

Health Matters

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



Gift hits right note

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Blackpool is the first place to roll out a new scheme to help young parents and babies — Page 6

Issue 106, Friday, January 22, 2016

Welcome from the Chief Executive

HELLO and welcome to our Health Matters newsletter.



Our Trust charity, Blue Skies

Hospitals Fund, is inviting everyone to a wonderful concert at Lowther Pavilion to help raise funds for dementia care on the Fylde coast.

The concert will pay tribute to Fylde Sinfonia's former conductor John Simpson, who led the orchestra for almost 30 years before passing the baton to the present conductor, Peter Buckley.

It promises to be a great event so I hope you will be able to come along.

In this issue of Health Matters we also have news of a new service for people who are feeling low and anxious. Please get in touch if you think our 'Supporting Minds' service can be of help.

We are also reporting that Blackpool has become the first place in the UK to roll out the NSPCC 'Baby Steps' programme which helps build positive relationships between new parents and their baby. This is great news for the resort as it will provide much needed support for young parents.

Gary Doherty, Chief Executive

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Health Matters is also available online at www.bfwh.nhs.uk

You can sign up to receive our fortnightly news bulletin directly to your inbox by clicking on the following link: www.bfwh.nhs.uk/healthmatters

Any comments ideas or suggestions? Please contact: Ingrid Kent, Communications Department, on 01253 395 6875 or communications@bfwh.nhs.uk

Classical way to raise dementia funds



AN evening of popular classical music is being held to remember a well-known maestro on the Fylde coast and to help raise money for local dementia care.

The Trust's charity, Blue Skies Hospitals Fund, is organising the event in partnership with local orchestra, Fylde Sinfonia.

The concert, to be held on March 20 at Lowther Pavilion, will pay tribute to Fylde Sinfonia's former conductor John Simpson, who led the orchestra for almost 30 years before passing the baton to the present conductor, Peter Buckley.

John, who was Head of Music at King Edward VII School for 23 years, died in 2009 after suffering dementia. In his memory all proceeds from the night will go to Blue Skies' Peace of Mind dementia appeal, which aims to enhance the care given to patients with dementia across Blackpool, Fylde and Wyre.

John's son, David, of Ansdell, said: "My sister Jessica and I are extremely touched by Fylde Sinfonia's decision to hold a concert in memory of our dad. He dedicated much of his life to music and had many friends in Fylde Sinfonia over the 29 years he was the conductor.

"We are delighted money raised from the concert

will go to Blue Skies Hospitals Fund to help people who are living with dementia – this is a very fitting tribute to our dad.

The concert will also feature guest vocalists from Classic Sound, Ann Cookson and Peter Baldwin.

Peter Buckley said: "It is with great pleasure that we are able to put on this music evening in celebration of John's memory and for a cause we know he would have been very supportive of."

Compere on the night will be the Chairman of Blue Skies' Charitable Funds Committee, Doug Garrett.

He said: "We are looking forward to this concert, which will be a treat for all tastes in music and help to raise money for our very important dementia appeal.

"Thanks to Peter for his help in organising this event, to our vocalists at Classic Sound and to the Lowther Pavilion for allowing us to put on this spectacular evening in such a fitting venue."

Tickets are on sale now from the Lowther Pavilion Box Office on 01253 794221. Adults £12.50, children, concessions and Friends of Lowther Pavilion £10. Discounts are available for group bookings.

Talking therapies to help beat depression

A SERVICE offering brief psychological treatment for depression and anxiety disorders has been launched by Blackpool Teaching Hospitals.

'Supporting Minds' provides a range of talking therapies in Blackpool and Cleveleys.

Members of the public who are feeling low, tearful, depressed, panicky, anxious or stressed can refer themselves to the service. Anyone who is worrying excessively, having trouble sleeping, feeling distressed and having repetitive thoughts can also self-refer.

Therapies include Cognitive Behavioural Therapy (CBT), counselling, guided self-help, Eye Movement Desensitisation Therapy (EMDR) and a stress control group. Treatments are offered in a range of community settings across Blackpool and Cleveleys.

Business Development Project Manager for the Trust, Jamie Sinclair, said: "The 'talking treatments' are designed to help people to deal with distress that is interfering with their day-to-day lives. Treatments involve self-help and they provide people with the tools they need to get back to enjoying life and engaging in work or daily activities."

The treatments take place over a set number of regular sessions, usually weekly appointments, and participants need to be able to attend regularly to benefit from the treatment. When a person begins treatment and when the sessions come to an end, the Supporting Minds team informs the person's GP. Participants receive copies of any letters sent to their GP.

The Supporting Minds service, which was
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Supporting
MINDS

**Business
Development
Project
Manager,
Jamie
Sinclair**



launched on January 4, is not able to provide reports for compensation, legal or benefits claims, or to prescribe medication. The service does not offer 24-hour or weekend access, crisis or urgent treatment, treatment for alcohol or drug problems, or treatment for severe and enduring mental illness.

If you would like to enquire about the Supporting Minds service, please call Monday to Friday, from 9am to 5pm, on: 01253 955 700. To read a leaflet on the service copy and paste this link into your computer browser: <http://bit.ly/1S7NA4H>

Chorister's musical gift to help children

AFTER a lifetime of love for children and music, a CD player has been donated to a Blackpool Children's Clinic in memory of a former Cleveleys chorister.

Anne Hebden died on January 11 last year at the age of 81.

She left a musical donation in her will to help children in hospital in both Blackpool and Manchester, where she was born.

Her niece, Pat Maynard said: "Auntie Anne was unable to have children of her own, but she loved all children and was a staunch supporter of children's charities.

"She also loved music and was involved in local amateur operatics and sang in the choir at Sacred Heart church in Blackpool where she was an active member."

Mrs Hebden, a former director of an agricultural supplies firm in Pilling, left a collection of music boxes in her will to be used to promote music for sick children.

The boxes were sold and the CD player, along with music vouchers, were bought for the Children's Clinic at Blackpool Victoria Hospital.



Pat Maynard and Leanne Lamb

Play worker, Leanne Lamb said the hospital was very grateful for the gift. "Music is absolutely vital for sick children.

"Research shows music can aid the healing process while reducing anxiety, pain and depression.

"We are very grateful to Anne and her family for making this donation."

The CD and vouchers were presented to the Children's Clinic on the anniversary of Anne's death.



Town takes Baby Steps to better future

Blackpool is rolling out the National Society of the Prevention of Cruelty to Children's 'Baby Steps' programme which helps build positive relationships between new parents and their baby.

The NSPCC's programme uses 'evidence-based antenatal care'. This means that it has been tried and tested to make sure that it works well.

The Family Nurse Partnership, which offers targeted support to young parents, has also been expanded across the seven Better Start Wards in central Blackpool.

Merle Davies, Better Start Director, said: "I am delighted that we are able to build on the success of these programmes, which in Blackpool are seeing some positive outcomes for families.

"The team of midwives, health visitors, family engagement workers and 'Star Buddies' (breast-feeding advisors), is key to the success of these services as they work closely with parents providing advice and support."

Baby Steps helps parents understand their baby's development and needs during pregnancy and after birth. The programme also focuses on building relationships and supporting parents to

manage the changes that come with a new baby.

It is available to all pregnant women over the age of 20 and their partners. It begins when women are 28 weeks pregnant.

The service has a dedicated team which supports our health colleagues and is delivered in Children's Centres throughout our seven target wards. For mothers under 20, the service has been able to expand the Family Nurse Partnership to offer targeted support to young parents in Blackpool.

This is an intensive programme of home visits for young parents throughout their pregnancy until the baby's second birthday. More than 340 Blackpool families have already benefitted from this service.

On January 20 a variety of Blackpool health professionals met with Professor Alain Gregoire of the Maternal Mental Health Alliance and Mental Health Foundation. Blackpool is one of four local authorities, funded by Big Lottery, that will be working with Professor Gregoire to develop a Perinatal Mental Health Policy.

The seven Better Care Wards are Clarendon, Talbot, Brunswick, Bloomfield, Park, Victoria and Clifton.

Fylde Sinfonia

present an evening of popular classical music

IN MEMORY OF
JOHN SIMPSON (CONDUCTOR 1975-2004)

Led by Conductor Peter Buckley
Guest appearances from Vocal Duo Peter Baldwin and Ann Cookson

Sunday 20th March 2016 at 7.30pm
Lowther Pavilion, Lytham



Tickets available by contacting the box office at

Lowther Pavilion

Tel: 01253 794221

Email: boxoffice@lowtherpavilion.co.uk

Online: www.lowtherpavilion.co.uk

For more information about Fylde Sinfonia go online to www.fyldesinfonia.org.uk

All proceeds to go to Blue Skies Hospitals Fund Peace of Mind Dementia Appeal



Adults £12.50 Concessions and Children under 16 £10.00



Blood donation sessions in and around the Fylde coast in January

Here's where you can give blood in the coming weeks:

Venue	Date	Time
St Anne's YMCA St Albans Road Lytham St Anne's FY8 1XD	Monday, January, 25	1.45pm – 3.45pm & 4.45pm – 7.15pm
The Great Hall at Mains 86A Mans Lane Little Singleton Poulton le Fylde FY6 7LE	Thursday, January 28	1.45pm – 3.45pm & 4.45pm – 7.15pm
Community Centre Mill Street Kirkham PR4 2AN	Friday, January, 29	1.45pm – 3.45pm & 4.45pm – 7.30pm

To make an appointment to donate please visit www.blood.co.uk or call **0300 123 23 23**. If you have any medical or clinical queries about blood donation please call or fill out the 'Medical Query Form' in the 'Contact Us' section of the blood service website above.