

## ON THE HUNT

CAN YOU FIND ALL THE CHRISTMAS RELATED WORDS THAT ARE HIDDEN IN THE WORD SEARCH BELOW?

N	E	L	F	M	V	C	F	G	R	Q	A	Z	W
S	X	C	D	E	T	R	U	D	O	L	P	H	I
S	N	O	W	R	J	T	G	B	N	Y	J	U	S
A	W	D	H	K	I	Y	J	A	M	K	P	O	L
N	A	I	G	B	N	K	M	N	H	Y	R	K	E
T	L	M	H	J	G	H	D	G	A	Q	P	H	I
A	U	K	N	T	L	A	M	E	R	R	Y	F	G
H	E	T	S	E	E	U	L	L	R	T	X	I	H
J	K	D	C	F	X	J	H	O	K	H	J	G	A
O	I	B	L	C	A	R	O	L	S	N	R	D	L
R	K	C	D	E	T	Y	U	Y	G	D	A	E	G
C	H	R	I	S	T	M	A	S	X	T	F	L	B

- MERRY
- CHRISTMAS
- RUDOLPH
- ELF
- ANGEL
- SNOW
- SANTA
- CAROLS
- JINGLE
- SLEIGH

## ALDER HEY LEADS THE WAY WITH OUR NEW DEPARTMENT OF INTERNATIONAL CHILD HEALTH \*

A first for UK paediatric hospitals, our new Department of International Child Health (ICH) brings together the existing humanitarian work of Alder Hey staff and coordinates their efforts so we can continue to lead the way in global paediatric health care.

The department will work towards saving lives of children and promote better healthcare in under-resourced countries by focussing on research, education and development.

Director of ICH Consultant Paediatric Oncologist Professor Barry Pizer said: "Our vision is that Alder Hey will contribute to improving the health of world's children, building our international reputation and leading the way in paediatric health care.

"Staff at Alder Hey have been using their skills to help children in developing countries, who may not otherwise have access to free health care, for more than 20 years."

These include Consultant Professor Calum Semple who led a World Health

Organisation (WHO) mission to Sierra Leone during the Ebola crisis in 2014.

Cardiac surgeon Ram Dhannapuneni leads teams at camps across India and Africa with 'Healing Little Hearts Charity', while cleft palate clinical nurse specialist Louise Hall and consultants Chris Sweet and Simon Van Eeden dedicate their expertise to in India.

Consultant plastic surgeon Sian Falder has trained nurses, surgeons and physiotherapists in the latest advances in burn care and Prof Pizer has been supporting the children's cancer unit at Kanti Hospital, Nepal, for more than 20 years.

Prof Pizer said: "These placements, which support health care teams in low and

middle income countries not only benefit patients they also help with the development of staff. They return to the hospital with more advanced skills for the benefit of our young patients in the North West."

The humanitarian work will also link in with the Alder Hey Academy based at the Institute in the Park, which has academic partnerships with the University of Liverpool, Liverpool John Moores University, UCLan and Edge Hill.

In addition, the department will look at increasing existing partnerships with nations such as China to deliver education and training in the UK.

Find out more about the department on our website [www.alderhey.nhs.uk/international-child-health](http://www.alderhey.nhs.uk/international-child-health)

## CHARITY CHALLENGES



### SKYDIVE FOR CHARITY - 1 JAN - 31 DEC 2018

Have the thrill of a lifetime and the satisfaction of raising vital funds for Alder Hey as you enjoy a very different view of the world... Our event partner Skyline have sites located around the country for you to take on a Tandem or Static Line jump with availability throughout the year. Why not join Sophie (see above), and take on your own exhilarating challenge?



### OLI'S SAFARI WALK 12 MAY 2019

Oli's Safari Walk has become a wildly popular event charity walk. Not only is it a fab family day out, registration and sponsorships help make a remarkable difference to young patients here at Alder Hey. Come and join our mascot Oli the elephant for our 2019 'behind the scenes' 3km walk at Knowsley Safari Park.



### ALTERNATIVE ASCOT 20TH ANNIVERSARY, 20 JUNE 2019

The Grand National isn't the only big racing meet in Liverpool! Make sure you join us on an amazing ladies' day at Aintree on 20th June 2019. One great racing event at an incredible location, going strong now for 20 years!

For further information about these challenges, and for other ways you can get involved with the Alder Hey Children's Charity, please visit our website at [www.alderheycharity.org](http://www.alderheycharity.org)

AlderHeyHospital @AlderHey



Alder Hey Children's NHS Foundation Trust

# ALDER HEY MATTERS.

ISSUE #12

HAVE YOUR SAY ON OUR MATTERS. EMAIL [MEMBERSHIP@ALDERHEY.NHS.UK](mailto:MEMBERSHIP@ALDERHEY.NHS.UK)

WINTER 2018/19

## MEMBERS MEET SUPERSTARS

In November we welcomed members, staff, friends and partners to our Annual Members' Meeting, our yearly event to show off how our Alder Hey works and how we have performed over the past year.



The opening talk this year was given by Sir David Henshaw, our outgoing Chairman. His reflections on the past eight years leading Alder Hey were fascinating, and the mix of experience, anecdotes and personal stories gave us an insight into the journey the Trust has been on over the past years.

A more detailed review of the past year was presented by our Chief Executive Louise Shepherd CBE, who shared just some of our achievements, including meeting all regulatory targets and how we are continuing to improve patient experience. We also heard from Kate Jackson our Lead Governor about membership activities and elections.

And finally we welcomed a cast of patients, staff and families who helped explain our financial performance over the past year in our Finance Superstars video – look for it on our YouTube channel!

We are already hard at work planning for our meeting next year, and if you want to find out anything more then please drop us a line on [membership@alderhey.nhs.uk](mailto:membership@alderhey.nhs.uk)

## GOVERNOR IN THE SPOTLIGHT

Mark Peers BEM has been a governor since 2013. He was previously a patient at Alder Hey for over 20 years, and he brings his invaluable understanding of patient points of view to our Board.

We recently caught up with Mark after he got back from his latest adventure climbing Mount Kilimanjaro for Alder Hey.

### First things first, what made you sign up?

Well I didn't go up on my own! I was in a team with 16 other trekkers, and we all had our reasons for signing up for the challenge. For me it has always been about wanting to give something back to this amazing hospital, and the people who have looked after me and countless thousands of other children and young people over the years.

### You've undergone a lot of different adventures – how did this one stack up?

I can honestly say that climbing Kilimanjaro was the toughest challenge I have ever faced – and will ever likely face!

Kilimanjaro is the highest mountain in Africa and you do feel every one of the 5,895 metres we climbed through rainforest, scree, mountain faces, never ending dust, snow and ice...!

### That sounds like a real challenge! How did you keep on going?

Personally, I kept reminding myself why I was doing it and how the funds raised by the group were going to help the lives of so many children and their families.

Even though it was incredibly tough physically and mentally, I never once

thought about giving up or turning back and going down.

### What was it like at the top?

I was just so relieved! Getting to the summit was the longest and most painful day of them all so when I saw the sign telling us we had made it I very nearly fell to my knees! The relief and smiles didn't last too long though because we had to go down!

### Do you think this experience has changed you?

I think it has. It has made me realise just how lucky we are in the UK. Tanzania is not a wealthy country, and to so clearly see poverty and how it affects children especially was tough.

### Would you recommend it to others?

Trust me, Kilimanjaro is incredibly tough and you cannot underestimate the scale of the challenge that you face once you arrive at the foot of the mountain, but overall, absolutely!

We are always on the lookout for people to take part in life changing challenges for Alder Hey. The Alder Hey Children's Charity runs a series of events throughout the year, including biking across Vietnam and Cambodia, climbing Machu Picchu and trekking the Himalayas. Find out more on their website [alderheycharity.org](http://alderheycharity.org)



TO HELP US MOVE DIGITALLY AND RECEIVE UPDATES STRAIGHT INTO YOUR INBOX – SEND YOUR EMAIL ADDRESS TO: [MEMBERSHIP@ALDERHEY.NHS.UK](mailto:MEMBERSHIP@ALDERHEY.NHS.UK)

# IT'S BEEN A BUSY FEW MONTHS AT ALDER HEY ...

## SEPTEMBER

3rd



We had the brilliant Antony Cotton from Corrie with us to officially launch the Unsung Hero Award 2019. Chris, who was one of the heroes nominated for last year's award, cut the ribbon at our hospital.

4th

Mr Bass is Consultant Orthopaedic Surgeon at Alder Hey. Among other achievements, he has led on creating one of the main Gait Laboratories in the UK, changing the orthopaedic management of children with cerebral palsy. He even got to meet the Duke and Duchess of Sussex! Congrats on your @WellChild Doctor of the Year Award!

10th



Approximately 10,000 patients were cared for at Alder Hey Children's Hospital Heart Centre last year.

Two Alder Hey junior doctors have launched the new Health Careers Passports (HCP) scheme to help young people get the vital experience to pursue a career in health.

13th

**#WorldSepsisDay** Every 3.5 seconds, someone in the world dies of sepsis. In the UK alone, 44,000 people lose their lives to sepsis every year. This is more than breast, bowel and prostate cancer combined!

17th

Matalan's 2018 #BeASuperStar campaign kicked off! Have you seen our 'Reach for the Stars' music video?

24th



Kidney Transplant Games Team won the Sports Team of the Year Award!

24th



We held Hypo Awareness stand in our hospital atrium. It was run by our amazing Alder Hey Diabetes team for the Hypo Awareness Week 2018. People who paid them a visit learned more about hypos and how to help someone having a hypo.

27th

Our lovely dog Holly who brings love and laughter at Alder Hey Hospital became a life member at St Helens vets. This includes free membership on its Complete Wellness Plan!



29th



**#WorldHeartDay** at Alder Hey! To celebrate we introduced some of our amazing surgeons, and the patients they've helped, to our friends on social media. Find us at @AlderHey!

## OCTOBER

2nd



Jürgen Klopp recently visited Alder Hey and caught up with 13-year-old Everton fan Carson to learn about @LFCFoundation's MOVE project, which supports patients who have cystic fibrosis.

10th



**#NHSInADay** showcasing the Alder Play app and all of the amazing things it can do! Our app is designed to make children and young people feel more comfortable at the hospital with fun and playful experiences during their visit.

11th



Our new, state of the art @AlderCentre won a WAFX award for the best future Ageing and Health building. The work that the team do is invaluable and this new centre will allow them to take that support even further. Congrats!

15th



We want to say HUGE congratulations to our fantastic Restaurant Supervisor, Donna, who has been catering in the NHS for 40 years today... Yes, 40! Thank you for all your hard work, Donna!

15th



Allied Health Professionals are the third largest workforce in the NHS. We've been celebrating all our amazing AHP's going above and beyond for their patients every day and our gratitude for the vitally important roles they play #AHPday

16th

**#RestartAHeartDay!** Vital and potentially life-saving training was being given to the PE students from Calderstones School.



17th

Did you know...? Scalds accounted for 59% of patients admitted to our burns ward in 2017, followed by contact burns (24%) The most common scenario was young children being scalded by a cup of tea or coffee. The majority of burns we treated in 2017 occurred in the kitchen.

18th



HUGE congratulations to our Anaesthetists who were awarded the prestigious Anaesthesia Clinical Services Accreditation (ACSA).

29th



Big thanks to the @LFC under 18 boys for coming to visit us on that day and taking part in our @The\_Big\_Draw activities! Everyone had a great time and we're all looking forward to your next visit!

30th



We had a fantastic visit from New Zealand Rugby Team. They visited some of our wards and our patients (and nurses!) were delighted. Thank you for taking the time to come and see us! #kiwis #rugbyleague

## NOVEMBER

5th



Scarlett Moffatt came to Alder Hey to visit our patients. She read books to our kids as part of the pyjama party we held! The kids were so excited!

7th



Thank you to Mark Wright for taking the time to come and visit us today to support the #BeASuperstar2018 campaign with Matalan. You put lots of smiles on the faces of our patients and parents! #ILoveAlderHey

7th



We welcomed @DaDaFest who prepared a performance workshop for our patients! The vision of DaDaFest is 'to inspire, develop and celebrate talent and excellence in disability and deaf arts.' They showed that #anythingispossible!

8th



We celebrated World Radiography Day marking the anniversary of the discovery of x-ray by Wilhelm Roentgen in 1895. Our brilliant Radiography team held an interactive stall in the atrium and everyone was welcomed to find out more how x-ray works!

9th

We officially launched our International Child Health (ICH) Department. The team reach children across the globe, and use their expertise to improve healthcare and treatment in developing countries. (Turn over the page to find out more!)

15th



Great photo today at Alder Hey Hospital for the Real Men Don't Carry Knives campaign. We are working in partnership with Anfield Boxing Club, LFC Foundation, Royal Liverpool Hospital, Aintree Hospital and Liverpool Council.

16th



Pudsey met our lovely patients! This was part of "Children in Need 2018" campaign.