

News Round

Issue 289 ● Friday September 11th 2015



CQC inspection visit arrangements

THE Care Quality Commission will be carrying out an inspection of the Trust's A&E and Maternity services on September 21 and 22.

The CQC is the independent regulator of all health and social care services in England.

During the inspection they will gather information in a number of ways.

For example, the CQC will:

- Speak with people who use services.
- Hold focus groups with separate groups of staff.
- Work with the Patients Association to carry out an analysis of the complaints handling process.
- Interview individual directors as well as staff of all levels.
- Check that the right systems and processes are in place.

They will then analyse the information they gather to make judgements about the following questions:

- Are they safe?
- Are they effective?
- Are they caring?
- Are they responsive to people's needs?
- Are they well-led?



The CQC would like to hear about your experience of working at the Trust including any particular areas of concern as well as what is working well.

You can do this either online before or during the inspection, or by meeting with a member of the inspection team during the inspection.

Before the inspection

If you would like to pass on information to the inspection team, please contact their National Customer Service Centre at the email address HospitalsInspections@cqc.org.uk, and give the reference - RXL.

Alternatively, you can use their 'Share your experience' form online at <http://www.cqc.org.uk/public/sharing-your-experience>. This information will be shared directly with the inspection team.

During the inspection

You can speak to a member of the inspection team during the inspection at any time. They will be based in the Education Centre.

Also, you will see members of the team visiting many of the wards and departments and do let them know if you would like to speak with them.

The CQC values the views of staff, people who use services, their families and carers.

After the inspection the CQC will publish a report on our website.

Information will be treated confidentially – names and personal details will **not** appear in the report.

If you would like to contribute, you can also give them information about the service at any time, as they monitor all information continuously.

There is further information on the CQC on their website at www.cqc.org.uk.

Water ban update for the weekend

STAFF will be aware that the water ban across Lancashire's residential areas has now been lifted. Despite that news the ban has not been fully lifted across our hospital sites as yet because our estates team is still working hard to change filters and flush water dispensers through. As this is being done area by area they are replacing the "do not use" notices with green stickers. As a result any water fountain with a green sticker is now safe to use. Where there is no green sticker staff must not drink the tap water unless it is boiled first. Supplies of water can still be replenished as and when requested using their approved contacts. When wards get down to the last five bottles they are asked to contact their relevant bleep holder for arrangement of delivery of top up supplies. Once again many thanks to all staff for their continued co-operation. It is hoped everything will be back to normal early next week.



Staff Surveys important

STAFF are reminded about the importance of taking part in the latest staff surveys that they may have received. All staff will have received the latest quarterly survey from Picker and 25% of people will have also received the new Great Place to Work Survey that the Trust has established. This survey will be sent out four times a year to 25% of staff so each person only has to complete it once a year. It is vital that as many people as possible complete the survey so we can make future improvements for staff. All answers are totally confidential.



Great Place to Work Staff Survey



Look out for our new and improved staff survey which launches on September 1st #GP2W

Family Nurse Partnership

THE Trust's Family Nurse Partnership (FNP) marked its eighth anniversary with a celebration event at Blackpool Zoo. Clients and staff took part in networking sessions and watched presentations at the event on Wednesday, September 9. Lynn MacKinnon, Family Nurse Supervisor for the Trust, introduced speakers from the FNP National Unit, NHS England, Blackpool Council and Better Start Blackpool. Lynn also gave a presentation on the FNP's Partners in Parenting Education (PIPE) scheme involving young families that had benefited from the partnership's services.



Brandon Prestwich and Sophie Miller with their son Tyler.

"They gave me lot of advice and helped me to cope with the stress of being a dad. Their advice has made me the dad I am. I love being a dad. I don't think I could have done it without the family nurses."

Brandon Prestwich

Apprentices advice

ANY department either considering appointing an external apprenticeship or in the process of appointing an apprentice is asked to contact Dawn Werra, Clinical Workforce Development Advisor, at dawn.werra@bfwh.nhs.uk or call 01253 953244. Failing to provide this information will result in loss of funding.

Fancy joining the Trust choir?

THE Trust choir is looking for new members. The choir, which has been a great success over the past couple of years, is up and running again and rehearsing regularly. Any member of staff from anywhere in the Trust can join and everyone is welcome. If you would like further details please contact Paul Aspden on 01253 951132.

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/trustdocuments/Documents/Forms/Uploaded%20in%20the%20last%2060%20days.aspx> This is an important link for all staff.

Health lecture invitation

THE final seminar in the Lancaster University Social and Ethical Aspects of Health and Medicine (SEAHM) series will be held on Monday, September 28 at 6pm in the Management School Lecture Theatre 7 when **Dr Laura Machin (Lancaster Medical School)** will be presenting on *The Ethical Aspects of Self-Discharge Against Medical Advice*. The lecture is free. For further details contact Clare King at Lancaster University on 01524 592497.

Moving & Handling course

THE next Moving and Handling courses are on Monday, September 28 between 10am and 11am and 11am and noon at Ryelands House Clinic. To book email OLM@bfwh.nhs.uk

Beginners running club hits the road

a better tomorrow

for BTH staff

THE Trust launched its new beginners running club last week and all staff are invited to join. The group meets on Wednesdays at 5.15pm in the main entrance at BVH (reception desk). The group is led by Julie Sherwood, a qualified run leader who has experience in delivering "Couch to 5k" programmes which is one of the aims of the group. The programme will take place over 12 weeks and no previous running experience is necessary. If you would like to take part please feel free to join in. For more details contact Hannah Corless on 01253 957638 or



Staff at the first night of the beginners' running club.

bthhealthierworkforce@bfwhospitals.nhs.uk. Staff in North Lancashire can also take part in a beginners club run by Lancaster City Council at Salt Ayre every Monday. Thousands of people have tried Couch to 5k so why not give it a go!

* THE Trust is still looking for Workplace Health Champions to promote health messages to colleagues across the organisation. This role requires one hour per week (during work hours) and you must gain support from your line manager in undertaking this role on behalf of your ward/department. Please follow the link below which outlines the health champion role and includes an expression of interest form. http://bfwnet/misc_notices/2015/Workplace%20health%20champion%20role%20description.pdf. Please email your expression of interest form to Hannah.corless@bfwhospitals.nhs.uk

Nominations ceremony date set

MEMBERS of staff who have been nominated for a Celebrating Success Award are invited to attend a celebration ceremony at Blackpool Victoria Hospital. The event will be held in the Education Centre at noon on **Friday, October 9, 2015**. Nomination certificates will be presented by Chief Executive, Gary Doherty. Teams and individuals who have been shortlisted in this year's event will receive their awards at the Celebrating Success Ball on Friday, November 6. Anyone wanting to check if they were nominated for an award can visit the Celebrating Success nomination list on the main page of the Trust's Intranet site by clicking [here](#). Nominees are invited to collect their certificates at the event. Those wishing to attend are asked to email the Communications Department by Monday, September 21 using the email accessible from this link communications@bfwhospitals.nhs.uk



Chronic illness support group

THE Trust has established a support group for any member of staff suffering any form of chronic illness such as depression, diabetes, asthma or COPD. The next meeting is on September 16 between 4pm and 5pm in the Simulation and Skills Centre, BVH, Room 8. For further information please contact Tina Russell on 01253 953423 or Liane Moorhouse on 01253 953519.

Recognise and Act training

THE next Recognise and Act mandatory training sessions for registered nurses are on October 2 and October 29. The sessions are held in the Lecture Theatre at Blackpool Victoria Hospital between 9am and noon. The course planned for September 21 has been cancelled. To book contact Hilary Snellgrove on 01253 952036 or on the Trust email.

Stop Smoking clinic

THE Staff Stop Smoking Clinic has changed venue. The clinic will now be held in the main outpatients area Room 22 on a Friday afternoon. To book an appointment call Jackie Riedel on 01253 951570.

Council wants your views

BLACKPOOL Council is cutting its budget again this year by £20m. The council wants your views on how the budget could be cut by telling them how you think they should allocate their funding. This is your chance to give your opinion. Please go to www.blackpool.gov.uk/budgetcuts for more information and to give your views.

Services on the move

THE Diabetes Liaison Service is to relocate from Ward 3 to the former Place of Safety in the Urgent Care Centre and that Early Pregnancy Assessment Unit will relocate to Ward 3 on Tuesday, September 15. All phone numbers remain the same.

To read the latest copy of the new staff magazine click [HERE](#)



Social media advice for all staff

ALLEGATIONS have been made on Facebook involving a Blackpool care home resident and who is a patient at the Trust. The Facebook post has been shared by a large number of people and all BTH Trust Staff are reminded about their responsibilities under the Trust's Social Media Policy which states:

- While you are not in work 24/7, by being an employee of Blackpool Teaching Hospitals NHS Foundation Trust and the NHS you are indirectly representing both by your actions in and outside of work.
- Ill considered or unjustified comments may adversely affect public opinion towards an individual or organisation. Staff must not actively seek out or share information about patients and should consider how what you say in the public domain may be perceived by other people.
- Staff found not adhering to these guidelines may face disciplinary action.

It is also behaviour that also breaches codes set by professional bodies such as the Nursing and Midwifery Council (NMC) and the General Medical Council (GMC).

Staff promote organ donation campaign



STAFF have this week been promoting the importance of organ donation as part of National Transplant Week. A full feature will appear in the next edition of the Pulse magazine due out in early October. This year's national campaign is titled "7 days to say yes I donate". The aim is to get people talking about organ donation and share their decision on what they want to happen after they die with those closest to them. For more information on organ donation, or to sign up to the register, visit organdonation.nhs.uk

Total Rewards Statements ready

IF you worked for Blackpool Teaching Hospitals before March 31 this year, your Total Reward Statement is ready to view online at www.totalrewardstatements.nhs.uk – go and have a look at your information. For those of you who are in the NHS Pension Scheme your statement is the best place to find out what NHS benefits you might receive when you retire. You can also find out more about the benefits we offer you such as: cycle to work scheme, childcare vouchers, lease cars, counselling services and much more! To find out more visit the Employee Section of the TRS site at www.nhsbsa.nhs.uk/TRS or the TRS page on the One HR website at <http://blackpoolhr3.multi2.sitekit.net/home.htm>

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. The next sessions are:

- BVH Education Centre, September 25, 2015, 9.30am–1pm
- Heysham PCC: October 12, 2015, 9.30am–1pm
- BVH Education Centre, December 1, 2015, 9.30am–1pm

Book your place through OLM on 01253 955392 or via olm@bfwhospitals.nhs.uk.

Macmillan Coffee Mornings

THE Heysham Health Visiting team is planning to hold a Great British Bake Off Macmillan Coffee Morning on September 23 at 12noon. The event will be held at Heysham Primary Care Centre in the ground floor education room. The team would love your support in raising money, by bringing your own baking and/or buying a slice of cake on the day.



Admission is free and a slice of cake with a tea or coffee will be £2. The HR team and Ward 12 are also having events to mark the occasion. If you are marking the occasion please email communications@bfwh.nhs.uk.

Trust annual meeting

STAFF are reminded that this year's Annual Members and Public Meeting will take place on Monday, September 28 in the Lecture Theatre at Blackpool Sixth Form College, Blackpool. The winners of the Dottie Hall Memorial Award, The Cardiac Nurse of the Year and the Going the Extra Mile Awards, will be announced on the night. Full details are on our intranet site. Certificates and prizes will also be given for long service and personal achievement at the ceremony.

'Fanned by the fierce winds of war, medicine, science and surgical art have advanced unceasingly, hand in hand'.

Churchill, 1947



Military Medicine Through the Ages.

Fylde Medical Society 19.30 17th September '15
Ribble Cruising Club, Lytham

By Zak Nathan GPST3

save money

OFFERS VIA TEXT TUESDAY



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OFF TICKETS
FOR TOMMY AT THE
WINTER GARDENS**

**GET ALL TOAST'S
LATEST OFFERS,
PLUS EXCLUSIVE
NHS DISCOUNTS**



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LEARNING & DEVELOPMENT

SEPTEMBER 2015 - DROP-IN DAY

Dear All

Just a reminder that the Learning & Development team are hosting their next monthly 'Drop-In Day' on:-

Friday 25th September 2015 @ the Simulation Skills Centre, BVH
9.00am – 5.00pm

If you are not sure where you are with your Mandatory Training, you are non-compliant or approaching non-compliance in some or all subjects, please come along. We can check your compliance and advise you with the next steps.

Practical Training is also available on the day, please see below:-

Moving & Handling Update

There will be three sessions (each 1hour 30mins) during the day: -
9.00am
11.00am,
2.00pm

There is **no requirement to book** – but please turn up at least **5 minutes** before the start of the session.

Basic Life Support Update Training

There will be a trainer available from: -
10.30am
1.00pm
3.30pm

There is **no requirement to book**, please drop in at least **5 minutes** before the above times. There may be a short wait. (Each session is 15 minutes)

Workbooks

You can collect workbooks from us and we can also sign them off for you once completed. We do have a quiet room available for anyone who would like to come along and complete the workbook

Information Governance

A representative from IG is available during the day on 01253 95 3057 to answer any queries



"Blackpool Autumn Ramble" Sunday 4th October

BTH is encouraging staff and volunteers to bring along their family, friends and pets on the British Health Foundation 4 mile Autumn Ramble.



Start: Victory golf bar, Urban Village Hotel, Blackpool
Time: 11am
Cost: Free if you register in advance, £5 on the day (children free)
Distance: 4 miles

Enjoy the beautiful scenery right on our doorstep!

For more information or to register please contact Katie McLaren on Katie.mclaren@bfwhospitals.nhs.uk

a better tomorrow

for BTH staff

People Centred

Positive

Compassion

Excellence



Staff Chronic Illness Support Group

If you are suffering from any form of chronic illness (physical or emotional) and would like to meet up informally for a friendly shoulder to lean on or to swap ways of coping, come along and join us.

Depression, diabetes, Arthritis, Osteoporosis, Asthma, Chronic obstructive pulmonary disease (COPD), Fibromyalgia, Lupus, Multiple sclerosis and many more- the list goes on.

The first 3 meeting dates are arranged, so just come along.

14/07/15 at 4pm to 5pm in the simulation skills room 8

16/09/15 at 4pm to 5pm in the simulation skills room 8

18/11/15 at 4pm to 5pm TBA

For further information please email either

Tina Russell tina.russell@bfwhospitals.nhs.uk (contact no 3423) or

Liane Moorhouse. Liane.moorhouse@bfwhospitals.nhs.uk (contact 3519)

a better tomorrow

for BTH staff

Thinking of taking part in Stoptober?

Come to us to get a plan set up and a voucher for your Nicotine Replacement Therapy all ready for **1st October!**

Ring us to get your appointment booked.

T: 01524 845145

Stop smoking for 28 days and you're five times more likely to stay smokefree for good!



/NorthLancsStopSmoking

@nlstopsmoking

stopsmokingnorthlancs.nhs.uk

T: 01524 845145

NORTH LANCS Stop Smoking Service

Courageous Conversations

Is there a difficult issue you need to approach with another member of staff?
Are you a manager needing to discuss something sensitive with a team member?
Is there a performance issue with a member of staff that you need to tackle?

Need some advice?

22nd September 2015	10am—12pm	St Annes PCC
9th October 2015	2pm—4pm	Room 1 HPEC
20th October 2015	2pm—4pm	Ryelands Lancaster
9th November 2015	2pm—4pm	Cleveleys Health Centre, Health Education room upstairs
30th November 2015	2.30pm—4.30pm	Lytham PCC
10th December 2015	1pm—3pm	Moor Park, Meeting Room 4

To book a place please email OLM;
olm@bfwhospitals.nhs.uk

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Bereavement Training for All Staff caring for women who experience Pregnancy & Baby Loss

- The role of the Bereavement Support Nurse
- Funeral Options in early pregnancy loss
- Sensitive completion of NVF1 Forms

Thursday 03/09/2015 14:00-17:30

Friday 18/09/2015 13:00-15:30

Friday 02/10/2015 13:00-15:30

20 places per session

CONTACT MEGAN MURRAY 6877
BEREAVEMENT SUPPORT NURSE SPECIALIST





EVOLUTION BED TRAINING

Train the trainer sessions are available on the

15th September 2015

in the Clinical Skills Centre, Lab 5.

Training will be delivered by Marc Byram, Account Manager, Medstrom



Whilst Manual Handling is part of your Mandatory Training, this session provides a competency and **trainer status** for each individual attending the session on the Evolution Bed. This will enable the formation of a Key Trainer network to ensure that all staff are trained and competent to use the Evolution bed.

PLEASE NOTE THE SESSION START AND FINISH TIMES ARE PROVIDED BELOW. Each session lasts 30 minutes. Please choose the relevant start time for the session you would prefer. Candidates must arrive for their agreed session times only.



Contact **Jo Gregory, Medical Devices Nurse** on ext.5790 or email joanne.gregory@bfwhospitals.nhs.uk stating which session time you wish to attend, your name, location, job title and contact details. Session times are listed below:

13:30-14:00

14:15-14:45

15:00-15:30

15:45-16:15



If you find that, after booking a place on the Bed training, you cannot attend, please let Jo know on ext.5790 so that your place can be offered to someone else! Thank you.

Staff Advocates & Bully Buddies

Are you feeling Bullied or Harassed?

The Trust recognises that all employees have the right to be treated with consideration, dignity and respect and seeks to support all staff in their professional development. The Trust aims to provide a happy and fulfilling environment in which to work and bullying and harassment will not be tolerated in any form. The Trust recognises that it employs a diverse workforce where individual staff may have different expectations about what is acceptable workplace behaviour. However, the Trust has the right to determine what acceptable employee behaviour is.

Bullying and harassment takes many forms including;

- An abuse of power or position that can cause such anxiety that people gradually lose all belief in themselves, suffering physical ill health and mental distress as a direct result (*Andrea Adams Trust*)
- Bullying by exclusion - this may take the form of social isolation and/ or exclusion from meetings
- The deliberate withholding of information with the intention of affecting a colleague's performance
- Unfair, destructive or excessive criticism
- Intimidating behaviour either verbal or physical
- Verbal abuse and spreading of unfounded rumours
- Humiliation, ridicule or discrediting
- Setting of unrealistic targets that are unreasonable and/or changed with limited notice or consultation
- Treating colleagues as children, not adults
- Undermining staff by replacing their areas of responsibility unreasonably without justification and consultation
- Constantly changing work deadlines or work guidelines

Support for you from Staff Advocates & Bully Buddies

If you are feeling bullied or harassed and would like to talk to someone then you can contact the Trust's staff advocates/ bully buddies.

Staff Advocates/ bully buddies are drawn from a wide range of roles across the Trust and have been provided with specialist training. They are an independent and confidential resource. As part of their role they are able to provide empathetic assistance to you, explain how the procedures for making a complaint operate both informally and formally and they help establish and provide support for both alleged harassers and complainants through the process.

Staff Advocates & Bully Buddies – Contact Details

Katie Bridge	Katie.Bridge@bfwhospitals.nhs.uk	01253 95 7821
Amanda Eagle	Amanda.Eagle@bfwhospitals.nhs.uk	01253 95 1182
Kevin Hill	Kevin.Hill@bfwhospitals.nhs.uk	01253 95 7848
Angie McKeane	Angela.Mckeane@bfwhospitals.nhs.uk	01253 95 5337
Jane Meek	Jane.Meek@bfwhospitals.nhs.uk	01253 95 6869
Mark Wrigley	Mark.Wrigley@bfwhospitals.nhs.uk	01253 95 6726

Secondment Opportunities **(Widening Access)**

We are currently inviting expressions of interest from members of staff who wish to be considered for the 'Widening Access Secondment Scheme,' to undertake Pre-Registration Programmes including Nursing, Midwifery & Allied Health Professions due to commence in 2016/17. Anyone interested must be prepared to study for a degree for 3 years, but in return you will reach what maybe for some, a lifelong ambition to become a qualified member of staff and make a real difference to patient care.

The Opportunity

- The training will be part funded by Health Education North West and part funded by the Trust.
- You will be seconded from your current role within the Trust for the duration of the course (up to 3 years)
- Upon successful completion of the course you will be offered employment as a qualified Nurse/Allied Health Professional within the Trust, for a minimum of 2 years.
- Qualified Assistant Practitioner applicants can APEL year one and complete the course in two years if undertaken at the University of Central Lancashire (UCLan)

The Criteria

To be eligible you **must**:

- ✓ Have been employed by this organisation for 12months
- ✓ Meet university UCAS points and interview criteria <http://www.universityfinder.org.uk/ucas-points-calculator.html>
- ✓ Obtain the full support from your Divisional Lead & Line Manager **prior to submitting your application**, as there may be associated financial implications
- ✓ Be able to commit the time and dedication to the study and work placements required to achieve a degree
- ✓ Be able to demonstrate a good attendance record in the last 12 months
- ✓ Be passionate about excellent patient care
- ✓ Be successful at Trust selection (depending on levels of interest)

To register your interest please submit a covering letter of application and CV to Karen Hodgson, Workforce Development Manager, Workforce & Organisational Development, 42, Whinney Heys Rd by 5pm on the 18th September 2015

For further information contact:

Karen Hodgson ext. 6417
(for Nursing & AHP professions)
Karen.hodgson@bfwhospitals.nhs.uk

Cath Hudson ext 3254
(for Assistant Practitioners)
Catherine.hudson@bfwhospitals.nhs.uk

MOVING and HANDLING

KEY TRAINERS TRAINING

This 3 day course is for any staff in any area to become new Key Movers for the Trust. Enabling them to update staff with their Moving and Handling mandatory requirements and advise on specific situations in their area.

SIMULATION and SKILLS CENTRE 09.30 – 16.30

Wednesday 25th, Thursday 26th and Friday 27th November 2015

Course content

BARIATRICS - RISK ASSESSMENTS - RELEVANT LEGISLATION
PRACTICAL PROCEDURES - THE SPINE & BACK INJURY
EFFECTIVE TRAINING SKILLS - POLICIES AND PROCEDURES
MOVING AND HANDLING AIDES - ERGONOMICS & ANTHROPOMETRICS

To book a place on this course please e-mail

OLM@bfwh.nhs.uk



Total Reward
Statements
Totally about you



My NHS Total
Reward Statement is
available online now



It's arrived...

You can now access your Total Reward Statement online at:
www.totalrewardstatements.nhs.uk and via ESR Employee Self Service for organisations that use the facility.

Annual Benefit Statements are now available for members with Practitioner status, or members who have had Practitioner status in the past.

We have included a link to an online survey with your statement should you wish to provide any feedback.

www.nhsbsa.nhs.uk/TRS

Bereavement Study Day

Monday 14 September 2015

Warrington and Halton Hospitals NHS Foundation Trust is pleased to announce their annual infant bereavement study day:-

From 9am until 4.30pm

**Venue: Post Graduate Centre, Warrington & Halton Hospital
NHS Foundation Trust, Lovely Lane, WA5 1QG**

Suitable for midwives, neonatal nurses, doctors and any other healthcare professional involved in infant loss.

Cost: £10 and lunch is provided.

Topics include:-

- Stillbirth pathway and neonatal palliative care pathway
- Sensitive communication
- Cultural aspects of bereavement
- Memory making
- Parent's stories including a father's and grandparents' perspective
- A funeral director's perspective
- National audit and recommendations for best practice

To book a place please contact

Debbie Yates, Clinical Educator, Neonatal Unit on 01925 662278 or email Debra.yates@whh.nhs.uk

'TOGETHER WE CARE'

Professional Advisory Forum Education Day

Monday, November 2nd 2015

Education Centre (HPEC), Room 1, 6 and Lecture Theatre,

9am – 4pm

Professional Advisory Forum – Adult & Long Term Conditions.

Be inspired by our guest speaker who will be covering Motivational interviewing

See through the eyes of a patient who will talk about their experiences and take us through their journey of care



Listen to a highly qualified paramedic and how he copes at work

Find out about the Extensive care teams and how they aim to work closely with patients

To book a place please contact Kelly Knowles on:

kelly.knowles@bfwh.nhs.uk

Please indicate if you want am, pm or all day.

taking care of your health...

3rd Annual Health Mela 2015

A Community Health Fair

Saturday 3rd Oct 2015 11am-4pm

Lytham St. Annes Technology & Performing Arts College
Worsley Road, Lytham St. Annes FY8 4DG

Everyone welcome

Entrance, Parking and Health Checks are FREE!
 Health and Wellbeing related exhibits

Chief Guest -Adrian Leather:
Chief Executive Lancashire Sports



**ENJOY
 EDUCATE
 EMPOWER**

**Cyber Bullying
 presentation by
 DJ Lionel Vinyl**



Make the most of these opportunities

- Complete health checks including blood pressure, BMI
- Blood sugar & cholesterol testing
- Personal & confidential health counselling
- Advice for older people (Falls Prevention, Mobility, Nutrition and Pharmacy)
- Practical demonstrations of healthy living for all
- Advise on Oral, Dental, Hearing and Eye checks.
- Create your own smoothie on the smoothie bike
- Complementary medicine - Reiki taster session
- Advice on children mental health & wellbeing
- Fun & games for children, colouring competition





Blackpool Teaching Hospitals **NHS**
NHS Foundation Trust

ZUMBA

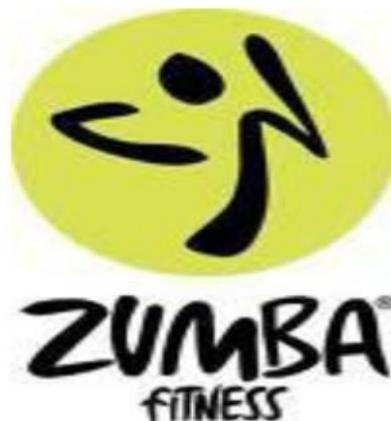
OCCUPATIONAL HEALTH HAS JOINED FORCES WITH A LOCAL ZUMBA TEACHER TO OFFER STAFF AN 8 WEEK ROLLING PROGRAMME. THIS COULD HELP YOU TO GET FIT AND HAVE FUN WHILE YOU ARE DOING IT.

THE CLASSES WILL BE ON SITE AND WILL BE 5.15-6.15 PM ON A TUESDAY AND WILL START ON THE 22ND SEPTEMBER 2015

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 THE STAFF HEALTH & WELLBEING CENTRE
01253 957950
occupational.health@bfwh.nhs.uk**

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



Come walk the Labyrinth



Thursday 8th October - Trinity Conference Room

10am – 3pm (30min drop-ins)

A large cloth labyrinth will be laid in the conference room on this day and people will have the opportunity to come and walk the labyrinth

The Labyrinth is an ancient path. It is a path that has resonated with people in various countries, cultures, faiths and beliefs throughout the world. This ancient spiritual pathway is known to have been embraced by Christians since the fourth century as a support for prayer and contemplation.



Following the labyrinth path offers the restless mind an opportunity to be inwardly observant, to pay attention to feelings, to explore challenges and to be open to new thoughts and ideas. Walking the labyrinth is like making a pilgrimage to a holy place.

It usually takes about half an hour to walk but can be less or more depending on the time you have available. For more information contact Ruth – ruth.quinn@trinityhospice.co.uk

