

Health Matters

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



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Volunteers' work recognised

People who volunteer at the Trust were honoured at a special recognition event — Pages 3&4

Ovarian cancer awareness

Survivors of ovarian cancer are offering advice about side effects of the disease — Page 5

Issue 85, Friday, April 3, 2015

Welcome from the Chief Executive

HELLO and
welcome to our
Health Matters
newsletter.



We are incredibly privileged to have so many philanthropic people who volunteer at the Trust.

Thanks to them we are able to provide an even better service to people who use our services. With this in mind, I was delighted to be able to thank many of them personally for their compassion at our volunteers' recognition event. I hope our story and photographs give a flavour of what a joyful event it was.

In this edition of Health Matters we have stories about three different types of cancer. As a Trust, we are constantly striving to raise awareness of cancer and to provide the best possible treatment for patients.

I hope people will take advantage of the free bowel cancer screening and will feel reassured by the advice given by former patients about ovarian cancer side-effects. I also hope the information we are providing about the dangers of sun damage is of some help. I know the weather has been vile of late, but skin cancer can be contracted at any time of year. Please stay safe out there.

Gary Doherty, Chief Executive

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Volunteers were honoured during a recognition event organised by the Trust's Fundraising and Voluntary Services department — Pages 3&4.

Health Matters is also available online at 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

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

Work of volunteers recognised at event



Some of the volunteers at the Trust's recognition event at the Imperial Hotel

A SPECIAL event has been held to say a huge thank you to all the people who give their time to help patients at Blackpool Teaching Hospitals NHS Foundation Trust.

The Volunteer Recognition Event was held on Thursday, March 19, at the Imperial Hotel, Blackpool, to which the Trust's 340 volunteers were invited as well as staff volunteer leads.

During the afternoon volunteers who have been involved with the Trust for 10 years or more were presented with certificates, as well as those who had successfully completed the Healthy Futures scheme which recognises a logged 100 hours of volunteering at the Trust.

Chief Executive, Gary Doherty, said: "Our volunteers range in age from 16 to 92, and each of them performs activities which complement the work of staff to enhance the experience of patients and visitors to our hospitals.

"Whether it's helping visitors navigate their way around Blackpool Victoria Hospital, helping staff on the wards during meal times or talking and listening to patients, these people are a credit to

the Trust and fully deserved this very special thank you, organised by the Fundraising and Voluntary Services Department.

"Based on all of our volunteers working an average of five hours a week, they make a contribution of 88,400 voluntary hours each year and that is greatly appreciated."

The event – an afternoon tea - included a performance by the Trust Choir and a raffle which raised £240 for the Trust Charity Blue Skies Hospitals Fund.

Head of Fundraising and Voluntary Services, Amanda Bennett, said: "All of our volunteers go the extra mile to make sure the people who visit our sites are comfortable and well looked after.

"We couldn't be more proud of all those people who give their time to help our Trust and that's why this event, which we hold every two years, is so important.

"It gives us the chance to really acknowledge what they do and to say a heart-felt thank you."

Volunteering



Health Matters

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If you are interested in volunteering at Blackpool Teaching Hospitals NHS Foundation Trust, contact the Fundraising and Voluntary Services Department on 01253 957381.

If you would like to purchase any of these pictures, please call the Fundraising and Voluntary Services Department on 01253 957381 or email volunteers@bfwhospitals.nhs.uk.

The professional photographs (below) which were taken at the Volunteer Recognition Event are now available to view on the Voluntary Services website at www.bfwh.nhs.uk/volunteering.

All profits made from the sale of photographs will be donated to the Trust Charity, Blue Skies Hospitals Fund. A minimum donation of 50p per photograph is required.



Lynne Hague and Kathleen Bennett enjoying the celebratory meal



Many people attended the event



Stacey Bryce, Rena, Ruth and Lynn Kendell at the recognition event



Chief Executive, Gary Doherty, with Ruth Jepson, May Lawrenson, Barbara Lavender and (right) Deputy Chief Executive, Wendy Swift



Non Executive Director, Tony Shaw, thanking the volunteers



Some of the volunteers who were honoured at the event

Cancer patients give advice on side effects

THE sickness and side effects associated with cancer treatment shouldn't scare you, say two patients who have survived ovarian cancer.

Hearing you have cancer can be life-shattering. The fact the cancer is treatable often softens the blow, but brings with it a further dread of possible side effects.

However, two patients who have been through the treatment say they were surprised at how little they were affected by chemotherapy and have described ways of coping with side effects.

Madeleine Cason and Sharon Power, both from South Shore, Blackpool, were diagnosed with ovarian cancer within the last 15 months. Madeleine has finished her chemotherapy and Sharon is near the end of her treatment. Both say the way their treatment was managed at Blackpool Teaching Hospitals NHS Foundation Trust meant they hardly experienced any side effects.

Madeleine said: "When I started the Chemotherapy I was shown a video that told me all about the possible side effects. They included all sorts of conditions that I was terrified of going through. Fortunately I had it explained to me by doctors and nurses at the hospital that this was really worst case scenario. It put my mind at rest a great deal.

"Now I have finished my treatment I look back and notice that I only really experienced the most common side effects which are completely manageable. I lost my hair and had some fatigue and had to be very careful, when going out, to not be too near to people with coughs or colds to protect my own immune system."



Madeleine Cason and Sharon Power with Associate Nurse, Debbie Curwen

Sharon explained: "I think the best thing to do is be prepared for the worst, but don't expect it. You need to keep an open mind and not get too stressed out so worrying about the side effects really isn't worth it. The help you get is incredible and the medication you can be given now really helps take away some of the worst side effects."

Common side effects of chemotherapy include nausea, vomiting, hair loss, anaemia, bleeding, bloating, skin irritation and sometimes depression.

Debbie Curwen, Associate Nurse in Gynaecological Oncology, said: "My role is to support the patient throughout treatment and ensure they have a point of call for any questions or concerns they may have.

"Women should seek advice from their GP if they suffer from persistent bloating, abdominal swelling, pelvic or abdominal pain, feeling full quickly or loss of appetite for more than three weeks. We are committed to the early diagnosis of the condition and to commencing the best treatment as quickly as possible at the hospital."

Madeleine and Sharon spoke out about their experiences as the hospital and the charity 'Target Ovarian Cancer' marked Ovarian Cancer Awareness Month throughout March.

Tanzania trip will give teen's career a boost

A SOUTH Shore student has embarked on an adventure of a lifetime.

Robert Rodham, a Health and Social Cadet with the Trust, is so keen to experience more hospital work in varied settings that he has set off on a trip to Africa.

The 18-year-old is using his own funds to pay for the trip to Tanzania which he hopes will improve his career as a health care professional later in life.

Before setting off, Robert said: "I have been very lucky to be a Cadet and gain the experience I have had in the hospital and community.

"So many students don't get the chance to work in a health care setting until they are already part way through their professional training. It has really inspired me to get as much experience as I can so that I can develop my planned career better.

"I had some inheritance which I said I would use for educational purposes as I feel this is a more constructive way of using this money. I also felt this was a great experience that would help my aspirations to work in the healthcare profession."

Robert is in Ingra in Africa where he will spend a week working in surgery and a week with the paediatric department. Half of the cost of the trip, organised by a private company called GapMedics, will be given to the hospital he is working in as a donation to help with the local community.

Robert added: "One day I want to work in hospital theatres after I have been through



Robert Rodham with Dawn Werra

training. I don't want to work abroad, but I am keen to know how other hospitals work and what pressures they face in other countries and what techniques I might be able to pick up."

Robert has been one of the Health Cadets at the Trust for three years. Health Cadets are young people who shadow health care professionals and assist with caring for patients. They work towards qualifications which can gain them access to higher education schemes for a career in health care.

Dawn Werra, who facilitates the Health and Social Cadets Programme at the Trust, said: "Robert is really inspirational.

"He has taken his learning and placements at the Trust really seriously. For Robert to use his own money to do something worthwhile shows his maturity and it makes me proud to have him as a Cadet. The experience of being a cadet and this trip to Africa will really boost his chances of getting a job."

Robert headed off to Tanzania on March 28.

Take care in the sun and avoid skin cancer

YOU don't have to sunbathe to be at risk of getting burned.

That's the message from skin cancer nurses as they urge people to be more aware of the risk of getting sunburned while out gardening this Easter Bank Holiday.

The most common phrase heard by nurses when they tell a patient they have skin cancer is "but I haven't been sunbathing" or "I don't sit in the sun."

Despite skin cancer being the most common form of cancer in the UK, with more than 40,000 new cases being diagnosed each year, people still think it is only those who spend hours sunbathing who are at risk. Sun exposure is one of the main risk factors associated with skin cancer, the ultraviolet radiation and the damage it causes over extended periods of time, make it particularly hazardous to those who frequently work outdoors.

Michelle Forsyth, Macmillan Skin Cancer Care Coordinator at the Trust, is on a mission to target people who work outdoors either as a profession or as a hobby.

Michelle said: "Many of the people we have seen at these events say that they are not ones for sitting in the sun, but they don't always appreciate that it's not about sunbathing it's about sun exposure which can obviously be gained by any outdoor activity such as gardening, walking, sports or working outside.

"We are currently targeting gardeners as now is the time most people will be out sprucing up their gardens over spring and in to summer. As we have lighter nights and a long Easter holiday



Macmillan Cancer nurses Michelle Forsyth and Tony Eaton

more people will go in to the garden and most of them will forget to cover up or use sun cream."

Everyone is urged to remember the simple steps to reduce the risk of skin cancer. This can be done by applying a high-factor sunscreen (SPF 30 or higher), avoiding dehydration by drinking plenty of water and wearing a hat or shirt to cover your head and shoulders.

Michelle added: "The other thing that people should be aware of is that it is possible to get UV exposure from being outside on overcast days. This is because some types of thin-layer cloud can actually magnify UV light, which is especially damaging when outside without sunscreen."

Michelle has been visiting garden centres across the Fylde coast to remind gardeners of the need to use protection when spending long periods in the garden. She will be at the following venues over the next few weeks: The Plant Place in Thornton, April 14; Arnold Medical Centre, April 21; Blackpool Victoria Hospital, April 28; Fleetwood YMCA, May 6; Health and Wellbeing Clinic at Clifton Hospital, May 12; Highfield Surgery South Shore Primary Care Centre on May 19.

Walk-through colon boosts cancer fight



The large inflatable walk-through colon that is being used to raise awareness of bowel cancer

A NOVEL device in the growing fight against bowel cancer will be on show in Blackpool and Fleetwood.

As part of the national Bowel Cancer Awareness Month, members of the Lancashire Bowel Cancer Screening team will bring a 2.4m high walk-through inflatable replica of a human colon to the North Euston Hotel in Fleetwood on Wednesday, April 22, and the Talbot Road branch of Sainsburys in Blackpool on Monday, April 27, between 10am and 3pm.

The inflatable colon will allow shoppers to see the inside of a bowel and learn about preventing bowel cancer.

Bowel cancer is the third most common cancer in the UK. And when it comes to cancer deaths, it's the second biggest killer. It affects men and women, particularly those who are over 60. However, the sooner it is diagnosed, the better the chances are of survival.

The inflatable will allow visitors to learn about the signs and symptoms of bowel cancer, with

trained staff who will be on hand to talk to about the condition and promote the National NHS Bowel Cancer Screening Programme – which is available to everyone aged 60 or over and registered with a GP in England.

Dr Mark Hendrickse, Clinical Director for the Lancashire Bowel Cancer Screening team, said: "It is a great opportunity for local people to see what the inside of the bowel looks like and learn about ways to reduce the risk of developing bowel cancer."

Bowel cancer symptoms to look out for are a change to your normal toilet habits to softer or looser poo, going to the loo more often or blood in your poo. If you recognise these symptoms and have had them for three weeks or more, then it is highly recommended that you make an appointment to get checked out by your GP.

Anyone aged 70 or over can request a home screening kit by contacting 0800 707 6060. For more details, please visit the Bowel Cancer Screening Programme website – www.cancerscreening.nhs.uk/bowel

Pupils' 'blue day' for dementia campaign

PUPILS at a Blackpool primary school have held a blue day to help raise money for patients with dementia.

Staff and children at St Kentigern's Catholic Primary School, on Newton Drive, held the day to raise money for Blue Skies Hospitals Fund's Peace of Mind Dementia Appeal, which aims to enhance care for dementia patients in Blackpool, Fylde and Wyre.

And children in Year 1 have been learning about dementia as part of their Lent studies when they spent a week saying Prayers for the Sick and members of the Blue Skies team paid a visit to Year 1 to talk about the appeal.

There, they were shown how the children had prepared special gardens to inspire work on a secure and interactive garden at Clifton Hospital, which will be funded by Peace of Mind.

Deputy Head of Fundraising, Rebecca Ferguson, said: "It was an absolute pleasure to see the children in Year 1 at St Kentigern's who had worked so hard on their gardens.

"We have promised to send photographs of the new garden at Clifton Hospital and, of course, all



Nicci Hayes, back left, and Rebecca Ferguson from Blue Skies Hospitals Fund visit children at the school

the children will be invited to Clifton's Summer Fete later in the year. There were some fantastic blue outfits on display and the children had a good understanding of what dementia is and how it can affect our friends and loved ones as they get older.

"From all of us at Blue Skies, we say a huge thank you to all the children and staff at St Kentigern's."

Peace of Mind aims to raise £30,000 to enhance care for patients with dementia on the Fylde Coast. For more information please visit www.blueskieshospitalsfund.co.uk/dementiaproject.asp.



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

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