



Health Matters

Keeping you informed about the news and views of Blackpool Teaching Hospitals

Double delight



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Twins bring Christmas joy
We have stories about two sets of twins and two babies in this week's issue — Pages 3, 7 and 12 and 14

Staff donate for patients
Members of staff donated food and blankets to help patients in need at Christmas — Page 5

Issue 104, Tuesday, December 22, 2015

Welcome from the Chief Executive

**HELLO and
welcome to our
Health Matters
newsletter.**



It's a particularly festive edition this week with Christmas only a couple of days away. It is heart-warming to read so many stories of care, compassion and courage at this time of year.

Children are the main focus for many people at Christmas and our stories reflect this. We have the story of young mum Loie McNeill whose twins are bringing her joy, despite the tragic loss of her mum.

Another touching story is that of Mayva Duncan who was born prematurely last Christmas Day at Blackpool Victoria Hospital. Mayva is doing well and the family are looking forward to their first Christmas together. Young mum Amanda Kelly-Bodell is also looking forward to Christmas with her twins who were cared for on our Neonatal Unit and so are Joanna and Simon Hacking whose baby Ava is doing well after treatment.

Our staff have been ensuring a happy Christmas for patients by organising various festive events and activities.

Happy Christmas everyone!

Gary Doherty, Chief Executive

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Any comments ideas or suggestions? Please contact: Ingrid Kent, Communications Department, on 01253 395 6875 or communications@bfwh.nhs.uk

Twins bring double joy for young mum

A YOUNG mum of premature twins says her baby girls have given her something positive to focus on after losing her own mum in a tragic accident.

Loie McNeill's mum Margaret Sheridan sadly died when a large sign at Waterstones bookstore in Blackpool fell on her.

Margaret, 68, from Singleton, who worked in the bookshop on Bank Hey Street, passed away at the scene on January 12, 2015.

Loie said she and her husband Mark had named one of their daughters Martha in memory of Margaret.

Little Martha and her twin sister Hope were born at just 31 weeks into Loie's pregnancy on November 3 at Blackpool Victoria Hospital – the due date was originally December 18.

Loie said: "The name Martha reminded me of my mum's name.

"Losing my mum, you lose that support. They are my first babies. You would normally ask your mum so many questions. The nurses have taken part of that role and have supported me through everything. They have helped me in so many ways with Hope and Martha. They have been amazing.



Mark and Loie with Martha and Hope

"We've been lucky to be at this hospital. It has been wonderful."



Twins Martha (left) and Hope

Loie, 30, who works as an accountant for the NHS in Lancaster and Mark, 42, who works in construction and as a photographer in Blackpool, got a huge surprise when their twins arrived nine weeks earlier than predicted.

Loie said: "I had just come in for a scan. They took my blood pressure which was higher than expected and they kept me in overnight. Our twins were delivered naturally the next day."

Martha weighed 3lbs and 5oz when she was born and Hope weighed 3lbs and 14oz.

Mark said: "The wonderfully calm midwives made the whole potentially scary experience far less nerve-racking. Loie had a natural birth and when the babies arrived the midwives and paediatricians worked like clockwork and with such skill - they made our baby daughters and my wife very safe.

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“Over the four weeks following the birth our girls, they spent time on the Special Care Baby Unit and we visited them every day and were eventually given the chance to stay over in the hospital as they became stronger.

“I have the utmost respect for all of the staff on the unit, including the breast feeding team and the students who helped out.

“They acted like parents to our princesses, helping them develop and grow, putting our minds at ease and teaching us how to care for our premature babies.

“From the delivery right through to their discharge I could not ask for a better team to look after us all - and what an incredible experience it has been.”

The couple from Warton were delighted to take

Hope and Martha home on Friday, December 4. Loie’s dad Ian and her sister Liane and husband Dominic, who live in Brighton, will spend Christmas in Warton with Loie, Mark and the twins.

Loie said: “Hope and Martha are my dad’s first grandchildren. He is over the moon.

“They have a step-sister called Maisy who is six-years-old. She is very happy and excited. Our twins are so beautiful and very cheeky. I feel excited and very blessed to have them. I’m delighted that they will be home for Christmas.”

Mark added: “The girls are now five weeks old and it is mummy and daddy’s job to look after them but we know the team at Blackpool Victoria Hospital are only a phone call away at any time of the day and that is so reassuring for us. Thank you from the bottom of my heart.”

Staff help lonely and low income patients

MEMBERS of staff at Blackpool Victoria Hospital have been praised for supporting lonely and impoverished patients this Christmas.

Staff and visitors donated food and blankets at a stall run by the Patient Experience Team and Blackpool Salvation Army at the hospital on Tuesday, December 15. Donations will continue to be made through the Patient Experience Team in the run-up to Christmas.

Hampers will be made up by the Salvation Army and given to patients in need of support. Any items left over after the festive period will go to the Salvation Army in Blackpool.

Helen Kay from the Patient Experience Team said: "We are delighted that so many staff kindly donated food and blankets - the response exceeded our expectations!"

"Patients who are discharged between Christmas and New Year, live alone and have no family nearby will be given a hamper which will provide them with meals for three days. We are very grateful to the team at Blackpool Salvation Army for making up the hampers for us."

Beverley Taylor, from the Salvation Army's Bridge Project at The Citadel in Blackpool, said: "I didn't expect the staff and visitors at the hospital to be quite so generous with their donations.

"It has been really overwhelming."

Beverley said Christmas can be a particularly difficult time for people who live alone or are homeless.

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Bev Taylor from the Salvation Army with Trust staff Cheryl Blofeld, Rebecca Black and Megan Fraser with donations of food

She said: "People we see regularly are like our family and when they are in hospital we visit them and provide them with essential items.

"We are seen as the 'next of kin' for some people. We're often the first people to ring the hospital when one of our clients is ill.

"It's very sad when people are all alone, especially at Christmas or when they are in hospital.

"We have a fantastic relationship with Blackpool Victoria Hospital. Many of the nurses and sisters will ring us up and say they have such and such on the ward.

"We always want to know if our clients are in hospital so we can support them. We can also give practical support such as helping them with their benefits and making sure they have food when they go home.

"It's much harder for people at this time of year. People can feel very lonely and they can struggle

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to pay their fuel bills.”

Beverley said the team of four staff and nearly 40 volunteers at The Citadel try to provide the best Christmas possible for people who use their services.

Beverley explained: “We offer a place for anyone who is lonely, homeless or on a low income to come for Christmas Day.

“We do a full Christmas dinner for about 60 people on average. Everyone gets a present such as socks or gloves.

“It’s really about the company for most people – having someone to share that special day with.

“I was doing a collection at Tesco when an elderly man came up to me and said ‘I’m on my own and I’m really lonely’.

“It was so sad but I was also happy that he came up to me and asked if he could come to us on Christmas Day.

“He’s going to come along – this sort of thing makes everything we do worthwhile.”

Beverley said the atmosphere at The Citadel is fantastic on Christmas Day: “It’s absolutely wonderful.

“It’s emotional and very moving. We have so many volunteers which is lovely. We are so blessed.

“People who come along on the day love it. Many people say they wouldn’t know what they would do without us. They say they’d be alone in their flat or on the streets.”

The Salvation Army is always delighted to receive donations of food, blankets and money to



help underprivileged people as it costs £80,000 per year to run its services.

The charity supports people over the age of 26 and younger people are supported by the Streetlife project in Blackpool.

An average of 50 people per day use the Salvation Army’s services in Blackpool and more than 2,000 people are on the charity’s books in the resort.

Beverley added: “Food is the biggest need for us. We rely on donations. Everything is used to capacity with us.

“We don’t know from one year to the next if we will be able to carry on but we always find a way.

“We change people’s lives and we save people’s lives.”

Donations to the Patient Experience Team’s Christmas appeal for food and blankets to fill hampers for patients can be made to the team at Blackpool Victoria Hospital over the next few days.

People can also donate food to the Salvation Army at The Citadel off Church Street in the centre of Blackpool.

If anyone wishes to donate other items please call the Blackpool Salvation Army’s main reception first on 01253 626114.



Lovely Mayva is our Christmas miracle

LITTLE Mayva Duncan is set to spend her first festive season with her family after being born early and spending last Christmas in an incubator at Blackpool Victoria Hospital.

Mayva's mum Kathryn Nunn and dad Allan Duncan received a surprise early Christmas present when Mayva was born at 8.20pm on December 25 weighing just 2lbs and 3oz.

The Blackpool couple had a traumatic few weeks until Mayva was eventually able to go home on Valentine's Day.

Kathryn, who works with people with learning difficulties in Blackpool, said: "Mayva was born on Christmas Day but I wasn't able to see her until late on Boxing Day.

"It will be lovely to have a normal Christmas this year. We are going to stay with my mum in Worksop near Sheffield this year. We're just going to have a quiet one."

Allan, who works as a newspaper delivery driver for The Gazette, said: "All we were able to do last year was sit next to Mayva's incubator.

"Our Christmas dinner last year was cheese sandwiches that my mum made – they were quite good really!"

Kathryn felt unwell on Christmas Eve of 2014



Mayva Duncan with her mum Kathryn at Blackpool Victoria Hospital

and went to the hospital for a check-up.

She said: "Up until then I had had a completely normal pregnancy.

"The consultant who was on that day gave me a routine scan which showed that my placenta had detached and Mayva had stopped growing at 26 weeks but I was 31 weeks into the pregnancy."



Neonatal Sisters Katie Lander and Stacey Richardson with Mayva at Blackpool Victoria Hospital

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Kathryn was taken straight to the operating theatre and Mayva was born just over two hours later.

Kathryn said: "At the time I was devastated. I was crying my eyes out.



Mayva

"Mayva was born with a dislocated leg. Fortunately it went back into the right position eventually.

"I had to spend four days on the Maternity Ward. It was hard seeing the other mums going home with their babies.

"The staff in the hospital were fabulous. All the nurses were brilliant. They were really supportive. I couldn't fault them. We can't thank everyone enough."

Kathryn, Allan and Mayva visited the Neonatal Unit on December 10 to deliver a Christmas card and chocolates to members of staff as a thank-you for their care.

Mayva is the couple's first child and both parents adore her: "She is lovely," added Kathryn. "She is a very happy baby. We are very fortunate to have her."



Mayva having fun in the Neonatal Unit with dad Mark a few days before Christmas

Christmas Market is a big hit with visitors

BLACKPOOL Medical Society raised more than £800 by staging a popular Christmas market at Blackpool Victoria Hospital.

The society raised a final figure of is £801.31 through the event in the hospital's Education Centre on December 10 with the profits being split three ways between the medical society (BMS), Trinity Hospice and Blue Skies.

The markets were well attended with a host of stalls offering special presents and goodies for Christmas. Below is a selection of photos from the event.



Fifth Year medical student Radha Measceria dressed as an elf in Santa's grotto



The Trust choir performing festive songs at the event



Fourth Year medical student Anna Soppitt as 'Elsa' from Frozen with Ava Stannard and Bella Shorrock



The lucky dip



Market stall-holders



Santa's grotto

Charity runners brave Storm Desmond

DESPITE its best efforts, the rain was not enough to dampen the spirits of a group of determined fun runners who took on the trust's first 5km challenge in aid of Blue Skies Hospitals Fund.

While other runs nearby were cancelled due to strong winds, brought on by Storm Desmond which caused chaos across the region over the weekend, the BTH 5k went ahead as planned at Stanley Park on the morning of December 5.

Around 50 runners, many of whom work or are friends and family of staff at the Trust, met at Stanley Park Race Track and were led on a route through the park and along the main road to clock up their miles.

Winner of the run was James Godwin who works in the Cardiac Theatres Department, who finished in an impressive 20 minutes and one second just finishing ahead of Tim Bennett, Director of Finance.



Runners facing the rain

The first woman across the line was Daisy Seville who took just 22 minutes and 10 seconds. The run was the brainchild of Healthy Workforce Project Manager Hannah Corless, who worked with Thornton Cleveleys Running Club to put on the event.

Hannah said: "The idea of the run started as the goal for our Couch to 5k running club, but as we got closer I realised that we could extend the run to include all staff and help to raise money for

our Trust charity, Blue Skies Hospitals Fund.

She said: "I am pleased so many people turned up, despite the weather and put in their best efforts.

"The aim of this event was to get staff thinking more about their health and

taking up exercise and it's great that we have achieved that. We'll definitely be looking at doing this again. I'd just like to thank Julie and Malc Sherwood for supporting the Trust in its drive to create a healthier workforce and for helping with the organisation of the fun run. Also a huge thanks to everyone who volunteered on the day."

All profit from the race, which cost participants £5 to enter, has been donated to Blue Skies, which will put it towards enhancing patient care across the Trust.

Head of Fundraising and Voluntary Services, Caroline Scholz, said: "A massive well done to all those who took part, not only for completing the run but also for turning up in what were extremely challenging conditions.

"Seeing the looks on their faces as they crossed the finishing line shows how much they have achieved and the fact that the money they have raised goes back into enhancing patient care in their workplace makes their victory all the sweeter."



James Godwin, winner of the charity fun run

Patients' Panel seeks new members

RESIDENTS are being invited to join a Patients' Panel to help improve hospital and community care.

Anyone who has been a patient in the last two years is welcome to give their views along with other panel members.

The Patients' Panel is run by Blackpool Teaching Hospitals NHS Foundation Trust which provides services on the Fylde coast and North Lancashire.

Led by Helen Kay of the Trust's Patient Experience Team, the Patients' Panel's aim is to enable residents to influence positive changes to services provided by the Trust.

Helen said: "We want patients to take a full and active role in supporting the Trust to achieve great services for the public.

"We are looking for a broad range of patients to be on the panel. We want to hear patients' voices and to act upon what they say. Our staff are experts in care but so are our patients."

Panel members can be individual users of services, carers, relatives, friends of a patient or from a local voluntary organisation.

Meetings are held every two months and panel members' responsibilities include helping to determine priorities for local patient surveys and focus groups, taking part in consultations and appraising information for patients that is produced by the Trust.

Panel members can also help to organise or attend events to raise issues, advise the Trust on issues of concern regarding service provision and



Helen Kay with Patients' Panel member Judith Butterworth

participate in the education and recruitment of staff.

Helen said: "Our panel members are very vocal people and they are passionate about improving patient care. Some are former employees of the Trust who want to give something back. We'd like to hear from people of all ages (18 and over) and all backgrounds. We would especially welcome young people to the group so we can have a wide variety of views. We will try to organise meetings so that people who are working can come along. We can pay reasonable travel expenses."

The Patient Experience Team is also looking for people to become 'Listeners' for the Trust. 'The Listeners' go out onto wards and into clinics to gather confidential feedback from patients. They have a list of set questions and gather feedback that is used to improve services.

For further information on joining the Patients' Panel or on becoming one of 'The Listeners' please contact Helen Kay on 01253 955520 or email: Helenm.kay@bfnh.nhs.uk

Twins parents thank staff for their care

A MUM and dad of premature twins say their boys are the best Christmas present they could possibly have.

Amanda and Dave Kelly-Bodell from Carleton have thanked staff in Blackpool Victoria Hospital's Neonatal Unit for enabling their boys to survive and thrive.

Cheeky twins, Ben and Blake, are now set for an unforgettable Christmas with family and friends.

Amanda and Dave expected the twins to be delivered on May 13 but they gave their mum and dad quite a surprise when they arrived on March 9.

Ben weighed just 2lbs and 9oz when he was born and Blake weighed 2lbs and 13oz.

Amanda's waters broke on February 7 and hospital staff managed to help her keep the twins inside for another four weeks.

The twins were eventually born at 30 weeks and five days into the pregnancy – nine weeks and two days early.

Amanda needed to have an emergency caesarean section as Ben was in the breech position. The twins were eventually born at 2.30am.

Amanda, who works at Paul Mark Hairdressers in Thornton, said: "I was in shock. The boys were so tiny.

"The doctors didn't want them to suffer any



Amanda and Dave Kelly-Bodell with their twins Ben (left) and Blake at home in Carleton

extra stress so I had a C-Section. Their lungs had developed but they needed medical assistance. They were on machines to help them breathe. We were watching all the time to see if they were breathing.

"The doctors and nurses were amazing.

"We were able to have a quick look at the

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twins. We heard them both cry so we knew they were both ok.

“Then they were whisked off to the Neonatal Unit and we didn’t see them again until mid-morning.

“The staff on the Neonatal Unit were absolutely brilliant with us. They kept us so well informed. They gave me a shoulder to cry on - in the first couple of weeks I cried every day.

“They were fabulous. The nurses were so lovely. We can’t thank them enough.”

Dave, a sales manager for an electronics firm called Spiman Developments in Carleton, said: “It’s so nice to have them home and well – especially because it’s Christmas.



Amanda and Dave with Ben and Blake

Amanda’s mum and dad, Anne and John Kelly, and Dave’s mum and dad, Jillian and Stephen Bodell, are also delighted with the twins.



The twins when they were first born

Blake and Ben aren’t identical twins and they have different personalities. Amanda said Ben is laid back and Blake can be very lively.

She added: “It must be so hard for people whose babies are born prematurely at this time of year.

“I keep thinking about them and I realise how lucky we are. We’re overjoyed to have Blake and Ben.”

“Every time we go out we get stopped. We went to a Christmas market and it took an hour extra to get round everything!

“The boys are really well now. They don’t have any health problems.”

The couple and the twins recently took part in the hospital’s ‘Prematurity Day’ fundraising activities and have been to see the staff who helped them.



The boys looking cute and cosy

Family Christmas for brave baby Ava

A BLACKPOOL couple are planning a family Christmas with their three-month-old baby who was born with a rare swallowing disorder.

Baby Ava was born in September but she suffered from a rare life-threatening swallowing disorder which prevented her from feeding properly.

Mum, Joanna explained: “We noticed something was wrong straight away. She was not feeding properly and sounded like she had a really chesty cough. At first we and the midwives thought it was mucus which would clear in time.

“We brought Ava home, but as the days went on she would be very hungry, but would start to choke when she was fed. Between feeds she could be ok. Feeding took such a long time, she was struggling and gagging.

“When she was about six days old she started to periodically stop breathing or hold her breath and was going a bluey grey colour around the lips when we tried to feed her.

“We were very frightened. I was terrified she would stop breathing altogether. We tried everything to get her to feed, but she would not stop crying. I was crying as well,” Joanna, from South Shore, added.

The couple called Urgent Care where medical staff were able to listen to Ava over the phone and they called an ambulance.



At Blackpool Victoria Hospital an NG (nasogastric intubation) feeding tube was inserted and Ava was put onto an intravenous drip.

Consultant paediatrician Dr Nigel Laycock was called to see her on the Children’s Assessment Ward. The feeding tube was helping and baby Ava was even putting on weight.

But Dr Laycock wanted to investigate further and he arranged for additional tests to be done. A special swallow x-ray was carried out which showed baby Ava had been born with a rare H-Type Trachea-Oesophageal Fistula which means the airway and swallowing tubes were connected.



Simon and Joanna playing with Ava

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“This condition is very rare,” explained Dr Laycock. “It is the sort of thing medical students have heard of, but, to make an analogy, it’s a bit like an E-Type Jag, you’ve read about it, but you’ll never actually see one! Ava struggled to take her feeds in the first few weeks of life and at times became quite breathless.”

Ava was transferred to Manchester Children’s Hospital for the operation to remove the connecting tube and is now back under the care of Blackpool.

“She was transferred to a specialist paediatric surgeon who spearheaded a very skilful five-hour operation to remove the tiny tube,” Dr Laycock explained.

“She recovered well on the paediatric intensive care unit. The operation was keyhole and she has only a small scar near her collar bone. This was a piece of truly amazing surgery and Ava is now making a full recovery,” he added.

The family have now paid tribute to the care and compassion shown by Dr Laycock and his

team. “We felt very confident that everything possible was being done knowing that Dr Laycock was Ava’s consultant,” said dad Simon. “He has an amazing manner and instils confidence.”

“The team on the Children’s Assessment Ward were brilliant, from the cleaner to the consultant,” added Joanna. “The housekeeper gave me a hug when I needed it, the HCA was a tremendous support and looked after me when she could see I was struggling, everyone at Blackpool was fantastic.”

The couple also thanked the radiology department at Blackpool who, they said, performed the swallow-test x-ray on Ava with tremendous care and compassion. Now Joanna and Simon are planning a family Christmas with baby Ava at the heart of it.

“It is wonderful to have Ava at home for Christmas, I did not know what normal life was with a baby, but now I am happily discovering. Ava is doing really well and progressing with her motor skills and is putting on more weight,” Joanna said. “We just want to say a massive thank you to everyone involved.”

Christmas jumper fans help raise charity funds



Staff at Blackpool Victoria Hospital sporting their jumpers

STAFF from across the Trust took part in Christmas Jumper Day to raise charity funds.

Most people raised money for the Trust's Blue Skies Hospitals Fund to help enhance patient care. The Pharmacy team raised money for the NHS Blood and Transplant Service to help support donations of blood and organs. A great day was had by all on Friday, December 18, and the final total is yet to be announced.



Members of the Blue Skies Hospitals Fund team in their Christmas jumpers



Members of the Trust's executive team getting into the spirit of the occasion



Team members from the bowel cancer screening service wearing festive outfits



Blood donation sessions in and around the Fylde coast in December

Here's where you can give blood in the coming weeks:

Venue	Date	Time
St Paul's Church, Honister Avenue, MARTON , FY3 9PF	Wednesday 23 rd December	10am – 12.30pm & 2pm – 4pm
The Great Hall at Mains 86A Mains Lane Little Singleton Poulton le Fylde FY6 7LE	Wednesday 30 th December	10am – 12.30pm & 2pm – 4pm
Sea Cadets Base Princess Way Fleetwood FY7 8PG	Thursday 31 st December	10am – 1pm

To make an appointment to donate please visit www.blood.co.uk or call **0300 123 23 23**. If you have any medical or clinical queries about blood donation please call or fill out the 'Medical Query Form' in the 'Contact Us' section of the blood service website above.

Supporting Minds offers brief psychological treatment for depression and anxiety disorders

Are you experiencing any of the following...

- Feeling low and tearful
- Feeling depressed
- Feeling panicky
- Excessive worrying
- Feeling anxious or stressed
- Sleep problems
- Unhelpful or distressing thoughts
- Fear of specific objects or situations

We can help you by providing a range of talking therapies including...

- Cognitive Behavioural Therapy (CBT)
- Counselling
- Guided self-help
- Eye Movement Desensitisation Therapy (EMDR)
- Stress control group

We can also provide information about local services that you may benefit from

Supporting Minds are not able to provide reports for compensation, legal or benefits claims, or prescribe medication. We do not offer 24-hour or weekend access, crisis or urgent treatment, treatment for alcohol or drug problems or treatment for severe and enduring mental illness.

Please discuss these needs with your GP.

Please Call: 01253 955700 to self-refer

Our Four Values:

People Centred

Positive

Compassion

Excellence