

Health Matters

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



Bra-vo to charity cyclist

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Welcome from the Interim Chief Executive

HELLO and welcome to our latest edition of Health Matters newsletter.



We are delighted to announce that patients on the Fylde coast are set to benefit from a new system to support them in receiving specifically tailored treatment for their individual needs.

The local health economy here is among the first in the country to roll out this health tool and you can find out about the Patient Activation Measure (PAM) on Page 8 of this newsletter.

The Trust is also offering an amazing opportunity for young people to join the award-winning dental nurse cadet programme.

With a 100 per cent success rate in securing jobs for cadets, this is a great chance for youngsters to receive high quality training for a rewarding and interesting career.

We are also raising awareness of our Butterfly Ball in October which will raise funds for our dementia work in association with our hospital charity, Blue Skies.

Please save the date and help us reach our dementia goal.

Wendy Swift,
Interim 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 956 875 or communications@bfwh.nhs.uk



120 mile bike challenge

Robert Foster

BLACKPOOL charge nurse, Robert Foster, is a bit of an adrenalin addict.

He's a keen mountain biker who loves down-hill and enduro racing.

But he wanted to come out of his comfort zone and do something to raise money for Breast Cancer Care.

And despite never having ridden a bike on the road, Robert has pledged to raise funds by riding non-stop from Manchester to Leeds – and back! "I am doing it for breast cancer because it's a charity close to my heart," Robert explained.

"There have been some amazing people I know who have been affected by the disease and I wanted to do something for them.

"I wanted to put myself out of my comfort zone so 120 miles from Manchester to Leeds and back seemed like a good challenge.

"I've had to borrow a road bike from our ward clerk's son to complete this challenge and I've started a training programme."

The event is the Challenge Cancer: Cycle Trans Pennine – and, as an exercise in stamina, it is not for the faint hearted!

"I am gradually increasing my hourly ride from two to three hours to the nine hour stint that I think this task will be," Robert explained. "I am building up my stamina as the 120 miles has to be done in one take setting off at 6.30am and riders need to be at the finish line by 9pm which is when the challenge closes."

Robert has set himself a personal fund-raising target of £500, but hopes that he will beat that. "I've been promoting the challenge on Facebook and have been overwhelmed by the response from colleagues and friends. I will also be having collection buckets on ITU and HDU for anyone who wants to support me. I raised 25 per cent of the target in four days, but there is still a long way to go. Some of the consultants and my ward colleagues have pledged to support me and I will be taking a bucket round before the ride itself."

The event takes place on Sunday, September 18 and you can support Robert by visiting his Just Giving page on www.justgiving.com/fundraising/Raaaab

A Blue Skies day for school's Team Orange

PUPILS at a Blackpool school have been doing their bit for hospital patients by running a patriotic face painting day in aid of Blue Skies Hospitals Fund.

Pupils in Team Orange at Unity Academy, on Warbreck Hill Road, Blackpool, have chosen to support Blue Skies, the charity for Blackpool Teaching Hospitals NHS Foundation Trust, and have already handed over an impressive £180.

The amount was raised as the school celebrated British Values Day in June, with pupils in the Orange House offering face painting and selling flags, stickers and badges.

Team Orange's Bethany Stubbs, 12, and Fatima Salim, nine, visited the Blue Skies office at Blackpool Victoria Hospital to hand over the money.

Fatima said: "It was a good day. We were very busy!"

Orange House is made up of pupils aged between two and 16, and those raising money on the day included five members of staff and three GCSE students.

Teacher Karl Moon said: "This project has helped our students learn and develop enterprising skills as well as boosting their confidence as some pupils went into the classrooms to talk to the older students about what

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they were doing. This has also helped develop maths skills and encouraged our students to be more creative with making posters and other promotional materials.

"Unity Academy is proud to have a real family ethos and to raise this great amount of money is fantastic for our pupils.

"We are still coming up with ideas and we definitely want to build on this relationship with have formed with Blue Skies Hospitals Fund."

Rebecca Ferguson, Deputy Head of Fundraising, said: "Well done to everyone at Unity's Team Orange for taking part in such a fun scheme to raise funds for Blue Skies."



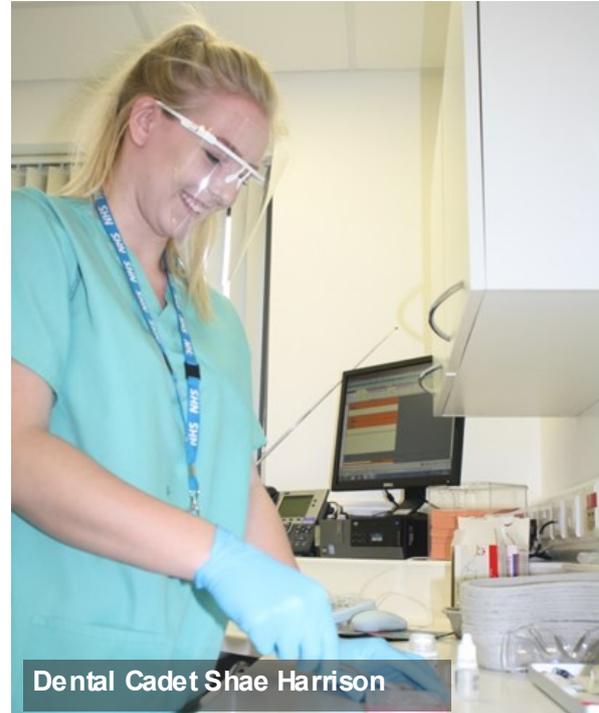
Get your teeth into a great career

FYLDE coast youngsters are being given the chance to join a course that has so far seen 100 per cent of all students secure jobs.

Blackpool Teaching Hospitals NHS Foundation Trust has spaces left on its award-winning dental nurse cadet programme which starts in September and delivers high quality training to 16 to 18 years olds across the Fylde coast who wish to pursue a career in dental nursing.

Cadets on the two year course will have the opportunity to work alongside dental practitioners and other dental care professionals within a clinical placement four days per week while receiving a training allowance.

Upon completion of the training cadets will receive a Diploma in Dental Nursing and be able



Dental Cadet Shae Harrison

to register with professional body, the General Dental Council.

Dental Cadet Co-ordinator Louise Eadie from Moor Park Health Centre, said: "This is a fantastic opportunity for young people across the Fylde coast who have a genuine interest in dental nursing and want a career in this field.

"The programme will suit individuals who prefer a practical way of learning, giving them hands on experience while working towards their qualifications. It's also a great opportunity to build new friendships and experience working as part of a team."

Dental Cadet Shae Harrison, 17, said she would definitely recommend this scheme to other young people: "Becoming a dental cadet is a great opportunity because you learn on the job and get a valuable qualification at the same time. The training is excellent and you are really well supported."

To apply for the course, or for further details, contact Louise Eadie, Dental Cadet Co-ordinator, on 01253 651528 or email louise.eadie@bfwhospitals.nhs.uk.



Dental Cadet Co-ordinator Louise Eadie, Senior Dental Nurse Donna Parker and Dental Cadet Shae Harrison

The most effective method for getting rid of lice



Had a brush with nits? Switch to a comb

NHS Blackpool Clinical Commissioning Group

In line with NHS guidance on the treatment of head lice NHS Blackpool CCG will now only offer head lice combs as part of the Minor Ailment Scheme.

Wet combing is the most effective method of treatment for head lice.

Head lice combs come in different shapes and sizes but have finer teeth that are shaped to catch head lice and nits effectively.

The Facts of lice...

- Head lice and 'nits' aren't the same thing – nits are the empty eggshells which remain in the hair after the lice have hatched.
- Itching isn't the first sign of having head lice – you should carry out detection combing regularly.
- A head lice comb can be used for detection as well as treatment.
- Insecticide shampoos deal with the lice but not the eggs. There's a good chance more lice will hatch after the treatment.
- There's no insecticide needed when you wet comb – that makes it safer for your kids, it's less hassle, easier to do and most importantly – it works!

The simplest solutions are often the best and that's certainly the case when it comes to head lice. National Institute for Health and Care Excellence (NICE) guidance advocates wet-combing as the best way to both detect and treat head lice. Using a head lice comb is easy:

- Wash the hair with ordinary shampoo and apply plenty of conditioner. The hair has to be wet. Dry lice will scurry away from the disturbance of the comb but they remain still when they are wet; meaning a better chance of catching them all in the teeth of the comb.
- Make sure the teeth of the comb slot into the hair at the roots, with the edge of the teeth lightly touching the scalp.
- Draw the comb down from the roots to the ends of the hair with every stroke, and check the comb for lice each time – remove lice by wiping the comb with tissue paper or rinsing it.
- Work through the hair, section by section, so that the whole head of hair is combed through.
- Do this at least twice to help ensure you haven't missed any areas, until no more lice are found.
- Repeat the process five days later just to be sure.

Further information on head lice detection and treatment is available via the NHS choices website at: www.nhs.uk/conditions/head-lice.

Video showcases care service

THE extensive care service was launched in July 2015 and forms a key part of plans to introduce 'new models of care' for Fylde coast residents.

These 'new models of care' refer to the way in which healthcare services are arranged, provided and accessed regardless of whether you have multiple complaints, a single long-term condition or just the occasional bout of ill health.

As a result of introducing these new models of care, professionals from different organisations will work much more closely together to coordinate the care they provide to local people. Extensive care is a community based service for people over 60 with two or more long-term conditions.

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The service is currently based at four sites on the Fylde coast. These are:

- Lytham Primary Care Centre
- Wyre Civic Centre
- Moor Park Health and Leisure Centre
- South Shore Primary Care Centre

A video has been produced to showcase the extensive care service which coincides with the year anniversary since the service initially launched at the two 'early adopter' sites in July 2015. The video highlights some of the progress to date as well offering an insight into the different service staff roles, their experiences so far and the experiences of patients and carers.

The video can be found here: <https://www.youtube.com/watch?v=wD8JqxhSlyI>.

Save the date for our Butterfly Ball

A CHARITY ball is being held in October to raise funds to enhance dementia friendly environments.

The Butterfly Ball, named after the Butterfly Scheme which provides a system of hospital care for people living with dementia, will be at the Hilton, Blackpool on October 21.

As well as live music from Touch the Pearl, there will be an auction and raffle — and any donations would be gratefully received.

Money raised from the evening will go



to the Blue Skies Hospitals Fund's, Peace of Mind Appeal which raises money to create dementia friendly environments around the Trust.

Tickets will be priced at £35 which includes a three course meal with a special butterfly pudding.

Tickets will be on sale within the next couple of weeks and will be on sale at the Blue Skies office at Blackpool Victoria Hospital and at Notarianni's.

Keep an eye on our social media sites for further updates.



Health Care Assistant Pam Stephenson with the welcomers!

A potty welcome

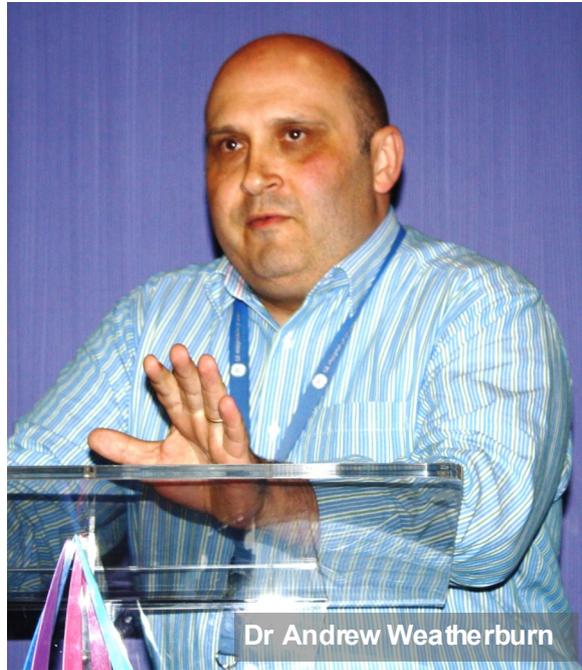
THREE slightly 'potty' characters welcomed patients and visitors to Fleetwood Hospital in the run up to the town's Tram Sunday event earlier this month.

'Bill and Ben' and 'Little Weed' were created by two healthcare assistants as part of Fleetwood Scarecrow Festival.

Lesley Christian and Deborah Steel, who work for Blackpool Teaching Hospitals NHS Foundation Trust, have created scarecrows for the event for the past couple of years.

Sheila Blade, a staff nurse at Fleetwood Hospital, said the scarecrows brightened up the entrance and gave people something to smile about.

How Pam can help patients manage health!



FYLDE coast residents with long-term conditions will be supported to better manage their own health and care needs thanks to a new tool at the disposal of local healthcare professionals.

Healthcare professionals on the Fylde coast are amongst some of the first in the country to benefit from the roll-out of the Patient Activation Measure (PAM) by NHS England.

PAM gauges the knowledge, skills and confidence of people to manage their own health and healthcare. On the Fylde coast, professionals within the Extensive Care Service will utilise the tool to ensure the support they provide to patients is specifically tailored to individual's needs.

Extensive Care makes sure people over 60, with two or more long-term conditions, receive more coordinated support to dramatically reduce the need for unplanned hospital visits.

A big part of this is the development of an agreed care plan with patients and carers. This care plan includes steps to increase a patient's understanding of their conditions and how to manage these, as well as setting a number of

small goals geared towards improving their wellbeing.

Overall, the tool will lead to patients having better experiences of care and outcomes, making more positive choices about their health and wellbeing, and result in fewer unplanned hospital admissions.

Dr Andrew Weatherburn, pictured, clinical lead for the Extensive Care Service, said: "We're really pleased to be one of the first areas to benefit from this tool. It will help us to improve the experiences of our patients by making sure that the support we provide takes into account their own individual needs.

"We know when patients feel confident and involved in the control of their healthcare that this leads to better outcomes.

"The other benefit to PAM is that it can also free up a clinician's time. I know from experience, that although it is the right thing to do, we often spend a large amount of time giving people advice which is actually too complicated for them."

You can find out more about the PAM tool at: www.england.nhs.uk/pam.

Childhood memories set to verse



THIS year Age UK Lancashire celebrates 75 years of providing support to Older People in Lancashire. The first Older People's Welfare Committee was launched in 1941 in Chorley and the organisation were delighted to find the original minutes of this meeting pasted in a beautiful book at head office.

As part of the celebrations they would like to invite you to get your creative juices flowing and put some of your childhood memories on paper to share with other people across the county. You will also be in with a chance to win a prize!

Guidelines of entry:

1. Themed around memories of childhood
2. Length of poem no longer than 20 lines
3. Maximum of 3 poems per person
4. Entrants must be aged 50 or over
5. No published poets or authors allowed
6. Must be original and not a translation of another persons work
7. Age UK also say a small donation towards printing costs would be appreciated

Closing date for entries: **Friday, August 26, 2016.** Winner and runners up to be announced in September.

The poems will be judged by an independent panel.

Age UK are hoping to produce a special poetry book made up of the shortlisted entries, which they hope to distribute through charity shops and resource centres to help raise money to enable them to continue to carry out charitable services for older people living in Lancashire.

By entering your poem/s into the competition you are agreeing to the future use of them in their literature and promotional activities.

Please complete the entry form on Page 11 of this newsletter and hand in with your poem/s, along with a donation at your discretion, to your local Age UK Lancashire office or resource centre. Alternatively you can submit them in Word format via email to: dward@ageuklancs.org.uk or post them to: **Age UK Lancashire, 61-63 St Thomas's Road, Chorley, PR7 1JE.** Marked for the attention of David Ward.



Poetry Competition 2016

Entry Form – Please attach poem securely to this form

Full name:	
Date of Birth:	
Title of poem/s:	1. 2. 3.
Contact Telephone:	
Contact Address:	
	Postcode:
Age UK Lancashire group, club or service user?	Yes / No
If YES, please state the service name and location:	
I agree to the competition guidelines and use of poems. Signed:	

Closing date for entries is Friday 26th August 2016.

Please note: We will only use the details you have provided to contact you regarding this poetry competition. Your details will not be used for any other reason or passed on to any third parties.

SANDS COMEDY NIGHT

Raising money for Blackpool and Preston Sands Group
We are part of the Sands UK-wide network of local groups.



**WE ALSO HAVE ENTERTAINMENT FROM 'GOLD DUST',
DJ, RAFFLE AND CHARITY AUCTION**

1st October 2016 - 6:30pm
@ THE CAROUSEL HOTEL, BLACKPOOL

TICKETS £35

Includes welcome drink on arrival, hot buffet,
full evening of comedy, entertainment with DJ until late

FOR MORE INFORMATION:

Email: blackpoolprestonsands@yahoo.co.uk
Tel: 07938 977676

