



Blackpool Teaching Hospitals **NHS**
NHS Foundation Trust

Health Matters

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



Love is like a Butterfly Ball

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Trust praised for research
Hospital at forefront of patient care

Issue 126, Friday, October 28, 2016

Welcome from the Interim Chief Executive

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



We are proud of the levels of patient care within our Trust and this month I am delighted that our success is being recognised within the wider community. Two of our nurses are being honoured by Teresa May as they are among only 10 Health Champions to receive an award.

We have been named as one of the top six research recruiters in the region. Clinical research is vital to the future of health care and puts Blackpool Teaching Hospitals at the forefront of new treatments.

Care was also the watchword as hospital staff organised a ball to raise money for dementia care proving that compassion is not just confined to work hours.

The Trust marked NHS Fab Change Day by celebrating some of the excellent work that has been undertaken over the past year. We showcased 30 pieces of work in a short video and it was wonderful to see so many great examples of innovative work designed to improve our patient experience.

Wendy Swift,
Chief Executive (Interim)

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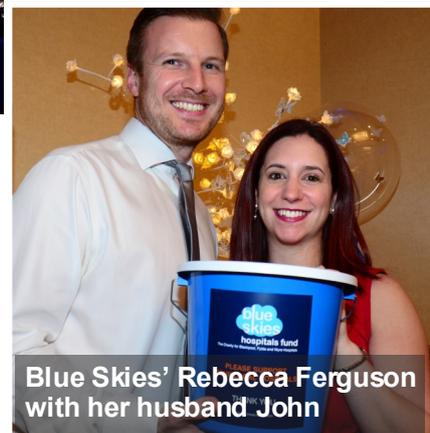
Nurse Francesca Hall (centre), with Cloe Pearson and Becki Heaton at the Butterfly Ball organised to enhance care for patients with dementia — Page 3

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

Butterfly Ball to help dementia



A CHARITY evening successfully fluttered by as hundreds of people attended a Butterfly Ball to raise money for the Blue Skies Hospitals Fund's dementia campaign.

The ball, which was inspired by the Butterfly Scheme – a national initiative to identify patients living with dementia in a sensitive and discreet way – was held at the Hilton Hotel, Blackpool, and raised a magnificent £6,300. This amount is expected to increase as people purchase photographs from the evening.

The ball was organised by Trust staff, Francesca Hall and Shelley Cooper. The proceeds from the event will go towards Blue Skies' Peace of Mind appeal, which aims to enhance the care patients

living with dementia receive across the Trust.

Guest of honour was the Butterfly Scheme's founder, Barbara Hodgkinson. Singer Anne Nolan and comedian Bobby Ball also attended and helped draw the raffle.

Francesca and Shelley said they were overwhelmed with the amount of support they received for the event.

Photographs from the event can viewed on the Blue Skies Facebook page – search Blue Skies Hospitals Fund. Copies can be purchased from the Blue Skies Office for £3.50. All proceeds will go towards the Peace of Mind Appeal.

Staff committed to FAB NHS changes

STAFF at the Trust came out in force last week to celebrate NHS Fab Change Day.

Fab Change Day is a national day of activity, where staff across the NHS come together to harness collective ideas and energy to make a change.

During the event, staff members held up pledge cards to highlight their ideas on how to deliver lasting and positive change.

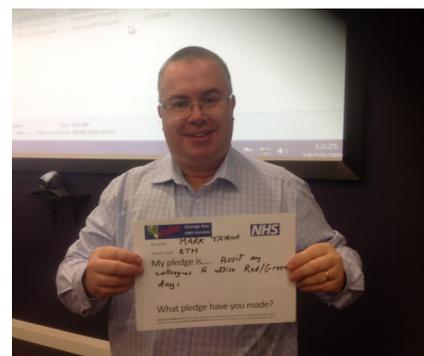
The Trust also launched a video highlighting just some of the FAB achievements made by staff recently. You can watch the video [here](#).

Tim Bennett, Deputy Chief Executive at the Trust, said: "It was fantastic that so many staff put their full support behind Fab Change Day.

"It was particularly pleasing to see both clinical and non-clinical staff coming forward with some really excellent suggestions on how we can deliver positive and lasting change. The important thing is that we now act on these ideas to help improve the hospital for patients and staff."



Head of Resuscitation Anthony Freestone with his pledge for NHS Fab Change Day



From left: Tim Bennett, Hannah Corless and Dr Mark Taylor with their NHS Fab Change Day pledges

Team in top six on research league table



Members of the Research and Development team at Blackpool Victoria Hospital's Clinical Research Centre with Michelle Stephens (centre)

THE Trust is proud to be doing its bit to offer patients the opportunity to take part in research trials in the North West.

A league table shows that Blackpool Teaching Hospitals is now among the six top recruiters in the region.

Michelle Stephens, Head of Research and Development for the Trust, said: "We are highly research active and we know that the quality of care is higher than in organisations that are not actively conducting research trials.

"Over the years we have developed more research in the Trust and strive to open new studies each year across all of our clinical specialisms.

"By offering research we are at the forefront of learning new techniques and treatments which will be offered to future patients.

"We would like to thank all of our patients – more than 12,500 since 2008 - who have joined one of our many studies."

NHS organisations in the North West showing the most significant increase in the number of recruiting research studies being undertaken during 2015 and 2016 also include Five Boroughs Partnership NHS Foundation Trust, Lancashire Teaching Hospitals NHS Foundation Trust, NHS Wirral Clinical Commissioning Group (CCG) and Blackpool CCG. The Royal Liverpool and Broadgreen University Hospitals NHS Trust recruited patients to the highest number of studies.

A league table published by the National Institute for Health Research (NIHR) Clinical Research Network (CRN) shows that 100 per cent of UK Trusts are participating in research and NHS Trusts in the North West are supporting the continued growth of research across the region.

The league table also shows that the North West has a total of 1,381 studies for 2015/16. These studies led to more than 30,000 patients taking part in research studies. A total of 605,000 people across England participated in research in the NHS last year. Promoting, conducting and using clinical research to improve treatments for patients is part of the NHS England Constitution.

Teresa May to honour two Clifton nurses

TWO long serving nurses are being awarded for their services.

Janice Booth and Geoff Dodd, who work at Clifton Hospital, are to receive a Health Champions award by the National Rheumatoid Arthritis Society which will be presented by Prime Minister, Teresa May, at the House of Commons next month.

The pair, who have been nursing since the 1970s, are among only 10 people to receive an award this year.

Nominated by the Blackpool and District Rheumatoid Arthritis Group (BADRAG), the group co-ordinator Lyn Wilson said: "We feel that Janice and Geoff both go above and beyond what could be expected from a routine appointment, with a smile on their faces.

"They are proactive with their care and treatment and their professionalism and knowledge is at the highest level. This makes patients feel at ease and confident that they are in safe hands; a crucial consideration for anyone living with a long term condition."

Rheumatoid arthritis is an autoimmune condition. The immune system attacks the lining of the joints which causes inflammation and leads



Geoff Dodd and Janice Booth

to symptoms such as pain and stiffness. It can affect a person's whole system, including organs such as the lungs, heart and eyes.

Geoff said: "I thought the email telling us we had won an award was a scam at first, a wind up. But once it sank in I was very humbled.

"We improve the patients' quality of life to give them more independence. We often have shared their long treatment journey, so it is great that our work is really appreciated by those we treat."

Janice added: "It was really humbling to find out about the award - I got a bit emotional. We are passionate about the speciality we work in. Rheumatoid arthritis doesn't get a lot of recognition and people don't understand how sick patients can become.

"We are privileged to be able to provide continuing care and helping patients get back to a normal life if we can."

BADRAG is open to all and the group hold bi-monthly evening meetings at Clifton Hospital. For more information, visit www.badrag.org.uk.



Taking care outdoors!

A SPECIAL garden which extends hospital care to the great outdoors has been opened at Clifton Hospital as part of a fundraising appeal by Blue Skies Hospitals Fund.

Blue Skies, the charity for Blackpool Teaching Hospitals NHS Foundation Trust, launched its Peace of Mind dementia appeal in November 2014 to raise money to enhance dementia care.

Part of the appeal was to create a dementia-friendly garden at Clifton Hospital, and a garden party has been held to celebrate the completion of the work and launch the garden to the community.

The garden, which forms phase one of a two-phased project to make the whole courtyard at Clifton Hospital, off Clifton Drive South, Lytham, dementia-friendly, has been funded thanks to the efforts of hospital staff, visitors and volunteers, and grant funding from HSBC.

It features planting areas where patients can remember a time when they might have tended their own garden, outdoor seating in a specially-made gazebo and a potting shed.

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The £20,000 project has been completed by Scarisbrick-based garden design company, Eden Play.

Officially opening the garden, Trust Chairman Ian Johnson, said: "The sun always shines on Lytham, and there's no better place to be when the sun shines than in the garden.

"Last time I was here I put a spade in the ground to cut the first sod. Since then a lot of people have been very busy getting this garden to look as good as it does. Thank you to all the volunteers and staff and to HSBC who have all helped to make this project a reality.

A cake made especially for the occasion was cut by five-year-old Lylia Bailey, who has helped out at fundraising events, including Christmas and summer fairs since the Peace of Mind Appeal was launched.

Head of Service at Clifton Hospital, David Kay, said: "I would like to thank all the staff and volunteers who, over the past few years, have given so much of their own time to enable the garden to become a reality."

Supportive team gave patient his life back



The Supporting Minds team

A BLACKPOOL man who had suicidal thoughts has thanked a mental health service for helping him to get his life back.

Stephen Thompson, 59, an illustrator who was involved in the design of the original red noses for Comic Relief, said the Supporting Minds mental health service run by Blackpool Teaching Hospitals, had saved his life.

Stephen, who did not wish to be photographed, explained: "I was feeling suicidal and I had even chosen the tree I was going to use.

"When I was first seen by my counsellor from Supporting Minds, I was very nervous. I said I would rather see someone one-to-one so I could open up. It worked superbly well. My counsellor introduced himself and explained how he would like to work with me.

"He asked me how I was as a baby and then in the next session he asked how I was at school. We progressed through the history of my life up to the present day. What this did was make me

remember all of the different things that had happened through my life. I realised there was nothing wrong with my life and that nothing was going to go wrong with my future.

"I became much more relaxed about my future and I only needed around eight sessions in the end. I had a drastic problem and I am glad that I went for help. I would recommend it to other people with similar problems. My thoughts have changed completely. I'm feeling positive about the future now."

Alison Best, Team Manager for Supporting Minds, said: "There are high levels of anxiety and depression generally within the population in Blackpool and this can impact on all areas of people's lives. One in four people will experience problems such as anxiety or depression at some point in their lives and we want to encourage these people to get in touch."

Patients can ask their GP or self-refer to the Supporting Minds service. For more information call 01253 955 700 between 9am and 5pm, Monday to Friday.



Self-Care Strategy Stakeholder Workshop

Wednesday 16 November
9.30am - 3pm
The Winter Gardens
Blackpool

Join us and help develop
a meaningful strategy to
improve the health and
wellbeing of local
residents

your care
our priority

Please RSVP to emily.davis@blackpool.gov.uk
or call 01253 476377

Blackpool Council

Lancashire
County
Council



NHS

Tree of Lights 2016

Monday 5th December 2016 7.30pm

LET THE MEMORY OF YOUR LOVED ONES SHINE BRIGHTLY...

You are invited to attend a special event to remember loved ones whilst supporting Blue Skies Hospitals Fund. Donations will support Bereavement Care at Blackpool Teaching Hospitals NHS Foundation Trust.

Tree of Lights ceremony
Monday 5th December 2016 7.30pm
In The Restaurant,
Blackpool Victoria Hospital.
All are welcome.

To find out about supporting the Tree of Lights Appeal or to reserve a place at this annual event please contact the Fundraising Office or pick up a leaflet from the Chapel.



For more information contact the Fundraising team:



Phone: **01253 957381**



Visit: www.bfwh.nhs.uk/blueskies



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