

Health Matters

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



Operation donation

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Issue 123, Friday, September 16, 2016

Welcome from the Interim Chief Executive

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



We, along with our colleagues at both Blackpool Clinical Commissioning Group and Fylde and Wyre CCG, are delighted to be able to invite you to join us at our first ever joint annual meeting.

This is the first time all three organisations have held a joint event and it is great evidence of the increasing links being made across the local health economy to ensure the most efficient service for patients and residents across the Fylde coast.

We hope to see many of you at the event which will be held at Lowther Pavilion in Lytham on Thursday, September 29, 2016, from 4pm.

I am also delighted to report a number of fund raising initiatives which are outlined in the pages of this magazine and range from staff raising cash to help patients to former patients raising funds to help the hospital.

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

Steady on to prevent yourself from falling!

THE 'Steady On!' falls prevention service, which is run by Better Care Together partners; Blackpool NHS Foundation Trust, NHS Lancashire North Clinical Commissioning Group and Lancashire County Council, has received national recognition.

The overall aim of 'Steady On!' is to keep people independent, safe and steady while also preventing hospital admissions due to preventable falls.

Adam Whittingham, Community Therapy Technician, Blackpool Teaching Hospitals NHS Foundation Trust said: "This is a great NHS service aiming to keep people safe at home by giving simple, easy to follow advice and support."

The service is for anyone over 55 who is at risk of falling, or those who have experienced a fall and want to reduce the likelihood of another.

The 'Steady on!' initiative is about people being able to access falls prevention services in their own area so they know what they can do for themselves to prevent a fall instead of reaching a crisis point.

As well as giving practical tips on how to prevent falls, the project can also improve general health and wellbeing and enable people to continue to carry out day to day activities.

The 'Steady On!' team host regular events in community 'hot spots' such as local supermarkets to engage with the public and promote the service. The events are a good opportunity to make contact, share advice and sign post local people to other community groups such as exercise classes to improve balance.

Linda Hilton, Community Therapy Technician for
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Linda Hilton and Adam Whittingham

Blackpool Teaching Hospitals, said: "Events allow us to plant the seed. A lot of people don't think about falls until an accident has happened. We want to get in there early and give people prevention advice."

Where appropriate the 'Steady On!' team use the events to arrange home visits where they can carry out a falls risk assessment and look into whether further clinical support is needed.

People can refer themselves onto the programme by completing a referral form or calling the team directly. Health care professionals can also refer people to the service on their behalf.

If you think the 'Steady On!' initiative could benefit you please get in touch with the team by calling: 01524 519553

How to turn an



end into a beginning

FYLDE coast residents are being asked to make sure their family know about their decision to save lives through donating their organs.

As part of Organ Donation Week, Blackpool Teaching Hospital NHS Foundation Trust has been leading a campaign urging more people to “Turn an end into a beginning” by adding their names to the national organ donation register and talking to their families about their decision.

Every day across the UK around three people die while waiting for a lifesaving organ transplant and there are currently 6,500 people waiting for a transplant. Last year 74 transplants were received by patients in Lancashire but sadly 13 people in the county died before they received the organ they desperately needed.

Lee Coulthard, Specialist Nurse for Organ Donation at the Trust, said: “Organ donors do save lives. Sadly, around three people die every day because there are not enough organs for those who desperately need them.

“In many cases family members may not be

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aware of their relative’s decision to donate their organs and it makes supporting donation extremely difficult. During this week, I am urging people to speak up and have those conversations with their family.

“I would also ask people to really think this week whether they could be an organ donor. People’s lives have been changed thanks to donors across the area and we would like to help even more people who are in need of a transplant.”

Lee was helped by Jo Haythornthwaite who donated her husband’s organs and lung transplant recipient Rosie Neath who told their stories at a special well attended public seminar.

The three also worked together to hold awareness sessions for staff and visitors including one session with a giant Operation style interactive game at Blackpool Victoria Hospital which was an innovative way of publicising the subject.

For more information about organ donation please visit the Organ Donation website www.organdonation.nhs.uk/

NHS services join up for annual meeting

FYLDE coast residents will have an opportunity to hear about the latest developments in local NHS services at a special event next month.

For the first time ever, Blackpool Teaching Hospitals NHS Foundation Trust, which provides services including Blackpool Victoria Hospital, and the Blackpool and Fylde and Wyre clinical commissioning groups, which plan and buy services across the Fylde coast, have joined forces to stage their annual meetings on the same day at the same venue.

The event will take place on Thursday, September 29, 2016, at the Lowther Pavilion in Lytham from 4pm, with all members of the public and NHS staff welcome to attend.

It will be an opportunity to look back on some of the successes and highlights of the past year and will incorporate the formal presentation of each organisation's annual report and accounts.

A number of exhibitors will showcase the future of health and care across the Fylde coast and will provide free health checks. There will also be a number of health promotion stands and an exhibit celebrating 80 years of Blackpool Victoria Hospital.

Chairman of Blackpool Teaching Hospitals NHS Foundation Trust, Mr Ian Johnson, said: "This is the first time all three organisations have come together to hold their annual meetings and it is a sign of the increasing links being made between the groups to provide the best and most efficient health care possible for local residents."

Roy Fisher, Chair of Blackpool CCG, said: "I am very pleased that the partner organisations have agreed to provide the public with their annual



Ian Johnson

reports in one event. It means the public we serve can see services available to them by visiting the exhibition stands. It will be an event well worth attending."

Mary Dowling, from Fylde and Wyre CCG added: "I am delighted that we are able to host this event demonstrating the close partnership working of the NHS on the Fylde coast.

"I look forward to a good turnout of Fylde coast residents who will hear about some of the hard work going on to improve people's health and wellbeing across the area."

Comedy night to raise funds

BLACKPOOL and Preston baby death support charity, Sands, is to host a comedy night to raise funds and vital awareness.

Everyone is welcome to attend the event on 1st October 2016 at 6.30pm at The Carousel Hotel, Blackpool.

Guests will enjoy a welcome drink and hot buffet as well as a full evening of entertainment with a line-up of comedians and a performance from Gold Dust and a DJ until late. A grand raffle and auction will also feature as part of the night.

Thousands of babies tragically die each year. In 2014, over 5,500 babies were stillborn or died soon after birth in the UK, shattering the lives of expectant parents, their families and their friends and the people who have cared for them.

Sands is run solely by volunteers so funds raised will help to continue its vital work supporting families via monthly support meetings, telephone and email and working with their local hospital to improve bereavement care facilities and fund Sands bereavement care training.

Helen Grimshaw, Chair of Blackpool and Preston Sands, said: "I wanted to organise an event in memory of all our babies that meant we could all come together and remember them, raise lots of



SANDS
COMEDY NIGHT

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

Lewis Jones, Matt Davenport, Ryan Gleeson, Pete Phillipson as MC, Steffen Peddie, Freddy Quinne, Tina Townsend

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

Registered as a charity in England and Wales (209679) and in Scotland (SC042799). A company limited by guarantee registered in England and Wales number 222082

money and have a good night doing so.

"I lost my own daughter, Daisy, seven years ago, the pain is easier to manage but it never goes away. I could not have survived without this group and I want to make sure the group continues to be able to offer support."

Matt Davenport, one of the comedians performing on the night, said: "My partner Vicky and I found out that we had lost our unborn son at the 20 week scan on Christmas Eve 2013, it was a very difficult time for us and our family. If we can help raise some money for a charity that helps support people going through a similar situation that we did, then it's the least we can do."

For further details or to donate a raffle or auction prize please contact Blackpool and Preston Sands on 07938 977676 or blackpoolprestonsands@yahoo.co.uk. Tickets are priced at £35.

Heart centre praised for innovative training

AN INNOVATIVE scheme, which gives medical students experience of heart surgery early in their training, has been praised by students.

The Lancashire Cardiac Centre, based at Blackpool Victoria Hospital, is one of the first such specialist centres in Britain to offer the experience to medical students in an effort to help them gain valuable experience in cardiothoracic surgery early in their training.

Cardiothoracic Surgeon, Mr Antony Walker and Cardiothoracic Registrar, Miss Gillian Hardman, from the Cardiac Centre, decided to set up the course to encourage more students to think about heart surgery as a career.

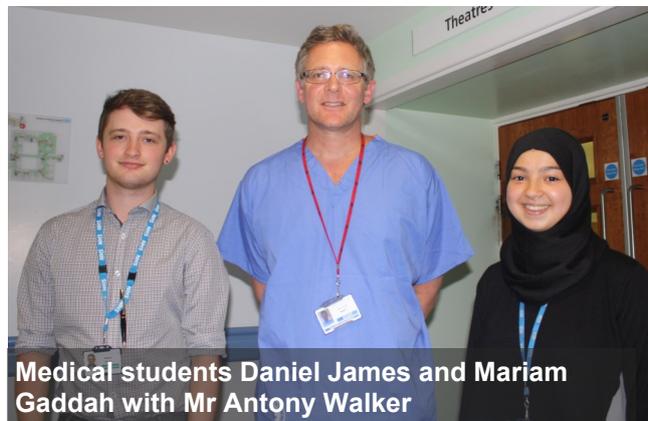
Miss Hardman, who is the course organiser, said students would not normally gain heart surgery experience until they had been qualified as a doctor for at least four years and had reached Senior Registrar level.

Miss Hardman said: "I am a new Registrar and I've known I have wanted to do this for a long time, however, we have been finding that fewer and fewer people want to do it.

"As a young Registrar, and especially as a female, I try to take part in events and talk to junior people about heart surgery.

"If students come here, hopefully they might think about coming here again in the future."

Mr Walker and his team have two students at a time so they get a valuable insight into what it's like to work as a heart surgeon. They sit in on operations, learn bypass surgery skills, spend time in A&E and observe Mr Walker and his team at work.



Medical students Daniel James and Mariam Gaddah with Mr Antony Walker

Mr Walker said: "This is the second year that we have run this course and it has proved extremely successful. It gives students an insight into what we do every day of the week. It's not just about practising skills – it's more about seeing if you might want to do this.

"The skills the students learn can also be used in other types of surgery."

Daniel James, a fourth year from the Lancaster Medical School, said: "It has been an amazing week. To get the chance to be a part of the team and learn so much in such a short period of time has been brilliant."

Fellow fourth year student at Lancaster, Mariam Gaddah, added: "I have really enjoyed seeing the operations and talking to patients. I have learned so much and it has been a great experience."

Mr Walker added: "I think it's important to have students here as we have so much to offer. It's good for their confidence. We are one of the busiest units in the country. It's a very dynamic unit and we embrace new technology."

All the 8s as Phoebe raises vital baby cash

WHEN eight year old Phoebe Lyons set out to raise £80 for Blackpool's Neonatal Unit, she had no idea she would raise more than ten times as much through a charity fun run.

But Phoebe has managed to raise a staggering £899.40 through sponsorship for taking part in the Big Fun Run in Heaton Park, Manchester, in August.

The money has been given to Blue Skies Hospitals Fund, the charity for Blackpool Teaching Hospitals NHS Foundation Trust, to be used to help create a family room on the Neonatal Unit.

Phoebe said: "I didn't expect to raise so much. Taking part in the run was really good. I want to do another one."

Phoebe decided she wanted to support the Neonatal Unit at Blackpool Victoria Hospital as it was there she received treatment when she was born more than three months early back in 2008.

Her proud mum, Emma, who is also mum to Zoe, four, said: "Phoebe's done so well, we're all so proud of her."



Catherine Nash with Phoebe



Phoebe in the Neonatal Unit

"We set a target of 80 to keep in with an eight-theme – Phoebe was born on the 8th August 2008 (08/08/08). We can't believe she's raised nearly £900.

"The unit wants to transform an isolation room into a family room, which will allow siblings and other family members family time with a new baby within the unit. We can't wait to see it when it's complete."

Catherine Nash, Neonatal Ward Manager, said Phoebe's money would make a huge difference to families who needed to use the Unit.

She added: "We are so proud of Phoebe for raising this amazing sum of money.

"Some of our staff remember her being on the unit, so it was lovely to welcome her and mum Emma back to see how our service has changed."

Charity raffle to help raise Heart of Gold charity cash



Mr Andrew Duncan with staff at the coast-to-coast cake sale

Wheely boosting funds

A TEAM of seven members of staff from the cardiothoracic department will set off from Whitehaven on the west coast of England at 7am today to start a 140 mile charity cycle challenge.

The team will leave the North West coast today, September 16th, and will arrive at Whitley Bay on the east coast two days later at 8pm.

The riders aim to raise £6,000 for the Heart of Gold Charitable Fund, which supports the Lancashire Cardiac Centre at the hospital, Prostate Cancer UK and Unicef's Syrian Children Appeal.

To boost the campaign, a charity raffle was held at Blackpool Victoria Hospital in support of the coast to coast cycle.

The cycle has already raised £2,545 in online sponsorship, and now the team behind the cyclists are delighted to hear the charity raffle and cake sale has further boost funds by £480.61.

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The event was held in the main entrance of Blackpool Victoria Hospital when staff from the Cardiothoracic Department sold cakes and tickets for a top prize raffle.

Prizes included a signed Blackpool FC shirt, a family ticket to the Sandcastle Waterpark, Thomas Sabo jewellery, spa vouchers for Ribby Hall, tickets to watch Fleetwood Town versus MK Dons plus many more.

Sister Jacqui Higgins who works on Ward 38 at the hospital, said: "Everyone wants to support the cyclists, but not all of us can take part in the coast to coast cycle, so this was something we thought we could do to help the team reach its goal."

To sponsor the cycle team, which is being led by Cardiothoracic Surgeons Andrew Duncan and Nidal Bittar, visit <https://mydonate.bt.com/fundraisers/lancashirecardiaccentre>.



The Butterfly Ball

Friday 21st October 2016
The Hilton Hotel Blackpool
7pm til late

Three course dinner, DJ, Photobooth, Prize Raffle
Live music from Blackpool's premier band



Tickets: £35 per head, or £300 for a table of 10



For more information and tickets call
Blue Skies Hospitals Charity on 01253 957381



Raising money to support the Blue Skies' Peace of Mind Dementia appeal, enhancing care for patients with Dementia

Charity number: 1051570



The Charity for Blackpool Teaching Hospitals
Registered Charity Number 1051570

Blackpool Teaching Hospitals **NHS**
NHS Foundation Trust

Enhancing care for
patients of Blackpool
Teaching Hospitals NHS
Foundation Trust

Join us for this year's Walk The Lights Friday 7th October, 7.30pm

Blue Skies Hospitals Fund invites you to take part in this year's Walk the Lights event—a five-mile walk from Bispham to Starr Gate along the famous lights of Blackpool Promenade.

This is a great opportunity to come along with friends and family for a leisurely stroll along the Illuminations, while raising funds to enrich patient care across Blackpool Teaching Hospitals NHS Foundation Trust.



Entry is £5 (although we'd be delighted to receive your donations or sponsorship too!).

Kids walk for free.

For further information, or for an entry pack, please email blueskies@bfwhospitals.nhs.uk or call us on 01253 957381.

 www.bfwh.nhs.uk/blueskies

 www.facebook.com/blueskieshospitalsfund

 www.twitter.com/BlueSkiesFund