightening up the department and helping create a good maternity environment.



## Water aid

Water coolers on our hospital site are also helping to provide water for developing areas in Africa.



Installed by our estates and facilities department, together with AquAid, it's helped us to raise over £2000 to buy a new water pump for villagers in Manicaland – a province in the north eastern highlands of Zimbabwe.

One pump can produce up to 10,000 litres of potable water per day, supplying over 300 people within the community, who are now able to collect clean drinking water, and water for other productive use every day.

## SAFER SURGERY



We've recently brought in new technology which has meant big improvements for surgical patients.

A new laparoscopic (or 'keyhole') surgical theatre allows our teams to carry out procedures using smaller incisions than conventional surgery for patients with conditions like appendicitis, bowel cancer, rectal prolapse or Crohn's disease.

The technology means safer surgery, and allows patients to recover more quickly too.



Integrated digital cameras built into the theatre also allow for remote teaching which can be shared with medical colleagues both nationally and internationally, and easier handling and reduced trip hazards make for a better working environment for the team.

Other new state-of-the-art surgical equipment is the 'Mini C-arm' scanner, which allows excellent quality imaging for patients on their hand and wrist, or their foot and ankle, diagnosing conditions such as ankle or wrist fractures, achilles tendinitis, or carpal tunnel syndrome.

The scanner is portable and uses the highest quality stable and clear images, allowing the team the best possible precision during operations. It can be used by the consultant themselves, freeing up radiographers for other scanning work, which in turn is helping to reduce waiting times.

And in using less radiation than other scanners, this also helps safer standards of surgery too.



## Sister Act

A remarkable coincidence led to two sisters from Cheadle Hume staying on the same ward at our hospital, and having their operations on the same day.

Pat McNair, 69 from needed a hip replacement while her sister Lynn Amadi, 72 from had to have an operation on her knee.



Lynn's operation was originally going to take place the previous week but had been rescheduled. When they saw each other on the same surgical ward, it came as a complete surprise to them both.

Pat and Lynn are very close and each wanted to look out for one another, and so on their request staff on Ward B3 re-arranged their beds so they could stay beside each other, and each was kept well informed of the others condition.

With both operations fully successful, both sisters were ready to go home on the same day as each other too!





## BIG THANKS to our long serving staff

**We held our long service awards to honour those who have given many years of hard work and dedication.**

We had one ceremony for those serving in the NHS twenty years, and another for those serving thirty or forty years. Over 250 received their awards altogether, making for an incredible total of over 6000 years service between them.

Those at the ceremonies were thanked personally by our Chief Executive Karen James OBE and Chair Prof Tony Warne, and presented with a special certificate and badge together with a high street shopping voucher.



# Thank you!



**and our volunteers too!**

**We also said thanks to our long serving volunteers as well, held at a special thank you lunch at our restaurant, complete with a choir and band of students from Aquinas College.**

Twenty-seven long-serving volunteers received certificates and award badges, each one of who has served either five, ten or fifteen years each.

One volunteer has served even longer than the rest of them. Alan Nabb has been serving as a guide at the hospital for a grand total of twenty years, and now aged 88 he is still happily greeting and guiding visitors to the hospital each week.

## Cleaning Up

One of our domestic administrators won a top national MyCleaning award for her outstanding work, while two of her colleagues were also shortlisted.

Domestic administrator winner Tracy Boswell has been key to setting up new cleaning monitoring systems across the hospital, and has helped to ensure all staff are on board with the new improved standards in a helpful and positive way.



Meanwhile domestic Mike Mantle, a joy to work with who sings to his patients, and portering administrator Denise Starr, described by her team as the 'agony aunt' of the department who is always ready to lend a sympathetic ear for anyone feeling down, were also shortlisted in the awards.

## Catering Kings & Queens



The excellence of our catering team has been recognised again at two separate national award ceremonies.

Catering head Duncan O'Neill received the 'Special Contribution Award' at the Public Sector Catering Awards' and the team as a whole won 'Team of the Year' at the Health Estate and Facilities Management Association (HEFMA) awards.

Duncan and the team have been praised for their consistently excellent service and nutritional standards.



## AWESOME AUDITS

Our team which runs clinical audits was judged as the national 'Team of the Year' by the Clinical Audit Support Centre.

The team were recognised for being passionate about improving care and for facing and overcoming internal staffing disruption in recent times.





Supporting your local **NHS** at Stepping Hill Hospital and in the community

With your support, our charity continues to make a real difference, funding enhanced equipment, research and care to improve patient health and wellbeing for you and your loved ones.

This year the NHS is celebrating a very special 75th Anniversary - why not show your support and take part in fun fundraising. We've already had a whole host of events to celebrate the anniversary, including Cycle- a-thon, an NHS Big Tea Party and Bake Sale, and a Silent Auction.

If you'd like to join in, then we'd love to hear from you. Whether it's a tea party with family, friends and colleagues, or if you'd like to be more active with a running, walking or other fitness challenge, there's room for all types of fundraiser. Whatever your passion, we look forward to hearing all your great fundraising ideas!



## Safe haven

Another project from our funds has been upgrading and enhancing the Chaplaincy and Spiritual Care Centre Haven at Stepping Hill Hospital. The project has included providing new furniture and lots of little special little extras that have now created a homely, comfortable, peaceful and pleasant reflective space for patients and loved ones.



## CARNIVAL atmosphere

A highlight of the NHS 75th celebrations was our charity's presence at the Hazel Grove Carnival.

A great time was had by all, and the parade saw longstanding fundraiser Derek Farndell finish another of his epic cycle challenges to support us.



## Fantastic STONE ROSES fundraiser

A star-studded auction and mega fundraising evening of music and dancing organised by Imelda Mounfield and her husband Mani from the Stone Roses was a sensational success, raising over £51,000 for our charity.

The evening, hosted by journalist John Robb featured a whole host of musical talent from Manchester, while Greater Manchester Mayor Andy Burnham spoke with an emotional tribute to the organisers.

Money was raised from both the evening and the auction, which received generous donations from stars from Manchester and beyond. They included David Beckham's signed football boots, and signed guitars, platinum and gold discs and awards from both Oasis' Gallagher brothers, Mani's bandmate John Squire, Johnny Marr (the Smiths), Peter Hook (Joy Division and New Order), Foo Fighters and The Who. Live art on the night from Art Battle artists also added paintings to the auction too.

Proceeds from the evening and auction went towards our charity and the Christie charity, as their way of showing thanks for the treatment Imelda has received for her cancer at both Stepping Hill Hospital and the Christie hospital.



## What we've got in store for you

Huge thanks to Asda Reddish for inviting us in-store to speak to staff and customers about the wonderful projects and initiatives Stockport NHS Charity are supporting at Stepping Hill Hospital and in the community. In addition over £420 was generously kindly donated.

We would love to hear from you and speak to your business, community group, club, college or school and share how Stockport NHS Charity, with your support, are enhancing care for all your family, friends, colleagues and neighbours every day at your local NHS.

PLEASE SUPPORT  
YOUR LOCAL NHS  
CHARITY TODAY

Scan the code to  
donate on your phone

Or visit

[www.justgiving.com/stockportnhs](http://www.justgiving.com/stockportnhs)



## WANT TO KNOW MORE?

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



Find out more about our work and opportunities to get involved by emailing [charity@stockport.nhs.uk](mailto:charity@stockport.nhs.uk) or calling 0161 419 4575.



## Meet your Governor

# Howard Austin

In this edition we meet Howard Austin, one of the Public Governors for Tame Valley and Werneth.



### What got you involved as a Governor?

I was asked to consider standing for election to be a Public Governor, following a couple of pieces of work I had done (as a concerned member of the public) with Stepping Hill Hospital, that led to the introduction of the Patients Passport scheme and the Hard of Hearing Switchboard.

### What previous experience do you think has helped you in your role as a Governor?

Firstly, being born in Stepping Hill Hospital! Secondly, spending a lifetime of being a patient or being closely connected to other patients and users of the Hospital and it's related services. Simply knowing just how important the Trust and it's services are to the whole community of Stockport and the surrounding areas.

### What do you consider to be the most important about being a Governor?

Being prepared to listen, learn and to advocate. Part of the Governors' role is to listen to the members of the Trust and the wider public who use the Trust's services. To hear what they say about those services, the good things and the not so good things and to understand what they think, expect and experience of and from those services. The other part is to relay what they hear, not through specific individual cases, but in broad, generalised terms to the senior management of the Trust and to advocate on behalf of the members and users of the Trust's services, in regards their interests and requirements, so they can respond appropriately. However, just as importantly, it is part of the Governors' role to feedback to the members and the wider public, on how the Trust is responding to their views and questions.

### What do you most want to achieve as a Governor?

This may sound rather twee and corny but, to help play some tiny part in the Trust equipping and preparing itself to take on the many challenges that lie ahead in its near future and to see the Trust and its services continue their important role in serving the whole community.

### What aspects of the role of Governor particularly interest you?

As someone who has been profoundly deaf since the age of two, I have a natural interest in communication. I have always thought of deafness as being simply a communication difficulty between two or more people, all of whom need to work at resolving that difficulty. This viewpoint has led to a lifetime interest and fascination with communication in all its varieties and forms. Therefore, the key aspect of the role for me, is how do I help the Trust to constantly work towards improving its communication systems and processes, both internally and externally. With the Membership Development Group, we are working to establish new and improved links with other relevant organisations and groups throughout Stockport and neighbouring locations.

### What advice would you give to anyone thinking of becoming a Governor?

#### Stop thinking and just go for it!

Every one of our Governors, from the longest serving to the newest, contributes something to the Council of Governors. We all bring a unique set of skills, interest and lived experiences and each one of us adds to the whole. I am a great believer in the idea that everyone has something to say that is worthwhile hearing, So I would encourage anyone to get involved and "say their something". When I was first elected, I found everyone to be friendly and supportive. The training given is good and extremely useful, and there is no pressure to do more than you either can, or want to do. The sense and feeling of service and satisfaction when you see some the outcomes of the work is very rewarding and on top of all that, it can also be fun!

### What are some of your main interests outside of being a Governor?

Stockport County; archaeology; astrophysics & space exploration, walking, photography, family & friends and dare I say it, politics!

### What inspires you the most?

Those people that I have been privileged to meet and in some cases come to know, who have overcome personal adversity and who genuinely care for others and the wider world around them.

### Upcoming Council of Governors Meeting Dates

Thursday 7<sup>th</sup> September 2023  
(2.30pm-4.30pm)

Thursday 21<sup>st</sup> December 2023  
(10am-12pm)

Any member of the public wishing to observe the meetings virtually can contact Soile Curtis, Deputy Company Secretary, for joining instructions – [soile.curtis@stockport.nhs.uk](mailto:soile.curtis@stockport.nhs.uk)

### Join us for our Annual Members' Meeting

Monday 25<sup>th</sup> September, 4.30pm – 6.00pm,  
Pinewood House Education Centre

Doors will open at 3.45pm for registration and refreshments, along with the opportunity to meet with your governors and share feedback.

We'll share our review of the year 2022/23 and showcase our service improvements. The Trust's Annual Accounts 2022/23 and plans for the future will be presented, alongside the outcome of governor elections and a live Q&A session.

Please submit your questions in advance of the meeting to [membership@stockport.nhs.uk](mailto:membership@stockport.nhs.uk)

To book your place and receive joining instructions, please email [membership@stockport.nhs.uk](mailto:membership@stockport.nhs.uk) or call 0161 419 5166.





Stockport  
NHS Foundation Trust

## GET IN TOUCH

Stockport NHS Foundation Trust,  
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Making a  
**DIFFERENCE**  
every day