

# Health Matters

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



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**Issue 84, Friday, March 20, 2015**

## Welcome from the Chief Executive

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



I'm happy to report that our staff have come up with a novel project to help young people and children to cope with issues of self-harm.

The pilot project is taking place on our Children's Wards and Adolescent Unit. In the long-term, we hope the additional support provided through this project will result in fewer hospital admissions for self-harm. We'll report back in a few months to let you know how the project is going.

I was amazed to hear the story of Jennifer Ireland, one of our Clinical Nurse Specialists, who was severely injured by a horse. Despite her injuries, Jennifer is training to run a half-marathon in aid of Blue Skies Hospitals Fund's Heart of Gold Charitable Fund. Well done Jennifer!

Community-minded sports enthusiasts have been honoured at a special event and we have full details in this issue.

And finally, I'd like to thank the shoppers at Tesco who enabled us to raise £700 for our Trust charity.

**Gary Doherty, Chief Executive**

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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: Ingrid Kent, Communications Department, on 01253 395 6875 or [communications@bfwh.nhs.uk](mailto:communications@bfwh.nhs.uk)

# Self-harm project aims to help young people

**YOUNG people and children who self-harm are being given extra support thanks to a pioneering pilot project at Blackpool Victoria Hospital.**

The project also aims to reduce the number of hospital admissions of young people and children who self-harm.

Fiona Jones, Patient Experience Officer responsible for Child Health at the Trust, said young people were frequently admitted to hospital with self-harm issues.

Fiona said: "We regularly meet young people who self-harm as a way of coping with issues and emotions so we have set up a pilot project on our Adolescent Unit and Children's Wards.

"Working with Blackpool Council, we highlighted the numbers of children and young people attending hospital for reasons of self-harm. The project started in February as a six-month trial to introduce additional support and brief interventions to these children and young people and their families with a look to continuing the project in the future."

Every young patient who attends the hospital for self-harm issues is being offered distraction activities. This enables the young people to explore alternatives to their methods of self-harm.

Jane Heys, a Staff Nurse on the Children's Wards, worked with a young patient who often self-harmed and came up with the novel idea of 'Distraction Boxes' for the young people to use. The boxes are full of items such as relaxation tapes, stress balls and battery operated candles to help the young person relax. They also contain items such as rubber bands to ping against the



Staff Nurse,  
Jane Heys

skin and rough mitts which mimic some of the sensations of self-harm, but without the risk.

Fiona said: "These are tried and tested techniques recommended by organisations such as the National Self-Harm Network and other young people with similar experiences.

"Support staff, including our nurses, play workers and now youth workers from the local authority, will also work alongside the assessments and therapies offered by the Child and Adult Mental Health Services (CAMHS) to help the young person stay safe. This includes distraction techniques, creating personal safety plans, identifying people around them that they can get support from and other agencies available and exploring the many mindfulness self-help applications offered on phones and tablets."

Coun Eddie Collett, Blackpool Council's cabinet member for Public Health, said: "This project is a good example of the council working together with the hospital to ensure that young people who are self-harming get the support they need both in hospital and in the community."

When the project comes to an end in July the figures will be reassessed to see if it has had an impact on the number of young people who are readmitted for self-harming.

# Nurse's marathon effort after horse accident

**A WOMAN who was told she might never walk again after a devastating horse riding accident has battled on despite her injuries and is preparing to take part in a half marathon later this year.**

Jennifer Ireland, a Clinical Nurse Specialist in Cardiac Rehabilitation at Blackpool Victoria Hospital, was training a new horse nearly four years ago when it suddenly reared, throwing her off its back and then falling on top of her.

She broke her pelvis in three places, snapped her sacrum and sustained multiple internal injuries.

She said: "I was working on the hospital's Acute Medical Unit at that time so I was just concentrating on not listening to what the paramedics were saying. I just kept thinking 'I can feel my legs so I'm not paralysed'.

"Through working as a nurse I knew I was becoming unwell as my heart rate increased and blood pressure dropped. I started being sick and it took the paramedics an hour and 40 minutes to stabilise me before I could be airlifted to Preston. It was there that I was told the significant state of my injuries."

Doctors told Jennifer, now 47, there was a possibility she would never walk again as she was just 1mm away from being paralysed. She spent three months in a wheelchair, but after intense physiotherapy she started using a Zimmer frame and then crutches to rebuild the strength in her legs.

"I don't like to be told I can't do something," she said. "I just kept on going until I could walk. There are still a lot of on-going problems due to my



injuries, but I believe it's a case of mind over matter."

And her mantra has kept her going, so much so that she has completed two 10km races this year and is now in training for the Fleetwood Half Marathon in August, despite the fact she only started running in December.

Jennifer, of North Park Drive, Blackpool, added: "I have a great network of support from my family and they make me believe I really can do anything. My partner – who asked me to marry him six months after the accident - was there at the time and I think if it wasn't for him I wouldn't be where I am today."

Jennifer is running the half marathon in aid of Blue Skies Hospitals Fund's Heart of Gold Charitable Fund, which supports the Lancashire Cardiac Centre at Blackpool Victoria Hospital.

She said: "I wanted to raise money for the Cardiac Centre as that's where I work now and I want to raise awareness of the good work it does. I also want to show people that life is not over after an accident like mine and maybe give patients I see a little bit of hope."

You can support Jennifer by visiting [www.justgiving.com/Jennifer-Ireland2](http://www.justgiving.com/Jennifer-Ireland2).

# Community sports stars honoured at ceremony

**HUNDREDS of people enjoyed an awards ceremony in which sports stars from community clubs were honoured.**

Altogether Now Health Ambassadors, Brian Rose, Shelly Woods and Steven Croft, were all on hand to present awards throughout the event on March 12 at Bloomfield Road.

Health Champions from Blackpool Football Club, Manager Lee Clark, Darren O'Dea and Jamie O'Hara, also joined them.

As well as recognising the talent and achievement of individuals, the awards paid tribute to those who selflessly give up so much of their time to allow others the chance to participate in community sport. This was particularly evident in the Lifetime Achievement category which saw three very special individuals recognised for their consistent commitment and contributions to community sport in Blackpool. Football legend and Altogether Now Health Ambassador, Jimmy Armfield CBE, recorded a special video message paying homage to all three individuals.

Dennis Taylor, was recognised for giving more than 50 years of support to Blackpool Keidokwai Judo Club. Margaret Crompton has given years of service to Blackpool, Wyre and Fylde Athletic Club. Her commitment has seen her fulfil roles on the club committee and Lancashire Athletics



**Boxing champ, Brian Rose**

committee. Kathleen Harrison has been an Officer of the Blackpool and District Youth Football League for more than 30 years, taking on a number of roles.

Talented pole vaulter, Fiona Hockey, won the prestigious Wilkinson Sword award, presented to her by the 2014 winner – Altogether Now Health Ambassador and Champion Boxer, Brian Rose.

The Quayle Sports Awards were incorporated into the ceremony for the first time. The Quayle Trophy, which honours an outstanding young sportsperson in Blackpool, aged 14 to 21 years, went to Ellie Spooner. Ellie finished as top goal scorer at Blackpool Football Club Girls for a third season in a row.

The Quayle Shield celebrates the sporting success of young people aged nine to 13 who have not only demonstrated achievement, but have also shown sportsmanship and commitment to their sport. Keisha Masterson was the 2015 winner.

The Coach of the Year award (In Memory of Bill Woodhouse) went to Sam Owen of Blackpool Cricket

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**Pole vaulter, Fiona Hockey**



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Club, whose leadership and hard work led the club's Under 17s team to winning the 2014 Palace Shield for the third year in a row. His coaching and direction also guided the Under 14s team through to the quarter finals. This all came in a year in which Sam suffered a severe head injury after being hit by a hockey ball.

Blackpool Aquatics Amateur Swimming Club received the Community Club of the Year award as it continues to provide a variety of programmes catering for athletes of all ages who are new to the sport. Club athletes have enjoyed national and international level success at junior, senior, masters, biathlon and triathlon disciplines, while a number of club volunteers continue undertaking various roles.

The Team of the Year award (in memory of Ted Schools) went to Blackpool Netball Club Open Age who had an extremely successful year which saw them once again retain their Fylde Netball League title and win the FastNet tournament.

Talented young wheelchair athlete, Isaac Towers, picked up the Disability Sports Award for a second year in a row as he continues to take the track and road by storm.

Leon Illsley scooped the Young Volunteer of the Year award for his support helping youngsters at Blackpool Climbing Club. His invaluable guidance also helped an experienced, elderly gentleman return to climbing after a stroke.

Adult Volunteer of the Year was won by David Needham from Blackpool, Wyre and Fylde Athletics Club. Without his commitment to coaching and officiating at the club, popular events would not be able to take place.

Schools which demonstrate a commitment to physical education, health, active lifestyles and competitive school sport through a whole school approach and developing links with community sports clubs, were also recognised at the 2015 awards. High School of the Year went to



**Lee Clark, Manager of Blackpool FC**

Anchorsholme Academy where tremendous efforts are made to encourage less engaged pupils. Sports teams at the school have also enjoyed success, particularly in football, martial arts and athletics.

Park Community Academy won Primary School of the Year. Physical Education is used as a vehicle to teach pupils at the school key life skills such as communication, teamwork and turn taking. Sessions are taught in a fun and engaging way helping pupils develop positive attitudes towards exercise and healthy living. This has been recognised through the achievement of the Kitemark Award with 'distinction' being presented to the school, as well as them achieving the School Games 'Gold' Kitemark.

Councillor Graham Cain, Blackpool Council's Cabinet Member for Leisure and Tourism, said: "These awards are not only celebrating Blackpool's star athletes, but celebrating those individuals and groups who go the extra mile to get people into sport."

Dr Amanda Doyle, Chief Clinical Officer of NHS Blackpool Clinical Commissioning Group, added: "It has been extremely humbling to hear all the inspirational stories about all of the nominees.

"Given the importance of community sport in maintaining a healthy lifestyle. I am delighted that Altogether Now has been supporting this event as it plays such a key role in promoting healthy living."

# Cadets sign up to help boost health messages

**THE latest batch of hospital Health Cadets are putting their learning into practice by joining the Trust's Health Mentors team.**

The Health Cadets are part of an education programme in partnership with Blackpool and Fylde College where they get hands on teaching and experience on the wards of the Trust.

They have been signed up to increase the number of Health Mentors as a way of boosting their experience as well as providing a much needed service to the patients.

The Health Mentors are part of a team of volunteers, supported by the British Heart Foundation, who educate and provide patients, visitors and staff at Blackpool Victoria Hospital with valuable information and health tips.

The volunteers are given specific training to enable them to raise people's awareness of various risk factors linked to tobacco, alcohol and obesity.

The volunteers also direct and refer people to local services such as the Blackpool Stop Smoking Service if they require more extensive support to enable them to make lifestyle changes.

Dawn Werra, Cadet Facilitator at the Trust, said: "This is a good opportunity for the Health Cadets to use their knowledge and training to more good use.

"They need something extra to put in their portfolio of work and this gives them more patient contact and teaches them about the range of circumstances they will come across as they move on in their careers in the healthcare profession."



**The cadets start their enrolment as Health Mentors with Dawn Werra (front left) and Katie McLaren (front right)**

Katie McLaren, British Heart Foundation Health Mentor Coordinator, added: "We have around 55 Health Mentors who are all volunteers already working around the Trust.

"Their work is invaluable as it helps direct patients to the help and support they need to overcome certain issues that affect their health.

"That means they could have fewer complications with their treatment and improved general health and fewer trips to hospital.

"The cadets coming on board seemed to make sense.

"It means we have more mentors out there and their training is similar to the training the mentors get anyway so why not put it to good use.

"They are young people so it's good to get them involved in volunteering."

Cadets are given the opportunity to experience work placement in a variety of departments and clinical areas throughout the Trust and also in Social Services settings.

# Charity bag pack event raises funds for patients

**A CHARITY bag pack at a Blackpool supermarket has raised more than £700 for Blue Skies Hospitals Fund's Peace of Mind dementia appeal.**

Several volunteers from Blackpool Teaching Hospitals NHS Foundation Trust turned out to help staff from Clifton Hospital and the Fundraising and Voluntary Services Department at Blackpool Victoria Hospital pack bags for weekend shoppers at Tesco on Clifton Road.

The event raised a total of £720 for Blue Skies' Peace of Mind appeal which is raising money to enhance dementia care across the Fylde Coast.



**Volunteer bag packer Ben Warner from Clifton Hospital helps out at Tesco, Blackpool, for Blue Skies Hospitals Fund's Peace of Mind Appeal**

Linda Broadbent, manager of Ward 1 at Clifton Hospital, said: "The afternoon got really busy, and our volunteer bag packers were kept on their toes. It was a really good day and a great way to raise money for this important appeal. We definitely want to do it again.

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**Assistant Voluntary Services Co-ordinator, Catherine Henshaw, helps to spread the word about Peace of Mind at Tesco**

"We can't believe how generous people were, as even those who didn't wish to have their bags packed still donated."

As well as volunteers at the tills, staff were on hand in the entrance of the supermarket to hand out information leaflets and explain the appeal to those who were interested.

Head of Fundraising, Amanda Bennett, said: "The Peace of Mind dementia appeal is a very important project for Blue Skies Hospitals Fund and to have events like this bag pack helps keep money trickling in while we plan bigger events for later in the year.

"We are very grateful to everyone who gave their time to help raise this fantastic sum of money and we look forward to helping out again on the next occasion."

For more information on Blue Skies go to [www.blueskieshospitalsfund.co.uk](http://www.blueskieshospitalsfund.co.uk)

# Hint of Pink canvas bag on world tour

A CANVAS bag which has been bought to raise money for the Breast Care Unit at Blackpool Victoria Hospital, has been taken across the globe and its whereabouts tracked by Breast Care volunteers Ruth Boardman and Rena Shanahan.

The bag was designed by Ruth and Rena to raise money for the unit through Hint of Pink, which donates its money to Blue Skies Hospitals Fund to help enhance the care of Breast Care patients. One of the bags was taken abroad by Ann and Terry Joiner, from Blackpool, for their holiday to Sri Lanka. The pair sent home snaps of the bag both at Sri Lanka Airport and in Dubai with a member of Fly Emirates airlines.



**Ruth Boardman and Rena Shanahan**



**Ann Joiner with her Hint of Pink bag in Dubai**

have travelled. We'd love to see people's holiday photographs when they've taken our bags abroad."

The Hint of Pink bags are on sale through the Breast Care Unit for £2 each. All money goes to Hint of Pink and back into the unit to enhance patient care.

Rena said: "We loved seeing how far this Hint of Pink bag has gone thanks to Ann and Terry and it made us wonder how far our little bags

To buy one, or to share your stories of how far your bag has travelled, call into the unit at Blackpool Victoria Hospital.



## 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)