

# Health Matters

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

# We want you!



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## Welcome from the Chief Executive

HELLO and welcome to 2015's first edition of our Health Matters newsletter.



We've had an incredibly busy festive period and have launched into the new year with great enthusiasm.

One of our main stories is about a campaign to recruit former nurses back into the NHS. One nurse who has returned to the service tells us why it's the best move she's made for years.

Our Accident and Emergency department has faced many challenges over the festive season. We have a story about how we have coped and how the local population can help to ease the pressure on A&E.

It's great to see that our new Fylde Coast Birth Centre is preparing to open its doors to families. We want babies to have the very best start in life and for mums to receive the best possible care during and after pregnancy.

I'm also delighted to see that many fundraising activities have been taking place across the trust.

Gary Doherty  
Chief Executive

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Community Midwives, Julie Scholes and Catherine Anderton, at the Fylde Birth Centre which is set to open soon. Full story, page 5

Health Matters is also available online at [www.bfwh.nhs.uk](http://www.bfwh.nhs.uk)

You can sign up to receive our fortnightly news bulletin directly to your inbox by clicking on the following link: [www.bfwh.nhs.uk/healthmatters](http://www.bfwh.nhs.uk/healthmatters)

Any comments ideas or suggestions? Please contact:

The Communications Department on 01253 956 875 or [communications@bfwh.nhs.uk](mailto:communications@bfwh.nhs.uk)

# 'Return to Practice' is message of campaign

**FORMER nurses are being given the chance to return to the profession.**

Registered Nurses who have taken a break from practice and wish to re-register to return to a rewarding career in nursing are being encouraged to take part in a free course being run by Blackpool Teaching Hospitals NHS Foundation Trust and the University of Central Lancashire (UCLAN).

An open evening is being held at Blackpool Victoria Hospital later this month to highlight the benefits of the 'Return to Practice' nursing programme which starts on March 6, 2015. The course, which also includes a bursary, runs for six months and is open to all former qualified nurses.

Upon successful completion of the course there will be numerous job opportunities in a variety of specialities on either a full time or part time basis across the local health economy to provide that sought after return to a nursing career.

One nurse who recently returned to the profession after a 15 year gap is Karen Smith.

Karen, 44, works in the ITU Department at Blackpool Victoria Hospital and says her decision to return to the profession was "the best she had ever made."

She said: "I left nursing for a career in sales and although I enjoyed that I always missed nursing. I was a bit worried that after 15 years I would find it difficult but that was not the case at all. I actually think the life skills I gained from working in sales and having my own family mean that I am a better nurse now than I was before."



**Staff Nurse, Karen Smith**

To be eligible you must not currently possess NMC registration and not have worked 450 hours in a professional nursing role within the last three years.

Marie Thompson, Director of Nursing and Quality at the Trust, said: "People have left nursing for all sorts of reasons. It could be they have had families and have left to care for them.

"The Trust has a number of vacancies and I am sure there will be a role suited to their skills at the end of the course."

Anyone interested in signing up to the course is invited to attend an open evening in the Education Centre at Blackpool Victoria Hospital on Thursday, January 22, between 4.30pm and 6.30pm.

To book a place or for an informal chat, contact Norma Singleton either by email [norma.singleton@bfwh.nhs.uk](mailto:norma.singleton@bfwh.nhs.uk) or call 01253 953575. For information about the application process, contact Dale Starr / Guy McLennan at UCLAN by e-mail [healthcpd@uclan.ac.uk](mailto:healthcpd@uclan.ac.uk) or call 01772 893839.

# Brave teen's skydive in memory of dad



**Parachute jump: Freya Joensen (above), doing the jump and (inset), Freya with her dad Paul**

**A TEENAGER has raised a staggering £640 for the Lancashire Cardiac Centre in memory of her dad, who died last year.**

Freya Joensen, 17, from Fleetwood, had always spoken to her dad, Paul, about doing a skydive. The pair were talking about Freya finally taking the plunge when Paul tragically died in April last year.

Mr Joensen, 51, had suffered a heart condition for 14 years and had attended Wythenshawe Hospital to undergo a transplant operation. Unfortunately doctors said he was too poorly to have the procedure and he died at the hospital a short time later.

Freya, a photography, creative media and ancient history student at Blackpool Sixth Form College, decided she would do her skydive in her dad's memory and use it to raise money in thanks for the many years of care he received at Blackpool Victoria Hospital.

She said: "It wasn't long after dad died that I decided to do something in his memory. We'd

always talked about me doing a skydive and it's something I'd always wanted to do, so it made sense to do it for dad.

"The dive itself was fantastic. I wasn't nervous at all and already want to do another one. I think dad would have been proud of me for doing it."

Mr Joensen's parents, Barbara and Siv, proudly watched as Freya plummeted from a plane in August.

Freya raised a total of £642, which has been given to Blue Skies Hospitals Fund, the charity behind Blackpool Teaching Hospitals NHS Foundation Trust, for its Heart of Gold Charitable Fund – supporting the Lancashire Cardiac Centre.

Head of Fundraising for Blue Skies Hospitals Fund, Amanda Bennett, said: "What Freya has done – turning her grief for her dad into a positive charitable experience – is truly remarkable. She has raised an awful lot of money doing something very brave, and we are extremely thankful."

# New birth centre to offer mums more choice

**MUMS-TO-BE across Blackpool and the Fylde coast will have even more birthing options with the opening of a new birth centre at Blackpool Victoria Hospital.**

The Fylde Coast Birth Centre, which is due to open on Monday, January 12, is a welcome addition to the maternity services offered by Blackpool Teaching Hospitals NHS Foundation Trust and will give mums-to-be more support for normal labour births in a home-from-home environment.

The delivery unit will incorporate 10 consultant-led rooms and the Fylde Coast Birth Centre will enhance this with an additional four midwifery-led rooms and two new rooms constructed for women with complex needs.

All the birth centre rooms are en-suite and many have birthing pools. Family members are able to stay with mum in the room and there are no restrictions on visiting times.

Team leader for the centre, Julie Scholes, said: "We are all very excited to be opening this new unit. Last year we had 300 births in the Midwifery Unit and we expect that number to double with the opening of the new birth centre."

The £680,000 Midwifery-led Unit opened in August 2013 giving the Trust a huge opportunity to improve the options available to women allowing low-risk mums-to-be to have the benefits of a home birth within the safety of a hospital setting.

The Unit has been a massive success and in March last year a further £500,000 was allocated to the Trust by the Department of Health to build a new Complex Needs Suite to support women who have, or are at risk of developing, mental



**Community Midwife and Team Leader, Julie Scholes, at the Fylde Birth Centre**

health or substance misuse problems either in pregnancy or postnatally.

Pauline Tschobotko, head of the Trust's Families Division, said: "The new facilities will support women who are medically low risk, to give birth in state-of-the-art facilities providing a home-from-home experience without compromising on safety.

"This is an exciting opportunity for the Trust and will enhance the birth experience for women who use the service and is welcomed by staff working in the maternity unit. Approximately 12 per cent of women, about 350 a year, will have their pregnancy complicated by complex social/medical factors.

"The Trust currently has a complex needs team which specialises in mental or social/emotional health and women have told us they prefer, and benefit from, this individualised care. As a Trust we are able to provide a choice of place of birth and now wish to extend this to include pre-labour/ labour rooms to provide the women and their families with appropriate privacy and dignity, decreased smoking rates and an improvement in perinatal mental health."

# A&E figures in top five over Christmas

**BLACKPOOL Hospital's Emergency Department has achieved the fifth best figures in England for the festive period.**

Over Christmas 96.8 per cent of patients were seen within four hours of visiting the Emergency Department.

Staff made huge efforts to ensure that as many people as possible were seen within the national A&E target time of dealing with 95 per cent of patients within four hours.

Other figures reveal that one in three people who attended Blackpool Victoria Hospital's A&E department could have been treated elsewhere.

From April 2014 to September 2014, there were nearly 40,000 visits to the Emergency Department at the hospital.

Of these, 36 per cent (14,400 people) only needed advice on how to treat or manage their symptoms. This alone has cost the local NHS £842,000.

Professor Mark O'Donnell, Medical Director at the Trust, said: "For the past few years we have seen a year on year increase in the number of people using emergency NHS services.

"We are asking people for their support, to make sure that we can give urgent and emergency care to those people who need it.

"Every minute that an A&E doctor spends treating very minor problems reduces the time they can spend attending to those who have suffered heart attacks, strokes and life-threatening injuries."



**Residents are being asked to think carefully about whether or not they need to visit the Emergency Department at Blackpool Victoria Hospital**

Dr Amanda Doyle, Chief Clinical Officer at NHS Blackpool Clinical Commissioning Group (CCG), said: "These figures show the demands and pressures which our A&E department faces.

"We aren't asking people to avoid A&E when it is necessary, but to think carefully about when it is and isn't appropriate. If you are unsure of whether you do or don't need urgent medical attention then the NHS 111 helpline will be able to advise you and direct you to the service most appropriate for your needs."

The Trust's '**Think! Why A&E?**' campaign is encouraging everyone to be aware of the options available to them in the winter months. For further information and advice please visit [www.WhyAandE.nhs.uk](http://www.WhyAandE.nhs.uk).

# 'I'm a Celebrity' star set to open hospital event

**A FORMER 'I'm a Celebrity... Get Me Out Of Here!' contestant is set to open a fundraising event to raise money for a hospital charity.**

Nadine Dorries, MP for Mid-Bedfordshire, will be cutting the ribbon to launch 'Short Cut for Breast Cancer' - a day of raffles, crafts and family fun which is being held to raise money for Blue Skies Hospitals Fund, the charity behind Blackpool Teaching Hospitals NHS Foundation Trust.

The event, which is set to take place at St Alban's Church on Kilnhouse Lane, St Annes, on Saturday, January 10, is being organised by Mary Taylor, of St Annes. Mary is donating money to the Breast Care Centre at Blackpool Victoria Hospital in thanks for the treatment she received when she was diagnosed with breast cancer on her birthday last year. Nadine is a family friend and is keen to support the event.

Money is also being donated to the Little Princess Trust, which makes wigs with real hair for cancer patients.

She said: "The people in the breast clinic were really good when I was diagnosed so I wanted to give something back. As soon as I found a lump they got everything sorted for me so quickly that the next thing I knew I was having an operation to remove it.

"I was diagnosed on my birthday in September, and less than a month later it was operated on. The nurses were fantastic and I can't thank them enough - that's why I am doing this."

This isn't the first time Mary, 47, has shown her charitable side, as just before Christmas both she and her daughter, Chloe-Anne, 15, donated their own hair to the Little Princess Trust.



**'I'm a Celebrity ... Get Me Out of Here' contestant Nadine Dorries MP, will launch an event at St Alban's Church**

She added: "Chloe-Anne had hair down to her bottom, but she wanted to do something to help and that means a lot to me."

Mary is hoping people splash their cash on a chance to win raffle prizes which have been donated by local businesses, including a meal for two at Inn on the Prom, Family Passes at Blackpool Zoo and The Sandcastle, and a meal and a show for two at the Viking Hotel.

The event starts at 10.30am and will close at 2.30pm.

# Party time for patients as staff put on a show

**STAFF on the stroke ward at Blackpool Victoria Hospital gave patients a festive treat.**

They organised a party with entertainment from dancers, a guitar player and even Father Christmas.

Rachael Bailey, Ward Manager, said the party was the idea of Ward Sister, Helena Palin. Around 20 members of staff helped to organise the event.

Rachael explained: "We wanted to do something nice for the patients. It was a great party.

"Chris Peacock played Christmas songs on his guitar and the patients had a sing-along. Dancers from a local dance school did a number from one of their recent shows and 'Father Christmas' was the bingo caller for the event.



"It was a bit of a surprise for the patients. They seemed to really enjoy it. They loved the bingo! 'Father Christmas' went around the beds with a box of chocolates and handed them out to



**Above: Members of staff on the stroke ward and (left), dancers on the ward**

patients. It was the first event we'd had and we'd definitely do it again."

The event, which was held on Sunday, December 21 and included a raffle and tombola, raised £170 for the ward and the Trust's Blue Skies Hospitals Fund.

Staff also sold antlers in aid of Trinity Hospice and raised £130.



## How you can get all the latest news and views from the Trust

The Trust's official Facebook page can be found at:  
[www.facebook.com/BlackpoolHospitals](http://www.facebook.com/BlackpoolHospitals)

The Trust can also be found on Twitter  
[@BlackpoolHosp](https://twitter.com/BlackpoolHosp) or go to [www.bfwh.nhs.uk](http://www.bfwh.nhs.uk)