

ALDER HEY MATTERS.

ISSUE #31

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

ALDER HEY'S 'HEALTHY WEIGHT' PROGRAMME

ONE IN THREE CHILDREN LEAVE PRIMARY SCHOOL OVERWEIGHT OR OBESE. RESEARCH SUGGESTS THAT IF UNTREATED, 85% OF THESE CHILDREN WILL CONTINUE TO SUFFER FROM OBESITY INTO ADULTHOOD.

Obesity causes a range of associated health issues such as heart disease, diabetes and potential mental health issues and costs the NHS billions of pounds every year.

However, evidence suggests that weight management services can greatly support children, young people and their families to adopt healthier lifestyle habits. Developed by Alder Hey in partnership with Public Health Liverpool, the 'Healthy Weights' Programme will help support families in Liverpool who are at risk of experiencing excess weight during pregnancy, infancy and childhood.

The Healthy Weight Programme focuses on the local voluntary, community and faith sectors, including BME communities and low-income households throughout Liverpool, who are more at risk. The Programme includes a range of different support lines, such as guidance including dietary advice, guidance on physical activity, access to health activities including sensory friendly activities and support to start and maintain healthier habits.

Feeding Liverpool is Liverpool's Food Alliance and is one of the seven projects that Healthy Weight has been able to develop. Through this, Queen of Green's (a mobile greengrocer service) has added new stops, focusing on 'food deserts' and allowing fresh fruit and vegetables to be more accessible. Opening times have been extended for



working families, as well as improved communication about how to access this service.

The New Belve, a youth and community sports centre, also secured funding from the programme. Due to the funding, they were able to put on classes for all ages, free of charge. This included family fit, boxing, football and cooking classes. This meant that families who, due to the rising cost of living, were not able to join a gym or keep fit, had access to facilities to help them keep fit and live a healthier lifestyle.

Healthy Weights has been a great success and within the first six months, across all seven organisations, they've had almost 5000 contacts with children and families!

“ This is an exciting project bringing together a fruitful partnership between Liverpool City Council and Alder Hey to promote the health and wellbeing of children and young people in the region. With rapidly rising levels of weight related complications, this is a very welcome move to promote healthy living and to prevent future weight related complications. ”

- Dr Senthil Senniappan,
Clinical Director for Endocrinology
at Alder Hey

LATEST NEWS

11TH SEPTEMBER

SURGICAL DAY CASE AWARDED GOLD AWARD ACCREDITATION FOR FOURTH TIME

We are extremely proud to announce this impressive award (again!). This award was granted to the team after being assessed on their patient safety, patient experience and medication safety, to name a few. One thankful parent explained that

“everyone from consultants, doctors, nurses and day staff were pleasant and well mannered, explaining everything in full detail”.



14TH SEPTEMBER

MULTI-MILLION-POUND REFURB FOR RONALD MCDONALD HOUSE AT ALDER HEY

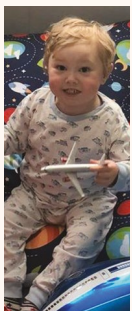
Ronald McDonald offers free accommodation for families with children being treated at Alder Hey, to maintain normal family life as much as possible. The House announced a major refurbishment programme which will include family kitchens being added,

as well as larger and interconnecting rooms for extended and blended families. Their family facilities will also improve with services such as hairdressing, yoga and family support. This refurbishment aims to be completed in late 2025.



18TH–24TH SEPTEMBER

ORGAN DONATION WEEK 2023



There are estimated to be around 7,000 people on the UK Transplant Waiting List. Someone on that list dies every day due to the lack of donations. Every organ donated can become a life-changing event for those people who are on an organ waiting list. During

Organ Donation Week, our young patient Aedan helped raise awareness about the

importance of organ donation and how it can save lives. Aedan has been a patient at Alder Hey for most of his life and has had to visit Alder Hey multiple times a week for dialysis. With both of his parents not being a successful kidney match, Aedan was left with the two options, a transplant or lifelong dialysis. Thankfully, Aedan’s parents recently received the long awaited news that a match had been found. The transplant went smoothly allowing Aedan to go home, just in time for his third birthday! To find out more visit organdonation.nhs.uk

20TH SEPTEMBER

ACCESS TO HEALTH CARE FOR UNDER REPRESENTED COMMUNITIES



We are honoured to have been awarded a grant from the National Institute for Health and Care Research (NIHR).

Research suggests that disabled, neurodivergent children and young people from underserved communities, particularly in the North West, have less access to healthcare and experience poorer health outcomes. Alder Hey are using this grant to research and ultimately build solutions to overcome this.

GOVERNOR PROFILE: ANA SAMUEL

THIS IS ANA, OUR NEWLY ELECTED LEAD GOVERNOR! ANA WAS RECENTLY RE-APPOINTED FOR A SECOND TERM OF OFFICE REPRESENTING PARENTS AND CARERS.

“Originally from Bristol, I moved to Liverpool in 2005, and my family is currently based in Wavertree. I have been a Parent Governor at Alder Hey for three years already and am about to commence a



further three year appointment. Outside of Alder Hey, I am a Clinical Negligence and Inquest Barrister and Assistant Coroner for Birmingham and Solihull. I am also a CEDR qualified mediator and sit on the Coroner’s Society Law review committee.

“I have two young girls, who have both used Alder Hey’s services. I applied for Lead Governor specifically to show my gratitude to Alder Hey. This role provides me with new opportunities to give back to Alder Hey in return for all the help they have given to both my girls and other families in Liverpool and the North West. As they say, actions speak louder than words.

“Whilst continuing to ensure that patient, parent and staff voices are heard, I am particularly looking forward to working closely with Dame Jo (Alder Hey Chair), other governors and stakeholders to help drive forward the exciting plans for Alder Hey. The development of the new NICU Centre is another great example of Alder Hey’s constant innovations which ensure that children and young people continue to be offered and receive the best possible treatment and care. Alder Hey is already a centre of excellence for the North West. The campus development, which cements Alder Hey’s position as a world leader, brings further opportunities for world class clinical research. I look forward to being part of this development.”

UPDATE FROM ALDER HEY CHILDREN'S CHARITY

THANK YOU TO EVERYONE WHO HAS PICKED UP OUR NEW MATALAN PYJAMAS! SEPTEMBER SAW THE TENTH EDITION OF OUR EAGERLY ANTICIPATED #TOGETHERFORALDERHEY CAMPAIGN IN PARTNERSHIP WITH MATALAN!

This year's campaign saw a design which represented all the last ten years of our partnership, with many of our ambassadors from previous campaigns also returning, all to make one big celebration of everything 'Matalan X Alder Hey.'

September also saw the return of our partnership with B&M and P&G, which will once again raise vital funds to support the development of our Surgical NICU and help keep families closer during the most crucial time of their care.



The campaign will raise a minimum of £55,000 which will go directly to helping us to make Alder Hey a truly world-class, patient-friendly hospital.

And finally, even though it might not feel like it, Christmas is just around the corner! So, to celebrate the festive season, why not come and join us at our Jolly Oli Christmas Concert, taking place on Tuesday 12th December at Liverpool's iconic St George's Hall. This will be a family friendly Christmas carol concert bringing together choirs from across the community. Come on down to help spread some festive cheer and raise money for Alder Hey! For more details visit www.alderheycharity.org

Alder Hey CHILDREN'S CHARITY PRESENTS

The Jolly Oli Christmas Concert

The Concert Room, St George's Hall
 Tuesday 12th December 2023
 7:00pm - 9:30pm (Doors Open at 6:00pm)

Tickets | Adults - £10 | Children - £7.50 | Family (2 Adults & 2 Children) - £30.00

To find out more, or to purchase tickets, visit www.alderheycharity.org/events, email community@alderheycharity.org or scan the QR code.

Registered Charity No. 1160661

Scan here for details

KIDS CORNER

SPOOKY SPOT THE DIFFERENCE!

Can you spot the 10 differences between the two pictures of the children trick or treating?



PUMPKIN PROBLEMS!

How many Oli the Elephants can you find?



OLI'S JOKES!

What do ghosts wear when they can't see?
Spooktacles

How do ghosts wash their hair? **With shamp-boo**

What's a witch's favourite dessert? **I scream**

How do you fix a broken pumpkin? **With a pumpkin patch**

Pumpkin Problems: 10



ANSWERS: