

# News Round

Issue 290 ● Friday September 25th 2015

Staff flu vaccinations start on October 5th  
See the Trust intranet site for updates

## Staff thanked for CQC assistance

STAFF have been thanked for their support after a team of inspectors from the Care Quality Commission visited the Trust this week.

The two day inspection focused on A&E (and associated admission pathways into wards) and Maternity & Gynaecology, as well as our overall approach to the five CQC domains (responsive, caring, safe, effective and well led).

It was a follow-up visit after the trust was initially inspected in 2014. Trust Chief Executive, Gary

Doherty, said: "We have had some high level feedback but it will take a few weeks for the report to be produced.

"The verbal feedback we did get was positive, with a number of areas of excellent practice listed for both the two specific services they looked at.



"The inspectors specifically highlighted the openness, honesty, care, teamwork and compassion they saw wherever they went which is something we can all be proud of.

"I'd like to put on record my thanks to all the staff who work in the two areas the CQC focused on, those that liaised with the inspectors during their visit and all the staff who do such great work in the Trust."

## Your chance to nominate your health heroes

RADIO Wave has launched its annual Heroes in the Community Awards and is looking for Trust staff to think of someone who may deserve special recognition.

It may be someone you know in the Trust, or outside of work who goes the extra mile to help others or simply deserves a thank you.

There are a number of categories of awards available including.

- Child of Courage under 10
- Bravest youngsters 10-20
- Young achiever of the Year
- Teacher of the Year



- Outstanding contribution to charity
- Carer of the Year
- Heart of Gold
- Contribution to the Community
- Contribution to Sports
- Parents of the Year

- Service Person of the Year
- Volunteer of the Year
- Hero for Blackpool
- Hero for Wyre
- Hero for Fylde
- Special Recognition Award

You can enter online with a simple, easy to use form, available at [www.wave965.com](http://www.wave965.com).

If you can't access this site at work you can email nominations to [Angelina.dodd@thewavefm.co.uk](mailto:Angelina.dodd@thewavefm.co.uk) or [Bethany.jepson@thewavefm.co.uk](mailto:Bethany.jepson@thewavefm.co.uk).

Closing date for entries is October 25, 2015.

## Put your bids in for Blue Skies funding

STAFF have until Friday, October 2 to submit applications for charitable funding from Blue Skies Hospitals Fund. The charity funds services and equipment which will enhance patient care throughout the Trust, and its Charitable Funds Committee meets in October to determine the latest funding requests. At its last meeting the Committee approved a total of £92,808 in funding, including a bid for coloured wardrobes at Clifton Hospital to help elderly patients who may have dementia recognise their bed area. The Trust charity welcomes applications for unrestricted funds which meet its priorities around:



- Care in the community,
- Elderly care,
- The Lancashire Cardiac Centre,
- Supporting 'A Better Start'.

Bids for money from existing funds should be discussed with the appropriate Fund Advisor for their department. For more information about charitable funding visit the Blue Skies SharePoint site here: <http://fcsharepoint/divisions/corporateservices/blueskies/Pages/ApplyingforFunding.aspx>. To contact the Fundraising and Voluntary Services Team call (95)7381.

## New learning opportunities for staff

A NEW job role has been created to provide staff access to even more learning resources. The development of the post has come after a partnership between the Trust, Trade Unions and the Blue Skies charity to provide an innovative opportunity for staff. The post of 'Lifelong Learning Officer' was advertised as a secondment for the next 12 months and Jane Eyre was successful in gaining that position. Jane's role will support the Trust's Great Place to Work agenda and enhance the health and wellbeing of all staff by encouraging and supporting staff in their learning and encourage them to access learning opportunities. She will encourage and signpost staff to gain access to external learning resources such as Unionlearn and the Union Learning Fund with a focus on developing staff who are mainly in Bands 1 – 4. As part of her role Jane has launched a short survey as she is looking to establish what people's learning needs/requirements are. She is asking staff, specifically those in Bands 1 – 5, to ensure the Trust puts on the correct training/courses and does not duplicate what is already on offer. By carrying out this survey we can establish what people would like both in accredited and non-accredited training/courses. Please take time to complete the short survey here: <http://fcsharepoint/C/CSManagement/Lists/Learning%20Opportunities/overview.aspx>



Jane Eyre, back row, centre, looks on as the Trust confirms her role.

## Christmas pay dates

THE Trust has announced its Christmas and New Year pay dates. For those staff members who get paid monthly the pay dates are:

- Nov 25 normal pay date
- Dec 23
- Jan 20, 2016
- Returning to normal on Feb 24.

Weekly paid staff with a contracted hours post will receive two weeks pay on Friday, December 18, 2015.

## 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>

## Trust annual meeting

STAFF are reminded that this year's Annual Members and Public Meeting will take place on Monday, September 28 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.

## IG annual survey request

THE annual Information Governance staff awareness survey provides the opportunity for staff to identify areas of uncertainty and for the IG team to plan additional training and awareness raising activity. Please help us by completing our short survey [here](#)

## Moving & Handling sessions

THE next Moving and Handling update courses are on Monday, September 28, at Rylands House Clinic in Lancaster between 10-11am and 11am and noon. To book go to [OLM@bfwhospitals.nhs.uk](mailto:OLM@bfwhospitals.nhs.uk)

## Beginners running club hits the road

STAFF are still invited to join a new beginners running club that 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. For more details contact Hannah Corless on 01253 957638 or

[bthhealthierworkforce@bfwhospitals.nhs.uk](mailto: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. 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](http://bfwnet/misc_notices/2015/Workplace%20health%20champion%20role%20description.pdf). Please email your expression of interest form to [Hannah.corless@bfwhospitals.nhs.uk](mailto:Hannah.corless@bfwhospitals.nhs.uk)

## Ball tickets still available

STAFF may be interested to know that there are still some tickets left for this year’s Celebrating Success Awards. At the time of writing there are five tables that have three spare seats and one table with two seats available. This year’s Ball has proved to be the biggest ever and for those already booked on there is now an opportunity to pre order wine for your table. The Communications Team has managed to obtain discounted prices for pre-ordered wine. These prices will not be available on the night. Pre-orders close at midnight on Wednesday, November 4. For details click [here](#). The team has also secured IlluminAsia as a venue for pre dinner drinks. If you would like to visit IlluminAsia at the Winter Gardens, NHS staff are being offered a special price of £5 per person with full details on the poster on page 18 of this Newsround.



## BVH car park weekend closure reminder

To enable resurfacing work staff are reminded that the **main entrance car park** (new multi-storey) will be closed again for staff use this weekend from 12.00am on Saturday until 6am on Monday and will be closed at the same times each weekend until approximately Monday, November 9th. Staff affected who hold parking permits may park in the Woodlands (WP1), Pathology ( EP1) or the old multi storey car park during these times. It is extremely important that staff do not park in the main entrance car park at weekends during this essential work. Staff are also asked to remember to display their permit clearly.

## Charity magazine link

BLUE Skies Hospitals Fund has published its latest edition of Enhance. The magazine highlights some of the fantastic support the Trust’s charity receives – not only by staff but members of the public too – as well as how charitable money is being used by the Trust to enhance patient care. The latest edition features the latest on Blue Skies’ Peace of Mind dementia appeal and informs how the charity has been able to help fund an important infant memorial garden for bereaved parents in Fylde. If you’re planning on a charity event in aid of Blue Skies, please let the Fundraising team know on (95) 7381. To read the magazine click here: <http://www.blueskieshospitalsfund.co.uk/Docs/enhance/enhance012%20-%2022092015.pdf>

## Christmas market stall call

THE Blackpool Medical Society will be running “Christmas Markets” in HPEC on Thursday, December 10, 2015 between 4pm – 6.30pm. If you would like to have a stall selling your goods at the market please contact Hayley Turner in The Undergraduate Office on Ext 5120 or email [hayley.turner@bfwhospitals.nhs.uk](mailto:hayley.turner@bfwhospitals.nhs.uk)

## 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. To book contact Hilary Snellgrove on 01253 952036 or on the Trust email.

## Equality and Diversity sessions

THE next Equality and Diversity training session at BVH is on October 21, between 9.30am and 12.30pm in HPEC Room 1. The next session at Rylands House in Lancaster is on October 7 between 1 and 4pm. To book a place please send an email [OLM@bfwhospitals.nhs.uk](mailto:OLM@bfwhospitals.nhs.uk)

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



## Clifton Ward 1 shortlisted for award

THE team from ward 1 at Clifton Hospital have been shortlisted for the HSJ Awards 2015 for compassionate patient care. Judges had a tough job scoring over 1600 entries so to be shortlisted is a fantastic achievement! The team will find out if they have won an award on Wednesday, November 18 at the Grosvenor House Hotel in London.



Staff from Clifton Hospital who have been shortlisted for a top national award.

## Staff invited to education day

THE Trust's Professional Advisory Forum is holding an Education Day on Monday, November 2 at Blackpool Victoria Hospital. The day aims to celebrate and share the success achieved by the Adults and Long Term Conditions workforce across all professions. There will be a special guest speaker and a patient who will talk about their experiences and take those present through their journey of care. You can also learn how to become involved in research with a speaker from UCLAN. Staff can attend for the whole or some of the day but must book a place with Kelly Knowles on [Kelly.knowles@bfwh.nhs.uk](mailto:Kelly.knowles@bfwh.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](http://www.totalrewardstatements.nhs.uk) – go and have a look at your information. For those members of staff who are in the NHS Pension Scheme the statement is the best place to find out what NHS benefits you might receive when you retire. To find out more visit the Employee Section of the TRS site at [www.nhsbsa.nhs.uk/TRS](http://www.nhsbsa.nhs.uk/TRS) or the TRS page on the One HR website at <http://blackpoolhr3.multi2.sitekit.net/home.htm>

## YMCA promoting staff health discounts

DUE to high demand the YMCA are again promoting their discounted gym memberships for staff. YMCA exercise and leisure facilities can be found at a number of locations across Trust sites including; Fleetwood, Garstang, Thornton, Poulton, Ansdell, Lytham and St Annes. The YMCA is offering their Gold membership for £280 per year which can be paid upfront or on a monthly basis. This is a huge saving of £100 and so not to be missed if you are considering joining a leisure centre. This offer is only valid on Monday, September 28. Visit the Mezzanine at Blackpool Victoria Hospital between 10:30am-2pm for more information and to join. If you cannot attend but are interested please contact Jill Penn by emailing [jill.penn@fyldecoastymca.org](mailto:jill.penn@fyldecoastymca.org).

## 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:

- 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](mailto:olm@bfwhospitals.nhs.uk).

## Pathology survey

THE Pathology Directorate at the Trust is committed to continually improving its services and one of the ways it hopes to do this is through feedback from service users. The directorate has created a short survey which they hope will provide valuable feedback so they can analyse their performance and put in place some improvements. Any member of staff who uses Pathology services in any form (requesting tests, advice, looking at results etc) is asked to kindly take part. The link for the survey is as follows: <http://fsharepoint/divisions/clinicalsupport/pathology/Lists/Pathology%20Service%20User%20Satisfaction%20Survey%202015/overview.aspx>

## Conflict resolution training

A NUMBER of Conflict Resolution training sessions are being held over the coming weeks. The four hour sessions, which are part of the mandatory training list, are taking place on October 9, 14 and 19 and November 2, 11, 16. There are also sessions on December 2, 11, and 14. All sessions run from 9am - 1pm in HPEC Rooms 3 and 4. To book go to [OLM@bfwhospitals.nhs.uk](mailto:OLM@bfwhospitals.nhs.uk) or phone 01253 955392 or 953175.

## Typists relocate

THE Trust's Orthopaedic Typists have vacated the office premises on Wards 34 and 35 of Blackpool Victoria Hospital and have relocated to new office premises within the Physiotherapy Department at Blackpool Victoria Hospital. The typists can be contacted via the same telephone extensions as these remain unchanged. For any queries about the move please contact Karen Easter on bleep 313.

# competition

**WIN VIA TEXT TUESDAY**

**WIN A XMAS PARTY FOR  
10 AT VIVA BLACKPOOL**

**WE'RE GIVING YOU THE CHANCE TO WIN  
YOUR WORK CHRISTMAS PARTY AT VIVA!**

**YES, THIS BRILLIANT PRIZE WILL GET YOU  
A FULL WORKS XMAS PARTY NIGHT,  
FOR TEN, WITH BAR CREDIT FOR  
YOURSELF AS WELL!**

**TO ENTER SIMPLY TEXT  
'TUESDAY VIVA PLUS YOUR DEPARTMENT  
AND YOUR NAME'  
TO 60777\***

**DON'T FORGET TO TELL YOUR WORK  
COLLEAGUES, SO THEY CAN ENTER AS WELL**

\* Texts cost 10 pence or less to enter and you will  
not be charged for any messages received ever.



**WIN VIA TEXT TUESDAY**

**WWW.TEXTTUESDAY.CO.UK**



# You can make a difference

## and remember the me in dementia

Hear one man's mission to raise awareness of dementia through a national campaign. Tommy Whitelaw — son, carer, campaigner — tells his personal, and at times painful, story about life with dementia and how a lack of awareness and understanding can impact on so many patients and their carers in a negative way.

On **October 21st** he will deliver powerful presentations that will make all NHS staff think about how they can care and support patients with dementia. The presentations are at:

**10.30 - 11.30am Lecture Theatre, Education Centre,**

**12.30 - 1.30pm Grand Round, Education Centre**

**2.00 - 3pm Lecture Theatre Education Centre**

To book please email [kirsty.davies@bfwh.nhs.uk](mailto:kirsty.davies@bfwh.nhs.uk) or call Kirsty on 01253 953373

*I was standing there, crying, holding my mum's hands, asking someone to help us, and they gave me a post-it sticker with a phone number on it. It felt like nobody was helping us.*

- Tommy Whitelaw



# IN STOCK AUDI A3! Ready for immediate delivery

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I'm  
**£370**  
a month!

GMP have 1 stock 'Audi A3 2.0 TDI  
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Want a quote?  
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Quotation is based upon a 20% tax payer with a pension percentage of 9%, Metallic paint, Heated front seats & Fine nappa leather upholstery - Based on 10000 miles per annum on a 3 year contract - Quotation reflects the 'Net cost monthly' amount & is subject to change & availability - Only 1 vehicle in stock - Orders placed for alternative specifications will incur a different lead time - Picture is for illustration purposes only - A quotation will be emailed to you upon your request, you will then be required to sign & return the documents for the vehicle to be secured for you - Trust authorisation is required.

## "Blackpool Autumn Ramble" Sunday 4<sup>th</sup> 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](mailto:Katie.mclaren@bfwhospitals.nhs.uk)

a better tomorrow

for BTH staff

People Centred

Positive

Compassion

Excellence

### VACANCY - Board of Directors

Healthwatch Blackpool is the independent consumer champion of Health and Care. As part of the national Healthwatch England our aim is to strengthen the collective voice of local people and give them influence both locally and nationally.

Healthwatch Blackpool is a statutory service, commissioned by Blackpool Council and governed by a Board of Directors. The service is delivered by Empowerment, a local charity (est. 1999) which offers a range of information, advocacy and advice services to vulnerable local people with health and care issues.

We are looking to recruit new members to the board who can support Healthwatch to fulfil its statutory functions by offering strategic leadership and direction, working within the articles of association of Healthwatch Blackpool. This is an unpaid Directorship (although reasonable expenses will be reimbursed) and board members must be eligible and prepared to be registered with Companies House.

We want local people who have a real interest and passion for improving local health and care services. You will need to demonstrate knowledge relevant to the operation of Healthwatch Blackpool in at least one (but not all) of the following:

- Significant experience of health and/or care services in Blackpool as either a patient/carer
- Experience of working in health and/or care
- Experience of consumer engagement and research
- Experience of marketing and/or campaigning work

This is a voluntary role which will involve (at a minimum) attending a monthly board meeting and representing Healthwatch and its members at other strategic meetings. Directors may also be involved in workshops and planning sessions to help develop the workplan and agree priorities for the organisation.

If you would like to find out more about this exciting opportunity then please email [hello@healthwatchblackpool.co.uk](mailto:hello@healthwatchblackpool.co.uk) for an application pack or visit our website at [www.healthwatchblackpool.co.uk](http://www.healthwatchblackpool.co.uk) for more details.

Closing date for applications is 5<sup>th</sup> October, shortlisting will take place on 7<sup>th</sup> October and interviews will be held on 20<sup>th</sup> or 21<sup>st</sup> October 2015. The appointment will be for a period of two years and will be subject to an Enhanced Disclosure and Barring. Applications are particularly welcome from under-represented groups

 Healthwatch Blackpool  
c/o Empowerment  
333 Bispham Road, FY2 0HH  
Tel 01253 477959 (option 6)

[hello@healthwatchblackpool.co.uk](mailto:hello@healthwatchblackpool.co.uk)

**healthwatch**  
Blackpool

# 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!*



Blackpool Teaching Hospitals **NHS**  
NHS Foundation Trust

 /NorthLancsStopSmoking

 @nlstopsmoking

 [stopsmokingnorthlancs.nhs.uk](http://stopsmokingnorthlancs.nhs.uk)

T: 01524 845145

**NORTH LANCS**  
**Stop Smoking Service**

# Joining Forces Across the Atlantic to Restore Lives: Research, Education and Practice for Military and Veterans' Health

Friday, October 2<sup>nd</sup> 2015

Grange Hotel, Grange Over Sands, Cumbria

This international conference on Research, Education and Practice for Veterans' Health will be of interest to anyone who may treat a member of the veteran's family or be the Veterans Champion for their organisation.

It is particularly relevant to researchers, educators, clinical and welfare personnel involved in caring for military and veterans. These include nursing, mental health and primary healthcare clinicians, welfare and psychological support services personnel and Veterans. Also academics working in areas aligned to military Veterans research including armed forces personnel, young people's health and social needs and emergency services personnel.

The highlight for CBT Therapists, psychologists and Counsellors will be the presentations on Accelerated Retinal Therapy for the treatment of PTSD. The team from South Florida University are coming over to present this item and it will be an opportunity for participants to meet these experts who treat four million veterans a year and have run trials on this intervention. Other issues raised will be the accurate diagnosis of PTSD and the implications of discussing the traumatic incident in therapy which can lead to serial PTSD.

There are still places available but on a first come first served basis The cost is £120 as this is subsidised by The Lily Foundation.

## Keynote Speakers include:

- Brigadier Kevin Beaton - Commander- 2 Medical Brigade British Armed Forces
- Professor Alan Finnegan -Professor of Nursing - UK Armed Forces
- Dr Diego Hernandez - Assistant Professor, College Of Nursing - University of South Florida (USF)
- Professor Dianne Morrison-Beady - Dean - College of Nursing University of South Florida (USF)
- Wendy Nicholson - Professional Officer -UK Department of Health
- Professor Mike Thomas - Interim Vice Chancellor – University of Central Lancashire

For further details about the conference, including the venue, and to book a place, please visit the conference website

[http://www.uclan.ac.uk/conference\\_events/joining\\_forces\\_to\\_restore\\_lives.php](http://www.uclan.ac.uk/conference_events/joining_forces_to_restore_lives.php)

## Have you completed your **HOIST TRAINING** or do you need a **Key Mover** on your area?



A Hoist Train the Trainer/Key Mover session is available on the

**21<sup>st</sup> October 2015**

In the

**Large Teaching Room, Cardiac Centre**

**from 13:30-14:30**

As part of your Mandatory Training you will have attended Moving and Handling Sessions. This practical Hoist training session will equip you with the skills and competence required to operate a hoist, and will certify you as a Trained Trainer/Key Mover for the hoists on your own clinical area. The session will focus on the theory and practice of operating a hoist, the use of the Opera and Maxi Move models and will provide information on the use of other models within the Trust.

Training will be delivered by Robert du Toit, Clinical Trainer for Arjo Huntleigh. The session is for a maximum of 8 people.



To register please contact Jo Gregory, Medical Devices Nurse on ext.5790 or email: [joanne.gregory@bfwhospitals.nhs.uk](mailto:joanne.gregory@bfwhospitals.nhs.uk)

Please provide your name, location and a contact number.



If you find that you cannot attend *after booking a session*, please let Jo know as soon as possible so that your place can be offered to someone else!

# 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.

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**SIMULATION and SKILLS CENTRE 09.30 – 16.30**

Wednesday 25<sup>th</sup>, Thursday 26<sup>th</sup> and Friday 27<sup>th</sup> 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

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**To book a place on this course please e-mail**

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





# WORLD MENTAL HEALTH DAY

## DIGNITY DAY

**Friday 9 October 2015**

**11.00–4.00pm**

**Blackpool Winter Gardens – Spanish Hall**

**Celebrate World Mental Health Day with us at the Winter Gardens, to find out what is going on locally around Mental Health.**

**This FREE event will have a market place of services for you to browse and get information as well as a variety of stalls, arts & craft activities, guest speakers, interactive workshops and a raffle.**

**Blackpool Council**



**RICHMOND FELLOWSHIP**  
MAKING RECOVERY REALITY



**Blackpool Teaching Hospitals NHS**  
NHS Foundation Trust

# nhs only deal

OFFER VIA TEXT TUESDAY

## XMAS PARTY OFFER

BOOK YOUR DEPARTMENTS CHRISTMAS PARTY  
AT BLACKPOOL'S ONLY TRADITIONAL  
BIER KELLER **BARVARIAN** BLACKPOOL.

**BOOK BEFORE THE END OF OCTOBER AND RECEIVE.**  
TICKETS FOR THE LIVE OOMPAH SHOW,  
FESTIVE FOOD, A STEIN OF BEER OR COCKTAIL,  
VIP WRISTBANDS FOR OUR NIGHTCLUB VENUE.

**ALL FOR JUST £20 PER HEAD**

AS THE ORGANISER YOU WILL GO FOR **FREE**

FOR BOOKING DETAILS TEXT  
**'TUESDAY PARTY AND YOUR NAME'**  
**TO 60777**

BARVARIAN IS SITUATED ON NORTH PROMENADE (PREVIOUSLY SANUK)

**Terms and Conditions:**

One standard text of 12 pence or less to register  
All messages received are free  
Data will not be shared with any third party  
You will be registered for all text tuesday offers  
You can opt out via sms at one standard text rate of 12p or less  
[www.texttuesday.co.uk/legal](http://www.texttuesday.co.uk/legal) for company info  
NHS ID required for cats tickets offer  
Certain tier tickets only available with this offer



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[WWW.TEXTTUESDAY.CO.UK](http://WWW.TEXTTUESDAY.CO.UK)



# Bannatyne



# weekend

Exclusive to **NHS** Employees!  
Hurry! Limited places apply!

Friday 25th - Monday 28th September 2015



Join online using promo code **NHS15** & receive  
**£0 Joining Fee** and a **discounted rate!**\*

Contact your local club  
to book your place.  
[join.bannatyne.co.uk](http://join.bannatyne.co.uk)

**Bannatyne**  
Health Club & Spa

\*Terms and conditions apply. Open Weekend applicable to all clubs excluding Manchester Chepstow Street, Quay Street and Whitworth Street Clubs. Classes and facilities vary.



get online week™  
i i i

13<sup>TH</sup> OCTOBER 2015

9.30 – 3.30

LIFELONG LEARNING SUITE  
EDUCATION CENTRE

Want to get a qualification in Online Basics?



These are just some of the courses available which you can either do at home on your computer/tablet or in a classroom setting or in a 1-2-1 with one of our Union Learning Reps.

#### Learn at your level

##### Get ready

- Improve your English
- Improve your maths
- Improve your reading and writing
- Initial Assessment

##### Get started

- Email set up
- Tasters
- Using online searches
- Internet basics
- Touchscreen basics
- Using the Internet Safely
- Keyboard basics
- Using a computer
- Public services online - the basics
- Mouse basics
- Using email
- What's online?

##### Learn more

- Banking online
- Job hunting online
- Photos online
- Staying safe online
- Completing online forms
- Jobs and interviews
- Shopping online
- Understanding public services
- Creating documents
- Look after the pennies - online
- Skills and careers online
- Watching and listening online
- Facebook and socialising online
- Make money work
- Staying healthy with NHS Choices

##### What next?

- History
- Develop yourself
- Home and Garden
- More computer skills
- More Maths and English
- Get online at home
- Sport and leisure

#### Learn by subject

- Starting Online
- Jobs and skills
- Skills for job applications
- Online Basics
- Keeping in touch with family
- Staying healthy
- Online Plus
- Making the most of your computer
- Internet safety
- Managing money

We are running taster sessions on the 13<sup>th</sup> October. These will be held in the Lifelong Learning Suite, Education Centre. We can take up to 9 people per session. We will show you how to create an account, show you around the Learn My Way website and then look at a couple of the courses available.

To book a place on this event please e-mail [UnionLearningRep@bfwh.nhs.uk](mailto:UnionLearningRep@bfwh.nhs.uk) stating which time slot you would like to attend. Each session will last around 1 hr –

- 10.00 am
- 11.15 am
- 1.00pm
- 2.15 pm

We look forward to seeing you then!

Jane, Bev & Danielle - Union Learning Reps

If you can't make the 13<sup>th</sup> October please contact us and we can arrange for you to sign up to these courses before then. We can also arrange training for you either one-to-one or classroom based

# Join the Active

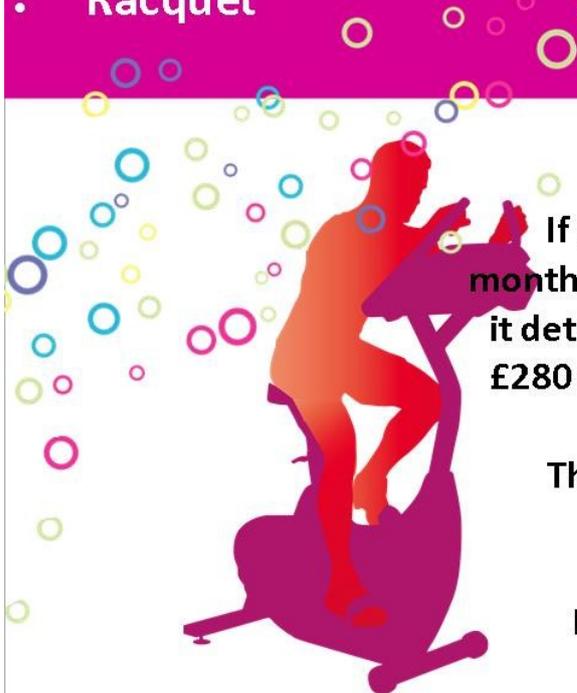
# Y:ACTIVE

Blackpool Teaching Hospital Staff  
GET A YMCA  
PEAK MEMBERSHIP FOR JUST  
£280  
(No joining fee)

Y:Active Gold Membership  
Regular Price £380  
NHS Staff PAY JUST £280!

YMCA GOLD MEMBERSHIP  
£280 or £28 a month!

- 8 Y:Active Fitness Studios
- 5 Pools, new swim fit programme and Aqua classes
- Classes: Spinning, Boxercise, Zumba, Body Combat, Pilates, Tai-Chi and more...
- Racquet sports including Squash and Badminton



Join the Y:Active community.

(cash or credit card accepted)

If you wish to pay by direct debit we require 2 months payment (£56) upfront and your direct debit details. If you wish to pay for a year upfront at £280 you save £56 compared to paying by direct debit.

This offer is only available to purchase on

**Monday 28th September 2015**

**(if you are not available to attend )**

Enquire: [jill.penn@fyldecoastymca.org](mailto:jill.penn@fyldecoastymca.org)

Visit: [www.ymcayactive.org](http://www.ymcayactive.org)

Working in Partnership with



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

## The value of involving patients and the public in research seminar

Tuesday 20<sup>th</sup> October 2015 12 noon to 3.45pm

Lecture Theatre, Blackpool Victoria Hospital

### National and Regional Guest Speakers

**Dr Virginia Minogue**

Research Lead, Commissioning Strategy Directorate, NHS England

**Dr Sarah Knowles**

Research Fellow, University of Manchester

### Panel Members

Members of the Blackpool Teaching Hospitals Patient and Carer Research Panel will be talking about how they became involved with PPI and Research

### Researchers

Our researchers will be talking about how they are involving patients and carers in their studies

### Take part

Find out how you can get involved in research



An opportunity for you to ask questions to the Panel and Speakers

To book a place please contact Sally Saele:

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

Telephone: 01253 951514

*Closing date for receiving applications is Friday 9<sup>th</sup> October 2015*



# ILLUMINASIA

ALL NEW  
**3D**  
ZONE



NHS Workers **£5.00** pp

**ILLUMINASIA WILL BE HOSTING A RECEPTION IN THE WORLD OF WONDER ZONE PRIOR TO THE NHS EVENT IN THE EMPRESS BALLROOM ON 6 NOVEMBER. WE THOUGHT THIS WOULD BE THE PERFECT OPPORTUNITY TO OFFER ALL NHS EMPLOYEES THE CHANCE TO TO EXPLORE THE ENTIRE ATTRACTION FOR JUST £5.00PP**

Illuminasia has devised a brand new feature 3D show! Immerse yourself in this incredible world and see many of our artisan-created lanterns come to life and fill the room as you wander round our 3D zone, plenty to delight and amaze everyone and watch out for those dragons!

As you descend into the Land of the Giants, our new Jungle Zone staircase will give you the opportunity to grab a selfie with our roaring Dinosaur.

We have also added an interactive floor projector in The Deep Zone, with aquatic games to play with, why not encourage the dolphins to jump out of the water, or catch the fish in the cannon-fired nets, avoid the sharks snapping at your feet or cause ripples in our fish pond?

The Planets Zone has been relocated into the brand new Planets Zone Café, giving you the chance to take a break and have a drink beneath the stars, once refreshed you're free to stroll back through the attraction, not forgetting to check out our laser show presentation! Don't forget to bring your camera along!

NHS employees wishing to redeem the £5.00 ticket offer must have proof of NHS employment when purchasing tickets in person at the box office.

OLYMPIA, WINTER GARDENS, BLACKPOOL