

Health Matters

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



We want your votes for Patients' Award

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Celebrating Success Awards

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Issue 89, Friday, May 29, 2015

Welcome from the Chief Executive

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



Our annual Celebrating Success Awards scheme has been launched and we are keen to receive nominations from patients. We'd love to receive your nominations for The Gazette's Patients' Award. If you have appreciated the care we have provided please consider sending us a nomination. The awards scheme enables us to recognise members of staff and teams that have gone the extra mile for patients and their families. I hope you can help us to make 2015 a bumper year for nominations.

In this issue you will see that we have launched a major new dementia awareness campaign. We are encouraging all of our members of staff to become a 'Dementia Friend' and to remember the 'me' in dementia. Thank you to everyone who supported our launch event.

The work of our nurses, midwives and therapists was recognised during a Care and Compassion Day at Blackpool Victoria Hospital. I hope you will enjoy reading about this inspirational and thought-provoking event.

Gary Doherty, Chief Executive

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Former member of The Nolan Sisters, Anne Nolan, helped to launch the Trust's new dementia awareness campaign at Blackpool Victoria Hospital — full story on page 5

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

Get your nominations in for Patients' Award

THE Gazette's Patients' Award category of the Trust's Celebrating Success Awards 2015 is now open for nominations and we are hoping for another record breaking year.

Last year saw us break all entry records for the awards with nearly 300 nominations overall and the standard of submissions was extremely high.

The judging panel was delighted that so many people took the time to nominate members of staff for the Gazette's Patients' Award. Our judges are hoping there will be even more entries for this special award in 2015.

The Gazette's Patients' Award is part of the annual Celebrating Success Awards which recognise the excellent care that members of staff give out every day.

Last year's winner was Paediatric Consultant, Dr Nigel Laycock. He won the award for the exceptional care he gave to a terminally ill girl.

Margaret Seddon from Blackpool said Dr Laycock had been "a rock" when her seven-year-old great granddaughter was ill and even offered to be there for the family on Christmas day.

Margaret said: "Dr Laycock was there for my grandson and his wife 24/7, giving them his phone number and telling them to contact him whenever they needed to.

"They were determined to care for my great granddaughter at home and knowing Dr Laycock would be there 24 hours a day absolutely contributed to them achieving this goal.

"It wasn't just his skills as a clinician, although these were much appreciated. It was everything



about him as a human being; his down-to-earth attitude, his friendliness, his approachability, his care, his understanding, the respect he showed to my great granddaughter's parents and the genuine care and compassion that emanates from him. Every member of our family will be grateful to him forever."

Dr Laycock said: "It was a privilege to be involved with the family. I try to do the best I can for my patients and give them the best quality of life possible. Margaret's great granddaughter did amazing things in the last months of her life. She lived a full life to the end."

Dr Laycock won £500 which he reinvested into the Trust to buy sensory equipment in memory of Margaret's great granddaughter.

Nominations for the award close on Friday, July 17, 2015. The Judging Panel will meet on Wednesday, August 5, 2015, to shortlist each category. The shortlist will be published soon afterwards. To nominate contact the Communications team on (01253) 953059 or email success@bfwh.nhs.uk to request a form. You can also go to the Trust's website at <http://www.bfwh.nhs.uk/about/success>

Campaign launch puts the **me** in dementia

A DEMENTIA awareness campaign was launched by football legend, Jimmy Armfield and former Nolan sister, Anne Nolan, at Blackpool Victoria Hospital.

The Trust is encouraging every member of staff to sign up to be a 'Dementia Friend' and to remember the 'me' in dementia.

Patients and visitors were invited to the launch event at Blackpool Victoria Hospital on Monday, May 18. The event took place during national Dementia Awareness Week and was well supported by patients, staff and visitors. Jimmy and Anne said there needed to be much greater awareness of dementia and gave their full backing to the campaign.

For more information on the Dementia Friends campaign and events go to www.bfwh.nhs.uk



Notarianni's ice cream was a big hit with visitors to the launch event



Jimmy Armfield launching the event at the hospital



Members of staff dressed in old fashioned nurses' uniforms to help raise funds



Members of the Wool 'n Words group knitting 'twiddle pockets' for patients with dementia



Volunteer Navigator, Les Storey



Cakes were sold to raise funds

Nolan Sister lends support to campaign

ANNE Nolan knows more than most how harrowing it can be when a loved one is suffering from dementia.

The former member of The Nolans cared for her beloved mum when she had dementia. Anne is now backing a campaign encouraging everyone to become a 'Dementia Friend'.

Anne nursed her mum Maureen towards the end of her life and said it was a devastating experience.

Anne said: "It's an awful, awful disease. The treatment and care have improved since my mum died, but everyone needs to be much more aware of dementia.

"It's very sad and a terrible way to end your life.

"I have been raising awareness for the last 10 years. A lot of people think it's down to age, but it's caused by a disease."

Anne, who lives in the resort, is backing the Trust's dementia awareness campaign which was launched on Monday, May 18.

She opened the launch event at Blackpool Victoria Hospital with a sing-song and said it was great that people were being encouraged to sign up to become a 'Dementia Friend'.



Anne Nolan watches Trust chief executive, Gary Doherty, signing up to be a Dementia Friend



Anne Nolan leads a sing-along during the launch of the dementia campaign event at Blackpool Victoria Hospital

She said: "If you become a Dementia Friend you can be trained to know how to deal with someone who has dementia.

"Living with my mum taught me a lot about how to cope with it and I did a course on how to be a Dementia Friend.

"Doing the course was very interesting and informative."

Anne got involved with the Trust's dementia awareness campaign through her daughter Alex's friend, Francesca Hall, who works with people with dementia at Blackpool Victoria Hospital.

Anne explained: "Francesca and Alex went to St Bede's School in Lytham. Fran roped me in to do the singing!"

Care and compassion in the spotlight

A CARE and Compassion Day was held by the Trust to recognise the important work of nurses, midwives and therapists.

The event took place at Blackpool Victoria Hospital on Friday, May 22 and was well supported by staff from across the Trust.

The keynote speaker was campaigner, Tommy Whitelaw (see page 7 for a longer feature on his campaign), who lost his mum to dementia in 2012.

Tommy said: “Compassion is the most amazing and beautiful gift you can give.

“Thank you for doing it every day in your work. The part you play in the care of people with dementia is crucial. You can make the biggest difference of all — every time.”

Many members of staff made pledges in support of Tommy’s campaign.

The day ended with the presentation of certificates to deserving staff and a talk by the Trust’s Chief Executive, Gary Doherty, who reiterated the importance of care and compassion in the workplace.

The Trust is holding an Open Day for students at 9am on Wednesday, June 17.

Nursing specialists will be on hand to talk about the many opportunities at the Trust.

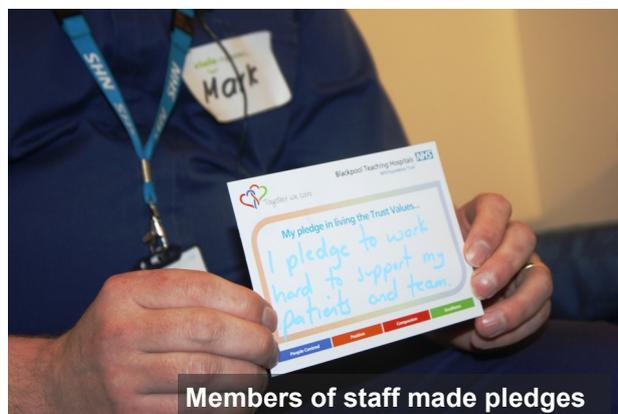
For more information email emma.hannan@bfwhospitals.nhs.uk



Assistant Director of Nursing (Quality) Tracy Burrell, Staff Nurse Philip Helm and Tommy Whitelaw at the event



Marie Thompson (right), Director of Nursing and Quality, chats with a student nurse



Members of staff made pledges

Tommy's campaign in honour of his mum



Tommy Whitelaw with his mum Joan who had dementia before she sadly passed away

TOMMY Whitelaw was working as a tour manager for the likes of U2, Texas, Kylie Minogue and Paul Weller when he returned home one day to visit his mum Joan.

He'd split up with his girlfriend and needed some support — little did he know that it was his mum who was in the greatest need of love and assistance.

After spending time with his mum, Tommy started to realize that something was wrong.

Eventually Tommy received the devastating news that his mum had vascular dementia.

Tommy said: "I came back to visit my mum in Scotland and I never went back to work again."

Over the following five-and-a-half years Tommy and Joan struggled to cope. They often felt isolated, desperate, frightened, confused, angry and incredibly sad. Their experiences of dementia inspired Tommy to start an awareness campaign in 2007.

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He said: "I started writing a blog and thousands of people from all over the world got in touch. Every single letter had the word 'love' in it, but that word was outnumbered by the word 'loneliness'."

Tommy and Joan found it almost impossible to get support, but when they did find people who could help, they were eternally grateful. Sadly Joan passed away in 2012.

At the Trust's recent Care and Compassion Day Tommy asked everyone to pledge to do something to help and many members of staff from the Trust did so.

Tommy added: "I'm asking everyone to think of one little thing they could do in their community, family or workplace to help people with dementia. It's people who change lives."

For more information on Tommy's 'You Can Make a Difference' campaign go to @TommyNtour on Twitter, search on the web for dementiacarervoices.wordpress.com or go to www.myconditionmylife.org

Hospital radio station set for re-launch



MOVES to re-launch the Trust's hospital radio station were discussed at a packed public meeting at Blackpool Victoria Hospital.

Everyone was invited to get involved with the station and the response was overwhelmingly positive.

Members of the public, former patients and members of staff filled the lecture theatre in the Cardiac Centre on Wednesday, May 20.

The Trust is working with Radio Wave and Preston Radio Training to develop a training package for people who would like to learn the skills of radio broadcasting.

The training will cover topics such as presenting and how to use radio studio

equipment and some people may then be offered the opportunity to have their very own show on the new look hospital station.

John Barnett, Chairman of Radio Wave, said: "It was an excellent event. It was very informative and everyone was tremendously positive.

"I was bowled over by their enthusiasm and by the amount of people prepared to volunteer their time to make a difference and put a smile on patients' faces.

"Everyone at Radio Wave is behind it and we are looking forward to future developments."

To express an interest in becoming a volunteer contact Derek Quinn at Blackpool Victoria Hospital on 01253 956941.

Trust on shortlist for energy saving award

THE Trust has been shortlisted for a national energy efficiency award.

The organisation has been shortlisted for this year's HSJ Value Awards in the 'Value and Improvement in Energy Efficiency' category for its work with Spirax Sarco to substantially reduce its energy and maintenance costs and lower its carbon emissions.

The Blackpool Victoria Hospital site has worked with Spirax Sarco to upgrade the heating and hot water supply in 10 plant rooms and modernised other processes which are expected to save the Trust more than £240,000 a year in energy costs and an additional £34,000 a year in maintenance costs. The EasiHeats replaced shell and tube calorifiers, some of which had been in operation for almost 40 years.

The Trust's Energy Manager, Carla Wilson, said: "We are delighted to be shortlisted for such a prestigious award.

"This has been an extensive and important piece of work. The system was simply no longer efficient when compared to modern equivalents.

"Previously, we had to store water at 60°C to eliminate the risk of Legionella. That water could be sitting there quite a while if there was no demand for it in parts of the hospital, and all that time it would be losing energy.

"The system we introduced uses steam in a compact, plate-and-frame heat exchanger to provide instant hot water for space heating and domestic hot water. As the hot water is supplied on-demand, there is no need to store it, avoiding the associated energy losses and significantly reducing the risk of Legionella."



The Trust's Energy Manager, Carla Wilson, with Phil Davies from the Estates team

The system will bring further savings by reducing water use and energy losses through improved control of heating systems.

Six plant rooms were refurbished initially, funded by a £1.37 million grant from the Department of Health and the work was completed in just six months. Refurbishment of the remaining four plant rooms was completed in August 2014.

Carla added: "It was a challenge. We are a big hospital with a very busy A&E department and it was crucial we could ensure all areas had hot water and heating during this time. However, the short lead time and assured delivery date given to us by Spirax Sarco enabled this project to progress at the speed it needed to."

In total, these energy-saving measures are forecast to reduce Blackpool Victoria's carbon emissions by more than 1,400 tonnes a year.

This will enable the hospital to make further savings as a result of reduced payments under the CRC Energy Efficiency Scheme (formerly known as the Carbon Reduction Commitment).

Dying Matters week marked at hospital



Dr Andrea Whitfield, Lead for End of Life care

DYING Matters Awareness Week was marked by staff from the Trust from May 18 to 22.

The Trust's End of Life team had information stands at Blackpool Victoria Hospital on May 18, 19, 21 and 22 and took part in an event at the De Vere Hotel organised by Trinity Hospice on May 21.

Dying Matters Week encouraged members of the public to take five simple steps to make their end of life experience better, both for them and for their loved ones. These were to write your will, record your funeral wishes, plan your future care and support, consider registering as an organ donor and tell your loved ones your wishes.

The national awareness week was organised by the Dying Matters Coalition. For more information go to <http://www.dyingmatters.org>



Kellie Gittins and Carolyn Haydon from the End of Life team



Rev Graeme Harrison from the Chaplaincy team

Beans bath is bliss

BEING immersed in a bath of beans might not be the most pleasant experience, but Health Care Assistant Andrew Gillett says he found the experience quite therapeutic.

And his baked bean stunt has raised money, as well as eyebrows, to help enhance care for patients with dementia across the Fylde Coast.

Andrew, who works in the Lancashire Cardiac Centre at Blackpool Victoria Hospital, was chosen to take his orange bath by colleagues to help mark Dementia Awareness Week at the hospital. He was raising money for Blue Skies Hospitals Fund's Peace of Mind dementia appeal.

During his two-hour sit-in, Andrew said: "It's not the best feeling in the world, but it's not as bad as I expected. I just want to do what I can to help our patients who have dementia."

Andrew's bath took place in the main entrance of Blackpool Hospital on Wednesday. The money he raised is still being counted. Several large cans of beans were donated by Booker wholesales in Blackpool and staff donated many standard-sized cans which they paid to pour over Andrew's head. Remaining cans have been donated to charity.

Andrew, 23, of Blackpool, added: "Thanks to everyone, especially Booker, who donated the beans and who contributed on the day. Thanks also to the hospital's catering team, who helped



Health Care Assistant Andrew Gillett

with opening the cans and clearing up after we were finished, and to Travis Perkins, Blackpool North, who donated the bath."

Blue Skies Hospitals Fund is the charity behind the Trust. For more information about the Peace of Mind Appeal, please visit www.blueskieshospitalsfund.co.uk/dementiaproject.shtml



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