

A GOVERNOR'S ROLE in driving forward the public health agenda



Liverpool Heart and Chest Hospital NHS Foundation Trust is a twice-rated CQC 'outstanding' specialist hospital with the objective to improve population health and address inequalities.

In line with these goals the council of governors' membership and

communications sub-committee coordinated a calendar of community events to:

- **improve population health by sharing important health messages**
- **provide opportunities for governors to fulfil their statutory duty to represent the interests of members and the public**
- **promote, attract and retain membership.**

Virtual events have enabled health talks to become more accessible for trust members, patients and the public.

In tandem with these virtual events, governors from the group have been proactive in seeking opportunities for key talks in the community. For example, the sub-committee supported Marine Football Club with facilitation of life-saving CPR and hands-on defibrillator sessions. They also supported the hospital with cardiovascular disease (CVD) prevention and addressing the heart health inequalities of women. A health talk, initiated by the deputy chair of the sub-committee to the Women's Institute, allowed all attendees to receive critical CVD prevention messages and quick health checks.

The energy and enthusiasm of our governors have made it possible to make a real difference to population health.