

Health Matters

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



Hospitals get in the festive spirit

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Issue 128, Friday, November 25, 2016

Welcome from the Chief Executive (Interim)

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



In this edition we have a stark warning that modern medicine could be undermined if we don't reduce reliance on antibiotics.

Antibiotic resistance is one of the biggest threats facing us today. Without effective antibiotics many routine treatments will become increasingly dangerous.

Please read our report on Page 6 about the dangers and why we need to act now.

As we approach December our thoughts turn to Christmas and there are lots of ways you can support your local hospitals while having festive fun.

From Christmas fairs and markets to letters from Santa — there are loads of ways to get involved and help raise patient funds.

We are also delighted to congratulate our procurement team on winning a prestigious award and is a tribute to the hard work put in by our finance team

Wendy Swift,
Chief Executive (Interim)

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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

DIY SOS transforms resort's carers' centre

A CENTRE with close links to Blackpool Teaching Hospitals has been completely transformed by BBC TV's DIY SOS programme.

The Blackpool Carers' Centre on Newton Drive in the resort now features stunning designs by Laurence Llewellyn-Bowen and the refurbishment, led by presenter Nick Knowles, was broadcast on Thursday, November 17, as part of the Children in Need campaign.



Pudsey bear from Children in Need with Nick Knowles and Laurence Llewellyn Bowen at the Blackpool Carers' Centre

People who watched the DIY SOS Children in Need TV special were amazed and humbled by the selflessness of the young carers.

The Trust's Chief Executive (Interim), Wendy Swift and Chairman, Ian Johnson, have visited the centre and said they were



Michelle Smith and Paul Jebb at the centre

deeply impressed with the transformation. Members of staff at the Trust work closely with staff at the centre and often refer carers to the organisation. The Trust has its own carers' policy and workers from the centre go onto hospital wards to see if they can help carers.

The carers' centre's chief executive, Michelle Smith, said: "The centre can now give people something they don't necessarily have at home. The garden space, in particular, is very special. We will have lots of events and now that it has been launched on TV. We want many more people and groups to come and use the centre."

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Paul Jebb, Chairman of the Board of Trustees at the carers' centre, who previously worked for the Trust and has been working for NHS England in recent months, said: "It's fantastic. It opens up new opportunities for young carers and for Blackpool itself to use such a great resource. We've had enormous support from Beaverbrooks, the local community and people from all over the country. Everyone has wanted to make a difference to people's lives."

More than 4,000 people of all ages use the services of the carers' centre and will benefit from the stunning refurbishment.

Every room is different and features bespoke furnishings designed by Laurence such as a carpeting incorporating images of Blackpool Tower and wallpaper featuring the property's former name, Blenheim House'.

The building is now named Beaverbrooks House as the jewellery firm's charitable trust has rented it to the carers' centre for a nominal amount for the next 20 years.

Jumpers get in the festive spirit



CHRISTMAS Jumper Day is upon us once again! This is your opportunity to be unashamedly festive whilst raising funds for much needed patient care.

Blue Skies Hospitals Fund is inviting people across Blackpool and beyond to take part in the festive event.

This year, the charity will celebrate Christmas Jumper Day on Friday, December 16, and we're encouraging everyone to put on their festive best for a suggested charitable donation of £2, or more if you're feeling generous.

Perhaps your business or school could take part and run some other festive fundraiser whilst you're in the mood.

Last year staff from across Blackpool Teaching Hospitals NHS Foundation Trust took part in this fun event bringing a much needed smile to patients and visitors. Alongside administering care and supporting those who do, our staff and supporters raise much needed funds all year round and this event is no exception.

The charity's Interim Head of Fundraising, Ann Hedley, said: "This year we're really hoping more people from across the region will join us in Christmas Jumper Day and help make a difference in our community's care."

For more information or to register your interest in taking part in Blue Skies' Christmas Jumper Day, please call 01253 957381.

Santa letters to help Blue Skies charity

DO you know someone who would love to receive a letter from Father Christmas as he gets ready for his busiest time of the year?

Santa Claus has teamed up with Blue Skies Hospitals Fund, and is offering to write a personalised letter to girls and boys as he prepares to deliver millions of toys across the globe on Christmas Eve.

The man in red has chosen to support the charity because giving NHS patients the best possible care is a cause very close to his heart. That's why he is asking that parents, uncles, aunts, grandparents and friends of children who wish to receive an extra special letter donate £5 to Blue Skies Hospitals Fund.

If you would like to request a letter from Santa, please send your chosen child's name, address and postcode along with your contact details and your donation to **Letter From Santa, Blue Skies Hospitals Fund, Blackpool Victoria Hospital, Whinney Heys Road, Blackpool, FY3 8NR**. Please remember to enclose your payment of £5 for each child you are placing an order for.

Please make cheques payable to Blue Skies Hospitals Fund. The closing date is December 13.

Festive gifts galore at local hospitals

CLIFTON hospital is holding its annual Christmas Fair on Saturday, November 26.

Held within the ground floor of the building, there will be a host of festive fun between 11am and 3pm and money raised will be going to the Trust's charity, Blue Skies Hospitals Fund.

Stalls include bric-a-brac, Willy Wonka chocolate stall, tombola, cakes, raffle, crafts, book stall, hot food and refreshments and even a visit from Father Christmas himself.

Soundwaves choir will be singing festive tunes

to add to the yuletide atmosphere.

And continuing the festive spirit, Blackpool Victoria Hospital will be staging a Christmas Market in the Education Centre from 4pm to 6.30pm on Thursday, December 8.

There will be a variety of stalls from gifts to decorations and cakes as well as festive entertainment and a visit from Santa and some of the Disney princesses.

Free parking will be available in the multi-storey car park from 4.45pm.

Boxes of joy sent around the world

UNDERPRIVILEGED children in the UK and abroad will receive shoeboxes filled with Christmas gifts from staff at Blackpool Teaching Hospitals.

Nearly 70 shoeboxes have been donated as part of the Samaritans' Purse 'Operation Christmas Child' appeal which is being coordinated by Danielle Perrett, a switchboard operator at Blackpool Victoria Hospital.

Danielle's switchboard colleagues, including Telecoms Supervisor, Laura Peel, have also helped with the appeal and they are delighted that so many boxes have been collected.

Danielle bought 50 boxes with her own money for staff to fill and some employees have made up their own boxes.

Danielle said: "It's such a nice charity. It doesn't cost a lot to do a box.

"Nowadays a lot of kids get huge amounts of



Danielle Perrett with some of the Christmas boxes

presents but that's not really what Christmas is about.

"There are children out there with nothing. If they get a box with a cuddly toy in it they are so excited. That's what Christmas is really about – giving to others.

"We have had the appeal at the hospital for several years but this is the first time that I have organised it. It has always been a popular appeal as the boxes are distributed in this country and around the world."

Why antibiotics could put lives at risk



BLACKPOOL patients are risking a health crisis by relying too heavily on antibiotics which could make them resistant to treatment and put their lives at risk.

According to figures from Public Health England there has been a marked increase nationally in resistance to antibiotics over the last five years.

This is caused, in part, by an increase in prescribing of antibiotics. Figures go on to show that Blackpool has the highest rate of antibiotic prescribing in the North West with 228 antibiotic items per 1,000 residents being prescribed in the second quarter of 2016. This means Blackpool residents are most at risk of becoming treatment resistant.

Antibiotic resistance is one of the biggest threats facing us today. Without effective antibiotics many routine treatments will become increasingly dangerous. Setting broken bones, basic operations and even chemotherapy all rely on access to antibiotics that work.

The more we use antibiotics, the greater the chance that bacteria will become resistant to them so that they no longer work on infections.

Dr Amanda Doyle, a Blackpool GP and Chief Clinical Officer at NHS Blackpool Clinical Commissioning Group (CCG), said: "Part of the problem is that when people feel ill with mild infections they will go to their GP and expect to be given antibiotics. Many antibiotics are prescribed and used for mild infections when they don't need to be.

"We need people to become more aware of the issue and not to depend so heavily on antibiotics. All colds and most coughs, sinusitis, earache and sore throats generally get better without antibiotics.

"We have an amazing immune system that can fight most infections on its own given time and plenty of rest to do its job. Antibiotics are seen as a quick fix but if we become resistant to them they won't work when they are really needed. For example, if someone has an operation their immune system is weakened and they are susceptible to infection. Those infections can be serious so antibiotics are needed to help fight the infection. If your infection becomes resistant to antibiotics then your body won't be able to fight the infection and that could be potentially life threatening."

The CCG is supporting a campaign to encourage people to give their immune system a chance to fight an illness itself and not rely so heavily on antibiotics. It is asking local people to become 'Antibiotic Guardians.'

More information on the issue can be found at www.antibioticguardian.com.

Antibiotics should be taken as prescribed, never saved for later or shared with others; it is important we use antibiotics in the right way, the right drug, at the right dose, at the right time for the right duration.

Hospital finance team wins top award



Rajan Sethi, left and the Procurement team

STAFF at Blackpool Teaching Hospitals NHS Foundation Trust are celebrating after winning a leading regional award.

The procurement department, based at Blackpool Victoria Hospital beat off competition from 17 other nominations to win the Supplier Engagement Award at the 2016 Excellence in Supply Awards organised by the North West Procurement Development organisation.

Head of Procurement at the Trust, Rajan Sethi, said: "These are particularly prestigious awards and we are delighted to have been recognised in such a way.

"The award is testimony to a strong and committed procurement team for Blackpool Teaching Hospitals NHS Foundation Trust and the overall North West region that continually strives to deliver the best for the patients we serve.

"I would like to thank all the members of staff who



Tim Bennett

have worked so hard to win the award and also thank our partners for their invaluable support."

Tim Bennett, Deputy Chief Executive at the Trust. Said: "Quite rightly the focus in the NHS is on front line clinical services. But behind the scenes support functions have a vital role to play as well. This award is due recognition of the excellent service the procurement team here at the Trust provide."

The 2016 Excellence in Supply Awards showpiece the passion, commitment and was an endorsement of

the NHS working in collaboration and partnership to recognise our achievements at the highest level to deliver better patient care.

The Trust's procurement department also collected a certificate for becoming one of the first in the region to be awarded a Level 1 accreditation from the Skills Development Network.

Have your say on plan to extend GP services

PEOPLE living in Fylde and Wyre have been asked to help the local NHS with plans to improve access to GP services.

NHS Fylde and Wyre Clinical Commissioning Group (CCG) outlined plans to roll out a seven-day service as part of its 2030 Vision for Health and Care, published following an extensive public engagement exercise.

Now health bosses are planning to extend current access to some evenings and weekend appointments.

The aim is to offer extra services for those who struggle to find appointments that fit in with their family and work life.

A range of appointments with GPs, nurses or healthcare assistants will be available in health centres with full access to patients' medical records, just like their normal GP surgery.

The CCG has asked its local population to say which days and times they would be most likely to want access to GP services outside the usual 9am to 6.30pm, Monday to Friday.

Dr Tony Naughton, the CCG's clinical chief officer and a GP in Thornton, said: "We are keen to pilot the extended access service as soon as possible, but we need some help from the public first.

"If we know which appointment days and times are going to be the most sought-after, we can tailor the services and staffing levels around these times.

"I would urge all patients, especially those of working age or who are reliant on family or carers



Dr Tony Naughton

for transport or chaperones, to complete this very short survey."

Patients in the Fleetwood area have already had access to services outside the normal hours for some time following the piloting of a project as part of the Prime Minister's Challenge Fund.

The project, which saw the town's four practices join forces to deliver improved access to healthcare in the area, saw appointments available at the same day health centre from 6.30am to 8pm during the week and from 9am to 1pm at weekends.

To complete the survey, visit <http://www.fyldeandwyreccg.nhs.uk/extended-gp-access-service/>

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



www.facebook.com/BlueSkiesHospitalsFund



www.twitter.com/BlueSkiesFund

Blackpool Teaching Hospitals **NHS**
NHS Foundation Trust

THE WOMEN AND CHILDREN'S UNIT *would like to share with you a*

SERVICE OF REMEMBRANCE

for all our babies that have died over the years.

SUNDAY 4th DECEMBER 2016 at 3pm
(Doors open from 2.40pm)

THE BARONIAL HALL
BLACKPOOL'S WINTER GARDENS

*There will be a small candle lighting ceremony.
If you would like us to light a candle and are unable to attend,
then please send a stamped addressed envelope to:-*

Megan Murray, Bereavement Support Nurse,
The Women's Unit, Blackpool Victoria Hospital
Whinney Heys Road, Blackpool FY3 8NR

*If you require further information
then please contact MEGAN on 01253 956877
Blackpool Teaching Hospitals*



NOTICE OF MEETING

A meeting of the Blackpool Teaching Hospitals

NHS Foundation Trust Board of Directors

will be held in public

on Wednesday November 30th

at 9.30 am

in the Board Room,
Trust Headquarters, Victoria Hospital,
Whinney Heys Road, Blackpool, FY3 8NR

For further information, please contact:-

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Foundation Trust Secretary

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