

ALDER HEY MATTERS.

ISSUE #28

HAVE YOUR SAY ON OUR MATTERS. EMAIL MEMBERSHIP@ALDERHEY.NHS.UK

KEEPING LITTLE HEARTS AT HOME

ONE OF ALDER HEY INNOVATION'S CURRENT PROJECTS IS LITTLE HEARTS AT HOME, A REMOTE MONITORING SOLUTION THAT WILL ENABLE NEW-BORNS AND INFANTS WITH A SEVERE CONGENITAL HEART DEFECT TO RECEIVE CARE WITHIN THE COMFORT OF THEIR HOMES. IT'S THE FIRST OF ITS KIND IN THE UK.

Seven-month-old Matilda was born with complex heart issues and weighing less than 3kg. Matilda and her parents are one of the first families to benefit from Little Hearts at Home (LHAH).

Matilda's condition is called unbalanced atrioventricular septal defect with hypoplastic right ventricle, meaning the right side of her heart is 50% smaller than the left. Brave Matilda had her first operation at just two months old and spent her first six months at Alder Hey.

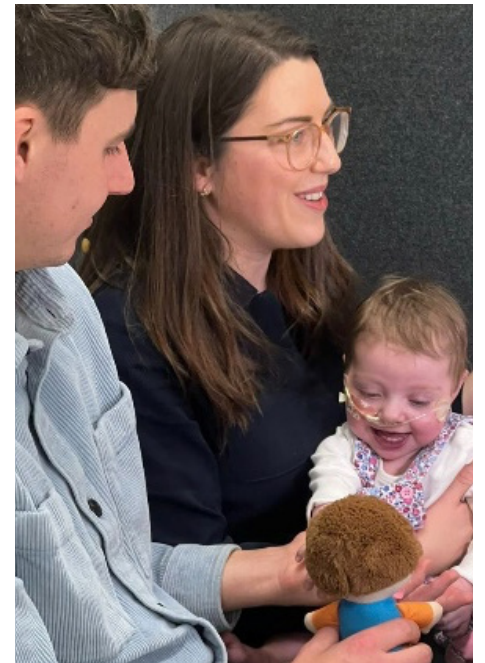
Matilda requires oxygen 24/7 but now thanks to the new remote monitoring solution, Matilda can recover at home to grow and thrive before her next operation.

Community nurses visit Matilda and the family in Kendal twice a week to record Matilda's vital stats via the LHAH platform which are then remotely submitted to the cardiac team at Alder Hey. Mum Beth said "It's cut out the endless back-and-forth visits from Kendal to Liverpool. It feels like LHAH has given us our life back."

Cardiologist Dr Phuoc Duong who helped develop LHAH said; "The platform is transformative in how we care for some of our most vulnerable children. We can send families home knowing they are safely looked after and it means we can be proactive rather than reactive."

Matilda's dad Christian said "We're used to life in the Lakes and the hills going for dog walks. You can't really do that in hospital. It was amazing to make it home for Christmas and spend time doing what we love."

Little Hearts at Home is one of the many projects that Alder Hey Innovation is developing. The Innovation team at Alder Hey continue to develop solutions to the healthcare problems faced by children and young people.



John Chester - Director of Research and Innovation - highlights the success of Little Hearts at Home during a recent Innovation Day

GOVERNOR'S PROFILE - LACHLAN

HI, I'M LACHLAN ONE OF YOUR NEWLY APPOINTED STAFF GOVERNORS REPRESENTING NON-CLINICAL STAFF AND VOLUNTEERS. I HAVE WORKED WITHIN THE NHS FOR OVER 30 YEARS AND HAVE SIGNIFICANT EXPERIENCE IN CLINICAL AND NON-CLINICAL AREAS HAVING QUALIFIED AS A STAFF NURSE IN 1994.

I now work as the Associate Chief Operating Officer at Alder Hey within our Corporate Services Division and work directly with an amazing team in Estates, Facilities and Water Safety but also the wider Trust from our incredible volunteers to Executive level. I believe that it is an honour and a privilege to

work at this amazing hospital and that I can represent the views of our corporate services staff at Alder Hey. Having started in October I am currently "finding my feet" through attending specific Governor sessions and meetings with executive and non-executive colleagues where I contribute by raising, what I believe to be the issues that affect our non-clinical staff and volunteers.

I am excited to be getting some feedback from our young volunteers on the management and implementation of our Green agenda which I'll be able to share with colleagues in the near future. The point of this being that they have a "voice" through myself as their Governor and I can raise these issues on their behalf to help influence decision making.

Both my kids have accessed services here at Alder Hey over the years and I have always been impressed with the professionalism and dedication displayed by our staff. On a personal note, I am also an Everton supporter which makes me forever the optimist!



BECOME A YOUNG MEMBER OF ALDER HEY



DO YOU KNOW A CHILD OR YOUNG PERSON WHO WOULD BE INTERESTED IN MAKING A REAL DIFFERENCE TO ALDER HEY?

Becoming a member of Alder Hey is free and available to anyone aged seven or older. Children and young people have a crucial role in shaping the future of Alder Hey. If they are a patient or not, their voices need to be heard loud and clear so that

Alder Hey can provide healthier, happier, and fairer futures for every child.

By becoming a member, they can read about the latest news and events happening at Alder Hey, attend the Annual Members' Meeting and even stand for election to our Council of Governors.

Please scan the QR code and fill out the Membership form to become a member now!

JOIN THE ALDER HEY YOUTH BANK PROGRAMME

WE'RE WORKING WITH THE NSPCC TO LAUNCH A YOUTH BANK PROJECT TO PUT DECISION-MAKING POWERS IN THE HANDS OF YOUNG PEOPLE IN LIVERPOOL, BY HELPING THEM HAVE A SAY IN HOW MONEY IS SPENT IN THE CITY.

A sum of £5,000 will be divided and issued to youth projects over the next year, and we are currently looking for a panel of young people aged between 12 and 18 to decide where the money will go.

Volunteers who become part of the decision-making panel will take part in weekly meetings to discuss bids with colleagues. They will also have a chance to gain new skills

in money management, communication and take pride in knowing they've played a part in making positive changes across Liverpool.

The overall theme will be 'safety' but exactly what the priorities are under that umbrella will be decided by the panel in the first few meetings. It could range from knife crime to wellbeing, digital safety to food security.

How the money will be divided and distributed will also be decided by the panel of young people. It could be lots of small chunks of money to lots of projects, or larger awards to fewer groups.

This has all been designed so that it is led by young people, for young people.

It is an exciting opportunity. If you – or a young person in your life – would be interested in taking part, please visit the [website](#).



LATEST NEWS

26TH JANUARY

ALDER HEY AWARDED FREEDOM OF SEFTON

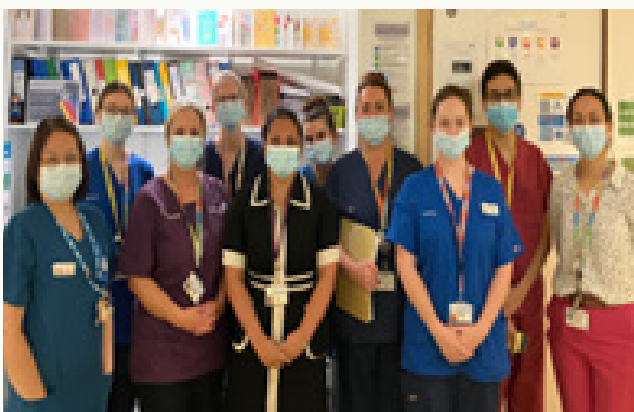
Alder Hey is honoured to have been among four NHS Trusts who were awarded the Honorary Freedom of the Borough by Sefton Council. Freedom of the Borough is the highest ceremonial honour Sefton Council can bestow. It will stand as a permanent record of the Borough's endless appreciation and debt of gratitude to the Trusts and their staff.



30TH JANUARY

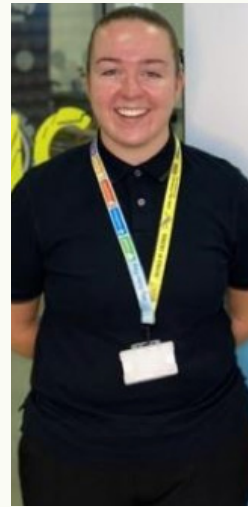
ALDER HEY PASSES STAGE 1 OF UNICEF UK'S BABY FRIENDLY INITIATIVE

This award from the UNICEF UK Baby Friendly Initiative reflects our ongoing commitment to increase breastfeeding rates and improve care for all mothers at Alder Hey's Neonatal Unit. We set out to ensure that all mothers and babies are supported to form a close and loving relationship – whatever their choice of feeding method – as this is the best start for every baby.



FEBRUARY

LGBTQIA+ HISTORY MONTH



This year we delved into film, photography, dance, and theatre and learnt to understand the role that members of the LGBTQIA+ have had and continue to have across these areas. LGBTQIA+ Staff Network Chair Alex Bowman (pictured), hosted Alder Hey's very own 'Behind the Lens' film night. Staff were able to celebrate together what it truly means for the LGBTQIA+ community to be represented properly in the arts.

6TH - 12TH FEBRUARY

CHILDREN'S MENTAL HEALTH WEEK

This year's Children's Mental Health Week theme was "Let's Connect". Each day, as part of Children's Mental Health Week, we enlightened our staff about the mental health services that work with children and young people. This informed staff on the work they do and the support mental health teams can provide to our own children and young people at Alder Hey.



10TH FEBRUARY

DECOMMISSIONING OF SERVICES FOR OLD CATKIN COMPLETE

The old Catkin building has now been decommissioned for services, meaning that demolition work has now begun. This milestone has taken us one step closer to completing our wider Campus Vision.



UPCOMING CHARITY EVENTS 2023

IT'S THAT TIME OF YEAR WHEN THE COMMUNITY TEAM AT ALDER HEY CHILDREN'S CHARITY START TO DUST OFF THE HIGH-VIS JACKETS AND ALDER HEY CHARITY BANNERS IN PREPARATION FOR A PACKED SEASON OF EVENTS AND FUNDRAISING CHALLENGES TO SUIT ALL FITNESS LEVELS AND CAPABILITIES. AS ALWAYS THERE IS A HUGE RANGE OF HIGH-PROFILE MARATHONS AND HALF MARATHONS TO GET YOUR TEETH INTO BEFORE THE SUMMER INCLUDING IN ROME AND IN PARIS FOR THE EXTRA ADVENTUROUS.

For a more sedate family experience our ever-popular Oli Safari Walk, an exclusive 3km behind the scenes trek at Knowsley Safari Park, is back on Sunday 14th May. It's always a packed event, and participants get full access to the Safari Park experience after the trek.

Our brand-new event this season is our Hoedown, kicking off on 17th June at Ten Social in Liverpool. Polish your cowboy boots because you're in for a treat - we are creating a hoedown experience like nothing else! Yeee-haw!

Our amazing Coniston Challenge team event returns to the Lake District on 8th July featuring a triathlon - 10km trek up the Old Man of Coniston, a 17km cycle through the Grizedale Forest then a 3km kayak across Coniston Water - it's not for the faint-hearted, but teams return year after year for this amazing experience! And if that wasn't hard enough you can join us for the National 3 Peaks Challenge between 25th and 27th August.

A more personal challenge can be had at the top of one of Liverpool's most iconic buildings - Liverpool Cathedral. Abseil down and conquer your fears, it's a truly exhilarating feeling and a once in a lifetime experience.

You can find lots of events to suit all abilities, plus plenty of inspiration if you are considering a personal challenge, on the charity [website](#).

