

# Health Matters

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



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Issue 91, Friday, June 26, 2015

## Welcome from the Chief Executive

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



It's been another busy few weeks for the Trust with various visits from a range of people. That included a visit from UNICEF representatives who came to see our maternity and neonatal units and gave them the recognition they deserve by awarding them the Baby Friendly award.

We were also visited by a wonderful lady from Bulgaria who was dropping off some twiddle pockets after seeing our appeal online. Our work is truly going global.

Coming up in the next few weeks are busy too and I would encourage everyone to take a break on Saturday, July 4, to go and visit Clifton Hospital for their summer fete. The staff there have worked hard in their spare time to prepare for the fete which is raising money for the "peace of mind" campaign.

There must be thousands of patients who see how hard our staff are and deserve the recognition for it. There's still time to nominate for the Celebrating Success Awards. You can find out how to nominate whilst reading about last year's Patient Award winners on page 3.  
**Gary Doherty, Chief Executive**

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## Children's Unit



**A prestigious Baby Friendly Award has been awarded to Blackpool Victoria Hospital's maternity and neonatal units after winning international recognition from UNICEF. Full story on page 7**

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)

# Patients' Award gives staff a welcome lift

**THE Trust's Celebrating Success Awards 2015 is now up and running and we are looking for nominations in the Gazette's Patients' Award category.**

If you have received excellent care and treatment from a member of staff, we'd love to hear from you.

The nomination needs to be for an individual or team from the Trust. 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 Gazette's Patients' Award recognises 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.

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

Last year's runners-up were Matron Sarah  
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**Dr Nigel Laycock with his Patients' Award trophy at last year's awards event**

Sloan and Community Matron, Jane Cairns. Sarah has done a huge amount of work on the Trust's Memory Corridor project for patients with dementia and Jane has now retired from the Trust.

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.

You can also nominate by emailing [success@bfwhospitals.nhs.uk](mailto:success@bfwhospitals.nhs.uk) to request a form or go to the Trust's website at <http://>

# Family's fundraising in memory of Dad

**THE Urology Unit at Blackpool Victoria Hospital is to benefit from £1,000 raised in memory of a former patient.**

Ian Riley died in March aged 74, having initially being referred to hospital by his GP. At first, doctors thought Mr Riley, of Highfield Road, Blackpool, had suffered a small stroke, but further tests showed he had seven cancerous lesions on the brain.

Tragically, the cancer spread and Mr Riley died within six weeks.

His daughters, Gill Greenhalgh and Sharon Thompson, said: "When dad passed away Mum, Sharon and I decided we didn't want people to bring flowers to the funeral, but instead asked them to make a donation in dad's memory and in thanks for the care he received both at the hospital and by Macmillan Cancer Care."

The donations at the Crematorium totalled nearly £250 which was donated via the funeral director to the Macmillan Cancer Care.

Among those donating in memory of Mr Riley was Gill and Sharon's employer, Beaverbrooks.

Gill, who lives in Marton, Blackpool, said: "Beaverbrooks gave us £1,000 for the charity of our choice in memory of Dad, so we have decided to give it to Blue Skies Hospitals Fund and asked that they dedicate that money to the Urology Unit at Blackpool Victoria Hospital."

Gill, 49, who works as Manager of The Replenishment Department at Beaverbrooks, decided to further add to the donations in their



**Gill Greenhalgh and Sharon Thompson make their donation to the Urology Unit**

father's memory by holding an Easter Raffle and Easter Bonnet competition at Beaverbrooks' head office.

The Easter activities raised £400, which has been matched by Beaverbrooks, and has been dedicated in Mr Riley's memory to the Breast Cancer Unit at Blackpool Victoria Hospital as a Beaverbrooks employee has recently been affected by the disease.

Gill and Sharon, 45, added: "No amount of money can bring dad back, but we hope that this money will help to ease another person's pain and suffering."

Alison Kay, Assistant Theatre Practitioner on the Urology Unit at Blackpool Victoria Hospital, said: "We are very grateful to Gill and Sharon, and their families and colleagues at Beaverbrooks for this very generous donation, made in memory of Ian Riley."

"This money will be used to help enhance the care our patients receive on the unit."

# First Health Leaders start their training

**THE first cohort of Youth Health Leaders in schools has kicked off their training with a first aid lesson.**

The Youth Health Leaders are part of a new programme created by Blackpool Teaching Hospitals NHS Foundation Trust. Sharon Vickers, a Practice Development Sister at the Trust set up the programme as a way of engaging young people to champion good health among their peers and spark interest in health care as a career.



**St Mary's Catholic Academy Students get first aid training from St Johns Ambulance**

The 20 strong team of volunteers at St Mary's Catholic Academy had signed up and took their first step to helping their fellow students this week with a full morning of first aid training provided by St Johns Ambulance.

Sharon Vickers said: "The health leaders will be given help and advice on where to direct people and they can be approached by other students and get signposted to the best place to go.

"The team of health leaders are going to set up displays and have a stand in the school once a month offering advice on a range of subjects. They are even going to help the school with lessons. St John Ambulance have been brilliant too in offering to provide this first aid training to the young people."

Personal Health and social education PHSE Coordinator at St Mary's, Mr Simon Mitchell, explained his vision of how the Student Health Leaders would collaborate with him in the planning and delivery of health related lessons.

He said "The health leaders are all students

who have aspirations to go into healthcare. Some of the leaders are working towards becoming doctors; we have a couple of future midwives and a number who are excited to work within the healthcare profession. This experience is invaluable to them and encourages them to take their first steps into the profession."

Victor Utomi, 15, is one of the Youth Health Leaders and plans to go in to medicine as a career. He took the first aid training with the rest of the group and said: "I had done some first aid training already before, but this was more in-depth. It has made me more positive and determined to become a doctor and starting out by helping other students is really good for me."

Sharon Vickers added: "The key for us is to inspire young people. We want to show them that no matter what their background or ability there are roots in to healthcare jobs that are open to everyone."

If other schools wish to adopt the scheme Head Teachers can invite Sharon to their school by calling 01253 953862.

# Recruitment begins for new health panel

**FYLDE and Wyre Clinical Commissioning Group's (CCG) People's Panel is a new initiative and one that NHS Fylde and Wyre CCG lay adviser for engagement Kevin Toole is excited to introduce.**

He said: "The CCG is committed to putting the views of the patient at the very heart of decision making about how health care is provided.

"Engagement is not simply listening and talking, but is about forging trusting and sustainable relationships with groups and individuals.

"We are continually looking to improve our ability to share information with people, gather people's views and enable residents to directly influence our work and the way we are run."

Each month the panel will hear about a specific health service that the CCG has been involved with. The panel will then come together to form constructive feedback for the CCG to acknowledge, which will form part of a written report.

Kevin added: "Feedback, good and bad, is critical in helping to shape healthcare here in Fylde and Wyre."

NHS Fylde and Wyre CCG is responsible for planning and buying health services in the area to meet patients' needs.

It is led by family doctors (GPs) and currently serve a population of around 152,000 people.

A new health panel will meet monthly to help



**NHS Fylde and Wyre CCG lay adviser for engagement Kevin Toole**

shape and review projects commissioned by the CCG. To become a member of the People's Panel, you must be aged 16 or over and live or work in Fylde or Wyre. Full training will be provided.

For further information about NHS Fylde and Wyre CCG's People's Panel please contact the CCG on 01253 956 400 or email [enquiries@fyldeandwyreccg.nhs.uk](mailto:enquiries@fyldeandwyreccg.nhs.uk).

# Baby Friendly honour for Blackpool hospital

**A PRESTIGIOUS Baby Friendly Award has been awarded to Blackpool Victoria Hospital's maternity and neonatal units after winning international recognition from UNICEF.**

The Baby Friendly Awards are designed to provide parents with the best possible care and help build close and loving relationships which support optimum health and development.

A proud and delighted Nicola Parry, Head of Midwifery for Blackpool Teaching Hospitals NHS Foundation Trust, said: "We decided to join forces with UNICEF UK's Baby Friendly Initiative to increase breastfeeding rates and to improve care for all mothers across the Fylde coast."

"It's been a pleasure to work with the team to achieve this award for the hospital," she added.

The award is given to maternity and neonatal facilities after an assessment by a UNICEF team has shown that recognised best practice standards are in place.

Dawn Burrows, Parentcraft and Infant Feeding Co-ordinator, explained: "Breastfeeding protects babies against a wide range of serious illnesses including gastroenteritis and respiratory infections in infancy as well as asthma, cardiovascular disease and diabetes in later life.

"We also know that breastfeeding reduces the mother's risk of some cancers – although mums might be more interested in hearing that it is easier, cheaper and simply less hassle than bottle feeding.



"However a mother chooses to feed her baby, she can be sure that she will be supported by all the maternity staff on the Fylde coast and neonatal staff here at Blackpool," Dawn added.

Shel Banks, Baby Friendly Co-ordinator, added: "We help mums form a strong, loving relationship with her new-born, through having maximum skin-to-skin contact and understanding how her baby communicates with her and how her baby needs her to respond."

The Baby Friendly Initiative, set up by UNICEF and the World Health Organisation, is a global programme which provides a practical and effective way for health services to improve the care provided for all mothers and babies.

In the UK the initiative works to protect, promote, and support breastfeeding and to strengthen mother-baby and family relationships. Support for these relationships is important for all babies, not only those who are breastfed.

UNICEF Baby Friendly Initiative Programme Director, Sue Ashmore, said: "We are delighted that Blackpool Victoria Hospital has achieved full Baby Friendly status. Mothers on the Fylde coast can be confident their midwives and neonatal staff will provide high standards of care."

# Dementia gets international support

**AN appeal for Twiddle-pockets, to help patient with forms of dementia, has gone global after a generous donation has been received from Bulgaria.**

Blackpool Teaching Hospitals NHS Foundation Trust appealed earlier in the year for donations of knitted pockets, called Twiddle-pockets.

June Clegg, 72, a British woman living in Bulgaria stumbled across the campaign and decided to help out and sent a stock of Twiddle pockets through the post.

June, who originates from Manchester, attended the hospital in Blackpool recently to drop off more pockets while she was visiting family in the UK.

She said: "I've been knitting since I was seven and always look for new projects. Sadly my two sisters have both been affected by dementia and so I have been doing a lot of research in to ways to help. Searching for information from the UK I was directed to the Blackpool Hospital web site where I learned about their twiddle pocket appeal.

"It was funny because I had stumbled across the same thing when helping my sisters. I knitted them blankets with bits on for them to fiddle with. I noted the remarkable difference it made but also realised that my sister would always wrap her hands up in the blanket too. It never dawned on me to make them into these pockets until I saw the pattern as part of the appeal.

Sally Richardson, from the Trust's Patient Experience Team, is responsible for co-ordinating the appeal and distributing the twiddle pockets to patients. She said: "We were really surprised when we got a parcel with 20 Twiddle-

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**June Cleg with one of her Twiddle Pockets**

pockets in it and even more surprised when we noted it was from as far away as Bulgaria. They are fantastic."

"The pockets are used to give to patients with dementia or some kind of confusion.

"It has been found that patients with this condition often get agitated and need something to focus their minds on. The pockets are adorned with bits and bobs that can be fiddled with and the reaction from the patient is dramatic as it calms them down almost immediately.

"We are getting inundated with donations now to the point we almost don't know what to do with them all but we are making sure that any patient that would benefit from one the pockets is getting one."

# Popular summer fete returns to hospital

**YOU may not be able to tell from the weather but summer is here and that means just one thing. It's time for Clifton Hospital's summer fete!**

Clifton Hospital in Lytham St Annes has held a number of fetes now and they are becoming more and more popular. Raising money for Blue Skies Hospitals Fund's Peace of Mind Appeal, staff at the community hospital are hoping this year's event on July, 4, will be just as popular.

Courtney Bickerdike, Matron of the hospital said: "We really enjoy putting on the summer fete. Last year we held a Christmas Fair and it was a huge success raising funds for the Peace of Mind appeal. Our friends of the hospital group get involved looking for donations to help us pay for the event and everything comes out of our own pocket so we take nothing away from the patients.

"The patients really enjoy the day and we love to see local people popping in to play games and see the hospital and this year raise money for a really good cause."

The Peace of Mind appeal has been set up by Blue Skies Hospitals Fund – the charity supporting Blackpool Teaching Hospitals NHS Foundation Trust – to enhance the care patients with dementia receive. It will fund a secure and interactive garden at Clifton Hospital and help to create a calming and dementia friendly environment.

Courtney added: "There'll be plenty of stalls and activities like face painting for kids, book and plant stalls, cake stands, games, refreshments and lots of things to do. Everyone is welcome to call in and support the hospital.

Even if it's not a nice day weather-wise we'll have some fun."

Amanda Bennett, Head of Fundraising and Voluntary Services, said: "We hope as many people as possible turn up to enjoy what will be a fantastic community event at Clifton Hospital, and help to raise money for this very important appeal."

The fete is on Saturday, July 4, 2015 between 11am and 3pm at Clifton Hospital.



Blackpool Teaching Hospitals NHS NHS Foundation Trust

Welcome to Clifton Hospital

We invite you to our

## Summer Fête

4th July 2015  
11am-3pm

With popular Summer Fête favourites:

- Arts and crafts
- Face painting
- Plant and white elephant stalls
- Hot dogs
- Ice cream

Plus a visit from Lancashire Fire and Rescue Service and North West Ambulance service.

Peace of Mind

blue skies hospitals fund

Together we care

# Residents asked to help patient care

**ARE you interested in improving health care at your local hospital or within a community setting? Can you work effectively with other people?**

Would you be happy to share your experiences?

If the answer is yes to all of the above, Blackpool Teaching Hospitals NHS Foundation Trust would like to hear from you, as they're on the lookout for up to 20 patient representatives to join their successful Patient Panel.

You can be an individual user of their services, a carer, a relative, a friend or from a local voluntary organisation.

Whatever your background, you would be asked to attend meetings every other month and champion the interests of patients in the planning and delivery of health care services through a series of roles including:

- Helping determine priorities for local patient surveys and focus groups
- Taking part in consultations, to make patients/ carers' voices heard on a particular issue
- Appraising information for patients produced by the Trust
- Inspecting services or facilities, either independently or in conjunction with staff
- Organising or attending events e.g. to raise awareness of a new or redesigned service
- Advising the Trust on issues of concern regarding service provision.
- Participating in the education and recruitment of staff

Eleanor Walsh, Lead in Patient Experience and Engagement, at the Trust said: "We have



**The Patient Panel get involved in all the hospital services**

had a Patients Panel for 12 months now and they really have been a critical friend to the Trust, providing us with invaluable work, opinion and support from a patient's perspective.

"By sharing their experiences and getting involved in projects that matter they have made a number of influential changes including working with catering to develop menus and improve the standard of hospital food, sitting in on interviews to help us recruit the right staff, and taking part in building and designing plans for our outpatient services.

"We enjoy a regular dialogue with the panel members and their reliability and commitment has been fantastic.

"Throughout 2015-16 we are looking forward to continuing our partnership with the local community and recruiting more members onto the panel."

For further information on joining this panel please contact: 01253 956374 or e-mail: [Sally.richardson@bfwhospitals.nhs.uk](mailto:Sally.richardson@bfwhospitals.nhs.uk)

# Would you know if your heart skipped?

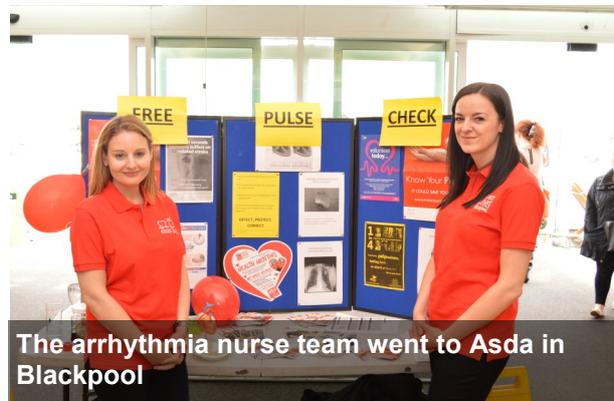
**SHOPPERS** across Blackpool are being encouraged to know their pulse rates in an attempt to raise awareness of possible heart problems.

Knowing your pulse is one of the most effective ways to identify if you might be suffering from a cardiac arrhythmia, an abnormal electrical activity within the heart.

More than two million people in the U.K have an arrhythmia and it can affect people of any age. Untreated, some arrhythmias can lead to sudden death, stroke and loss of consciousness.

The campaign is encouraging members of the public to have a better idea of what a 'normal' pulse is by demonstrating to them how to check their pulse and what to do if any abnormality is found. Members of the arrhythmia nurse team went to Asda in Blackpool in June as part of Heart Rhythm Week to raise awareness of the condition and offer pulse checks to help identify any members of the public who may potentially have an arrhythmia.

Samantha Kilmurray, Cardiac Advanced Practitioner and Lead Arrhythmia Nurse at the Trust, said "Some people are aware when they



The arrhythmia nurse team went to Asda in Blackpool

have an arrhythmia as they experience palpitations and other symptoms.

"On the other hand a lot of people do not know they have an arrhythmia until they become unwell or its found incidentally.

"If we can identify and treat arrhythmias early we can improve a person's quality of life and in some circumstances even prevent sudden death".

For more information on Heart Rhythm week visit [www.aaaw.org.uk](http://www.aaaw.org.uk)



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## 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)

Trinity's  
*illumathon* 2015  
Walk the lights fantastic

(LOVE  
80's

DRESS IN 80s FASHION  
OR AS YOUR 80s ICON  
TO CELEBRATE OUR 30TH BIRTHDAY

walk through Blackpool's  
famous illuminations

Register at [www.trinityhospice.co.uk](http://www.trinityhospice.co.uk)  
Ladies only Entry fee £16



PARTY LIKE IT'S 1985 TO  
CELEBRATE TRINITY'S  
30TH BIRTHDAY

30 TRINITY  
Hospice  
Years of Care