

## GOING DIGITAL

THANK YOU TO SO MANY OF YOU FOR HELPING ALDER HEY IMPROVE THE WAY WE COMMUNICATE

Since the last newsletter there has been a great response from our members changing their mailing preferences and sharing their email addresses with us.

Updating your details and sharing your email address will allow us to bring a number of positive changes to the way we communicate with members, including:

- We can you up to date with all things Alder Hey quicker, easier and smarter
- Allows us to explore different ways of communicating with you, such as a children and young person specific stories, social media channels and specific website sections
- Helps us to keep our costs as low as possible

### DID YOU KNOW THAT IT ONLY TAKES A FEW MINUTES TO HELP US IMPROVE THE WAY WE COMMUNICATE TO YOU?

Changing the way you get our newsletter could not be easier. All you need to do is email [membership@alderhey.nhs.uk](mailto:membership@alderhey.nhs.uk) with your preferred contact details and our membership team will do the rest.

Still want to keep on receiving the paper newsletter? No problem! We will continue to post hard copies to those members who prefer having a paper version delivered to their front door.

## NEW YEAR, NEW YOU?

ARE YOU LOOKING TO CHALLENGE YOURSELF IN THE NEW YEAR? WHY NOT RAISE MONEY FOR AN INCREDIBLE CHILDREN'S CHARITY AT THE SAME TIME?

TOGETHER WITH ALDER HEY YOU CAN TAKE PART IN SOME FANTASTIC ADVENTURES AND CHALLENGES OVER THE NEXT COMING MONTHS:



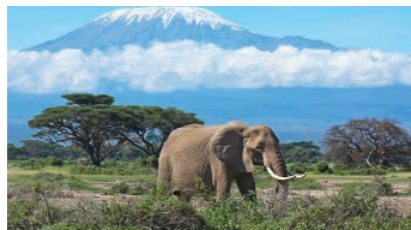
### OLI'S SAFARI WALK 13th MAY 2018 Knowsley Safari Park, Liverpool

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.



### THE CONISTON CHALLENGE 1-31st JULY 2018

Do you have what it takes to conquer Coniston? This challenge is for teams of varying abilities so there is no pressure to be the best. Just get together with friends and enjoy a summer challenge in the beautiful Lake District.



### KILIMANJARO MACHAME TRAIL TREK 4 - 14th OCTOBER 2018

Would you like to hike to the sky and conquer Africa's highest mountain and raise life-changing funds for Alder Hey in the process?

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

## STAY WELL THIS WINTER

FOR MORE INFORMATION PLEASE VISIT:  
[www.nhs.uk/conditions/vaccinations/who-should-have-flu-vaccine/](http://www.nhs.uk/conditions/vaccinations/who-should-have-flu-vaccine/)

Help protect children aged 2 and 3 with the flu nasal spray

STAY WELL THIS WINTER



 AlderHeyHospital
 @AlderHey


Alder Hey Children's  
NHS Foundation Trust

# ALDER HEY MATTERS.

ISSUE #09
HAVE YOUR SAY ON OUR MATTERS. EMAIL [MEMBERSHIP@ALDERHEY.NHS.UK](mailto:MEMBERSHIP@ALDERHEY.NHS.UK)
JAN 2018

## ANOTHER MAGICAL CHRISTMAS HERE AT ALDER HEY

ALDER HEY KICKED OFF THE FESTIVE SEASON WITH OUR CHRISTMAS LIGHT SWITCH ON EVENT WITH PRIDE OF BRITAIN WINNER GEORGE MATHIAS.

Watched by hundreds of staff, patients, families and visitors George, with his brother James Mathias, a former patient at Alder Hey, pushed the big red button and started our month long celebrations of the season

Hosted by Capital FM radio presenters Andy Weighell and Gemma Cutting, the Switch On took place in the Atrium helping bring a lot Christmas cheer to the patients, families and staff of Alder Hey.

With Santa's elves on hand and the hospital decorated in festive colours, it truly felt like Christmas had begun. And of course it would not be Christmas without a special visit from Santa himself!

Eleven year old George from St Helens won this year's Good Morning Britain Young Fundraiser of the Year at a star studded Pride of Britain ceremony after raising over £50,000 for Alder Hey after the hospital saved his brother James as a baby. George, who is also a Young Fundraising Ambassador for Alder Hey Children's Charity, ran one mile for every month his younger brother James spent being treated at Alder Hey. He has run with a whole host of celebrities including Jason Manford, John Bishop, Sir Chris Hoy, Rebecca Adlington and Alder Hey charity patrons Steven Gerrard and Leighton Baines. The event included special performances from the Hawthorne Choir as well as our staff choir lending their voices to some classic seasonal tunes that got



everyone into the festive mood. There was even some special Elvish face painters and our long term partners Everton in the Community leading games with patients and families.

Alder Hey's Chief Executive, Louise Shepherd said: "This is an exciting and fantastic way to start Christmas at Alder Hey. It's so important that we

are able to celebrate Christmas across our hospital as some of our patients and families will be spending the festive season here.

I would like to thank George and his family, along with Adam and Gemma and all those involved in today's event. Thank you for helping bring some Christmas magic to Alder Hey!"

“ It's so important that we are able to celebrate Christmas across our hospital... ”  
LOUISE SHEPHERD, CHIEF EXECUTIVE

KEEP UP TO DATE WITH ALL THE LATEST AT ALDER HEY - STRAIGHT INTO YOUR INBOX - BY SENDING YOUR EMAIL ADDRESS TO: [MEMBERSHIPS@ALDERHEY.NHS.UK](mailto:MEMBERSHIPS@ALDERHEY.NHS.UK)

## ALDER HEY SPREADING CHRISTMAS MAGIC

**MAKING SURE - WITH A LITTLE HELP FROM OUR FRIENDS - THAT EVERYONE AT ALDER HEY CAN ENJOY THEIR OWN CHRISTMAS MAGIC**

We all know that Christmas is a special time of year, and here at Alder Hey believe that it should be no different when in a hospital.



Our ward staff go all out in creating a beautifully festive atmosphere for the patients by decorating the ward with Christmas decorations. The catering team serve Christmas dinner, and the concierge team with our volunteers work incredibly hard to make sure everyone gets a present – when his diary allows it even from Santa Claus himself!

Our friends and partners also bring their own special brand of Christmas Magic.

We are very fortunate to have so many Alder Hey supporters out there who, every year, come and visit the hospital and our patients and give gifts to our patients.

We were delighted to welcome both great football clubs into the hospital to bring joy to our patients.

First to visit was the Liverpool Football Club squad. Manager Jürgen Klopp and captain Jordan Henderson led their team mates around the wards, helping to put a little bit of star power behind our Christmas magic, as well as leaving special gifts for patients and families.

Of course the blue half of the hospital was thrilled when our longstanding patrons



“ We are very fortunate to have so many Alder Hey supporters out there who, every year, come and visit the hospital ”

Wayne Rooney and Leighton Baines, along with the whole Everton Football Club squad, visited later in December.

We know that Christmas is a busy time for both clubs and are always extremely grateful that they are able to come and spend some time with our patients and staff.

Perhaps our most visitor however was Santa himself! Setting up in the Atrium

whenever his hectic schedule allowed he was able to listen to the Christmas wishes of our patients and families, as well as some staff who might have been naughty or nice through the year!

We cannot thank everyone enough who has helped make this Christmas special for our patients and families spending their Christmas in Alder Hey.



GOVERNOR  
PROFILE:  
**MARK PEERS**

My history with Alder Hey began in March 1992 when I was admitted as a patient at just a few days old for varying issues, including being born with a cleft lip and palate. Shortly after I began to experience problems with my right leg which confused the doctors and professionals for a while. Eventually when I was around 3, I was diagnosed with a rare bone disease; Osteomyelitis. Despite many surgical procedures and the best efforts of the doctors and surgeons, I had to have my right leg amputated in 2001 when I was 8 years old. Since then, I have worn a prosthetic leg and have experienced a good quality of life. In total, I have undergone around 150 operations. I recently graduated studying Psychology in 2016, and aspire to qualify as a Child Clinical Psychologist within the next 5 years.

Overall, I spent 20 years as a patient before I sadly became too old to receive treatment at Alder Hey. However, my connection remains strong with the hospital as I have dedicated a lot of time to giving back to the place I called my second home for two decades. I've been lucky enough to join fellow fundraisers to take on physical challenges in recent years, such as trekking both the Great Wall of China, Grand Canyon, and in 2018 I plan to hike Mount Kilimanjaro.

I've been a Public Governor for Merseyside since being elected by the members in 2013 and have recently been re-elected for a second term which will keep me in the role to 2019. I am a member of 2 sub-committees focussing on promoting positive engagement between the hospital and its members, and ensuring clinical quality is to a high standard. It has been incredibly challenging but rewarding being a Governor during the hospital's recent move into its new facility, and given my many years' experience of Alder Hey and healthcare in general, I am looking forward to contributing positively to the continued success and growth of the trust. As Governors, we represent you the members, so therefore we cannot perform our duties without you. Your contribution is vital; we listen to your feedback whether it is positive or negative. With this feedback, our aim is to communicate effectively with the Board of Directors to ensure that the hospital is doing exactly what it is here to do, but also to encourage change when and where needed. If becoming a member is something that appeals to you then be sure to sign up and get involved. Also, if you want to enjoy the role of Governor as much as I do then put yourself forward in upcoming elections.

## THE CHRISTMAS MAGIC CONTINUES



THE HOSPITAL WAS DELIGHTED TO PLAY HOST TO BOTH THE CBEEBIES AND CBBC TEAMS AS THEY ONCE AGAIN HOSTED THEIR LIVE NATIONAL BROADCAST FROM ALDER HEY!



On Friday 1st and Saturday 2nd December patients, families and staff were granted a sneak peek behind the scenes and saw just how much planning and equipment goes into running live TV... including seemingly miles and miles of wires!

Watched by a keen audience, including our own Rocking Horse Nursery children, both CBeebies and CBBC presenters delivered 'live links' – those real time segments between pre-recorded TV shows – to a watching nation.

Patients and nursery children joined the set by the Christmas tree with their teddy bears for CBeebies "Hug-along" sending hugs to all children in hospital. That was extra special!

Presenters included science guru Maddie Moate, well known hosts Katie Thistleton, Ben Cajee and Ryan Russell, and staff favourite Dr Ranj. In between live broadcasts the presenters helped spread some Christmas joy by visiting patients and families on wards and in departments across the hospital.

Both days provided something a little different from the usual, and even among a whole season of magic they really brought a sprinkling of star power!

We would not have been able to host these broadcasts without the hard work of all our friends at the BBC, as well as all the Alder Hey staff who helped plan and support such a huge operation. Thank you!



WHAT DO YOU THINK ABOUT OUR NEWSLETTER? WHAT NEWS FROM ALDER HEY WOULD YOU LIKE TO SEE? DO YOU HAVE A STORY TO SHARE? LET US KNOW BY EMAILING THE TEAM AT [MEMBERSHIP@ALDERHEY.NHS.UK](mailto:MEMBERSHIP@ALDERHEY.NHS.UK)