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The Trust has welcomed its new European nurses this week who have come from Romania and Italy. We wish them every success in their time with the Trust.

# New group aims to support staff health

**THE Trust has established a new group to help improve the health and wellbeing of staff.**

The campaign, which will be an extension of the successful 'Better Tomorrow' public health programme, will specifically target all our members of staff.

We will be looking to promote wellbeing events for our staff across the Trust and to signpost people to support or advice about a range of health topics and services available through our own Occupational Health department.

a **better** tomorrow

for **BTH** staff

A short online questionnaire has been generated to capture the thoughts of staff. The questionnaire will look at different aspects of health and as many people as possible are being encouraged to complete the questionnaire which should take approximately five minutes.

The research will be used to help shape current and future healthier workforce initiatives and therefore your responses are important.

All data will be confidential, your

personal details will only be recorded if you choose to receive more information or support regarding a specific topic and will not be shared with any other party. Please get involved and complete the survey. For more information please contact the Trust's Public Health team on 01253 956480.

To complete the survey please click below: <https://www.surveymonkey.com/s/Healthier-Workforce-Project>

## HSJ Value in Healthcare Awards open

STAFF are invited to submit entries for this year's [HSJ Value in Healthcare Awards](#) which reward outstanding efficiency and quality in healthcare. They also recognise excellent use of resources whilst seeking out examples of improvement in outcomes, both within back office functions and clinical initiatives. Entering the awards is quick, free and easy. To start your entry today visit [the website](#). The entry deadline is March 13. The awards will be handed out at the inspirational, ceremony on September 22, 2015, at Grosvenor House Hotel, London.

## Entry call for National Patient Safety Awards

ENTRIES are now being invited for this year's national **Patient Safety Awards** which recognise and reward outstanding practice within the NHS and independent healthcare organisations. Joining forces this year with the **Patient Safety Congress**, there is even more opportunity to showcase your practice standards, hear best practice from your peers and neighbouring trusts and collect your trophy in a room full of health professionals.

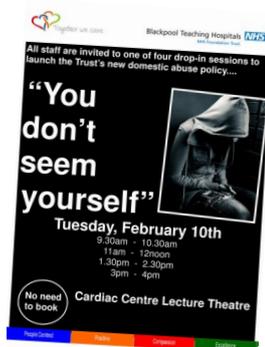


There are 17 categories in all this year including:

Patient Safety in Care of Older People, Improving Safety in Medicines Management, Mental Health, Technology and IT to Improve Patient Safety, Managing Long Term Conditions, Clinical Leadership, Cancer Care, Musculoskeletal Care, End of Life Care, Dementia Care, Changing Culture, Education and Training in Patient Safety, Quality of Care Award, Trust of the Year, Hall of Fame, Improving Safety and Quality in Primary Care and Best New Product, Innovation or Service. To enter go to [www.patientsafetycongress.co.uk](http://www.patientsafetycongress.co.uk)

## Staff invited to launch of abuse policy

STAFF are invited to attend one of four sessions for the launch of the Trust's new policy which supports staff who are victims of domestic violence. The one-hour sessions, which take place on Tuesday, February 10, are drop-in, but will start on time with doors then closed. The campaign uses the statement: "You Don't Seem Yourself," which is a theme that the Workforce Directorate will follow with regards to staff suffering from stress, sickness, bullying, harassment or any other issue. More information will be available at the sessions, including how to recognise signs of abuse in potential victims, a speech from the late Jane Clough's parents and details of where support can be accessed. A further date will follow at community sites in March. All staff are asked to cascade the information to their teams to encourage attendance.



## Safeguarding adults

THE next training date for Safeguarding Vulnerable Adults & MCA/DOLS, will be on:

- February 10, 2015, Education Centre, Lecture Theatre, 9am-4.30pm-max 70 places.

Book a place through OLM on 01253 955392 or [olm@bfwhospitals.nhs.uk](mailto:olm@bfwhospitals.nhs.uk).

## Fire safety training

A NUMBER of fire safety lectures are taking place in the North Lancashire area over the next two months.

### Heysham Primary Care Centre

February 3: 10am-11am

March 11: 2pm-3pm

### Ryelands Clinic

February 17: 10am-11am

March 10: 2pm-3pm

### Slyne Road

February 9: 10am-11am

March 12: 2pm-3pm

## Courageous conversations

IS there a difficult issue you need to approach with another member of staff? If so the Trust holds a course called Courageous Conversations. The courses last two hours with the next one on February 10 at BVH between 1.30pm and 3.30pm. Book your place through OLM on 01253 955392 or via [olm@bfwhospitals.nhs.uk](mailto:olm@bfwhospitals.nhs.uk).

Blackpool Teaching Hospitals NHS Foundation Trust

# Did you know?

A Specialist Stop Smoking Service for Staff is available on site!

We are the only Specialist Stop Smoking Service in Blackpool and with our support you have the best chance of quitting.

For more information please contact...

- Chris or Claire on 7303
- Bleep 738
- Call us direct 01253 951570

**BLACKPOOL STOP SMOKING SERVICE**  
T: 01253 951 570  
stop.smoking@blackpool.nhs.uk

Follow us on Facebook  
Follow us at Bp1StopSmoking

a better tomorrow

## Heart Failure Study Day success

THE Trust's Heart Failure team has been praised for hosting a regional conference. Members of the heart failure and pacing teams came together to organise the conference for heart failure specialists across the region which was held at the Marriott Hotel in Broughton this week.



Staff and speakers at the Heart Failure Devices Study Day.

"We were going to use an external company, but we felt it would be much more cost effective to organise it ourselves and although there was quite a bit of work involved it wasn't as daunting as you would think. Everyone chipped in to make it happen and it turned out to be a really good day. I think it was the first time that we had heart failure specialists from across the region together in one room to learn from each other and the feedback was excellent."

Sister Paula Black, Heart Failure Research Nurse

## Appraisal window set to open in April

THIS year's Appraisal window will open in April and be up and running until late August. Although full details have yet to be confirmed the content will be shorter both on the electronic system and on paper. This gives all staff the chance to discuss how they are doing in a more personalised way. Any staff who have not previously self registered in the appraisal system will be automatically registered and managers will be asked to check their staff lists.

## Adult Learners Week Awards open

ADULT Learners Week 2015 is now open for nominations and this year Health Education North West are working in partnership with Voluntary Sector North West and North West Employers to promote the awards. All information can be found here: <http://nw.hee.nhs.uk/2015/01/05/adult-learners-week-2015/>. Closing date for nominations is noon on April 13.

### UNTOWARD INCIDENT REPORT TRAINING - INTERACTIVE SESSIONS - TO BE HELD IN HPEC - LIFELONG LEARNING SUITE

The Risk Management Team are offering **Incident Reporting Training** throughout the Trust either as refresher training or for new users to familiarise themselves with the system. The sessions will approximately last 2 hours and we are offering both morning and afternoon sessions to make the training more accessible.

We would like to take this opportunity to invite **everybody** to attend. The Risk Management Team have developed a new interactive presentation, which encourages staff members to take part in a live incident reporting scenario, this also encourages question and answer sessions to support the learning process.

Please note, this is **NOT** a drop in session. We can facilitate training sessions to a maximum of 7 members of staff per session due to the number of PC's available in the training room. We require all members of staff to please book in advance using the choice of contact details below with your preferred date and time from the programme. If your initial choice of date is fully committed, we will offer you the next available session.

#### We have spaces available on:

Thursday 19<sup>th</sup> February at 9.30am  
 Tuesday 24<sup>th</sup> February at 2.30 pm  
 Thursday 5<sup>th</sup> March 9.30 am  
 Tuesday 10<sup>th</sup> March at 2.30 pm  
 Thursday 19<sup>th</sup> March 9.30 am  
 Tuesday 24<sup>th</sup> March 2.30 pm

If you wish to book on please contact the  
 Incident Helpline Telephone Extension: 3667  
[incident.helpline@bfwhospitals.nhs.uk](mailto:incident.helpline@bfwhospitals.nhs.uk)

## Pre-retirement sessions

ARE you intending to retire within the next two years? If so then there is still time to book your place on our next specialist seminars. These are informal sessions, delivered in plain English and with plenty of opportunities to ask questions. We offer up to date financial information on:

- NHS and State pensions
- Tax
- Savings and investment options
- Wills
- Inheritance Tax
- Financial advisors

The next sessions are:

Lytham PCC: April 15, 9.30am–1pm

Heysham PCC: October 12, 9.30am–1pm

Book your place through OLM on 01253 955392 or via [olm@bfwhospitals.nhs.uk](mailto:olm@bfwhospitals.nhs.uk).

## Incident Report training

THE Trust has added further dates to the Incident Report Training schedule.

The dates are:

- Thursday, February 5, 2015: 9.30am, Lifelong Learning Suite of HPEC

For further details please contact the Incident Reporting Helpline on 01253 953667 or email: [incident.helpline@bfwhospitals.nhs.uk](mailto:incident.helpline@bfwhospitals.nhs.uk)

## New and revised documents

NEW and Revised Procedural Documents which have been uploaded onto the Document Library in the last 60 days can now be accessed on the link below <http://fcsharepoint/divisions/corporateservices/communications/Documents/Issue%20242.pdf>

## Ambulance service campaign

THE North West Ambulance Service has launched a new campaign called GoPTS to raise awareness of its Patient Transport Service - [here](#) is a brief update for you about the new initiative.

## Conflict resolution training

THE next Conflict Resolution training sessions are on February 6, February 11 and February 26. Book your place through OLM on 01253 955392 or via [olm@bfwhospitals.nhs.uk](mailto:olm@bfwhospitals.nhs.uk).

## Staff invited to take part in NHS Triathlon

STAFF might like to know that entries for the 2015 NHS Fun triathlon, run in conjunction with Bolton Council, are now open. Over the past three years places for the individual event have filled in a couple of weeks, so staff are advised to get their entries in early and take advantage of the early bird discount for the Individual entries. Bolton Council's Public Health Team is once again organising the NHS Fun Triathlon. The event consists of a 400m pool swim, 21k hilly cycle ride and a 5k run. The triathlon is open to individual entries and relay teams of three people. The entry fee for the team event is just £45. Entry to the solo event is £40 (early bird discount of £35 applies). The cost of the entry covers results, insurance and goodie bag. For full details go to: [www.nhstriathlon.co.uk](http://www.nhstriathlon.co.uk).



## Wi-Fi available at Blackpool Victoria

STAFF can now access Wi-Fi at Blackpool Victoria Hospital thanks to a partnership between Blackpool Teaching Hospitals NHS Foundation Trust and Blackpool Council. The Wi-Fi can be accessed through the **WirelessBlackpool** network that will be shown on your phone settings. For a number of years the Trust's IT Department has been exploring various options to offer patients and visitors a free to use limited Wi-Fi service and a solution has now been found allowing free access in several areas of the hospital site.



"The demand for Wi-Fi services shouldn't necessarily stop just because you are in hospital. Offering a free to use service without adding to our financial burden with this new service was a significant challenge. Blackpool Council has offered a public Wi-Fi service at a number of their locations for some time and with the connection of the two organisations the reach of this network can now be extended to Blackpool Victoria Hospital. Whilst the initial roll out is limited to non-bedded areas, due to existing contractual arrangements with the Trust, it is expected that this service will become available to more areas in time."

Shaun Bucknill, Head of ICT

## Internet Explorer upgrade works

OVER the next few weeks the ICT department will be remotely updating older versions of Microsoft Internet Explorer on all computers across the Trust to version 8. This upgrade is being performed to maintain access to browser based systems that require the newer version of Microsoft Internet Explorer. This update will be applied to all computers running Microsoft Windows XP that have a version of Microsoft Internet Explorer less than version 8. Any computers running Microsoft Internet Explorer 8 or above will not be affected.

## Credit Union offers for staff

TRUST staff are reminded that they can become a member of the Blackpool, Fylde & Wyre Credit Union and take advantage of the area's hub for low cost loans (see advert below) and high interest rate savings. Trust staff can sign up to a regular savings account directly through their payroll and it's easy to sign up right now by filling in a simple form here <https://www.bfwcu.co.uk/machform/view.php?id=13776>



## IT On-Call phone plea

THE Trust is looking to reduce the number of calls to the IT On-Call Service which operates outside of normal working hours. Staff are being asked to consider if their call is a genuine emergency. Some recent calls have not warranted calling an emergency service and this is having a negative and financial impact on the IT Service and the Trust as a whole. The department is asking all staff who work outside normal working hours to help reduce the number of unnecessary calls to this service. Every call-out carries a financial cost. Unnecessary call-outs therefore have a negative financial impact on the Trust. If you have any questions or concerns please do not hesitate to contact the ICT Service Desk on ext 1016.

*Wish You Were Here!*

# Holiday Loans

*Now You Can Be!*

**CU** Loans from £200 - £15,000  
**CU** Call in or telephone 01253 478827

Blackpool Fylde & Wyre Credit Union is authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority. Firm Reference No: 208211. Co-operative No: 1-253-13 Bingley Street, Blackpool, Lancashire, FY1 1EG. \*Loans subject to status. Visit our website for more details: www.bfwcu.co.uk

All staff are invited to one of four drop-in sessions to launch the Trust's new domestic abuse policy....

**“You  
don't  
seem  
yourself”**



**Tuesday, February 10th**

9.30am - 10.30am

11am - 12noon

1.30pm - 2.30pm

3pm - 4pm

**No need  
to book**

**Cardiac Centre Lecture Theatre**

# **PREVENT Training**

## **- Terrorism awareness**

**For all front line staff (with face to face patient/public contact)**

**This is COMPULSORY training for staff attendance—there will be further dates to follow during the rest of the year**

**Room S6- Football Stadium- Blackpool:**

**Monday 26<sup>th</sup> January 2015 PM Session**  
**Monday 16<sup>th</sup> February 2015 PM Session**  
**Monday 9<sup>th</sup> March 2015 PM Session**

**Blackpool Victoria Hospital Education Centre:**

**Friday 23<sup>rd</sup> January 2015 PM Session (Room 4)**  
**Monday 23<sup>th</sup> February 2015 AM Session (Room 4)**  
**Tuesday 24<sup>th</sup> March 2015 PM Session (Lecture Theatre)**

**Session Times: AM Sessions: 9.30 –11.30 am, PM Session: 2 - 4pm**

**Objectives of this Training: To ensure you understand the basic principles of the PREVENT agenda, including:**

- **What is CONTEST**
- **How vulnerable people are Radicalised**
- **Signs and Symptoms of someone being Radicalised**
- **What to do, the PREVENT referral process**
- **Understanding CHANNEL process**
- 

**This training is being delivered as workshop Sessions**  
**Please book through L&D Dept on 01253 955294**  
**Or preference E Mail [olm@bfwhospitals.nhs.uk](mailto:olm@bfwhospitals.nhs.uk)**



Blackpool Teaching Hospitals **NHS**  
NHS Foundation Trust



**Do you have a patient in your area  
with a congenital heart defect?**

Anna Harrison is your Nurse Specialist contact for  
Blackpool NHS Foundation Trust  
Please contact her on **bleep 409**.

Anna is available to support patients and staff every  
Thursday, Friday and alternate Wednesdays.

She is based at the

**Heart Failure Office in the Lancashire Cardiac Centre.**

Outside these hours please contact the  
North West Adult Congenital Heart Disease (ACHD)  
Team on **0161 276 7959**.

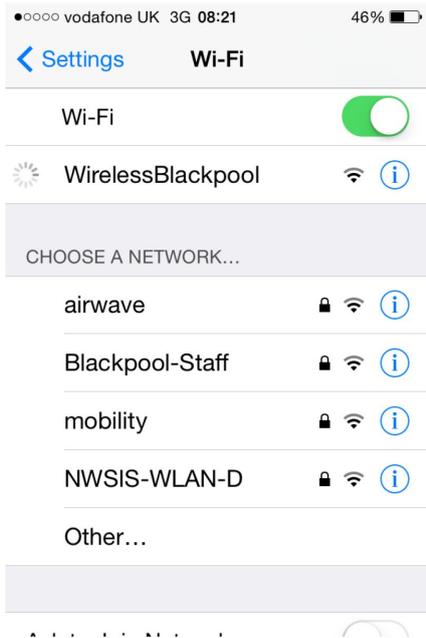
***We are here to help you.***



Together we care

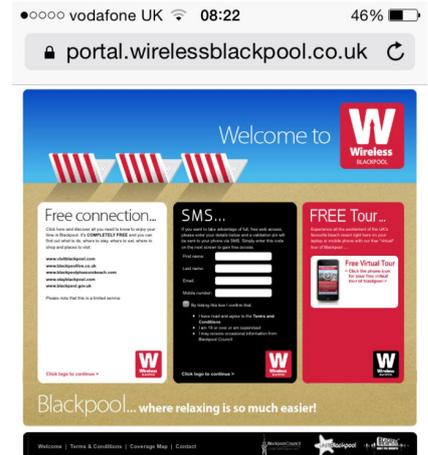
## How to open WI FI settings and connect to WirelessBlackpool at Blackpool Victoria

### Step 1



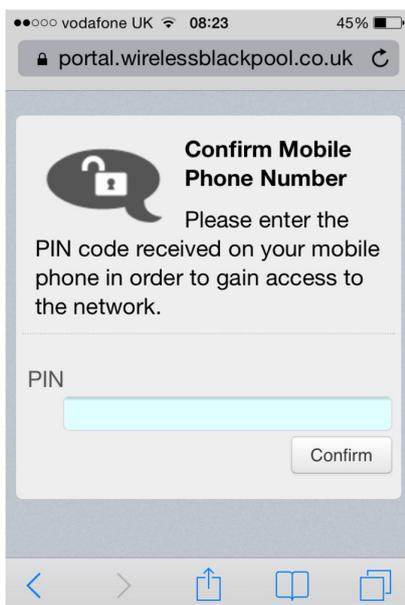
Open WiFi setting and connect to WirelessBlackpool

### Step 2



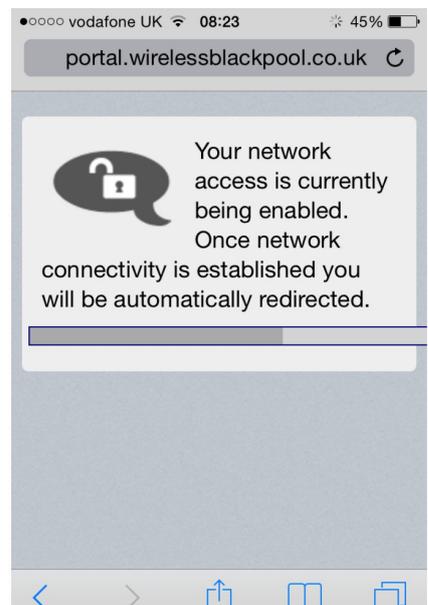
- Open your Browser and you should automatically be directed to [portal.wirelessblackpool.co.uk](http://portal.wirelessblackpool.co.uk)
- Enter details (First Name, Last Name, Email, Mobile Number, tick confirmation box) in the middle black box
- Click logo to continue

### Step 3



Enter pin code that you should receive via a text message after completing Step 2

### Step 4



You should now be connected to the wireless network

**Free access is for a 24 hour period. To gain access again after that time simply follow the same procedure.**

NHS Pensions  
*provided by...*



**Business Services Authority**



**2015**

**NHS Pension Scheme**  
*Securing tomorrow, today*



→ Pathology



**The 2015 NHS Pension Scheme  
will be introduced on 1 April 2015**

To find out if you will move to the new Scheme and  
for more information about its features and benefits  
please visit the NHS Pensions website at:

[www.nhsbsa.nhs.uk/Pensions.aspx](http://www.nhsbsa.nhs.uk/Pensions.aspx)

## Transforming End of Life Care Study Days - 2015



### Morning: 9.30am - 12.30pm End of Life Care Workshop

By the end of this session you will:

- Be able to identify the national 5 key enablers
- Describe what a plan of care for the dying person includes
- Understand the importance of advanced care planning
- Know how to apply the AMBER Care Bundle to improve patient care on your ward
- Demonstrate how the above can be put into practice

### Afternoon: 1.30pm - 4.30pm Sage & Thyme

This foundation level communication course is designed to:

- Help recognise psychological distress
- Communicate honestly and compassionately

*This course is available to all staff, whatever your role is in the Trust.*

### Dates & Venue

Thursday 22 <sup>nd</sup> January	Wednesday 24 <sup>th</sup> June
Wednesday 25 <sup>th</sup> February	Wednesday 16 <sup>th</sup> September
Monday 30 <sup>th</sup> March	Wednesday 21 <sup>st</sup> October
Wednesday 22 <sup>nd</sup> April	Wednesday 18 <sup>th</sup> November
Wednesday 27 <sup>th</sup> May	Friday 4 <sup>th</sup> December

**All in rooms 3 & 4, HPEC (Education Centre) at Blackpool Victoria Hospital**

To register on either or both of the sessions please email OLM at: [OLM@bfwhospitals.nhs.uk](mailto:OLM@bfwhospitals.nhs.uk)  
Please specify which session you wish to attend in your email.

**Certificates will be provided to delegates who complete each session.**

## Hospital Public Health Training

FREE half day sessions delivered by the public health team.

Blackpool Teaching Hospitals   
NHS Foundation Trust

### 'Healthy Weight': Identification and brief advice training for people who require non-specific dietary advice

Training includes:

- ✓ Obesity prevalence and impact on the Trust and NHS
- ✓ Risk factors of being overweight or obese
- ✓ Identifying patients who require additional support using body mass index(BMI)
- ✓ Current healthy eating guidelines and interventions
- ✓ How to give brief advice
- ✓ How to refer to the community weight management services in Blackpool

#### Dates:

- 20<sup>th</sup> January 2015 (9am-11:30am)  
Stimulation and Skills, room 6
- 18<sup>th</sup> February 2015 (9am-11:30am)  
Stimulation and Skills, room 2
- 23<sup>rd</sup> March 2015 (9am-11:30am)  
Education Centre, room 6

### Tobacco use: How you can make a difference – Identification and Brief Advice' Training

Training includes:

- ✓ Impact smoking has on patient health and the Trust
- ✓ How to assess and record smoking status
- ✓ Nicotine replacement therapy
- ✓ Trust Smokefree policy
- ✓ Brief advice
- ✓ Referring to the Community Stop Smoking Service
- ✓ Electronic cigarettes

#### Dates:

- 14<sup>th</sup> January 2015 (9am-11:30am)  
Stimulation and Skills, room2
- 2<sup>nd</sup> February 2015 (9am-11:30am)  
Stimulation and Skills, room 2
- 6<sup>th</sup> March 2015 (9am-11:30am)  
Education Centre, room 6

### 'Alcohol use: How you can make a difference – Identification and Brief Advice' Training

Training includes:

- ✓ Alcohol Units
- ✓ The physical, psychological and social effects of drinking alcohol
- ✓ Identifying patients who require further support or information
- ✓ How to give brief advice
- ✓ Referring to Alcohol Liaison Nurse Specialists

#### Dates:

- 26<sup>th</sup> January 2015 (9am-11:30am)  
Education Centre, room 6
- 27<sup>th</sup> February 2015 (9am-11:30am)  
Education Centre, room 6
- 11<sup>th</sup> March 2015 (9am-11:30am)  
Stimulation and Skills, room 2

Please select the training you would like to attend by circling your preferred option.

Name: \_\_\_\_\_ Job title: \_\_\_\_\_ Telephone: \_\_\_\_\_  
Dept/Ward: \_\_\_\_\_ Line Manager: \_\_\_\_\_ Email: \_\_\_\_\_

Please return completed forms to: Health Education Practitioner, Public Health Team, Berry Offices, Blackpool Victoria Hospital, FY3 8NR, 01253 306480. Alternatively email details to [publichealthtraining@bfwh.nhs.uk](mailto:publichealthtraining@bfwh.nhs.uk)



Blackpool Teaching Hospitals   
NHS Foundation Trust

## ZUMBA

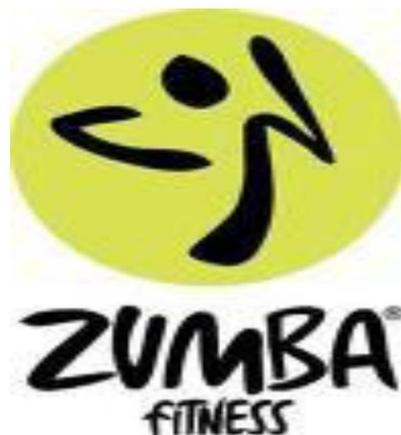
**OCCUPATIONAL HEALTH HAS JOINED FORCES WITH A LOCAL ZUMBA TEACHER TO OFFER STAFF AN 8 WEEK ROLLING PROGRAMME. THIS COULD HELP YOU TO GET FIT AND HAVE FUN WHILE YOU ARE DOING IT.**

**THE CLASSES WILL BE ON SITE AND WILL BE 5.15-6.15 PM ON A TUESDAY AND WILL START ON THE 27<sup>TH</sup> JANUARY**

**THE COST IS £24 FOR THE EIGHT WEEKS AND IS PAID UPFRONT AT THE START OF THE PROGRAMME AND WILL BE DEDUCTED THROUGH YOUR WAGE, SO THAT WORKS OUT AT ONLY £3 PER CLASS.**

**TO BOOK A PLACE AND FURTHER DETAILS PLEASE CONTACT CLARE FLYNN  
01253 957950  
[clare.flynn@bfwh.nhs.uk](mailto:clare.flynn@bfwh.nhs.uk)**

**The classes will be held in  
The Simulation & Skills Centre (old Aster Ward) Blackpool Victoria Hospital**



## e-Rostering Drop-In Help & Support Sessions



# HealthRoster Employee Online

Do you have your login details and know how to access the Employee Online system?

Do you know how to request duties/record hours or request annual leave?

Would you like help & support from the Trust's e-Rostering Trainers?

## HealthRoster Manager

Are you responsible for creating and/or managing rosters?

Do you feel like you would benefit from a system refresher?

Would you like help & support from the Trust's e-Rostering Trainers?

**Then why not come and see us!** (Just drop in, no need to book!)

**When?**

**Tuesday 10th February, between 9:30am - 13:00pm**

**Tuesday 17th March, between 13:30pm -16:00pm**

**Thursday 16th April, between 9:30am -13:00pm**

**Where?**

**Lifelong Learning Suite, Education Centre, BVH**

*[erostering@bfwhospitals.nhs.uk](mailto:erostering@bfwhospitals.nhs.uk)*

*Telephone: 01253 95 3690*

**(Mandatory 3 Yearly)**

# **Conflict Resolution & Breakaway Techniques Refresher**

Available to all front line staff (face to face contact with patients and public)  
who have previously undertaken:  
Conflict Resolution

**Clinical Skills Room - Moor Lane Mills - Lancaster:**

Friday 23<sup>rd</sup> January 2015  
Tuesday 10<sup>th</sup> February 2015  
Thursday 26<sup>th</sup> February 2015  
Monday 9<sup>th</sup> March 2015  
Thursday 26<sup>th</sup> March 2015

**Training room 2, Derby Rd Offices – Wesham:**

Thursday 15<sup>th</sup> January 2015  
Thursday 29<sup>th</sup> January 2015  
Friday 6<sup>th</sup> February 2015  
Monday 16<sup>th</sup> February 2015  
Tuesday 3<sup>rd</sup> March 2015  
Friday 20<sup>th</sup> March 2015

**AM session: 10am – 12:30pm**

**PM session: 1:30pm – 4pm**

- **Please ensure that you wear appropriate clothing e.g. non-slip, fully enclosed flat heeled footwear and clothes (crew / polo t-shirt) that allow freedom of movement without compromising safety or modesty. No jewellery to be worn during training.**
- **Please note: T Shirts will be pulled during practical session**
- **Participants should be fit to undertake the physical exercises that form part of the Breakaway techniques in order to complete the course. Participants in any doubt as to the suitability of attending the course should speak to the trainers.**

To book your place, please contact Learning & Development on 01253 953175 or email

[OLM@bfwhospitals.nhs.uk](mailto:OLM@bfwhospitals.nhs.uk)