

FREE!

neuromatters

A magazine for our members...

WINTER 2018/19

**BBC Two series 'Hospital'
showcases The Walton Centre**



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www.thewaltoncentre.nhs.uk

A Message from Chief Executive Hayley Citrine



First of all I hope you had a great festive season and a big Happy New Year for 2019!

We have a busy and exciting year ahead of us. Soon there will be a Care Quality Commission inspection and I'm looking forward to staff sharing their stories of how we provide outstanding care and work together across the Trust. I'm confident that they will find an exceptional service for our patients. I'm also really pleased by the take up of the new Trust strategy which

was put in place last year, on which we've based our new ambitions for the future. We have already delivered on a number of commitments and several areas across the Trust have made a local version of the strategy, demonstrating how their department or profession is helping to meet our Trust ambitions.

Last year saw a number of things the Trust achieved which I am extremely proud of. We've made great strides with local partnerships and, for the first time, we have a recognised stream of neuroscience research across the Liverpool Health Partnership. As a result we're working closely with our Liverpool Health Partners and the University of Liverpool, exploring further opportunities in this field. The Trust's new Neuroscience Programme – leading on from our vanguard project, (and Neuro Network) – is being embraced across Cheshire and Merseyside. We are breaking new ground in trialling community pain management programmes and patient pathways across primary and secondary care in epilepsy, back pain, Parkinson's disease and headache conditions. What we are also trying to do, particularly with neurology services, is reach further out into the wider NHS, meeting new hospitals to see how our services can benefit their patients and further afield.

In the same spirit we are looking at how we fit into the digital world. We're working on new systems and enhanced technology to help improve the patient journey and also how we can ensure healthcare and communication is as seamless as possible between the Trust and our partner service providers. This is an exciting time to be a part of the healthcare community. There are increasing levels of innovation and ingenuity at The Walton Centre, which is great to hear about as you will see in this edition of Neuromatters.

Best wishes, Chief Executive Hayley Citrine

Employees of the Month



Each winner was nominated for displaying the Walton Way values of Dignity, Respect, Caring, Openness, and Pride in their work. Well done!

August

Sue Kewn

Ward Sister, Chavasse Ward

September

Sheba Joy

Staff Nurse, ITU

October

Andrew Edwards

Security Officer, ISS

November

Cathy Burke

Senior Night Sister

December

Ali Zamil

Health Care Assistant

Good Catch Award



The Good Catch Award is given to staff who spot potential harm before it happens or who see how a service can be improved.

August

Vicky Davies

Principal Dietician

September

Chloe Hall

Staff Nurse, ITU

October

Beverley Jones

Operating Department Practitioner

December

Michael Plunkett

Staff Nurse, Sherrington Ward

BBC series showcases Walton staff



BBC Two's award-winning documentary series Hospital, a co-production with the Open University, returned for a fourth series on 10th January, made by the production company Label1.

For the first time, Hospital captures the day-to-day life of six hospital Trusts across the entire city region of Liverpool and beyond, featuring the service The Walton Centre provides.

Edited and broadcast within weeks of filming, this six-part series for BBC Two will once again document the realities facing the NHS right now.

Throughout October, November and December, The Walton Centre was

filmed alongside The Royal Liverpool and Broadgreen University Hospitals Trust, Liverpool Women's Hospital, Liverpool Heart and Chest, Alder Hey Children's Hospital and Aintree University Hospital. The team followed numerous patients on their treatment journeys through the Trust, featuring brain surgery, rehabilitation, Intensive therapy and the discharge process for brain injured patients.

Lorraine Charker-Phillips, Exec Producer, Label1, says: "It's been a privilege making the fourth series with Trusts from all across Liverpool who have given us unprecedented access. We hope this brings the audience new compelling stories that highlight the

extraordinary work of the NHS and how the healthcare system functions across a whole city."

Hayley Citrine, Chief Executive of The Walton Centre NHS Foundation Trust said: "Hospital demonstrates the complexities of health and social care and how dedicated Walton Centre staff work so hard for the benefit of patients. It shows how we, as a specialist NHS Trust, provide high quality healthcare against a series of challenges whilst keeping our patients and their needs at the heart of what we do."

The new series started mid-January and is available on the BBC iPlayer, so make sure you watch!



New Governors set to support Trust



Top row: Adrian Wells, Amanda Chesterton, Phil Gibbons.
Bottom row: Richard Cottier, Sharon McLoughlin.

The Walton Centre's Council of Governors had a big election last year with some fantastic results. Many Governors were re-elected and six new public Governors were elected across the regions the hospital serves.

This includes Richard Cottier, pictured, who has become a public Governor for Merseyside. He said: "My first memory of the hospital was of my sister talking about her job here as a pharmacist. The next time was when my wife was a patient in HDU in 2015/2016. Since then, whilst fundraising for The Walton Centre Charity, I've visited many times and

it's always been a very positive experience. I began to think that I would like to see what I could do to contribute. In addition to the mandated role of the Governor, I would like to better understand how the Trust communicates all the good work it does for both the public and patients."

The other new Governors elected include Phil Gibbons, Adrian Wells, Stan Winstanley and staff members Amanda Chesterton and Sharon McLoughlin.

Thank you to all those Governors leaving the Council at the end of their term, including Louise Ferguson, Joe Paton, Bobby Owens, Mark Holmes and staff members Emily Gerrans and Amanda Lowe.

Chair Janet Rosser said: "I can't thank them enough for their exemplary service to The Walton Centre. The level of commitment they have shown over the years, attending important meetings, events for the Trust and even how long they've been a Governor, speaks volumes to me. They will be missed. I'm excited to work with all the new Governors, their enthusiasm and love of the Trust is already shining through the work they are doing. As always, they are bringing valuable skills and knowledge to the table, which in turn is helping to guide the hospital to deliver excellent care for patients."

If you want to know more about our Governors and the role they play at The Walton Centre, email governors@thewaltoncentre.nhs.uk.

The Walton Centre joins new exercise scheme

A new partnership with a number of member organisations has been created to encourage people with neurological conditions to encourage better access to exercise and other services. Supported by Sport England, the 'Access 2 Exercise' aims to identify people who want to increase their physical activity and help them achieve it with improved links to clubs and exercise programmes.

Governor Ruth Austin-Vincent is chairing the steering group, she said: "The steering group for the project know first-hand how it can be difficult to get motivated, and even find information about what's on offer locally.

"This new partnership will work with people living with neurological conditions, such as Parkinson's Disease and Multiple Sclerosis, be more active and feel included in the community."

Anyone can sign up to the scheme and then go through an assessment to determine what activities will be appropriate for their age and condition. They will then be given the choice of classes and activities local to them.

"What's also great is that it's making those in the sport and leisure sectors more aware of people with neurological conditions" Ruth continued: "The level 4 neurological conditions training course will deliver training for the first



time to sports professionals, which is the equivalent of the training they receive on conditions such as diabetes, heart disease and mental health. This will ensure that people are supported when getting involved in classes by leisure service staff who have an understanding of their conditions. This is something people living with neurological conditions have said time and again is really important to them."

Please contact the neuro therapy centre if you want to take part on 01244 678619 or email physio@neurotherapycentre.org

Non-Executive Director Peter Humphrey retires



In his own words Peter Humphrey reflects over his time at The Walton Centre. Peter has been working with the Trust for 35 years and stood down from his role as Non-Executive director at the end of 2018.

I have been associated with The Walton Centre since 1983 when I was appointed as a Consultant

Neurologist. At the time there were four Consultants in post; I was number five! Back then The Walton Centre was clearly a Unit that wished to progress; over the last 35 years it has increased the number of Consultants to over 100 with over 40 being Neurologists.

The ethos has always been to serve the people of Merseyside, the North West and North Wales to improve their neurological care.

It has also been to build up the academic fabric of the Unit which was recognised as being crucial if it was to progress to having a national and international reputation. I am delighted to have been a part of the group who have pursued these goals. While clinical care has been the primary role of The Walton Centre, research has always been a high priority so that we now have academic departments in neurology, neurosurgery, pain and shortly neuropathology.

As well as being a clinician, I have always appreciated the importance of managers and the need for accountability; hence my last three years as a Non-Executive Director (NED). The days of consultants thinking that they were autonomous have long passed. From an early time The Walton Centre wished to know exactly what it was doing, what its role was and whether it was meeting the needs of the population.

I retired as Medical Director in 2006 and then worked part-time until 2015 before taking on the role of a NED. In my role as a NED I have primarily been involved with the Research, Development and Innovation Committee, the Quality Committee, Trust Board and to a lesser extent the Charity Committee. While at times going through data can seem a little tedious, it is crucial that the NEDs try their best to know what is happening in the Hospital they serve. Audit and accurate data are crucial, something that any researcher appreciates only too clearly.

Chair Janet Rosser said: *“Peter has been a brilliant Non Executive for The Walton Centre. His insight and knowledge has been integral to the Board over the years. His significant clinical background has been incredibly useful in shaping the Trust and also an excellent weather gauge for navigating the wider healthcare community.”*

Nalin Thakkar has taken up Dr Humphrey’s post as Non-Executive Director and started in January 2019.

Stroke teams gain research centre status

Research teams both here and at the Countess of Chester Hospital have been designated a Hyperacute Stroke Research Centre (HSRC) by the National Institute for Health Research.



When stroke happens, the first few hours are crucial in delivering critical treatment, such as thrombolysis and/or thrombectomy, which can remove blood clots from the brain. This time sensitivity has made undertaking research a particular challenge, as data needs to be gathered in the first few hours of a stroke happening.

The collaboration is led by The Walton Centre’s Dr Alakendu Sekhar, pictured right, and Dr Kausik Chatterjee, pictured left, from the Countess of Chester.

Dr Sekhar said: “Being accredited is an exciting step as we further embed research into our clinical practice and push forward advancements in our ability to treat stroke.

“To join such a strong network of stroke research centres across England will hopefully lead to best practice and improved outcome for stroke patients. I look forward to seeing this flourish!”

HSRC status is awarded to sites that are able to consistently support a portfolio of stroke studies, requiring advanced neuro-imaging, specialist interventional skills and rapid enrolment of patients.

Children brought festive cheer to staff & patients

Children from Holy Name Primary School visited our nativity scene in December 2018 in the Bistro Courtyard and sang carols for patients and visitors.

The children were greeted by Consultant Shagufay Mahendran and Matron Sarah Griffiths, who talked to them about their roles and helped them write messages for patients to read on the charity wish tree.

Shagufay said: “It’s always a lovely time of year and fantastic to see the children getting involved in the spirit of Christmas. They were really keen to know what happens to patients here and that was a joy to see. A big thank you to them for singing for our patients too, it really lifted their spirits!”

Inspirational patient nominated for the Royal Photographic Society's Hundred Heroines

In 2016, Nancy Sumner's life completely changed. She went from being an accomplished Fine Artist, working to open her own Art school in the North West, to being almost totally blind.

Nancy has a neurological condition known as Idiopathic Intracranial Hypertension (IIH), which means there's a significant amount of pressure around the brain, without there being a known cause like for example a tumour or disease. The condition usually means sight loss and permanent damage to the optic nerve.

Nancy had major surgery at The Walton Centre after rapidly losing her sight. Gradually some of her sight returned, but Nancy was registered blind shortly afterwards when full sight was not regained.

Finding traditional art difficult since being diagnosed with IIH, Nancy turned to photography using her smart phone. She said: "I was already using my phone to understand the world around me. My vision is practically tunnel vision, so I started to use it to take pictures



of everything in front of me: the view, the shopping aisle: my grandchildren running off!

"I started to try and paint, but it became incredibly frustrating. I used my phone to take a pic of the whole canvas, close up areas etc to enable me to work, however it was so exhausting and the whole process was traumatic.

"I started to enjoy looking at my pics from the day every evening to wind down. I started manipulating them, cropping them, enhancing the colour. I

found my source of creativity, finally!"

Nancy was noticed by the Royal Photographic Society and nominated for their Hundred Heroines campaign - recognising 100 female photographers, echoing the celebrations of 100 years since women's suffrage.

Her photos were featured on the Society's website last year and you can find out more about the Hundred Heroines at www.rps.org/100-heroines.

Walton Centre team bags Innovation Award



The Walton Centre has been named as a winner at the NHS in the North Excellence in Supply Awards 2018.

Helen Oulton, Lead Nurse for Infection Prevention & Control at The Walton Centre, was named NHS Procurement Champion.

Helen is involved with many changes to products which may have an impact on preventing and managing

infections, acting as a link between the Procurement department and the Infection Prevention & Control team.

As a result of the work, The Walton Centre has been commended by NHS England for surpassing the national target of ten per cent reductions in e-coli infections. By working with the Procurement team to trial and implement a wide range of products including patient wipes, clean trace swabs and staff disposable gowns, Helen's work has also helped to limit the incidence of clostridium difficile and Carbapenemase Producing Enterobacteriaceae (CPE).

The awards recognise the work of businesses, third sector bodies and the NHS in working together to provide great patient care. They are organised by NHS North West Procurement Development and Northern Customer Board, which helps NHS organisations to procure for value as well as best standards of care.

Chief Executive of event sponsors the Innovation Agency, Dr Liz Mear said: "The collaborations with external partners showcased by the awards are having a huge impact in improving patient care and on achieving better value and efficiency. Huge congratulations to all the winners and very worthy finalists."

Medicash funds ground-breaking equipment for Walton Centre patients



Liverpool cash plan provider Medicash has funded state-of-the-art equipment that will help clinicians to study the falls risk and gait analysis of patients with Parkinson's Disease.

The equipment gives clinicians a quick and reliable way of calculating the falls risk for patients with Parkinson's before a fall occurs, which in turn allows for appropriate referral for intervention. They will also be able to measure a patient's responsiveness to treatment, as well as improving patient selection for surgery.

In addition, the new technology will provide data for further research projects in the field, which could have a wide-reaching impact on Parkinson's Disease research in the UK.

Medicash has donated £3,000 enabling the Trust to purchase the 'Kinesis QTUG' equipment. The project recently won an innovation award at our first rehabilitation hackathon event.

Physiotherapist in Neurosurgery, James Somerset said: "The donation from Medicash means that we now have the data to enable us to make quick, accurate decisions and referrals for intervention, whereas before clinicians would rely on using their judgement with patients' falls risk and gait."

Medicash Chief Executive, Sue Weir said: "We are delighted to be able to donate the funds necessary for The Walton Centre to purchase this equipment, which we hope will have a huge impact on Parkinson's Disease treatment both now and in the future."

NHSP provide new staff bank



NHS Professionals (NHSP) has joined forces with The Walton Centre to run a comprehensive bank of staff to take up extra shifts.

NHSP works with 55 other NHS Trusts across England to help improve flexible working for staff. Not only is NHSP working on helping provide extra nurses for the Trust, but the organisation will eventually be able to offer staff from other disciplines too.

Trust Liaison Coordinator Charlotte Saunders said: "We are extremely proud of our bank members, all of whom provide essential shift cover for our NHS clients to help them deliver safe, efficient and effective health services."

If you are interested in joining The Walton Centre's new staff bank, go to www.thewaltoncentre.nhsp.uk

Major new global brain infections project launched



Researchers from The Walton Centre and the University of Liverpool have secured £2 million from the National Institute for Health Research (NIHR) to improve the management of devastating brain infections in low and middle income countries.

The three-year funding will establish a new NIHR Global Health Research Group on Brain Infections, which will be led by Professor Tom Solomon, a Consultant Neurologist at The Walton Centre, and the University's Institute of Infection and Global Health in

partnership with seven leading research organisations.

Acute brain infections, such as meningitis and encephalitis, are a major cause of death and disability globally. For many, appropriate therapies exist but doctors fail to diagnose brain infections. To tackle this, the new Global Health Research Group will link Liverpool to the internationally renowned Warwick Centre for Applied Health Research and Delivery, and to leading research institutes in Malawi, India and Brazil. The overall aim is to

improve the diagnosis of acute brain infections in adults and children in these countries, to guide treatment and improve outcomes.

Professor Solomon, said: "It is a very exciting time to be working in this area. We believe by combining the most sophisticated molecular technologies to improve diagnosis, with some relatively simple changes in patient care, we can have a marked impact on the management of patients with devastating brain infections, like meningitis and encephalitis."

Professor Ravi Vasanthapuram, from the National Institute of Mental Health and Neuroscience in Bangalore India, said: "This new programme allows us to share our experiences with colleagues in Malawi and Brazil, through South-South partnerships, and devise new ways of tackling the problems common to all lower and middle income countries."

For more information about the research programme please visit www.braininfectionsglobal.tghn.org



Staff celebrated for fantastic achievements and acts of bravery

Every year The Walton Centre recognises staff from across the organisation that demonstrate fantastic dedication and care. This year's awards were based on our monthly awards; employee of the month, good catch award, volunteer of the month and the ISS apple award, given to support staff. The Trust, in collaboration with the Innovation Agency, also provided an innovation award, which came with £1,000 to go towards the winning project.

Special commendations were also given to Andrew Edwards and Stephen Holland (pictured far right and back row third from left) for their exceptional work during recent incidents, such as the attempted theft of the Trust's cash machine and maintenance work being conducted.

Director of Workforce and Innovation Michael Gibney hosted the event, he said: "It's wonderful to reward members of staff that go the extra mile to support patients and staff, and ensure they are getting exceptional care. I'm pleased also to be able to recognise innovation alongside the Innovation Agency. The winning project is hoping to use virtual reality to enhance patients in their rehabilitation journey - which is very exciting!"



Volunteer
of the year

Volunteer of the Year - Mary Jones
Mary is one of our Neuro Buddies. She speaks to patients who don't have many visitors which makes a real difference to them. She has even visited patients at the weekend.



ISS Apple Award
Aaron Holloway & Matthew O'Connell
Aaron and Matthew prevented a patient in a wheelchair from another hospital from harming himself on the road. They looked after him until he was safely returned to hospital.



Good Catch
for patient safety

of the year

Good Catch Award – Ashley Keel
Ashley was on a train when she stepped in to help someone who was having an epileptic seizure, supporting them until the paramedics arrived.



Innovation Award
VERA Project Team
This project aims to support patients with an interactive virtual rehabilitation tool. It will stay with them through their rehab journey, and empower them in their recovery.



Employee
of the year

Employee of Year – Anne Jammes
Anne is always willing to get involved and is a real positive force in the Trust, playing a part in a number of groups and initiatives across the hospital.



A Walton welcome to our new Safeguarding Matron Debbie Lee



Safeguarding is an incredibly important part of working at The Walton Centre. It's about protecting vulnerable people and children from abuse or neglect. The Trust is thrilled to welcome Debbie Lee (pictured) as the new Safeguarding Lead Nurse!

Debbie worked in safeguarding with organisations such as Mersey Care for the last 10 years before taking on the new post here at The Walton Centre.

She said: "I'm passionate about Safeguarding. Nursing is all about helping people, and protecting people from abuse or neglect is obviously a big part of that."

"I've had a number of placements with the Trust when I was a student nurse and I'm delighted to be able to return within this new post. The Walton Centre has always had an outstanding reputation and I've seen that already in my time here. I can't wait to get going in my new role and work alongside the amazing staff here."

The Walton Centre's Safeguarding Lead Nurse Clare James, worked at the Trust for nearly 30 years. Clare started as a student nurse, and worked her way up to being a lead nurse role. The Walton Centre wished Clare a fond farewell in October and a big thank you for all her hard work!

Top marks in latest staff Friends and Family Test



Staff have rated the Trust highly in the latest Friends and Family Test. The test was created by NHS England in 2014 to give staff an opportunity to feedback how they feel about where they work. When asked if they would recommend the Trust to friends and family for care and treatment, 98% of staff said they would.

Comments from staff included:

"I love working at The Walton Centre, I love how friendly the Trust is and the ward I work on is such a great team. Working here and looking after patients is so rewarding."

"I see the dedication and professionalism of all the staff on a daily basis."

"My son was a patient and I know first-hand how amazing staff are here."

Deputy Director of HR Jane Mullin said: "Staff have consistently rated the Trust highly in this survey over the years. It's a testament to the cultural changes staff are taking part in, making The Walton Centre a great place to work."

Specialist Nurse Kerry Mutch highlighted by patient with rare condition

Chrissie Powell, from the West Midlands, who has a rare condition called neuromyelitis optica (NMO), has publicly thanked The Walton Centre's Specialist Nurse Kerry Mutch. Chrissie wrote to The Nursing Times last year praising the NMO service Kerry helps to run.

I was a staff nurse when I had my first attack in September 2013. My mobility went from being a bit unsteady to having one foot dragging behind me. I didn't know what was going on. NMO is not something that is tested for in the emergency department. I was admitted to hospital to see what was going on. I spent months waiting for different tests. Luckily, they did tests for the antigen NMO and I went to The Walton Centre.

I couldn't cope without The Walton Centre's NMO service. It comes out of the blue and suddenly your body



becomes the enemy. Kerry is always on the end of a phone. She contacts me to see how I'm getting on and liaises with doctors to make sure I am not wanting for anything.

She pushes for recommended treatments and sends me information and links up with all the services in my area. Having that extra support has been vital.

The clinic is great and saves you having to attend hundreds of appointments. Everyone you need is there: nurses, doctors, dieticians, opticians, psychotherapists. It's a one-stop shop.

I am so grateful to the NMO service for enabling me to get on with my life. I did the Race for Life last year and am now working on a telephone advice line. It is nice to still be the one helping others.

Meet John Tetlow, Lead Occupational Therapist



What did you do before coming to The Walton Centre?

Prior to joining The Walton Centre Pain Management Programme team over ten years ago, I worked as a senior occupational therapist in Alcohol Treatment and then Acute Inpatient Mental Health. Working in these settings gave good knowledge and skills for the kind of interventions we provide on the Pain Management Programme.

What do you enjoy about your job?

I like that we get to know the people who attend the programme really well. I get to see real changes in people and they are often very grateful for the help and support the team provide. It makes a real difference to patients. I also like that every group of patients you work with has a different dynamic.

What does your job involve?

I lead a team of occupational therapists in pain management, providing regular supervision for my team and being involved in service planning and development. I still have a clinical role and assess new patients referred into the service and deliver occupational therapy group sessions on the programme, including mindfulness, target setting and various workshops.

I also lead the Royal College of Occupational Therapists Pain Clinical Forum. I co-ordinate activities such as networking days, responses to national consultations and revision of guidelines with occupational therapists working in pain management nationally. I am also a representative on the NICE guideline committee for developing guidelines for

the treatment of chronic pain.

What's it like to work at the hospital?

Being a small but specialist Trust is great, staff are passionate and care about what they do. It's really nice when you tell people where you work and they talk about their positive experiences of the Trust.

What do you do outside of work?

As an occupational therapist, I value meaningful activity in all its different forms! I have a small dressmaking business, where I design and make special occasion dresses. I am also involved in amateur theatre and have just got the role of Cornelius Hackl in "Hello, Dolly!", which will be performed at the Liverpool Empire Theatre in May 2019.

Walton spinal surgeon becomes President of EUROSPINE

Specialist spinal surgeon Tim Pigott has been appointed as President of EUROSPINE – a society which spans the globe seeking to improve treatment for spinal patients.



Mr Pigott has been a consultant spinal surgeon at The Walton Centre for 24 years and will be President until October 2019.

Mr Pigott said: "I'm honoured and privileged to be elected as President. It's a fantastic organisation that promotes quality assurance, education and research. We have over 8,000 full and associate members throughout the world and I'm looking forward to the challenge of being part of this."

For more information about Eurospine, go to www.eurospine.org

Staff raise awareness for World Sepsis Day

Last year, members of the Surgical and Medical Acute Response Team (SMART) created a video raising awareness of the six signs of sepsis.



The Trust featured the video online as part of the Sepsis Trust's national awareness campaign 'Streets Against Sepsis'.

Advanced Nurse Practitioner Alexandra Nuttall, who took part in the video, said: "Although treatable, sepsis affects more than 30 million people every year worldwide. That is why it is so important as health care providers to be involved in global campaigns such as World Sepsis Day. The video was really well received and it got staff and visitors talking on the day."

For more information on sepsis and the signs to look out for, go to www.sepsistrust.org.



Wavertree MP visits chronic pain Occupational Therapists

Luciana Berger, MP for Wavertree in Liverpool, visited the Pain Management Programme's Occupational Therapy team to better understand the benefits of occupational therapy for people with chronic pain, in particular young people and people aiming to get back into work.

The Royal College of Occupational Therapists (RCOT) worked with the Trust to arrange for Luciana to visit the team. Lead PMP Occupational Therapist at the Trust and RCOT Pain Clinical Forum Lead John Tetlow (pictured second from left) gave Luciana a tour of the department, he said: "As occupational therapists, we can help people with chronic pain to re-engage in meaningful activities such as paid employment, volunteer work, education and hobbies. Luciana met some of our previous programme attendees who have gained the skills and confidence they needed to

get back to education and further their careers. The services we provide on the programme, including our Work and Employment Clinic, can really help to change lives for the better."

On the visit Luciana (pictured third from left), who is also a member of the Health and Social Care Select Committee, met with staff and volunteers from the programme. She also met patients who had used the service.

She said: "With mounting pressures on the Health Service, it's important to identify key areas like these which can give people better futures. Many more people could benefit from occupational therapy, especially those living with chronic pain, who don't feel like they can engage fully in society because of their condition. There's a lot of learning that I will be taking back to Westminster."

The Walton Centre endeavours to Make Every Contact Count



All hospital staff have been trained in MECC, so that any conversation had with patients can be an opportunity to point them in the right direction to improve their mental and physical health.

Occupational Therapist Suzanne Simpson (pictured) is the Trust's MECC lead, she said: "There are thousands of opportunities to promote patient health and wellbeing in the hospital every year. Of course we are providing a much needed service to people, but we can endeavour to signpost services in the community using our contacts. A healthy lifestyle is very important and it can massively reduce the need, in some people, to receive hospital treatment."

The Trust has joined the national initiative Making Every Contact Count (MECC) to help improve the health and wellbeing of patients visiting the hospital. It means that staff will be offering brief advice about health issues such as smoking and physical inactivity to patients on their journey through treatment.

For more information on MECC, visit www.makeeverycontactcount.co.uk

European Neuro Convention 2019



The Brain Charity has been chosen as the charity partner for next year's European Neuro Convention in Birmingham.

The Charity's Professor Gus Baker will be speaking about the additional burden that having epilepsy places on those who have the condition from, a psychological and neurological perspective, and will consider the impact of living with the condition and how its treatment can be improved upon.

The Walton Centre's Dr Nicholas Silver will talk about how headaches are diagnosed and treated and will look at new ways of merging treatments to optimise successful outcomes.

The Neuro Convention takes place on the 26th and 27th of March 2019 at Birmingham NEC and is completely free to attend.

Find out more at www.neuroconvention.com

Spotlight on... The Dietitians team



The Walton Centre Dietitians work across all clinical areas, providing evidence-based advice and support to individuals who have difficulties meeting their daily requirements for nutrition and hydration.

From intensive care through to complex rehabilitation, dietitians play a key role in developing strategies to help patients meet their nutritional goals during recovery from illness or injury. We also work closely with families, carers and other health professionals to support patients to progress at each stage of their journey, tailoring nutrition to

support other medical and therapeutic treatments.

Dietitians provide specialist dietary advice to support people living with a range of neurological conditions, from the initial stage of diagnosis and during the longer term. We also attend local support groups and charity events to enable people to access the latest nutritional information and research evidence.

As experts in nutritional neuroscience, our dietitians provide education and training to professionals of all

disciplines. Our expertise is often sought to provide advice to expert panels, support policy development and to present at national and international conferences.

The dietetic team is also actively engaged in ground-breaking research and innovation. Research dietitian Kirsty Martin-McGill, in collaboration with Mr Michael Jenkinson and Prof Tony Marson of The Walton Centre and the University of Liverpool, are undertaking the KEATING trial to assess the feasibility of a ketogenic (low carbohydrate) diet for neuro-oncology patients with glioblastoma. Kirsty has also recently authored a publication reviewing the role of this special diet for the management of drug-resistant epilepsy.

Vicky Davies, Principal Dietitian, notes: "The important role that nutrition can play in the treatment and management of neurological conditions continues to be recognised. Dietitians can help patients to introduce and maintain positive dietary changes, which can make a real difference to their health and wellbeing."

Freedom to Speak Up Month celebrated by staff



Staff embraced the Speak Up Month campaign – a national campaign encouraging staff to raise concerns about work – through a wide range of activities.

The Trust's Freedom to Speak Up Guardian Julie Kane said: "During my time in the role I've supported staff with speaking up. I know it can be daunting to tell someone about your concerns, but you can be confident that your concerns will be addressed appropriately. I am very proud that staff within the Trust feel they can talk to me and trust me to help them and I have received positive feedback from those who have spoken up."

During the event, Non-Executive Director for Raising Concerns Ann McCracken and Julie (pictured) met with clinical and non-clinical staff members and heard positive feedback regarding the speak up role.

Ann McCracken said "I want every member of staff to feel safe in the knowledge that they have people to turn to if their concerns are not being addressed at a local level".

Over to you...

We are always pleased to get feedback about The Walton Centre and our services. Here's an example of some of the things people have been saying.



"Fantastic care, excellent facilities and state of the art diagnostics providing modern and innovative treatment and surgeries to patients."

Siobhan



"Visited my mum who was in post op recovery amazing care and compassion shown by all concerned a credit to the #NHS thank you"

Nick



"We have visited The Walton Centre several times in the past 2 years with regards to my 28 year old sons unexplained epilepsy and all I can say is we have never had any problems the staff are so helpful and nice and have never had a delay I can't thank them enough"

Willow

Thank you!

Our supporters continue to amaze us with their efforts to fundraise for the hospital. Everything from cycle rides, swimming events, sky dives and tough mudder challenges, they really do push the boat out on all levels, and we are so grateful! Here is a snap shot of what goes on...



The Walton Centre Charity
Supporting Excellence in Neuroscience

The Jan Fairclough Ball



The annual Jan Fairclough Ball, held in memory of the wife of Charity Patron and Liverpool FC legend David Fairclough, raised an amazing £50,000 for The Walton Centre at the beginning of November. The money will go towards the Sid Watkins Fund to support innovation in rehabilitation.

The Ball was once again sponsored by Matalan and Slater & Gordon Lawyers, and also by new corporate supporters #WeWillBeKings. We couldn't put this event on without their support. Thank you also to all auction and raffle prize donors, including Boodles, who donated a £3,000 voucher to our Diamond Raffle.



Hope Mountain Hike



Join us on a hike through beautiful Welsh countryside to raise money for the charity's Home from Home fund, to support relatives' of patients receiving critical care at the hospital. The 11 mile hike follows gradually undulating paths and roads through woods and open countryside, reaching a high-point of 932ft at the northern brow of Hope Mountain. It takes place on Sunday 28th April – £10 registration fee and a minimum sponsorship of £40 - please contact the Fundraising Team to sign up!



Diary Dates



Liverpool Half Marathon
Sunday 10 March

Mersey Tunnel Run 10K
Sunday 14 April

Hope Mountain Hike
Sunday 28 April

Liverpool Spring 5K & 10K
Saturday & Sunday 4/5 May

Walton Centre Charity Golf Day
Thursday 23 May

Liverpool Rock n Roll
Saturday & Sunday 25/26 May

Nightrider Liverpool 2019
Sat/Sun 13/14 July

Contact the Team

If you would like to find out more about how you can support The Walton Centre Charity, please contact the Fundraising Team, we would love to hear from you!

Phone
0151 556 3466

Email
fundraising@thewaltoncentre.nhs.uk

Website
www.thewaltoncentre.nhs.uk/fundraising



Christmas Campaign

Lots of lovely messages to patients and staff were received from supporters during the festive period. Messages were displayed on the Charity Christmas tree, and nearly £5,000 was raised through the Christmas Campaign. Thanks to everyone who contributed!

With a little help from our friends...



Lottie Burgess

Lottie raised nearly £1,800 by running the Dublin City marathon in October.



Andrew, Julie and Becky

Andrew, Julie and Becky held a charity ball and raised an incredible £20,000 for our Complex Rehabilitation Unit



QVC Knowsley

Team members at QVC in Knowsley held a Halloween Cake sale as part of their support for us in 2018.

The difference your support makes



The 'Walton Chatterbox' project is a Speech and Language Therapy led project that focuses on facilitating communication between patients and children/young people. It has been funded through some of the money raised from family and friends of Jemma Cottier.

The 'Chatterbox' are individualised boxes of shared, fun and motivating resources to maximise communication between young people (0-16) and their loved one with communication disability following a brain injury or long term condition. Each box is unique and individually tailored for the patient's communication needs and the age of the young person. Training around introducing the box to the family is provided.



Alan, Andrew & Chris

Alan, Andrew and Chris ran the Athens Classic Marathon in memory of Richie Cain raising over £5,500 for the charity.

Become a charity volunteer

We are looking to get our charity collection boxes out and about so if you know of an independent shop, a newsagents, a hairdressers etc. who would be willing to take a collection box, pin badges or some leaflets, we would love to hear from you.

We also organise bag packs and collections throughout the year, for which we need volunteers to help us in order to make the biggest possible impact.

If you would like to come give some of your time and help the charity please contact the Fundraising Office on 0151 556 3466.



Look out for our new website launching soon! www.thewaltoncentrecharity.org

How you can help...



The Walton Centre Charity

Supporting Excellence in Neuroscience

There are lots of ways you can become involved and help The Walton Centre Charity, whether it's by taking part in our events; fundraising at school or in work; or giving in memory of a loved one, your support makes a real difference to our patients and their families. Please get in touch to find out more about getting involved!

Phone: 0151 556 3466

Email: fundraising@thewaltoncentre.nhs.uk

Website: www.thewaltoncentre.nhs.uk/fundraising



Make a Donation



Raise money through a sponsored event



Volunteer



Leave a gift in your will



Join our Great British JimJam



Sporting or competitive event



Become a member of The Walton Centre

Are you a patient, carer or relative interested in becoming a member of The Walton Centre? It is really easy to sign up and it means you will never miss a Neuromatters as members automatically receive the magazine by post or email. If you opt in, you will be able to have a say on what the hospital does and you will be invited to regular member events. Email: membership@thewaltoncentre.nhs.uk or call 0151 529 4314.



This magazine is published quarterly. Please send any ideas for future articles to:

Neuromatters

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