



# Health Matters

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



## Lost brother's gift of care

**WORLD AUTISM AWARENESS WEEK IS BACK!**  
SATURDAY 2 – FRIDAY 8 APRIL 2016  
[www.autism.org.uk/waaw](http://www.autism.org.uk/waaw)

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## Welcome from the Interim Chief Executive

HELLO and welcome to our Health Matters newsletter.



This month we are delighted to welcome two new faces to our board as Michael Hearty and Mark Cullinan join the team.

They are replacing non-executive directors Tony Shaw and Jim Edney who are retiring.

I would like to thank Tony and Jim for their service and valuable contribution to the Board of Directors and the Trust.

The Trust also has a number of vacancies for public governors and we are hoping to hear from as many people as possible who are interested in having a say on local healthcare.

Full details of how you can become involved, and where the vacancies are, can be found inside this edition of Health Matters.

We also have news of the Fylde Sinfonia who presented a wonderful evening of music and entertainment to help bolster our Peace of Mind dementia appeal.

Wendy Swift,  
Interim Chief Executive

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Health Matters is also available online at [www.bfwh.nhs.uk](http://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](http://www.bfwh.nhs.uk/healthmatters)

Any comments ideas or suggestions? Please contact: Ingrid Kent, Communications Department, on 01253 956 875 or [communications@bfwh.nhs.uk](mailto:communications@bfwh.nhs.uk)



# Cheers for the donation!

CUSTOMERS at a Blackpool pub have helped raise a staggering £1,100 for their local children's ward.

Management and staff at Churchills Public House on Topping Street held a top prize Christmas raffle with the aim of raising £500 for the Children's Ward at Blackpool Victoria Hospital.

But people's generosity surpassed all expectations, and staff were able to make a larger-than-expected donation when they visited in March.

Nicki Walker, from Churchills, said: "We started selling raffle tickets at the end of November. The landlady originally wanted to raise £500, but when more money kept coming in we just thought we'd see how far we could go.

"The raffle was drawn on December 21, and we can't believe how much money we raised. In the end people were just putting money in the jar as a donation. That is something that's going to



continue over the year.

"The first prize was a 40 inch television and originally that was the only prize, but the more we spoke about it the more people were donating goods for us to raffle.

"We can't believe how generous people have been. We're only a small pub, so to have been able to raise this much money feels wonderful."

The money donated by Churchills will be used to enhance the care children receive while being treated on the Children's Ward.

Thanking the pub for the donation, play worker Gemma Probin said: "This money will go a long way in helping us to make a stay in hospital a little bit easier for our patients.

"There are lots of things we could do with this amount of money, and we are extremely grateful to Churchills staff and customers who have made this wonderful donation."

# Extensive care puts Colin on right track

AS AN ex-sportsman, 81-year-old Colin Davenport has never been one to let his age or health slow him down.

But, after suffering a stroke almost a decade ago, the former Lytham Golf Club captain and Poulton Town footballer found himself unable to drive and having difficulty walking and talking. On top of the knock-on effects of his stroke, Colin also has a pacemaker and suffers from shortness of breath while out and about.

A strong personal drive, borne out of his sporting background and an RAF-ingrained stiff upper lip attitude, helped him to recover some of his lost freedoms following the stroke.

And now, thanks to the extensive care service, the retired corporal has the help of a dedicated team to manage his health conditions on a daily basis.

Talking about the new extensive care service, which is based at Lytham Primary Care Centre, Colin said: "The whole thing is great. It is there to try to keep you out of hospital and make sure everything is all right. It is the best thing that has happened to me."

Extensive care, which also runs out of Moor Park Health Centre in Bispham, provides proactive support to patients like Colin, to better understand and manage their conditions in order to dramatically reduce the need for unplanned hospital visits.

The dedicated team supports Colin, who lives in Lytham, and other patients with all of their health and care needs so they no longer have various appointments with different professionals.

Patients are allocated their own wellbeing



Colin Davenport with Rachel Haworth

support worker, who they meet with on a regular basis, to develop a long-term plan for their health. This includes setting a number of achievable goals which are all geared towards improving their health and wellbeing.

Since joining the extensive care service, Colin has been able to work with wellbeing support worker Rachel Haworth to get more active as a result of the goals he set himself.

Colin said: "Firstly I wanted to get some weight off and I have done that. I also wanted to understand why I was getting short of breath and that is now improving.

"Working with Rachel and the team has helped me to understand my conditions, which has helped me to manage them, overcome them and control them a lot more.

"Extensive care helps me to keep moving forward. I can just make a phone call and there is always someone there to help me and that is the main thing."



Michael Hearty and, inset, Mark Cullinan

# New faces at the Trust

BLACKPOOL Teaching Hospitals NHS Foundation Trust is pleased to announce the appointment of Michael Hearty and Mark Cullinan as Non-Executive Directors of the Trust.

Both have a broad range of experience that will enable them to successfully support the vision and values of the Trust.

Michael Hearty has held a number of national senior posts in a distinguished career.

After working for the Department of Social Security and the Department of Work and Pensions in senior financial posts, he became the Director General of Finance and Corporate Services at the Welsh Government.

He said: "As a native of Blackpool I recognise and understand the many challenges facing the area. I believe my career to date has equipped me with a set of skills and experiences that will enable me to add real value in supporting those people who work on the front line of such a complex environment."

Mark Cullinan is currently the Chief Executive of Lancaster City Council. He is retiring in June this year. He has more than 40 years of experience working in the public sector with 16 years as Chief Executive at Lancaster City Council and six

years as Director of Social Services at Wakefield Council.

He said: "I am proud to have been asked to serve as a Non-Executive Director for Blackpool Teaching Hospitals NHS Foundation Trust.

"I am fully committed to the NHS and the quality of care provided to individual patients and believe that my knowledge, skills and experience of operating at a strategic level in a partnership environment will enable me to make a positive contribution to the work of the Board."

Michael and Mark join the existing Non-Executive Directors on the Board of Directors who are: Ian Johnson (Chairman), Karen Crowshaw (Deputy Chairman), Doug Garrett, Alan Roff, Michele Ibbs and Malcolm McIlmurray and they will be replacing Tony Shaw and Jim Edney who are retiring.

Welcoming the appointments, Chairman, Ian Johnson, said: "I am delighted to welcome Michael and Mark to the Trust. Their appointment will be of great benefit to the Trust and their skills and experience will contribute to the delivery of the Trust's strategy".

Both Michael Hearty and Mark Cullinan have declared no political activity.

# Family search helps autistic brother



Mickey Williams with his brother Michael Owen

IN A saga reminiscent of ITV's 'Long Lost Family', a Blackpool man discovered he had a whole family, including an autistic brother called Mickey Williams, he had never met.

Michael Owen, 56, from Bispham, is now Mickey's carer and is delighted to be reunited with his Welsh family.

Michael has thanked Blackpool Teaching Hospitals NHS Foundation Trust for the care that he and 53-year-old Mickey now receive.

As World Autism Week 2016 is set to take place from April 2 to 8, Michael says he is keen to tell his family's story to help others and raise awareness of the condition.

Michael was adopted as a child and grew up in Wigan. Sixteen years ago he came across his long lost family by chance on a day out in North Wales.

He explained: "I had managed to get a copy of



my birth certificate and it had my mother's name and address on it.

"I was always curious about my family, so when I was on a day out with friends, we decided to have a look at the farm. I had

assumed the farm would be derelict but when we got there we saw children running around who looked like school photos of me as a lad.

"It was incredible. I met my mother, and over time I met three sisters and two brothers. My father had died ten years earlier.

"I have been reunited with two brothers and three sisters. There is also one sister who was also given up for adoption who we have been unable to trace. We have all made several attempts to find her. Mum kept her first child and then gave the next three up for adoption. Then she kept the last three, including Mickey.

"They were very different times. In the '60s, children were often farmed out to other relatives



Mickey and Michael with support worker Kevan Green, Stefanie Maudsley and Vicki Walsh

and some were adopted. I'm quite open-minded. I just think people do what they think is best at the time. There aren't always answers. I always knew I was adopted so it wasn't a shock to me.

Michael, whose adoptive parents died in the 1990s, moved to North Wales to spend more time with his family.

He said: "At that time my brother Mickey's condition had not been diagnosed. I started to pick up on things I didn't understand. The first time I saw him having a melt-down I could not understand where it was coming from. He wasn't a bad person – I thought there must be something else going on."

Michael explained that Mickey had a bad accident in Wales in 2003 and was unable to work. Then the brothers decided to move to a flat that Michael owned in Bispham.

Michael said: "I was becoming worried about Mickey's mood swings so we asked for an assessment in Blackpool. When Mickey was diagnosed as having Asperger's Syndrome we were able to understand a lot more."

Mickey said: "It gave us an explanation. It's something that just comes over you. It's a relief to know what it is."

The brothers now attend sessions run by Blackpool Teaching Hospitals at the Centre for Independent Living on Whitegate Drive and say they greatly appreciate the support they receive. They meet with Vicki Walsh, a Senior Mental

Health Practitioner specialising in Autism, who works for the Trust.

Vicki said: "Mickey came to our socialisation group which meets twice a week. The group has helped Mickey to mix with other people on the autistic spectrum."

Stefanie Maudsley, North and Outreach Team Leader for the Primary and Intermediate Mental Health Team, said: "We have a project called 'Social Eyes' for people on the autistic spectrum.

"It's run in partnership with the council's Learning Disability Service team. We have recently managed to secure funding for a new wooden building for group activities.

Stefanie and her colleagues work with 300 to 400 people on a regular basis at the centre. The team does a great deal of outreach work and people are referred to the service in a number of ways.

Stefanie added: "We want people to know they can come here if they need help. They need to be referred to us to come to the groups."

Michael added: "The group is marvellous. Attending the meetings has been a pressure release for both of us. The change in Mickey has been dramatic."

The team at the centre is hoping local businesses and individuals might be able to help with donations of carpets, paint and other items. If you can help, please contact Stefanie Maudsley on 01253 957892.



# Sweet sound of success



A CAPTIVATED audience was treated to a few of its favourite things during a night of music held at the Lowther Pavilion in aid of Blue Skies Hospitals Fund.

From the Sound of Music and Phantom of the Opera to Beethoven and Bach, the concert by Fylde Sinfonia had guests singing along and enjoying themselves in the name of charity.

As well as supporting the charity for Blackpool Teaching Hospitals NHS Foundation Trust, the evening was held to remember Fylde Sinfonia's former conductor John Simpson, who led the orchestra for nearly 30 years. John passed away in 2009 after developing dementia.

The event, which was held on Sunday 20<sup>th</sup> March, raised more than £2,000 for Blue Skies' Peace of Mind dementia appeal, which aims to help enhance the care patients living with dementia receive at Blackpool Teaching Hospitals NHS Foundation Trust.

In particular, money from the appeal will be spent on enhancing the garden at Clifton Hospital to make it a safe and interactive space for patients who have dementia.

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The extravaganza had something for all musical tastes, interspersed with humour from guest singers Ann Cookson and Peter Baldwin from Classic Sound, and compere Doug Garrett who is the Chairman of Blue Skies' Charitable Funds Committee.

Fylde MP Mark Menzies, who was a guest at the evening, said: "I was delighted to be able to attend the Fylde Sinfonia in aid of the Peace of Mind dementia appeal. Dementia is a key priority for me in Fylde, where we have an older population."

The evening was led by Fylde Sinfonia conductor Peter Buckley, who said: "We are thrilled to have been able to put on a concert for such a worthwhile cause. This was our way of paying tribute to John and raising vital funds to help others suffering with this condition."

The Peace of Mind appeal is now over two thirds of the way to its £30,000 target.

Head of Fundraising, Caroline Scholz, said: "We are extremely grateful for the time and effort that Peter, his orchestra and Classic Sound, have put in to rehearsing for and performing this event."

# How to have your say on local healthcare

THE Trust is seeking candidates for eight Public Governor positions across its area and wants to hear from as many people as possible who are interested in having their say on how healthcare should be provided locally. The elections will be held in August 2016.

Those interested in hearing about the work of the Trust's Governors, and how they can stand for election, are invited to attend a seminar on 'Governor Elections'.

The seminar, entitled "Public Governor Elections 2016", will be held on **Tuesday, 5<sup>th</sup> April 2016, between 6 pm – 7 pm, in the Education Centre Lecture Theatre at Blackpool Victoria Hospital** and will be hosted by:-

- Mr Ian Johnson – Chairman
- Mr Peter Askew – Public Governor (Wyre Constituency) (Lead Governor)

The vacancies are as follows:-

Public Constituency	Number of Vacancies
Blackpool	4
Fylde	1
Wyre	2
Lancashire and Cumbria	1

Trust Governors are required to be members of the Blackpool Teaching Hospitals NHS Foundation Trust and their role is to represent their respective local constituencies, provide advice and support and help influence the Trust's decision-making in terms of how it develops services for the people of Blackpool, Fylde and Wyre and beyond.

The seminar will include; background information on the Trust, the role of a Governor, their



statutory duties and details of the election process in order to give those considering standing for election a fuller understanding of the Governor role.

Mr Johnson said: "Governors bring a wealth of expertise, experience and ideas which are essential to ensuring the effective development of our NHS Foundation Trust moving forwards. Under the Health and Social Care Act, a majority of Governors will be required to approve any significant investment decisions and they are vital in representing the interests of our patients and the public."

To book a place on the seminar please contact Jacinta Gaynor, Membership and Governors Officer, via email: [Jacinta.gaynor@bfwhospitals.nhs.uk](mailto:Jacinta.gaynor@bfwhospitals.nhs.uk) or call on 01253 956673.

Membership is free and there are numerous benefits for the Trust and the local community alike, which can be seen on the Trust's website: [www.bfwh.nhs.uk](http://www.bfwh.nhs.uk). You can apply using the online form on the website or by completing an application form available from the Membership Office on the above contact details.