



Blackpool Teaching Hospitals **NHS**
NHS Foundation Trust

Health Matters

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



Quit to get fit

INSIDE THIS ISSUE:

Active advice for smokers
*Go smoke-free for a healthy
new you — Page 7*

Butterflies help patient care
*Magnetic symbols to improve
dementia support — Page 8*

Issue 112, Friday, April 15, 2016

Welcome from the Interim Chief Executive

HELLO and welcome to our Health Matters newsletter.



This month we are asking members of the public to consider joining our council of Governors to have a say on the future of healthcare locally.

Our Governors provide a vital service in ensuring the effective development of the Trust as it moves forward.

But it's not just prospective Governors we are appealing for within these pages.

We are also looking for individuals and companies to come forward to help us build a dementia garden at Clifton Hospital.

Caring for people living with dementia is something very close to the hearts of our nurses.

Nurse Francesca Hall has used money that she won in our NHS Celebrating Success awards to fund magnetic butterflies to help staff recognise patients living with dementia to ensure they receive appropriate, compassionate care.

Wendy Swift,
Chief Executive (Interim)

Contents



News

Epilepsy project launch

EPILEPSY sufferers will benefit from a new project aimed to provide emotional and social support for young people and their families.



Page 3

Spades at the ready

BLUE Skies Hospitals Fund is calling on anyone with an interest in gardening to pledge their support for a new interactive garden for patients with dementia.



Page 5

Bereavement room

BABY death charities and parents have helped refurbish Blackpool Victoria Hospital's bereavement room.



Page 4

Hospital Easter treats

COMPANIES from across the Fylde donated Easter treats to children in hospital.



Page 6



Magnetic butterflies are helping our nurses to give supportive and compassionate care to patients living with dementia

Page 8

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 956 875 or communications@bfwh.nhs.uk



Epilepsy project gets Blackpool launch



BLACKPOOL youngsters with epilepsy will benefit from a new project aimed to provide emotional and social support for young people and their families.

National charity, Young Epilepsy, has chosen Blackpool to benefit from their regional Connect Project and will be hosting a project launch event at Blackpool Victoria Hospital on Wednesday, April 20th, from 4.30pm to 6.30pm.

Funded by the Big Lottery, the Connect project will support young people aged 25 and under as well as their families who are living with epilepsy.

Young Epilepsy has found that children and young people with the condition can face discrimination, social isolation and low self-esteem and Connect provides support to help them feel less lonely and more socially integrated.

The launch event at Victoria Hospital's Women and Children's Unit Children's Clinic, is open to

any young people or their carers who are affected by the condition. It will be a chance to meet the Connect team from Young Epilepsy, learn about the benefits of the project as well as meet other youngsters living with epilepsy in the local area.

"We are delighted Blackpool has been chosen for this project which we believe will be of great benefit to local youngsters living with the condition on the Fylde coast," said Paediatric Epilepsy Nurse, Gill Culshaw.

Chloe Madders, Blackpool Connect Worker for Young Epilepsy, added: "We often hear from those affected by the condition that they feel isolated and simply need someone to talk to."

"Young Epilepsy's Connect project will bring these people together and we are thrilled to be able to launch in Blackpool."

"If you are local, live with epilepsy or know someone who does, please come along to the launch and be a part of the Connect project."

Forget-Me-Not room helps grieving parents



BABY death charities and parents who have experienced baby loss have worked with our bereavement specialist nurse to refurbish Blackpool Victoria Hospital's bereavement room.

The Forget-Me-Not suite in the hospital's Delivery Suite of the Women and Children's Unit has been redesigned in a bid to ease the trauma faced by the women, their partners and family members who need to use it.

Women and their partners who have lost their baby after 16 weeks of pregnancy will be cared for in the new-look suite.

Bereaved parents have raised the money for the room both individually and with the help of the stillbirth and neonatal death charity SANDS. Bereavement charity 4 Louis has also helped by funding most of the furniture and accessories.

The room is designed to provide a comfortable and sensitive environment where women can feel supported and able to grieve in less clinical surroundings. Bereaved parents who have donated to the room have been invited to the official opening of the suite on Friday, April 29.

Specialist bereavement nurse, Megan Murray, said she was delighted the suite had been refurnished to give a sitting area, dining area,

kitchenette and double bed. It is a wonderful area for these women and is designed to allow parents to talk and share their loss in a less clinical environment, for both mums and dads. The title Forget-Me-Not gives an air of compassion and hope and acknowledgement for the past, present and future," Megan explained.

"We are so grateful for all the contributions we have had to enable us to develop this area which is also soundproofed to protect the privacy and dignity of people using the room.

"We are so pleased to invite families who have undergone the trauma of baby loss to come along on April 29 and view our beautiful room and allow us to say thank you for all the support they have given the hospital through their kind and generous donations."

SANDS chairman, Helen Grimshaw, said: "It is a comfort to know that mums will have a safe and private environment where they can go through the experience of losing a baby without having added interruptions that may not be appropriate at the time."

Pictured above: Delivery suite manager, Moira Broadhead, Patient Experience Coordinator for Families, Janet Danson-Smith and Specialist Bereavement Nurse, Megan Murray in the new Forget-Me-Not suite

Can you help to build a dementia garden?

BLUE Skies Hospitals Fund is calling on local building firms, garden companies and anyone with an interest in gardening to pledge their support for a new interactive garden for patients with dementia.

Blue Skies, the charity for Blackpool Teaching Hospitals NHS Foundation Trust, has been raising money through its Peace of Mind dementia appeal for a safe, secure and interactive garden at Clifton Hospital, which will help to enhance the care given to patients who have dementia.

The garden will feature planting beds where patients will be able recall a time when they might have tended to their own garden, and will be a safe space where they are free to walk about and enjoy the great outdoors without the need of a nurse present.

Funding is now in place to allow work to start on the garden, but to limit the amount of charity money spent on professional works, Blue Skies is asking for time to be given by anyone, professional or not, who is keen to help out.

Head of Fundraising, Caroline Scholz, said: "A lot of work has gone in to raise money for this garden project through our Peace of Mind appeal, and we're now pleased to say we are in a position to start work.



"It would be so nice if there were any professional landscape gardeners or building firms who would be willing to give their time in helping get this project started so we can show how people's kind donations are being used.

"This garden will be a fantastic enhancement to the care already given across the whole of Clifton Hospital, and will allow patients from any ward the space and freedom of the great outdoors."

It is hoped work will begin on the garden project in the spring.

Clifton Matron, Courtney Bickerdike, said: "This garden has been one of the main goals right from the beginning of the Peace of Mind appeal, and it's so exciting now that we are making plans for how it will look and how our patients can make the best of this fantastic space we have.

"We have spent the last year raising money to make this happen through Blue Skies Hospitals Fund and we are very grateful to those who have donated money and visited us at our Christmas and summer fairs. Now we're asking for people to donate their time to help make this the best garden for our patients."

Anyone who is willing to help is asked to contact Blue Skies Hospitals Fund on 01253 957381.

Making Easter a little eggs-tra special



Shamin Desai, Gaye McDonald and Sue Fox with the donated Easter eggs



Sarah Hine staff nurse, Maggie Nichol from Clifton Buying Group, Leanne Lamb Hospital Play Specialist and Wendy Lawton from Clifton Buying Group

CLIFTON Buying Group has donated 100 Easter eggs to the Children's Out Patient's Department for the fourth year running.

The family-run procurement management firm, based at Whitehills Business Park, Blackpool, delivers chocolate gifts at Easter and Christmas for children in hospital over the holiday periods.

Wendy Lawton, PA to the director, said: "This is a great tradition that Clifton Buying Group is happy to continue."

Office assistant Maggie Nichol said: "They are donated with love!"

Another egg-xtraordinary donation was also made to the Children's Ward!

This time the donation was from the staff at Boots Blackpool.

Store manager Shamin Desai and Boots' area administrator Sue Fox presented the eggs to hospital play specialist Gaye McDonald.

How quitters get fitter



SMOKERS looking to quit can now kick the habit - and get active at the same time - thanks to a new health improvement initiative.

'Quit & Get Fit' is a free eight-week course from Smokefreelife Blackpool and Blackpool FC Community Trust.

Blackpool Teaching Hospitals works with Smokefreelife Blackpool to promote the benefits of giving up smoking to residents of the resort.

Smokefreelife Blackpool also visits Blackpool Victoria Hospital every Monday to offer stop smoking support to patients and staff from Blackpool.

The sessions are on Wednesdays from 6.30pm to 8pm, at Blackpool FC's Bloomfield Road stadium and places are still available on the number below.

Smokefreelife is Blackpool Council's stop smoking service, which is provided by healthcare innovations company Solutions 4 Health.

Sam Thompson, Smokefreelife Blackpool's Health Improvement Manager, said: "We take a very positive approach and are all about supporting and empowering people to improve

their health and well being. Smokers are at least four times more likely to quit successfully when they have professional support, so we'll be providing free and regular advice, carbon monoxide tests, plus nicotine replacement therapies and products to help participants quit for good."

Marc Joseph, Senior Health and Education Officer for Blackpool FC Community Trust, said: "The fitness sessions will be based around circuit training to start but we'll be opening them up to suit the participants needs and wants.

"Team games such as dodgeball and handball are sure to improve the group dynamic and although the course is open to everyone we're also looking to prevent under 25s developing a lifetime habit.

"We're delighted to be part of Quit & Get Fit and future programmes are already being planned."

For further details of the course contact Jill Penn from Smokefreelife Blackpool on 07776 181648. Smokefreelife Blackpool's team of advisors can be contacted on 0800 246 1575 or 01253 462463, or text QUIT to 66777. Alternatively visit <http://www.smokefreelifeblackpool.co.uk/>

Butterflies show the way to care



Francesca Hall with the butterflies and below with staff from Ward 26

BUTTERFLIES are helping Blackpool nurses to give compassionate care to patients living with dementia.

The Trust uses the butterfly symbol to identify a patient with either dementia or confusion so that all staff can support and treat that patient appropriately.

The national Butterfly Scheme provides a specific system of care for patients in hospital who are either living with dementia or those who may have confusion due to an alternative reason.

Previously nurses at Blackpool Victoria Hospital made their own butterflies and laminated them to put above a patient's bed, but now two of the Care of the Elderly Wards have received magnetic butterflies to attach to the bed boards using award money won by dementia champion and Falls Lead Nurse Francesca Hall.

Francesca, who won the Unsung Hero Award at Blackpool Teaching Hospitals' Celebrating Success, said: "The magnetic butterflies will make the process of identification easier and the symbols will be very visible so anyone giving care to the patient will be able to immediately see they have cognitive problems."

"Inappropriate dementia care can result in extended lengths of stays for the patient.

08 ISSUE 112



Compassionate care helps reduce anxiety, reassures the patient and engenders a calm and welcoming atmosphere."

The butterfly symbol will not only be on the bed board but it will also be replicated on the handover board, on patient notes and also on care plans. It's vital that people know that a patient has dementia so they can treat and support that person appropriately to ensure the best care possible," Francesca added. "This is the case for all staff, whether it is a nurse, doctor, ward clerk, porter, whoever the patient may come into contact with."

The magnetic butterflies were produced by dementia company Find Memory Care who design products for people with dementia.

Karen Clayton, from Find, said "We are thrilled to be supporting The Butterfly Scheme and Francesca at Blackpool Teaching Hospitals. Fran's passion for dementia care is amazing. She works tirelessly to enhance both the care and the environment for patients. The magnetic butterflies will make a significant difference to patients."

Have a say on how healthcare is provided

The Trust is currently seeking candidates for 12 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.

A number of vacancies have arisen on the Council of Governors due to vacancies or terms of office ending and the Trust will be looking for new people to help drive forward the Trust's future plans.

Trust Governors are members of the Blackpool Teaching Hospitals NHS Foundation Trust who are elected to represent their local constituencies, providing advice and support and to help influence the Trust's decision-making in terms of how it develops services for the people it serves.

The vacancies are as follows:-

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

Staff Constituency	Number of Vacancies
Clinical Support	1
Community Health Services (North Lancs)	1
Medical and Dental	1
Nursing and Midwifery	1

Trust Chairman, Mr Ian 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.

"They ensure the Trust is managed appropriately and they have a number of key responsibilities including the appointment of the Chairman, Non-Executive Directors and External Auditors, and holding the Board of Directors to account."

Membership does not cost anything, 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.

If you are interested in becoming a Governor please contact the Membership and Governors Officer on 01253 956673 or email jacinta.gaynor@bfwhospitals.nhs.uk