

# Foundation News

THE NEWSLETTER FOR MEMBERS

APRIL 2012



Diane Whittingham

## Farewell from Chief Executive Diane

### Dear Member,

I am taking this opportunity to write to you as I leave the Trust at the end of March 2012 having spent the last 15 years in the position of Chief Executive. I hope that I can give you a flavour of the many challenges we have faced over the years but also provide more insight into the Trust and the people who deliver the services that we all rely on.

During the last 15 years we have seen many changes. We have

consulted on and implemented two major service reconfigurations, we have merged two trusts, we have achieved foundation trust status, we were recognised as the 'Acute Healthcare Organisation of the year' in 2010 and throughout all of this we were consistently recognised as one of the best performing trusts in the NHS.

This is a testament to all those people who work in the organisation. Any organisation is only as good

as the people it employs and this Trust employs many 'stars'.

People who go the extra mile to ensure their service is the best it can possibly be. People who care deeply about their patients and the quality of the service they can offer. People who are highly trained, sought after, but choose to come and work in this organisation.

It wasn't always that way. Some years ago before we merged and

reconfigured we struggled to recruit into some specialties but, I am delighted to say, that has changed.

Our consultants are amongst some of the best in the country, our nurses would make any organisation proud and our therapists are a constant source of innovative practice. Of course there are many other health professionals who operate behind the scenes who help to keep things

Continued on page 2

## Members help shape our health priorities

**OUR Deputy Chair, Janette Roberts welcomed more than 80 staff, public and Membership Councillors to an event to hear an update on our achievements against our divisional business plans and to help us shape the priorities for our Quality Accounts for 2012/13.**

Quality Accounts are annual reports to the public about the quality of our services, our priorities for improvement and actions we intend to take to achieve them.

Last year, some of the areas we focussed on included reducing the numbers of pressure sores, reducing the number of healthcare associated infections, reducing the numbers of venous thromboembolism (VTE) episodes, reducing readmissions and improving doctors' communication.

We have made a number of improvements and will report on this in full in our 2011/12 Quality Accounts, which will be published later in the year.

Following presentations by Catherine Riley, Assistant Director of Service Development and Jan Freer, Director of Organisational Development, members were

Trust members Tim and Anthea Coy



Trust member Betty Lomas, Theatres Matron Maggie Metcalfe and Membership Councillor Linda Wild

given the opportunity to vote on a number of priorities identified.

Jan said "Quality of care and patient safety are key priorities for our Trust, and we are seeking the views of everyone who uses our services to help shape our Quality Accounts for 2012/13."

Trust members Tim and Anthea Coy of Holmfirth said that they had

enjoyed the event and found it very interesting. Tim said: "An event like this is a great way to learn about improvements and help to influence the priorities for this next year."

## Welcome from the Chairman

Last month we said farewell to Diane Whittingham, who left our Trust after 15 successful years as Chief Executive, and a career spanning more than 30 years with the NHS.

Diane's leadership, drive and passion to continually move forward and improve health services have brought us to where we are today. As an organisation, we are well placed to meet the challenges of the future, and that's a great legacy to leave us.

The Trust has appointed Owen Williams as Diane's successor. Owen is currently Chief Executive of Calderdale Council, so is familiar with many of the communities we serve, and our organisation. He will join us in May.

A warm welcome to our new Membership Councillors who have been in post for six months and Foundation Trust Members who have recently joined our Trust.

Being a member can take different forms and it's up to you how involved you wish to be. If you're happy just to receive Foundation News, and perhaps vote in the elections, that's fine, and means a lot to us. If you decide you want to be even more involved, by attending events or perhaps even standing for election as a Membership Councillor, even better! Please don't feel you have to give anymore of yourself than is possible.

One simple way you can help us is by encouraging a friend or family member to become a Member too. This can be done by asking them to visit our website [www.cht.nhs.uk/members/](http://www.cht.nhs.uk/members/), email [membership@cht.nhs.uk](mailto:membership@cht.nhs.uk) or telephone 01484 347342.

Thank you for your continued support.  
**Andrew Haigh**  
Chairman



Owen Williams

## Doing our bit for the environment

EMAIL and web technologies make it easy for us to contact you and update you quickly on events and developments, and will help us to reduce our carbon footprint.

In an effort to reduce the number of newsletters we print and post, if we hold your email address, we will send future editions of *Foundation News* by email.

If you prefer to continue to receive

printed copies, please contact us to let us know.

If we don't have your email address, but you would prefer to receive *Foundation News* electronically, please email [membership@cht.nhs.uk](mailto:membership@cht.nhs.uk), together with your name and address, and we will do the rest!

You can also get in touch with us to let us know if you change any of your personal details.

## Hundreds of new members sign up

OUR spring recruitment drive has got off to a great start, and we have welcomed more than 350 people as Foundation Trust Members!

Our staff and Membership Councillors have hosted a number of events at the Huddersfield Royal Infirmary and Calderdale Royal Hospital and have visited Greenhead College, Kirklees College and Calderdale College to explain the work of the Trust.

A warm welcome to all our new members!



Membership Support Officer Margaret Priest, left, signs up new members Javene Robinson and Emma Parker at Greenhead College

## INSIDE

HEALTH FAIR - YOU'RE INVITED 2 MEET THE COUNCIL MEMBER 4 NEWSWATCH 2  
ELECTION TIME 3 MEDICINE FOR MEMBERS 3 WELCOME TO NEW DEPUTY CHAIR 3  
PLUS: PROFILES OF MEMBERSHIP COUNCILLORS AND LINKS TO DIVISIONS 4

Your Care  
Our Concern





## A message from the outgoing Chief Exec

Continued from page 1

running smoothly. One group of people who are much maligned in the national media but who work tirelessly to make this organisation great are the managers and leaders. They are drawn from a variety of backgrounds, both clinical and non-clinical, but their dedication and commitment to provide excellent services is beyond question.

There are many challenges ahead but I believe this organisation is well placed to face them. Over the years we have made many changes to our services. Our services have grown stronger, we have kept services local and we have moved more services out into the community. Our reconfiguration of maternity and surgical services, whilst challenged by many at the time, has resulted in us having one of the strongest, largest maternity services in Yorkshire and our surgical services are amongst the best.

Our outcomes have improved significantly and we can honestly say that our services are safer. Safer for you and your family. You can come to us with confidence that you will receive good care. As we say "Your care is our concern". We mean what we say. I have no doubt that further service changes will be needed in the future if local services are to stay strong and respond to the changing needs of the people who use the services.

I hope that as members of the Trust you will keep an open mind about any proposals, seek to understand the reasons why change is necessary and support the professionals who are trying to keep your services strong.

I have always considered it to be both a pleasure and a privilege to work in the NHS. I have spent my working life dedicated to improving public services and I will be passing that particular role onto my successor Owen Williams. Owen will inherit a strong executive team and will be ably supported by our chairman Andrew Haigh and other Board members. I wish them well. I also wish to thank the Membership Council and members of the Trust.

My council colleagues have worked with us for the last eight years. They have had a tremendous impact on the Trust and we have benefited greatly from their many skills and links into the community. We are a better Trust because of their input and they have been instrumental in our success.

It is the people I shall miss. The many, many talented people across the system and in the community who are associated with the Trust and its services.

This involvement and engagement to work together to improve our services is special. It should be nurtured, protected and highly valued. It is critical to our future success.

My very sincere thanks to you all for your support, friendship and kindness over the years. I offer my very best wishes for the future.

**Diane Whittingham**

## AyeEye charity buys specialist laser equipment

PATIENTS with glaucoma are benefitting from specialist laser equipment, bought by the AyeEye charity.

The state-of-the art machine can stop the progression of the blinding eye disease.

Membership Councillor Vera Parojcic, of Greetland, Halifax, together with ten members of the AyeEye committee, formed the charity in April 2010.

Their tireless fund-raising efforts included everything from organising coffee mornings and psychic nights, to glittering balls and family fun days.

The AyeEye charity wound up in February, having raised an incredible £38,429.

Donations can be made to our ophthalmic department through our own charity, the Calderdale and Huddersfield NHS Foundation Trust Charitable Funds, registered charity number 1103 694.

**Vera Parojcic, seated at equipment, with members of the AyeEye charity: from left, Barbara Whittaker, Melanie Parojcic, Eleni Shaw, Momilco Parojcic, Sue Ng, Sue Hanson and Mary Hamilton**



# Health Fair: you're invited



**NEW plans are being drawn up for our annual general meeting (AGM) and health fair.**

This year the event will be held at the Shay Stadium, Halifax, on Thursday, September 20 and will include a health fair and interactive demonstrations, followed by the formal AGM.

Our 2011 event, held at the Huddersfield Royal Infirmary, was a

huge success, and we hope to make this year's occasion even better!

All Foundation Trust members, staff, members of the public and anyone with an interest in our services and future plans are welcome to attend.

• More information and details of how to register your attendance at the event will be included in the next edition of *Foundation News*.



**Our 2011 event was hailed as a huge success by scores of visitors**

**Pictured above: Margaret and George Parton, from Salendine Nook**

**"The food tasting was excellent. Our meals were very tasty and nicely presented."**  
**Margaret Parton**

**Pictured left: Pharmacists Nicola Crawley and Sarah Atkinson with Chairman Andrew Haigh.**

**Pictured top left: Beth Kopcke, Fiona Langton and Lorraine Finn from children's therapies.**

## Newswatch: round-up of what's been happening around the Trust

**Our Trust communications team promotes news about our investments, service developments and staff achievements through the local and regional media. Below are some recent highlights:**

### New rapid assessment unit for women

A NEW £120,000 unit for women with urgent and emergency gynaecology conditions has opened at Calderdale Royal Hospital.

The one-stop decision unit, on ward 4, is treating up to 100 patients a week.

Specialist staff provide speedy assessments and care for women with conditions such as problematic early pregnancies, ovarian cysts, pelvic pain and bleeding.

The unit has opened in part of ward 4 with state-of-the-art equipment and improvements to the patient environment.

### New specialist service

THE TRUST has appointed a Consultant Oncoplastic Breast Surgeon as part of our plans to further develop breast cancer services. Miss Alison Waterworth joins a team of surgeons, oncologists, breast care nurses, clinical nurse specialists and radiologists in a brand new post. Oncoplastic breast surgery combines the surgical removal of breast cancer with plastic

surgery techniques to achieve the best possible shape and appearance.

### Dr Foster says care is excellent

PATIENTS who have suffered a broken hip and need surgery get some of the best care in the country from the staff at our Trust, according to the 2011 Dr Foster Hospital guide. The annual guide, which highlights good practice in Trusts across the NHS, has singled out our Trust among the leading providers of neck of femur (NoF) treatment.

### New £2m blood lab

A £2m investment has been made in the labs at the Huddersfield Royal Infirmary.

In partnership with Siemens, a state-of-the-art tracking system has been installed in the labs, which tests up to 3,000 samples every day.

The investment brings our labs up to the national gold level standards, which means that we have the very best equipment in the country for our patients.

**To read the press releases, visit the Latest News section on the home page of our website [www.cht.nhs.uk](http://www.cht.nhs.uk)**



# Election time is here

**WOULD you like the chance to influence the running of the Trust and represent the views of members? If the answer is 'yes' then you will be interested to know that there are seats coming up for election in the summer.**

There are 16 public seats and six staff seats on our Membership Council and in 2012 elections will take place in four of the public constituencies and four staff constituencies.

The elections this year are for:

- **Constituency one** – Calder Valley, Luddenden Foot, Todmorden, Ryburn;
- **Constituency four** – Batley East, Batley West, Birstall and Birkenshaw, Cleckheaton, Dewsbury East, Dewsbury West, Heckmondwike, Mirfield, Spenborough, Thornhill;
- **Constituency six** – Bingley Rural, Clayton, Great Horton, Hipperholme, Lightcliffe, Illingworth, Northowram, Shelf, Odsal, Queensbury, Thornton, Tong, Wibsey, Wyke; and
- **Constituency eight** – Colne Valley West, Golcar, Holme Valley North, South and Lindley.

Elections will also take place among the Trust's staff members for a representative from the Allied Health Professions, Healthcare Scientists and Pharmacists; Management/Administrative and Clerical; Ancillary and from the Nurses and Midwives constituencies.

We have arranged informal briefing sessions for members who would like to find out more about what the role of a Membership Councillor involves on the following dates:

- **Tuesday May 15, 2012, 5.30 for 6 pm**, Large Training Room, Learning and Development Centre, Calderdale Royal Hospital, HX3 0PW; and
- **Wednesday May 23, 2012, 5.30 for 6 pm**, Board Room, Sub-Basement, Huddersfield Royal Infirmary, HD3 3EA.

These sessions will offer the chance to hear from current Membership Councillors and Trust Staff Membership Councillors about the valuable role that Councillors perform, as well as practical advice on how to stand for election.

## The views of two of our Membership Councillors:

"Although I have been a member of staff here for over 12 years, I had no idea of the amount of 'behind the scenes' activity that takes place across all the divisions and the extent of the involvement of staff on a variety of working groups or committees. Despite the huge pressures which now face the NHS, it is evident that the Membership Councillors have a genuine desire to contribute to improving the patient experience, and that for those staff members, this goes above and beyond the 'day-job'."

**Mary Kiely, Consultant in Palliative Medicine**

"Membership Councillors act as a bridge between members and the Trust to ensure that members are aware of areas of development which affect patients and that their views are heard. The trust involves Membership Councillors, takes their role seriously and deals with matters in a positive and transparent way. Being a Membership Councillor is rewarding, and allows you to contribute to improvement of patient services."

**Jan Roberts, Membership Councillor**

● **If you are interested in attending one of the above sessions, or would like more information, please contact the membership office on 01484 347342 or e-mail [membership@cht.nhs.uk](mailto:membership@cht.nhs.uk).**

## Celebration event for Councillors



OUR CHAIRMAN Andrew Haigh hosted an event at the Huddersfield Royal Infirmary to welcome new Membership Councillors, and as a thank you to Membership Councillors whose terms of office had ended.

He is pictured with Membership Councillors Wendy Wood (left) and Liz Farnell.

## Wild about the Trust!

MEMBERSHIP Councillor Linda Wild says she is thrilled to hear praise and positivity about our Trust.

Linda says she is constantly picking up good comments about care and services and she really wants to put them on record.

She said: "I met with a lady recently while out shopping, who just wanted to tell me how marvellous everything had been for her at HRI. It is a real tribute to staff and the wonderful work that goes on in our hospitals."

## New COPD self-help programme

OUR TRUST is offering support and training for people living with Chronic Obstructive Pulmonary Disease (COPD).

The Co-creating Health Patient Self-Management Programme (PSM) helps COPD patients take control of their condition.

Patients learn how to make changes to their lifestyle, how to get the most out of hospital and GP visits and set themselves realistic goals.

Each patient benefits from a healthcare professional and a patient/tutor to help them through their course, which is split into three-hour sessions over seven weeks.

The programme started at the end of March and will be held at health centres across Calderdale.

To find out more about the programme call the Co-creating Health project office on 01484 347036 or email [laura.jackson@cht.nhs.uk](mailto:laura.jackson@cht.nhs.uk).

## Equality Act 2010

The Trust is committed to improving care for all patients, including those who consider themselves to have a characteristic protected by the Equality Act 2010. In compliance with the specific duties of the Act, evidence of work to date was published on the Trust website [www.cht.nhs.uk](http://www.cht.nhs.uk) on January 30 2012.

This information can be accessed through the 'Equality and Human Rights' button on the home page.

On April 6 the Trust published its equality objectives for 2012/13. These include a commitment to improvements in access, information, communication and staff attitude, behaviour and training related to each of the protected characteristics.

● If you would like more information, or would like to contribute to our equalities work, please e-mail us via [equalityanddiversity@cht.nhs.uk](mailto:equalityanddiversity@cht.nhs.uk).

## Events preview

### 'A day in the life of ... our infection control team'

OUR LEAD Infection Prevention and Control Nurse, Jean Robinson, is often asked: "What do you do besides getting people to wash their hands?"

This simple question inspired the topic 'A day in the life of ... our infection control team'.

Jean and her team will talk about a typical day for staff working in the infection prevention and control team, the measures undertaken at our hospitals to prevent and control infections and how the work of the team is pivotal to the wider health community.

The talks will be held on Tuesday, June 12 in the Lecture Theatre, HRI and Monday, June 18 in the Lecture Theatre at CRH.

The talks start at 6pm, finishing at approximately 7pm. Registration and refreshments will be at 5.30pm.

● Please pre-book your place by email [membership@cht.nhs.uk](mailto:membership@cht.nhs.uk), or call 01484 347342.



## Medicine for Members – inspired by you



ABOVE: from left: Christine Newton, Chris Burton, Tony Gorton, Annabel Herriott and Andrew Carr

OUR EXCLUSIVE Members' events are an opportunity for you to learn more about our services and health issues of interest to you direct from our doctors and nurses, and there is an opportunity for you to ask questions afterwards!

In November our Epilepsy Specialist Nurses Chris Burton, Jenny Kelly

and Andrew Carr talked about the many different types of epilepsy, symptoms, safety and first aid. Tony Gorton, Development Officer for the Huddersfield

branch of the Epilepsy Action Group and Foundation Trust member outlined the services and achievements of the group, above.

In January, Nurse Consultant Barbara Schofield spoke about 'a day in the life of a Nurse

Consultant' and the work she is leading to promote safe, effective and dignified care for older people.

**Members' comments:**  
"I have gained a lot of information – thank you."

"A very informative evening. The quality of the speaker and information given exceeded my expectations. I will be attending future events."

PICTURED LEFT: Barbara Schofield (right) with students Amanda Warburton, Michael Owen and Heather Rhodes



## Welcome to our new deputy chair

JANETTE ROBERTS has been appointed as Deputy Chair of the Membership Council. She succeeds Peter Naylor, whose term of office as Deputy Chair came to an end in September.

A former nurse and headteacher, Janette brings a wealth of experience to the role.

Born in Carmarthen in Wales, she has three sons who are all teachers, a daughter who is a social worker

and eight grandchildren.

Janette has been a Membership Councillor since December 2007. She was re-elected for a further three year term in October 2010.

She is Chair of the Medicine Divisional Reference Group, a member of the Surgery and Anaesthetics Divisional Reference Group and a member of the Remuneration and Terms of Service

Committee. As deputy chair, Janette plays an important role welcoming newly elected Membership Councillors and is a conduit for communications with and amongst Membership Councillors.

On her appointment, Janette said: "I am looking forward to making sure that all the Council members feel genuinely involved in communicating hospital developments to members of the public."



**New Deputy Chair:**  
**Janette Roberts**



Public – elected



**Christine Breare** is a retired general dental practitioner. Married with two sons and four grand-children, she lives in Upper Hopton near Mirfield. She is a church warden and secretary of the Upper Hopton Community Association.



**Kimberly Cooper** was a data and training manager at Network Rail for 10 years. She lives in Hebden Bridge and is a volunteer at the Calderdale Royal Hospital.



**Lisa Herron** is an Environment Officer with Kirklees Council. She has two daughters and lives in Rastrick. Lisa is a Governor at Woodhouse Primary School.



**Jeannine Hind** has a background in the health and fitness industry and is the owner of a healthy food company. She was a volunteer for the RSPCA and ran a non-registered charity for mistreated animals for 10 years. Jeannine lives in Calderdale.



**Peter John Middleton** is a former managing director of a plastic manufacturing company. Married with four children, he lives in Kirkburton. Peter is a supporter of Movember, a campaign to promote awareness about men's health issues.



**Peter Naylor** is married with two sons and lives in Calderdale. He is retired from the financial services industry.



**Vera Parojcic** was chair of Aye Eye, an appeal to raise funds for ophthalmology equipment in Calderdale and Kirklees. She is married with a grown up family and lives in Calderdale.



**Bernard Pierce** of Mytholmroyd, has a background in social work and then in medical education at both undergraduate and post-graduate level. He was a lecturer at the Leeds School of Medicine and at the Yorkshire Deanery.



**Jan Roberts** was a headteacher at Gomersal First School and at schools in Skelmanthorpe and Dewsbury. Now retired, she works on a supply basis. She is a committee member for the Meltham Hospice, a member of the local Royal Society for the Protection of Birds and is a governor at Helme School, Meltham, as well as sitting on the Kirklees Governors' Panel.



**Janette Roberts** of Meltham, was a headteacher of a community primary school in Rochdale and two multicultural schools in Wakefield. Now retired, she is a member of the Patient Liaison Committee of the Royal College of Anaesthetists, clinical audit and various cancer groups.



**Harjinder Singh Sandhu** is married with two children and lives in Kirklees. He is self-employed in a private hire business.



**Liz Schofield** was a business advisor with HM Revenue and Customs. Now retired, she is the support officer for the Halifax and Calder Valley MS Society. Liz lives in Calderdale.



**Sarah Slade** is an optometrist in Kirklees, and optometry advisor to NHS Ashton, Leigh and Wigan. Married with two children, she lives in Calderdale.



**Linda Wild** is married with one daughter and lives in Huddersfield. She graduated at the University of Huddersfield. Strongly committed to community involvement and engagement, she is a former Kirklees Councillor.



**Wendy Wood** was a tutor in adult education, and a primary school teacher. She was a magistrate in Huddersfield then Dewsbury for many years and is a member of the Huddersfield and District Family History Society and the Youth Hostel Association. She lives in Kirklees.

Staff – elected



**Chris Bentley** is matron of the estates and facilities division. Her previous post was lead of critical care outreach and ICU. She lives in Kirklees and has one daughter.



**Joanna Birch** is married and lives in Calderdale. A physiotherapist by profession, she is the clinical director of the clinical therapy and rehabilitation directorate. She is currently the chair of Colne Valley Ladies Hockey Club, and umpire of North League Hockey.



**Sue Burton** is project director of property partnerships at the Trust. An accountant by profession, she previously worked at NHS Leeds. Sue lives in Calderdale and has one daughter.



**Julie Couldwell** is a clinical nurse manager in paediatrics at the Trust. She lives in Kirklees.



**Liz Farnell** is a nursing auxiliary on ward 6 at Huddersfield Royal Infirmary. Prior to this appointment, she worked at the Calderdale Royal Hospital. She lives in Calderdale.



**Mary Kiely** is a consultant in palliative medicine at the Trust and Kirkwood Hospice. She is the lead clinician for palliative care at the Trust. Mary lives in Kirklees.

Get in touch

If you would like to get in touch with a Membership Councillor, or would like to find out more about services provided by the Trust, please email [membership@cht.nhs.uk](mailto:membership@cht.nhs.uk) or contact the membership office on: 01484 347342.

Or you can write to:  
The Membership Office, Calderdale and Huddersfield NHS Foundation Trust, Freepost HF2076, The Royal Infirmary, Lindley, Huddersfield, HD3 3LE

Stakeholders – nominated



**Sue Bernhauser** is dean of human and health sciences at the University of Huddersfield. The University educates nurses and other health professionals who are employed within the Trust. She is married with two children and lives in Kirklees.



**Sue Cannon** is executive director of quality and engagement of NHS Calderdale. Prior to this appointment, she worked for NHS Leeds.



**Jan Giles** is assistant director of commissioning for NHS Kirklees. She is married with three children and lives in Kirklees. Jan is a school governor at Holmfirth Junior, Infants and Nursery School.



**Sally McIvor** is head of adult social care operations at Kirklees Council. She is married with two children.



**Bob Metcalfe** is a Calderdale councillor for the Halifax Town ward and cabinet member for Adults, Health and Social Care. He is the former chair of Calderdale Council's Health and Social Care Scrutiny Panel. A retired purchasing manager, he is the chair of Trans Pennine Housing board (formerly Pennine Housing 2000). He lives in Halifax.



**Dawn Stephenson** is director of corporate development for South West Yorkshire Partnership NHS Foundation Trust. She is a voluntary trustee of Kirklees Active Leisure and the Dr Jackson Cancer Fund. She is married with one son and lives in Huddersfield.

Membership Councillor links to divisions

Children, Women and Families

- Chris Breare (Chair), Kim Cooper, Wendy Wood, Jan Roberts, Joanna Birch

Surgery and Anaesthetics

- Vera Parojcic (Chair), Bernard Pierce, Sarah Slade, Peter Middleton, Linda Wild, Janette Roberts, Chris Bentley

Diagnostic and Therapeutics (DATS)

- Bernard Pierce (Chair), Lisa Herron, Liz Schofield, Peter Naylor, Linda Wild, Julie Couldwell

Medicine

- Janette Roberts (Chair), Liz Schofield, Jan Roberts, Jeannine Hind, Sue Burton

Estates and Facilities

- Peter Naylor (Chair), Chris Breare, Harjinder Sandhu, Wendy Wood, Vera Parojcic, Liz Farnell

Corporate

- Lisa Herron, Liz Schofield, Peter Middleton, Mary Kiely (Chair to be elected May 2012).

Meet the Council Member

**Lisa Herron**, 34, lives in Rastrick with her partner and two young daughters aged one and four. She works as an environment officer for Kirklees Council. She became a Membership Councillor because she wanted to give something back for the "fantastic" care she received during her two high-risk pregnancies.

Why did you want to become a member of this Foundation Trust (FT)?

I had both of my children in CRH, and had fantastic care from my Consultant Shona Hamilton. This is just my way of trying to give something back.

What are our strengths as an FT?

Never standing still, always striving to improve, and taking direction from clinicians and patients.

What is the most important aspect of your work as a Membership Councillor?

Seeing things through the eyes of a patient. It's often the little things that can make a difference to a patient's experience in a hospital and we are committed to constantly improving the patient experience.

What is your idea of perfect happiness?

Getting to see my extended family in Northern Ireland, we really don't do that as much as we should.

How do you relax?

With a glass of wine in front of the telly after the kids have gone to bed. Or if I find the time, I like to go for a swim or a walk with the dog.



Where is your favourite place?

Anywhere with a view of Slieve Binnian in the Mourne Mountains. As a child I spent every summer there, and it really is very beautiful. Though at the moment, I can frequently be seen chasing the little ones around Manor Heath.

Who would you like to have dinner with and why?

Honestly? I'd give anything for a romantic meal with my other half, without the kids in tow. Something expensive, wine flowing, and no clearing up afterwards. It would be bliss!

What would be the title of your autobiography?

My life – baby poop, running shoes and clock chasing.

What is your most treasured possession?

Pictures of my dad. He died before my children were born, so it will be important, when they are a little older, for them to know who he was.

What is your favourite film scene?

The scene at the end of 'An Officer and a Gentleman' when Mayo goes into the factory, gives his girlfriend his hat, and carries her off into the sunset.