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Newsround hits 250 landmark

THE Newsround newsletter hits a milestone this week with its 250th edition.

The first copy of the staff newsletter was produced on April 8th 2004 and extended to just over one page at the time.

It has been produced fortnightly ever since and been expanded significantly over the past couple of years to keep staff up to date with what is going on around the Trust.

The newsletter may look different now but the message remains the same - all staff from all areas of the Trust are encouraged to submit items for publication to the communications team who will always be willing to help.

Please send an e-mail to communications@bfwh.nhs.uk or phone 01253 306941 for advice and support.



Upbeat

making a SONG & DANCE about raising money

Hosted by **LINDA NOLAN**
& featuring the outstanding talents of

NHS 100 VOICE CHOIR

**Ann Nolan - B&FC Students - Whittakers - Fired
The Dance Place - Anchorholme Primary School
St. Chads Primary School - Up-Beat Rock Academy**

Tickets available from: The Grand Box Office T: 01253 290190
Ticket prices: Adults £10 - Concessions & Children £7.50

FRIDAY APRIL 4 - 7:30pm
@THE GRAND THEATRE, BLACKPOOL
www.blackpoolgrand.co.uk



NHS Choir go for big notes

THE Trust choir is making a real song and dance about raising funds.

And on Friday, April 4th, the NHS 100 Voice Choir will be joining forces with other groups for Up Beat, a night of entertainment at The Grand Theatre, Blackpool.

Tickets can be bought via the Trust for a reduced cost of £8.50 each (concessions and children £6) and all the money raised will go to our Blue Skies Hospitals Fund.

The choir will be sharing the bill with dance academies, local schools and colleges at

the event which is being hosted by national and local singer and actress Linda Nolan and organised by GB Events.

For tickets to the event e-mail kathryn.ancell@bfwh.nhs.uk or call her on 01253 655766.

More details can be found on www.blackpoolgrand.co.uk

The evening starts at 7.30pm. Choirmaster, Ian Hooper, said he hoped to see as many Trust staff as possible coming along to support their colleagues.

Quality

Safety

People

Delivery

Environment

Cost

Get a taste for success

IF you missed your chance to grab a slice of cake at the Valentine's Day cake sale in the Cardiac Centre don't worry. There's a bigger one coming up.

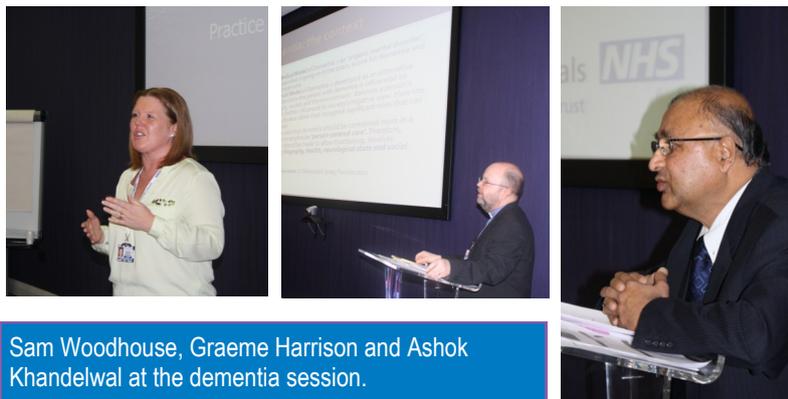
For Nutrition Week the Trust will be carrying out a host of activities to raise awareness of the importance of nutrition. To mark the occasion there will be a cake bake competition. Staff from all over the Trust are invited to bake a cake to enter a competition in a series of categories. Prizes will be given for:

- Best Cupcake
- Best Large Cake
- Best Novelty Cake
- Best Tart
- Best Tray Bake

The patient panel will judge the winner on Friday March 21st as all cakes will be on display in the new main entrance. The cakes will then be sold and all money raised will go to Blue Skies. If you wish to donate and take part in the "Staff Cake Bake" please contact: Joanne Benson via email joanne.benson@bfnhospitals.nhs.uk



Raising awareness about dementia



Sam Woodhouse, Graeme Harrison and Ashok Khandelwal at the dementia session.

THE Chaplaincy Team and specialist nurses hosted a half day awareness session on 'Caring for those Living with Dementia' last week.

This session was for local faith leaders and pastoral care teams to attend and gain more awareness on how they can better support members of their faith communities.

More than 70 people attended the event and listened to a variety of speakers including Angie McKeane (Associate Director of Nursing), Sam Woodhouse (Nurse Practitioner), Ashok Khandelwal (Trust Governor) and Ashfaq Patel (Muslim Chaplain).

The Trust's Chaplaincy Team Leader Graeme Harrison, who helped organise the session, felt that this was significant for local faith groups as it gave them an opportunity to discover how Blackpool Teaching Hospitals is planning to improve care for those living with dementia.

Responses from attendees were also very positive with many asking for more information and training.

Hunt for missing ECG

AN ECG machine is missing from Ward 34. The machine, which is clearly marked Ward 34/35 in permanent ink on the side, was lent to the Stroke Ward, but was borrowed from there and is now missing. Ward 34 would be grateful if you could check your wards for this machine. If found, could you please contact Ward 34 on ext 3434 as a matter of urgency.

Switchboard plea

THE Trust's switchboard department is receiving a large amount of internal calls from staff asking for contact numbers for colleagues. Many of these calls are unnecessary as the contact details of most staff are available on the Trust's intranet search facility which should ALWAYS be used when possible as the first option.

Learning Disabilities sessions

THE next available Learning Disabilities training sessions are:

- March 27th: 1 – 4pm, HPEC 6
- May 14th: 1 – 4pm, HPEC 3
- July 17th: 1 – 4pm, HPEC 1

Please book a place through the OLM management system.

New Governors search

THE Trust is seeking expressions of interest from new Governors for an election in July this year. As a Trust, we have historically found it difficult to gain interest from members in Lancashire & South Cumbria and the North of England. If you know someone who may be interested please ask them to contact Jacinta Gaynor on 01253 306673.

Governance newsletter

THE latest edition of the Information Governance newsletter is now available. The newsletter aims to support staff by sharing information, good practice and lessons learned. You can read the newsletter here: http://bfnnet/misc_notices/2014/IG_Newsletter_February_2014_V1.0.pdf

No skeleton staff at family fun day!

A TEAM from the North Locality Community Health Services gave up their Saturday to take part in a special family fun day at Salt Ayre Sports Centre in Lancaster. The team of Joanna Coxhill, physiotherapist; Alice Vince, occupational therapist; Val Baxter, team leader and Marilyn Parsons, specialist health visitor, attended the event. The team had an information stand to highlight the child therapy services they provide and had special games for youngsters to take part in — including one with a scary looking skeleton!



Joanna Coxhill, Alice Vince, Val Baxter and Marilyn Parsons at the family fun day,

“We had a range of balls and fine motor games for the children to play with. We had name the skeleton’s bones and win a sticker which was a real hit. I also produced a PowerPoint presentation so parents could get an overview of the service we offer. We had lots of interest in our stand from new families, current families and previous families. We were able to offer advice and signpost where appropriate. We had a great day and the activities were enjoyed by all the children particularly the ‘Jolly Octopus’ game.”

Alice Vince, Paediatric Occupational Therapist

Bidding for better transgender understanding

FOLLOWING an incident at the Trust it has been highlighted that there is need to address a lack of understanding when caring for transgender patients. A group of staff recently attended a transgender training session where they were able to get an understanding of the issues transgender people face when accessing healthcare services and the pathway of transitioning. They were also able to ask questions to a representative of the trans community about dignity and privacy, learn about hormone treatment, the types of surgery for trans people and gain a good understanding of some of the issues transgender people face particularly around confidentiality. If your staff would benefit from attending this training contact Tina Daniels on 01253 657375.

Plan ahead for teachers’ day of action

THERE is a planned day of industrial action by the teachers’ unions on Wednesday March 26th, 2014. This may result in those staff with children in school needing to make alternative care arrangements. All staff affected by the potential action are asked to make the necessary arrangements to cover this ‘day of action’. It should be noted that any requests for ‘carers leave’ due to the industrial action requested for this day are likely to be refused. We encourage staff and management to work co-operatively to be flexible and consider colleagues with childcare needs.

Talksafe sessions

THE Trust is holding a number of Talksafe training sessions over the next few months with all staff members invited to attend. The dates are:

- April 2nd
- April 9th
- April 16th

They are all half day sessions from 9am – 1:30pm and held in the Simulation & Skills Centre. To book a place email

Julie.rushworth@bfwhospitals.nhs.uk.

All change for new terminus

A NEW bus terminus at Blackpool Victoria Hospital, located adjacent to the new main entrance car park, is now operational. Services 2, 2C, 5 and 16 will terminate/start service from this terminus. After leaving the new terminus the buses will go via Whinpark Avenue, with the exception of service 16, which will exit the site via the current bus stop opposite Woodlands car park.

Untoward incident survey

THE Keogh Report highlighted some inconsistencies within the untoward incident reporting system. To ensure the Risk Management Team is providing the most efficient untoward incident reporting system the Trust is keen to seek the views of all staff on the current processes to ensure they are meeting the needs of service users and are delivering an effective incident reporting service within the Trust. It would, therefore, be greatly appreciated if you could take a few minutes to answer the following questions [on this link](#): The results of the survey will allow the Risk Management Team to review the processes used to manage incident reporting and to evaluate the resources needed by each division.

Wall planner wanted

ANGELA Sharp from the CAMHS team is keen to get hold of a 2014 wall planner. If you have one please contact her on 01253 657327 or 657166.

Have your say on health service future

STAFF from North Lancashire are being encouraged to give their views on the future of local health services during a series of public events being held in localities across Morecambe Bay this month. The events are being organised as part of the 'better care together' review and will consider out-of-hospital care such as GP practices, pharmacies and other community services, as well as healthcare in hospital. Participants will be asked for their views about the aspects of health services that are most important to them; to comment on a number of 'design principles' that clinicians have developed to use as guidelines when developing services; and to share their thoughts on the possible 'scenarios' that are emerging from the current round of clinically led discussions. The venues, dates and times for these public events held across both counties are as follows:



- Saturday March 15th: Lancaster Town Hall, **10am to 12.30pm** and **2.30pm to 5pm**
- Monday March 17th: Kendal Town Hall, **2pm to 4pm** and **6.30pm to 8pm**
- Wednesday March 19th: Morecambe, The Platform, **2pm to 4pm** and **6.30pm to 8pm**

More information about the 'better care together' review can be found online at www.bettercaretogether.co.uk

Free physio sessions to reduce staff sickness

A NEW service is being piloted that aims to reduce the number of staff sickness days due to back or other musculoskeletal problems by offering free physio sessions. Anyone can access the service as long as the ailment is affecting their ability to work. Employees can self-refer through the OneHR gateway or can be referred via their manager. The service offers physiotherapy sessions including treatments such as: mobilisation and manipulations of joints and tissues, exercise therapy, advice and education, massage, acupuncture, electrotherapy, taping and traction. If you have any questions you can email occupational.health@bfwh.nhs.uk



Catherine Whiles.

"Staff sickness causes the Trust a huge amount so anything we can do to reduce it is worth a try. One of the most preventable causes of sick leave is that of musculoskeletal pain, which can be caused by lifting patients or equipment, bending a lot during the course of work or even just sitting at a desk typing all day. By seeking help and treatment early we can prevent the condition getting worse and leading to having to take time off work."

Catherine Whiles, Occupational Health Department



BRIGHT IDEAS

Retirement advice sessions

ARE you intending to retire within the next two years? If so then book your place on one of our specialist retirement advice seminars. These are informal sessions, delivered in plain English which provide plenty of opportunities to ask any questions you may have on issues such as:

- NHS and State pensions
- Tax
- Savings and investment options
- Wills
- Inheritance Tax
- Financial advisors
- The seminars are on:

May 7th: 9am-1pm at Lytham Primary Care Centre

October 3rd: 9am-1pm at Ryelands House, Lancaster.

To book email OLM@bfwhospitals.nhs.uk

Mandatory training deadline

ALL staff are reminded about the need to complete all their mandatory training by the end of March. To mark the countdown we are sending out reminder newsletters that will give you guidance on how you can update your training.

The latest newsletter focuses on e-learning and can be accessed via the following link:

http://bfwnet/misc_notices/2014/Mandatory%20training%20%202014.pdf

Safeguarding sessions

THE next training date for Safeguarding Vulnerable Adults & MCA/DOLS are:

- March 25th 2014: Education Centre, Lecture Theatre, 9am-4.30pm.

To book email olm@bfwhospitals.nhs.uk or telephone 01253 655392.

Clinical effectiveness

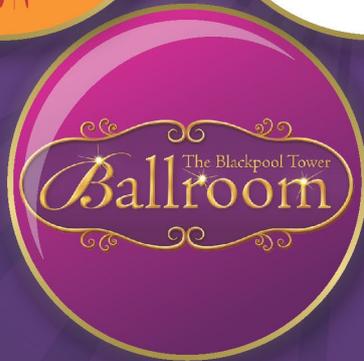
THE latest edition of the Trust's Clinical Effectiveness Newsletter is now available. The popular newsletter is useful for all staff and can be accessed at the following link: http://bfwnet/misc_notices/2014/int_audit_move.pdf

If you have a good idea please let us know at

<http://fcsharepoint/divisions/global/staffsuggestions/Pages/default.aspx>

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0871 222 4001*

AND QUOTE:
'BLACKPOOL BUSINESS'

Valid until 31 March 2014

BEAVERBROOKS
BLACKPOOL



FUN RUN 2014

in partnership with  **TRINITY**



TRINITY

Hospice &
Palliative Care Services

Reg charity no. 511009

Sunday 11th May, 11am

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**With official
chip timing
technology**

**For more information please call 01253 359362
Be part of Blackpool's biggest fun run for all abilities**

The Gazette

BEAVERBROOKS

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Community Health Events

Access these services for **free** with no appointment between 8:30am and 12:00pm at our special series of events throughout 2014.

Lung Health
Check

Diabetes and
Blood Pressure Test

Alcohol Use
Advice

Stop Smoking
Advice

Healthy Eating
Advice

Sexual Health
Advice and Screening

The dates and venues are as follows:

24th February - Blackpool Victoria Hospital, Outpatients Department

24th March - Whitegate Drive, Blackpool

28th April - Clifton Hospital, St Annes

19th May - Moor Park, Bispham

23rd June - Fleetwood Hospital, Reception

28th July - Lytham Primary Care Centre

SAVE THE DATE!

COMPASSION & SAFE PRACTICE WEEK

Celebrating the contribution nurses, midwives
and therapists make to patient care

JOIN US WEEK COMMENCING
MONDAY 5TH MAY 2014

CELEBRATION DAY WILL TAKE PLACE ON
FRIDAY 9TH MAY 2014
IN THE EDUCATION CENTRE

*The day will include presentations and displays that
recognise achievements within nursing and
midwifery – refreshments and lunch will be provided.*

Breathe Free, Feel Good Brief Intervention Training

Lancashire
County
Council 

This free one-hour session enables primary & secondary care professionals to support patients with COPD to stop smoking and refer those who want to quit to Local Stop Smoking Services

Issues covered include

- COPD and smoking
- The impact of smoking and benefits of quitting
- COPD patients' experiences: Film
- Quit smoking support
- Raising the issue: A brief intervention
- Health professional role

12:15 – 13:15 on Monday the 24th of March

Training Room 1, Wesham, Derby Road. PR4 3AL

Lunch provided To reserve a place, please email:
PHAdminNL@lancashire.gov.uk

Or Tel: 01772 539890/539891



Do you know how to talk to someone who is worried or distressed?

The **SAGE & THYME**[®] foundation level workshop (3 hours) teaches:

-  A memorable structured approach for getting into and out of a conversation
-  How to empower patients/carers who are worried or distressed
-  Communication skills that are evidence based



Mon 14th April

Wed 18th June

**09.30-12.30 or 13.30-16.30
on both dates**

Education centre (HPEC)

Book online (OLM)



TRINITY

Hospice &
Palliative Care Services

Reg. Charity No. 511009



Blackpool Medic's Three Peaks Challenge

Ben Nevis, Snowdon & Scafell Pike

15 young doctors and medical students

24 hours strict time limit

Over **11,000** ft of ascent and descent
over the tallest mountains in the UK

Friday 25th April

**All proceeds to Trinity Hospice &
Palliative Care Services**

**Please sponsor us at
justgiving.com/three-peaks-2014
or text
TRIN78 to 70070**

Supporting your local hospice

EXPERIENCE
THE UK'S ULTIMATE INDOOR ADVENTURE PLAYGROUND
IN THE BLACKPOOL TOWER



INCLUDES
50% OFF
THE BLACKPOOL TOWER
EYE & CIRCUS*

HURRY!
OFFER ENDS
31ST MARCH 2014

**ANNUAL
PASS**

FOR AN AMAZING

£6.50*

THAT'S A JUNGLETASTIC SAVING OF £41.50!

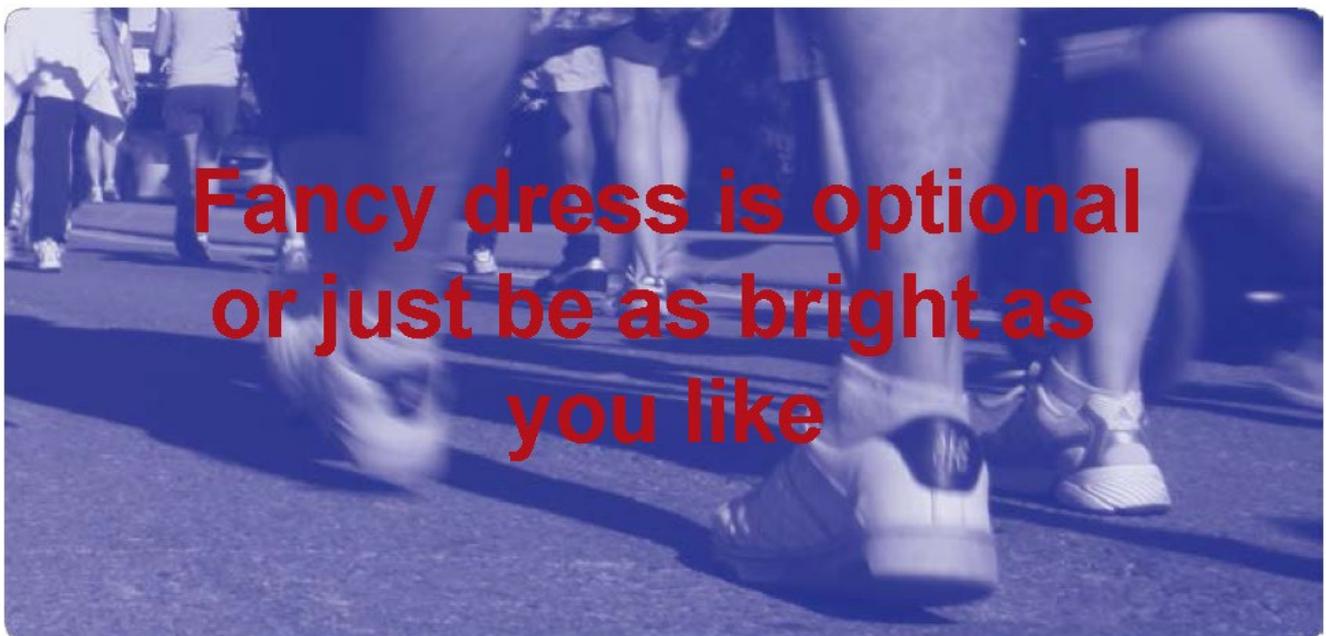
CLAIM YOURS TODAY FROM THE BOX OFFICE TEAM
AT THE BLACKPOOL TOWER



walk in the dark

Saturday 26th April 2014
9.30pm Start

Chorley Hospital to
Royal Preston Hospital



**Fancy dress is optional
or just be as bright as
you like**

This event is supported by



Always with your interest at heart

All walkers will receive a
certificate and a goody bag

Entry Fee: £10.00 per person



207 (Manchester) Field Hospital

Invite you to come and watch them in action on:

Saturday 5th April 2014 in York



207 Field Hospital is an Army Reserve Hospital staffed by NHS doctors, nurses, physios, pharmacists, and other medical persons who are preparing for potential operations in 2015.

As part of the preparation, the Unit is going to Strensall Training Camp in York to work in the specialist hospital training facility on the 5th April 2014.

The Field Hospital aims to exercise its ability to treat casualties with varying conditions such as severe trauma, burns, infectious diseases and other medical conditions.

We would like to take this opportunity to invite our Trust colleagues to come and observe our medical role within the Field Hospital and showcase our expertise.

If you have an interest in military medicine and treatment of casualties and would like to take this opportunity to see how a military hospital prepares for operations please contact:-

MAIA PELGROM on ext 6900 or 07743316157 by Wednesday March 26th (a minibus bus may be available from Blackpool if enough people wish to attend).

The day will run as follows:-

Depart Stretford Army Reserve Centre 0830 (if you prefer, you may drive direct to Strensall, ask for details).

Arrive York 1100

Depart York 1800

Arrive Stretford 2030

Lunch and an evening meal will be provided – please inform of any special dietary requirements.

You will be briefed on the role of the Army Medical Services before lunch and then move on to the hospital trainer. The afternoon would be spent watching Army Reserves being put through their paces in a challenging hospital environment then evening meal and return home.

Staff Cake Bake competition

Are you a baking star? Can you cook up the best cupcake or tray bake?

If so then next week's nutrition week, staff cake bake competition is for you.

Staff from all areas are challenged to create a cake to enter in to one of five categories.

- Best cupcake**
- Best large cake**
- Best novelty cake**
- Best tart**
- Best tray bake**

Cakes will be judged on

Friday 21 March

in the new main entrance. The cakes will then be sold and all money raised will go to Blue Skies.

If you wish to donate and take part in the "Staff Cake Bake" please contact: Joanne Benson via email joanne.benson@bfwhospitals.nhs.uk

