

The Women's View



A year in review 2023-24

Inside this special edition we look back at
our best bits of 2023 and 2024 so far...

Welcome

Welcome to our first edition of 2024/25, throughout this edition we will be looking back on our many achievements over the last year, including our fantastic *Dedicated to Excellence Awards*, the Launch of the CGULL (Children Growing Up in Liverpool) Study, the launching of a new CT scanner, celebrating our Volunteers and much more.

I am also really looking forward to what the year ahead will bring, particularly around the work relating to our new Trust Improvement Plan, as well as the progress we will be making on the Women's Hospital Services in Liverpool Programme.

It is an exciting time for our patients, visitors, families, and staff and I look forward to keeping you updated in future editions of The Women's View.



James Sumner
Chief Executive Officer





CT Scanner now fully operational at Liverpool Women's

This new permanent CT Scanner will give patients in the community access to diagnostics much earlier than they would have had before and will also reduce transfers for LWH patients who would ordinarily have to go over to the Royal Liverpool Hospital for such tests.

In addition, this will not only benefit Liverpool Women's patients but many others across the region who are waiting for diagnostic care including patients from Liverpool University Hospitals (LUHFT), Liverpool Heart and Chest (LHCH) and Clatterbridge Cancer Centre (CCC). The permanent CT scanner is located within Imaging, accessible via the main Outpatients Department. You can watch a short video clip of Medical Director, Lynn Greenhalgh and Chief Operating Officer, Gary Price giving a sneak preview of the CT Scanner before it became operational. Click below to watch the video clip.

[View here](#) 

Dedicated to Excellence 2023

Dedicated to Excellence 2023 - that's a wrap!

What a night! We were overwhelmed by the number of staff who turned out for our annual staff awards on 6 April. Celebrating all things LWH at the fabulous Titanic Hotel.

With over 300 entries this year the judges had their work cut out, whittling them down to the top 3 for each category was hard work and took a lot of time. Although we were unable to have all entries there on the night, we would like to take this opportunity to thank all those who took the time to submit an entry. We appreciate the time and effort you went to and we look forward to seeing as many quality entries again next year.

Kathryn Thomson, Chief Executive, said:

"Massive congratulations to our 'DTE 2023' winners, there were so many fantastic entries submitted this year, I was overwhelmed by the outstanding achievements of everyone over the last nine months. I would like to take this opportunity to thank all the staff who didn't make the shortlist this year, you are all winners in my eyes. The work you do day in, day out is greatly appreciated, and I am very aware we wouldn't be able to provide the outstanding care we do without each an everyone one of you."

Michelle Turner, Chief People Officer/Deputy Chief Executive said:

"It was great to see so many staff coming together on the night, I know many people have other commitments and families to tend to, so I really appreciate everyone taking time out of their busy schedules to come together and celebrate one another. It was great to see lots of smiling faces and the support that was given from everyone in the room to each of our winners was a lovely sight."

"Thank you to our fabulous host Lindzi Germain who was simply wonderful, and not forgetting all of our dedicated sponsors (see below), some of whom have been supporting our event for many years now, without their very kind donations we would struggle to put on such a fabulous evening for our staff."



The Face of Liverpool Women's

We were beyond excited when one of our staff members was picked to attend the Kings Coronation Royal Garden Party.

Trisha Corfeld is the warm welcoming, kind face you see when you enter Liverpool Women's. She fronts our Main Reception desk and has done so since January 2023. She instantly recognises the needs of women and responds accordingly. She personifies the warmth that Liverpool is known for.

We wanted to celebrate Trisha's personal progress at Liverpool Women's by nominating her to attend the Buckingham Palace Royal Garden Party - having worked initially as a domestic, then as our first female porter, Trish went on to land her 'dream job' on Main Reception after 13 years at the Women's.

In celebration of Trish's achievements, we nominated her to attend the Buckingham Palace Royal Garden Party following the coronation of King Charles III and we are delighted to say she was awarded the chance to go.

You can hear all about Trish's wonderful experience by watching this short film.

[View here](#)

Honeysuckle FC

Introducing Honeysuckle FC, a new initiative aimed at bereaved dads and men who have experienced baby loss.

This wonderful partnership between our Honeysuckle Bereavement Team and the LFC Foundation supports dads and men to share their experiences through sport. Hear their story online.

[View here](#)





Our volunteers make a huge difference

Volunteers' Week, 1-7 June 2023 marked its 39th year and this year Liverpool Women's recognised and celebrated the contribution volunteers make to the Trust.

We have 147 volunteers here at Liverpool Women's, who over the course of a year have grouped together to give approximately 12,000 hours of their time to help support patients and visitors, and assisted the Trust in providing high-quality, compassionate care.

The contribution of volunteers is often unseen and visible only through the incredible impact of their volunteering, so taking the time during Volunteers' Week to celebrate all their efforts and all they contribute to our hospital has never been more important.

We celebrated our inspiring volunteers, by hosting an afternoon tea on 6 June 2023. They were given awards for long service, certificates of hours and tokens of the Trust's appreciation.





One of our volunteers Michael has volunteered at the Trust for almost 20 years, he works in the post room:

"I collect and deliver the post, I also give directions, it's nice knowing that you've helped a patient or visitor by giving directions and assistance".

Our Executive team gained an insight whilst assisting the volunteers during their shift. Jenny Hannon, Deputy CEO and Chief Finance Officer, said:

"I learned so much assisting our volunteers as patients and visitors attended the Trust. It was really clear how volunteers make such a difference."

Michelle Turner, Chief People Officer said:

"Our volunteers work tirelessly in contributing to deliver services throughout the organisation in a variety of roles. They bring a diverse range of experience, skills and knowledge and they are an amazing group of people who, not only, enjoy making a difference but are essential to improving our patients journey and supporting staff wellbeing."

Gina Barr, Volunteer Service Manager at Liverpool Women's said:

"We are truly blessed to have such a fantastic diverse team of volunteers who are dedicated to enhancing the journey of our patients and their families - we would be lost without them."

Listen to Gina Barr, our Volunteer Services Manager with volunteer Irene talking to Tony Snell on his BBC Radio Merseyside radio show, from 2:20 to 2.33 minutes.

[View here](#)

Gillian Walker, Patient Experience Matron said:

"Gina and the volunteers are dedicated to making a difference for our patients, our babies, our service users and all who support our fantastic workforce. Our volunteers are amazing."

The theme this year was 'Celebrate and Inspire' so If you're interested in volunteering at Liverpool Women's Hospital and would like to learn more about the opportunities available please visit:

www.liverpoolwomens.nhs.uk/opportunities/become-a-volunteer

[View here](#)



"It's been great to see engagement from our younger generation. I thank the teaching staff and the parents that supported the children to participate in this celebration. We were absolutely delighted to receive over 100 cards, each of which was unique and wonderful in its own way."

Jenny Hannon, Chief Finance Officer and Deputy Chief Executive



NHS 75

Local Kingsley Community Primary School help us celebrate 75 years of the NHS

As part of the 75th birthday celebrations we invited pupils from Kingsley Community Primary School to participate in a competition to design a 75th NHS birthday card. The competition sparked plenty of interest with over 100 entries.

NHS 75

Pupils were encouraged to design a card that characterised the various professions within the NHS and the rest was left entirely to their imagination.

As a result each entry was original with displays of bright colours and plenty of creativity. On Wednesday 12 July we visited the school to announce the winners and say thank you. We also talked to the pupils about careers in the NHS. The winning cards and other designs were displayed at Liverpool Women's Hospital.

Congratulations to the four winners:

- Reception - Adyan Sohid
- Year 3 - Abigail Hughes
- Year 5 - Muhammad Ali
- Year 6 - Sarah Mohamood

Jenny Hannon, Chief Finance Officer and Deputy Chief Executive said:

"It's been great to see engagement from our younger generation. I thank the teaching staff and the parents that supported the children to participate in this celebration. We were absolutely delighted to receive over 100 cards, each of which was unique and wonderful in its own way."

Michelle Turner, Chief People's Officer said:

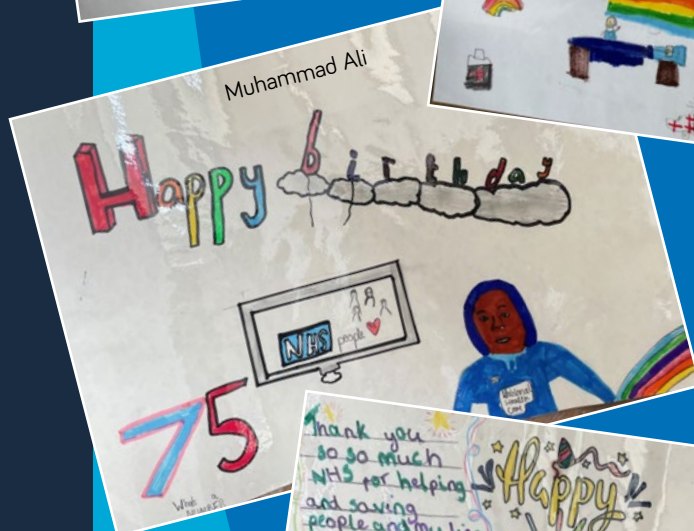
"It was an absolute pleasure to visit the school and present the winners with their certificate and voucher. All pupils designed the most outstanding of designs and it was a very difficult decision to choose the winners. We would like to thank the school for making us feel very welcome."

Head Teacher Mrs Whittaker said:

"The children were delighted to be asked to take part in the 75th Birthday card design competition to help celebrate 75 years of the NHS, and it was a pleasure to welcome staff from the hospital who visited to talk about careers within the NHS, thank you to the Liverpool Women's."



Pictured left to right:
Kingsley Community Primary School winners,
Abigail Hughes, Muhammad Ali and Sarah Mohamood.



£6.9M funding to better understand the origins of mental health conditions in Liverpool children

Further funding to enhance the flagship birth cohort study Children Growing Up in Liverpool (C-GULL), which opened this spring, has been announced. The new ‘Microbes, Milk, Mental Health and Me’ strand, supported by £6.9M funding from the Wellcome Trust, seeks to better understand the early-life origins of mental health conditions.

Poor mental health is a growing public health challenge, particularly exacerbated by the COVID-19 pandemic, and yet there is still much to be learned about their early-life origins.

Compelling evidence suggests that gut microbial colonization, strongly influenced by breastmilk, impacts neurodevelopment and mental well-being, but more research is needed to fully understand the underlying mechanisms.

[View here](#)

LOOKING BACK: SEPTEMBER 2023

First in the Region to perform four Gynaecology Robotic-assisted surgeries on the same day

Liverpool Women’s Hospital is the first in the region to undertake four Gynaecology robotic-assisted surgery cases on the same day, this is a big step forward for the organisation and women’s health.

To help reduce the number of patients waiting on a hysterectomy this particular weekend a consultant at Liverpool Women’s Hospital, Mohammed Otify and a team of anaesthetists performed four hysterectomies using robotic assisted surgery. Robotic-assisted surgery is less invasive and reduces recovery time for women following surgery and length of stay in hospital.

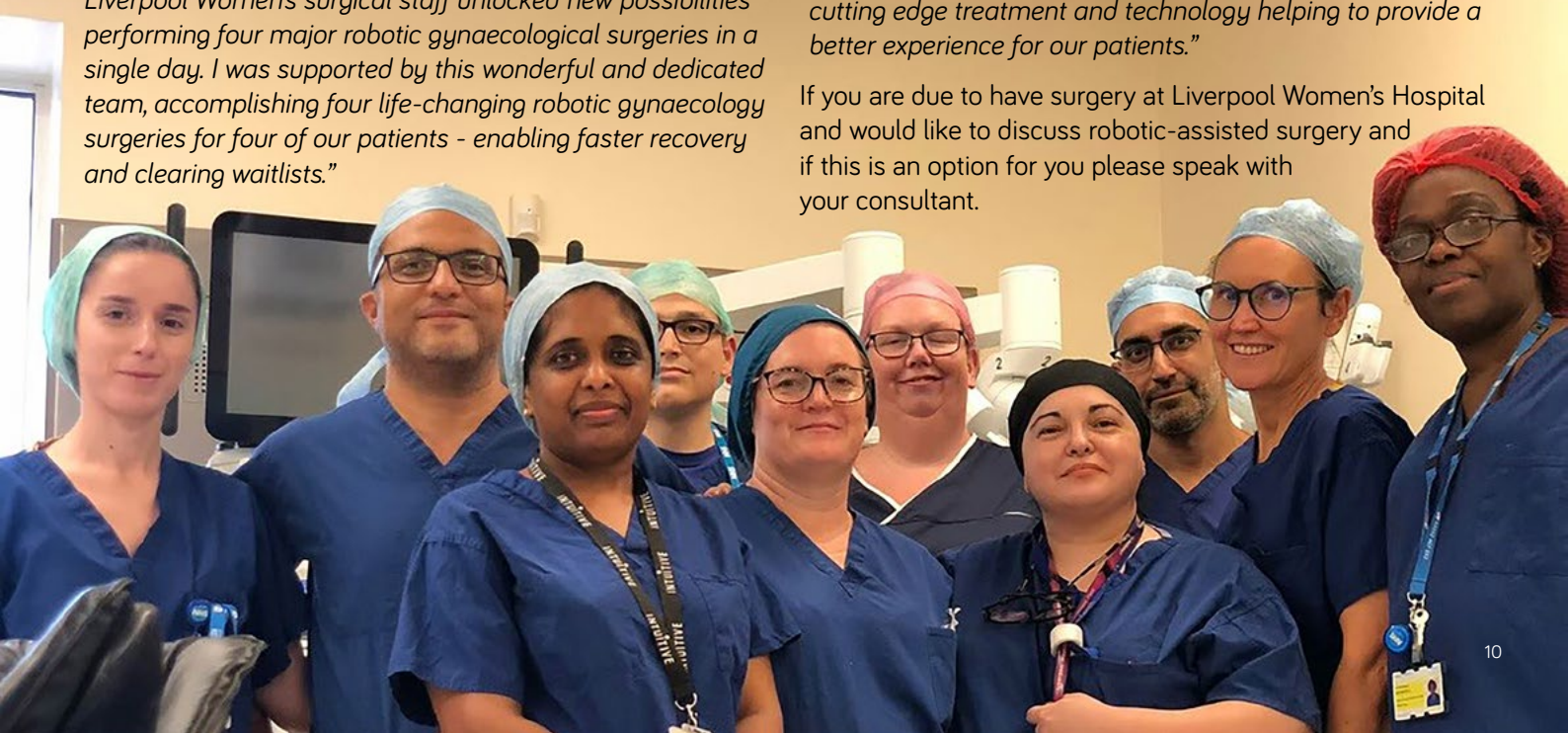
Mr Otify said:

“Liverpool Women’s surgical staff unlocked new possibilities performing four major robotic gynaecological surgeries in a single day. I was supported by this wonderful and dedicated team, accomplishing four life-changing robotic gynaecology surgeries for four of our patients - enabling faster recovery and clearing waitlists.”

Since the introduction of the da Vinci Robot at Liverpool Women’s Hospital in 2020 this has enabled teams to evolve their knowledge and skills. Gary Price, Chief Operating Officer, said:

“Robotic assisted surgery is making a big difference to our patients. We are really pleased to have the da Vinci robot at Liverpool Women’s Hospital. As well as improving and shortening recovery times after procedures for patients, the robot has also provided an opportunity for our staff to use cutting edge treatment and technology helping to provide a better experience for our patients.”

If you are due to have surgery at Liverpool Women’s Hospital and would like to discuss robotic-assisted surgery and if this is an option for you please speak with your consultant.



Liverpool Women's fertility centre becomes first in UK to offer state-of-the-art technology for managing frozen eggs and embryos

The Hewitt Fertility Centre, based at Liverpool Women's Hospital is the first UK clinic to adopt TMRW's state-of-the-art technology for the safe management of frozen eggs and embryos, providing a new standard of care for fertility patients.



“...we are so pleased to be the first fertility clinic outside of the USA to offer this innovative CE Marked technology for our patients.”

TMRW Life Sciences, a fertility technology company automating the IVF lab, today announced its global expansion with the adoption of its technology in the UK.

The Hewitt Fertility Centre, will become the first clinic outside of the United States to adopt TMRW Life Sciences' CryoRobot Select (CRS), an automated platform for the safe management and storage of frozen eggs and embryos.

Thanks to advances in assisted reproductive technology, more people are building families and storing frozen eggs and embryos – often for decades. The UK's Health Strategy is making sure that this growth is inclusive, and the government's decision in 2022 to increase storage time limits for frozen eggs and embryos from 10 years to 55 years was an important response. But both efforts are overwhelming the legacy, manual storage systems and laborious hand-labelled identification methods that fertility clinics have relied upon for decades.

Dr Rachel Gregoire, Scientific Director/HFEA Person Responsible of The Hewitt Fertility Centres said:

“I am delighted for our patients and for the scientific team that we can finally announce the introduction of the CRS into our clinical pathways. It is a credit to Rebecca Lunt, Lead Clinical Embryologist and the team who have worked tirelessly with the incredible people at TMRW to make this happen. Almost three years ago the Hewitt Fertility Centre demonstrated that manual cryostorage involves potential unnecessary handling events of patient samples in storage, and we are so pleased to be the first fertility clinic outside of the USA to offer this innovative CE Marked technology for our patients. We all wish to thank Liverpool Women's NHS Foundation Trust for listening to us and for investing in this technology so that the Hewitt Fertility Centres can continue to be leaders in offering safe and innovative fertility treatments.”

Over the last three years, the Hewitt Fertility Centre has completed in-depth studies to quantify the potential hazards associated with manual cryostorage of eggs and embryos following fertility treatment. The studies' findings show that there continues to be risks associated with manual cryostorage for in vitro fertilisation (IVF), even when clinics use radio frequency identification (RFID) witnessing technology and with well-established standard operating procedures to reduce risk.

Rebecca Lunt, Lead Clinical Embryologist said:

“Here at the Hewitt Fertility Centre the team are over the moon to introduce the TMRW CRS into clinical use for our patients. After several years of working with TMRW to help reduce unnecessary risk in the cryolaboratory for both staff and patient samples, we are excited that this amazing technology is here and we can offer state-of-the-art storage to Hewitt Fertility patients who opt to use it. This has been a real team effort, with the team in Hewitt working closely with TMRW's fantastic team, but also a big thanks to Liverpool Women's NHS Foundation Trust for being dedicated to patient safety and investing in this technology.”

TMRW's CRS is an automated platform that combines proprietary, state-of-the-art hardware and software to safely track, monitor and store frozen eggs and embryos. For the first time in the United Kingdom, frozen specimens can now be digitally identified and tracked, safely managed with automated robotics, and remotely monitored around the clock. The CRS helps reduce potential points of failure by 94% compared to manual specimen management and storage systems, and it helps fertility clinics safely scale to meet growing patient demand.

“Our partnership with The Hewitt Fertility Centre represents the first step in our global expansion and illustrates our commitment to raising the global standard of care,” said Louis Villalba, Chief Executive Officer at TMRW. “We applaud The Hewitt Fertility Centre for being the first IVF clinic outside of the United States to adopt our CE Marked and FDA Cleared specimen management system. Our collaboration heralds a new era of safety and precision in managing frozen eggs and embryos in the UK.”

TMRW received a CE Mark for the CryoRobot Select in September, enabling commercialization across the UK and Europe. To earn the certification, the CRS was developed with state-of-the-art standards and met rigorous clinical safety and efficacy requirements established by European Medical Device Regulations. Along with an earlier clearance by the Food and Drug Administration, the European approval makes TMRW's robotic systems a new global standard.

Patients who wish to request the CRS for the storage of their eggs or embryos can contact the Hewitt Fertility Centre on: 0151 702 4121 for more information or speak to their Healthcare Professional at their consultation.

Navigating the menopause with ease to a new positive threshold of life.

Hi all, my name is Bernie and I am a 62 year woman now happily thriving following endometrial cancer and menopause with the amazing, caring support of Dr Paula Briggs and team at the Liverpool Women's NHS Foundation Trust.

Thriving and loving life

I am a Transformational Mindset and Life coach and Tai Chi instructor and have always loved life and enjoyed a happy, active and healthy life. Fitness and good nutrition have been key guiding values for as long as I can remember.

As we all have, life has thrown me some challenges but I have always pushed through my "stops" and made things happen positively. I guess you could say that having a positive, resourceful mindset with lots of energy have been my biggest gift that has helped me navigate life so far.

My body's 'brick wall' experience

Post lock down, during a regular dance class (not Strictly Come Dancing level but great for fitness and fun!), I noticed after the class I was bleeding vaginally. My periods had ceased some years earlier so I was alarmed, but then given our natural tendency as humans to go into denial I was convincing myself I had twisted something inside of my abdomen and it was just a symptom of some strong salsa dance moves!



My Inner Ding... My intuition was speaking

Despite my initial denial that it was just a symptom of dancing the salsa 'too extremely', my inner voice (I call it my 'Inner Ding') was guiding me to seek advice from my GP and get it checked out as a precaution. My GP was very responsive, told me not to worry and accelerated me through the two week NHS process, which is where they see you quickly to assess the possibility of cancer (or not). Now concern and some fear was creeping into part of my mindset. It's a challenge not to focus on what you don't want. Plus post lock-down we had all been living a mindset of fear about health to some extent so it was quite alive in many of our mindsets worldwide.

Shocked!

Following an ultra sound and a biopsy I was shocked and subsequently scared to learn that I had either pre-cancerous or cancerous cells in my uterus and that a full hysterectomy was the immediate next step to remove the cells and discover the extent of it all. So the hysterectomy happened on 14 February, Valentine's Day. The result was I had early stages of endometrial cancer and thankfully the full hysterectomy was the treatment with no need for chemotherapy or radiotherapy or any further treatment required.

The aftermath... I felt lost

I was so grateful that the operation was a success in removing the cancer - thank you to my 'Inner Ding' for nudging me to get it investigated! And so whilst I should have been celebrating being cancer free post the operation, I felt lost. Having had everything removed it had thrown my body and hormones completely off balance. I felt vacant, empty, emotional, foggy headed. I had severe insomnia and the confidence and positivity I always considered as my super strengths had gone. I felt alone despite having a loving, supportive partner and family. I carried a sense of grief and vulnerability, which accompanies such a big transition and change as this. Some of it I guess was psychological losing a part of my body which is such a big part of being a woman, but hormonally things felt very out of kilter.

There is always a solution

I was unwilling to remain in that resourceless, empty state and I had sufficient energy to remind myself "Bernie you always push through your 'stops' and you believe there is always a way, always a solution". So after consulting my GP, whose first instinct was to recommend antidepressants which I refused because but I knew this was hormonal, I requested specialist help to speak about hormones and menopause.

Whilst I recognised my GP was great at getting me sorted quickly with surgery, which saved my life, and for which I am truly grateful, I knew I needed more specialist help to rebalance my internal hormones and chemistry so that I could return to function with confidence and embrace the new next threshold of my life.

Positive rebalancing – Dr Paula Briggs and the Liverpool Women's Hospital

I was both relieved and delighted that my GP referred me to the care of Dr Paula Briggs a Consultant at Liverpool Women's NHS Foundation Trust. Dr Briggs specialises in menopause, hormones and gynaecology. My consultation with her was liberating and empowering. There was immediate, positive rapport and her genuine interest in me meant I was able to open up as to how I felt physically, mentally and emotionally and share with her especially that my life force, which had always felt strong and vital, now felt completely devoid. After a warm and human conversation Dr Briggs suggested a prescription which would balance my hormones given I have no ovaries now, and also restore my life force, all of which would help me rebalance and get me back to being my best self. And re-balance me she did too. Brilliantly.

I have also taken accountability for my part in my healing and rebalance through exercise and nutrition, mindset and the art of self-care. Something we women often overlook for ourselves in our love to care for others.

Now... I am thriving

I am delighted to say that life is really good now. I am back thriving (not just surviving) and being my best self. I feel confident again (probably more so now), clear-minded, can remember things better, I have renewed purpose and I am embracing new territories such as being a positive advocate for women going through menopause. My illness and menopause has given me a passion to help other women too.

Menopause is a given for us ladies, we know we will experience it, but suffering through it doesn't have to be the case. With the fabulous work of a great team at Liverpool Women's and especially Dr Paula Briggs, her insight, knowledge and patient care, new horizons of help and support are emerging so that we women can move through this phase of our lives with greater ease and onto to a bright new threshold of life.



My top tips if you're going through it

✓ Remember there is always a way.

✓ Push through your 'stops' and do not suffer.

✓ Ask questions to get the right help.

✓ Remember...because you are worth it!

BBAS Gold Award

Congratulations to The Gynaecology Outpatient Department on receiving BBAS Gold Award Accreditation

As part of the *Be Brilliant Accreditation Scheme* (BBAS) where wards/departments are scored against a set of standards, receiving a rating of either White/Bronze/Silver or Gold dependant on their overall score, we are delighted to congratulate the Gynaecology Outpatient Department on being awarded Gold.

Sarah Orok Ward Manager shares with us some details about the award.

How does it feel to have achieved this accreditation for your ward?

I am really proud of what we have achieved. The team have worked really hard to get the GOLD accreditation status.

How did you and the Team feel when you found out your result?

It felt great that all of the hard work we as a team are doing and have done has been acknowledged.

What improvements have you and the Team been focussing on over the last few months?

Over the last few months we have been focusing on getting our PGDs up to date and cleaning schedules. We are a big area so this has been challenging, however the team are working hard to make sure we are keeping these up to date on a daily basis.

What are you most proud of?

The team, they are all go above and beyond for our patients.

What are you concentrating on going forward?

Training compliance to get our training figures above the trust target. We are not far off and the management team is working hard to ensure we are keeping our staff updated.



Pink & Purple Pram Push



OTTERSPOOL PROM

Friday 17 May 2024

A family fun sponsored Pram Push to raise funds for our Neonatal Unit
with free entry into Otterspool Adventure

1K AND 3K ROUTES - SINGLE: £8 / FAMILY: £14

Click or scan for tickets
and further information

