



# Health Matters

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

## Mannequin's challenged...!



... as Trust hits flu jab target

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Issue 130, Friday, December 23, 2016

## Welcome from the Interim Chief Executive

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



We hope you all have a happy and healthy Christmas and New Year and, inside this issue, we have some advice about keeping well during the festive period.

We are also overwhelmed by the kindness shown by fund raisers across the Fylde coast and North Lancashire who have helped to buy gifts for every patient with us on Christmas Day.

The Children's Ward has been aglow with footballers, Disney princesses and they even had a visit from Mr and Mrs Claus all helping to make life brighter for our young patients.

But winter is also a time to beat the bugs and we are delighted to report that the Trust has hit its flu jab target for inoculating frontline staff.

This underlines the organisation's commitment to reducing infections and protecting patients from flu this winter.

Well done to the flu team who worked so hard to promote the flu jab and vaccinate staff.

**Wendy Swift,**  
Chief Executive (Interim)

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THE hospital has been overwhelmed at the generosity of clubs, firms, organisations and individuals who have raised money and brought festive gifts for patients

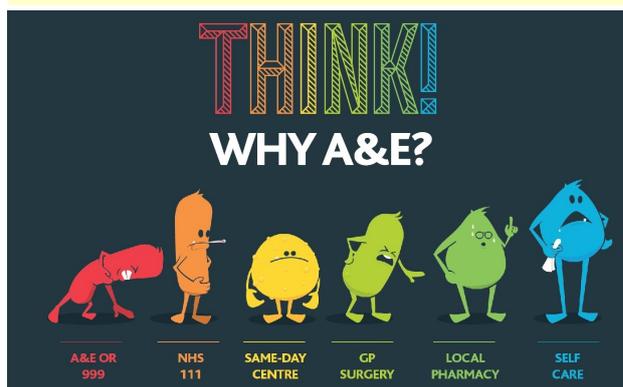
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You can sign up to receive our fortnightly news bulletin directly to your inbox by clicking on the following link: [www.bfwh.nhs.uk/healthmatters](http://www.bfwh.nhs.uk/healthmatters)

Any comments ideas or suggestions? Please contact: the Communications Department, on 01253 953059, 956875 or 953538 or email [communications@bfwh.nhs.uk](mailto:communications@bfwh.nhs.uk)



# Trust hits flu jab target

NHS staff across the Fylde coast hospitals are leading the way in protecting themselves against flu.

Blackpool Teaching Hospitals NHS Foundation Trust has vaccinated more than 75 per cent of its frontline healthcare workers against the flu virus to become one of the first Trusts in the North West meet the national target set by NHS England.

The Trust has managed to vaccinate more than 4,200 members of staff.

Director of Nursing and Quality at the Trust, Marie Thompson, said: "The figures demonstrate the Trust's continued commitment to reducing infections and protecting its staff and patients from flu.

"This is an outstanding achievement and once again shows our determination to keep our patients safe and our staff healthy.

"We have a fantastic flu fighting team who have been working incredibly hard to vaccinate more than 3,500 frontline staff and 700 general workers. This amazing team effort will help us reduce the impact of the flu virus."



Kerry Chesters administers the 100th jab



Kerry Chesters with some of the flu stickers



Lulu, aka Luke Sumner, is the face of the Trust's flu video

Influenza is a highly infectious virus and vaccinating staff against the illness is vitally important in keeping flu levels down in the hospital, which helps to protect vulnerable patients.

The success of this year's flu campaign is attributed to both the Trust's peer vaccinators, trained by the Occupational Health and Wellbeing team to vaccinate colleagues in their areas, and the Communications Department's innovative use of promotions such as the annual staff flu fighting themed video and a recent targeted "mannequin" challenge which had more than 17,000 hits on YouTube.

The teams have worked extremely hard ensuring flu vaccines are given to doctors, nurses and other healthcare workers on the wards and in patient areas, including carrying out special sessions for weekend workers and night staff.

# Miracle for man who ‘knew he would die’

A FORMER teacher says will be celebrating the “miracle” of life this Christmas.

Mike Rogers, 72, is back at home in Millom, Cumbria, after undergoing a lifesaving 12 hour operation in October.

The former teacher and antique dealer and his wife Joyce were driving home after their usual afternoon walk when he suddenly began to feel unwell.

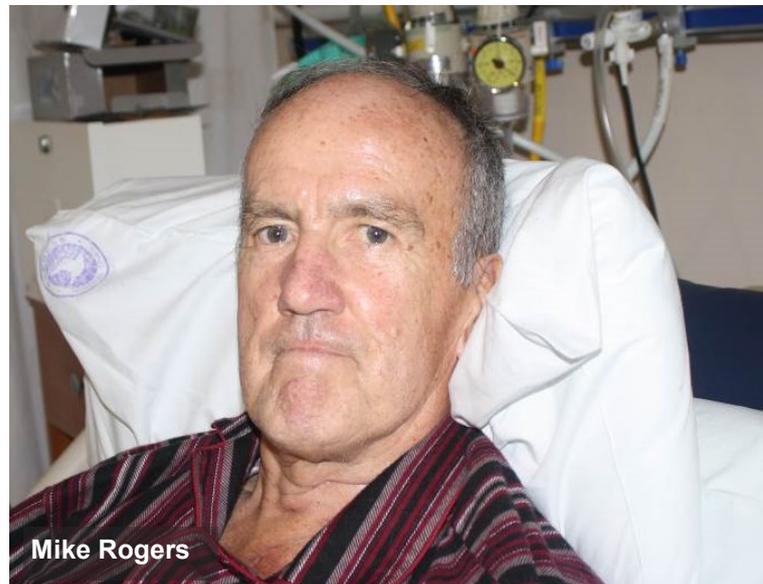
He woke up later in the Lancashire Cardiac Centre at Blackpool Victoria Hospital after undergoing a major operation for an “aortic dissection” where a tear inside the aorta causes a flow of blood internally leading to severe pain.

He said: “It was just a normal day. We had been on our normal walk when I got in the car and suddenly began to feel ill. Everything was closing in on me and I knew I was going to die, it was as simple as that.

“The rest of it is a blur. I woke up in Blackpool and found out I had had this major operation. Apparently they had been working on me for a long time to try and bring me round and they almost decided to stop working on me. But they kept going and I can’t thank them enough.

“I shouldn’t be here really. It’s an absolute miracle and I cannot praise the staff at Blackpool enough.”

Mike was operated on by cardiothoracic surgeon Mr Nidal Bittar.



Mike Rogers

Mr Bittar said: “Mike is a very lucky man; he was brought in for an emergency procedure but a colleague, Dr Andrew Wiper was very quick to realise that this was not just a heart attack, but something more serious. Mr Rogers was in theatre in less than an hour.

“Aortic dissection is a serious condition. Forty per cent of patients die immediately before reaching hospital and one percent die every hour after the incident making early diagnosis and surgery a priority. The surgery itself is risky and carries mortality rates of up to 30 per cent.”

He added: “Mike’s operation was a difficult one as the aortic dissection was complicated with a myocardial infarction; the tear damaged the origin of the right coronary artery and left the heart muscle weakened.

“We almost gave up but luckily after the third attempt we were able wean him off the bypass machine successfully.

# Don't let a hangover spoil your Christmas

CHRISTMAS is a time for celebrating with family and friends, but it is easy to lose that festive cheer when too much booze leaves you with a huge hangover.

Health bosses on the Fylde coast have put together some helpful hints to make sure your Christmas party season is as enjoyable as possible – and urged people if they do have a hangover to look after themselves in the appropriate way.

As a diuretic drug, alcohol removes fluids from the body, which can cause dehydration and it is this that causes many hangover symptoms, such as headaches, dizziness and sickness.

Speaking on behalf of NHS Fylde and Wyre and NHS Blackpool Clinical Commissioning Groups, Thornton GP Dr Tony Naughton said: "In all honesty the best hangover cure is not drinking in the first place.

"But we know that is unrealistic, certainly at a time of year when people are keen to celebrate, so there are a few things you can do to limit the suffering.

"It is best to take actions to reduce the risk of a hangover before than attempt to cure it once it occurs.

"So please follow these handy hints and if you do end up with a hangover, please look after yourself at home and don't put extra pressure on the hospital or your local doctor at a time when



demand will already be on the increase."

In order to reduce the risk of a hangover it is important to be aware of how much you are drinking and try to keep your body rehydrated.

Revellers are urged to:

-  Limit the amount you drink on a single occasion;
-  Drink slowly;
-  Eat food that is high in carbohydrates, such as rice or pasta;
-  Alternate your alcoholic drinks with water or non-alcoholic drinks – but avoid fizz as this speeds up the rate at which the body absorbs alcohol;
-  Hydrate yourself before bed by drinking a pint of water and keep a glass by your bed to sip during the night.

However if you do get a hangover, the main treatment is to rehydrate the body to help it deal with the painful symptoms. You can also:

-  Use over-the-counter painkillers such as paracetamol to help with headaches and muscle cramps;
-  Replace lost fluids by drinking water and other bland liquids such as soda water or isotonic drinks;
-  Try some bouillon soup – a thin vegetable-based broth. This is a good source of minerals and vitamins which is easy on the stomach.

Dr Naughton added: "Whatever you do, don't go for the 'hair of the dog'. It just doesn't work. If anything, if you have a hangover, give your body a couple of days to recover."

# Takeover bid at hospital



Youngsters and staff who took part in the Takeover Challenge Day at Blackpool Victoria Hospital

YOUNG people from across the Fylde coast took over the running of Blackpool Victoria Hospital as part of a national campaign.

The youngsters, many of them current patients at the hospital, took over the running of several departments, including Medical Photography, Communications and Patient Experience as part of the Children's Commissioner's Takeover Challenge.

Rebecca Addey, Paediatric Patient Experience Officer at the Trust, said: "Takeover Day is a fun, hugely successful and exciting engagement project which sees organisations across England opening their doors to children and young people to take over adult roles.

"It puts children and young people in decision-making positions and encourages organisations and businesses to hear their views. Children gain an insight into the adult world and organisations benefit from a fresh perspective about their work.

"It was fantastic to see the passion and enthusiasm in everyone who took part. Teams were truly interested and welcomed young people into their roles, enabling them to learn about the many careers we have in the NHS.

"Young people also had the opportunity to ask questions about how decisions are made and the effect they can have on young patients."

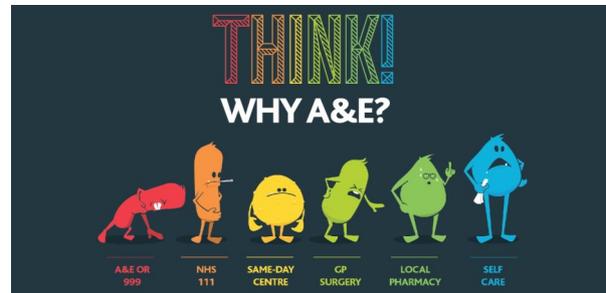
One person who took part was Alex Sagar, 15, from Lytham High School, who said: "When you think about hospital you only really see doctors and nurses but the benefit of days like today is you see the wide range of jobs on offer that you didn't always know existed."

Other youngsters taking part included Morgan Leather, 14, who spent time with staff in the children's unit.

Morgan worked alongside Leanne Lamb, a hospital play specialist, who said: "I think Takeover Day is a fantastic idea and a great experience for young people. It was good fun to interact with people and exciting and I really enjoyed it."

Another person who enjoyed the day was Hannah Fletcher, 17, a student at Blackpool Sixth Form who worked with the hospital's patient experience team. She said: "It's good to get to see what staff do at work and also see patients and their experiences in hospital."

# Don't forget your repeat prescriptions



WITH Christmas fast approaching, local people with long-term health conditions such as asthma, diabetes, lung and heart disease are being reminded not to leave it too late to get their repeat prescriptions.

Although many GP practices and pharmacies will be open between Christmas and New Year, many will be closed on the bank holidays and so it is important people check they have enough medication to avoid requiring urgent medical help during the festive period.



Amanda Doyle

Speaking on behalf of the NHS Blackpool and Fylde and Wyre Clinical Commissioning Groups (CCG), Dr Amanda Doyle, a Blackpool GP and Chief Clinical Officer at NHS Blackpool CCG, said: "People with long-term conditions rely on their prescribed medication to help keep their condition under control.

"So if you or a relative have a long-term condition I'd encourage you to check that you have enough medication to see you through the festive period. If not, it is important to order more in good time – then you can get on with enjoying the holiday period in good health!"

Renewing a repeat prescription is easy. It can be done with a phone call to notify your GP practice or by visiting in person. It can be

made even easier if you are registered for GP online services. Most practices let you order a repeat prescription with just a few clicks. To find out more visit [www.nhs.uk/gponlineservices](http://www.nhs.uk/gponlineservices).

Now is also a good time to double check that home medicine cabinets are well stocked with over-the-counter remedies so that minor illnesses and injuries can be managed at home during the festive period.

If you do need medical advice for a minor ailment during the festive period, pharmacies can provide free, expert advice without the need for an appointment.

A full list of Christmas opening times for pharmacies across Blackpool, Fylde and Wyre, is available at [www.whyaande.nhs.uk](http://www.whyaande.nhs.uk).

# Keep A&E for emergencies

YOUR local NHS is preparing for the busiest time of the year but reassuring people there will be a range of healthcare services available this festive season without the need to visit A&E.

GPs in Blackpool, Fylde and Wyre are already offering extended opening times as a result of changes earlier this year and these could come in handy over Christmas if you or a loved one does become ill.

Although GP practices will be closed on the Bank Holidays over the festive season, during the run-up to Christmas and in the days before New Year many will be operating longer opening hours. Some will be open and providing appointments from as early as 7am with others staying open until 9pm to offer evening slots.

On the Bank Holidays a range of healthcare services will still be available through the Walk-In and Same Day Health Centres in Blackpool and Fleetwood. Both are able to provide treatment for a wide range of minor injuries and illnesses.

Speaking on behalf of NHS Fylde and Wyre and NHS

Blackpool Clinical Commissioning Groups, Dr Amanda Doyle, a Blackpool GP and Chief Clinical Officer at NHS Blackpool CCG, said: "Urgent and emergency services like A&E are likely to be under increased pressure over the Christmas period.

"If you do feel unwell, quite often the best option is to seek advice from your local pharmacy. They can provide advice on a range of minor ailments and you won't need to book an appointment.

"However, if you do become ill or you're worried about a long-term condition you might have then there will be GP appointments available as the extra hours will ensure GPs can see those who need them."

To make an appointment with your GP over the Christmas period, call your surgery as usual or use the GP online appointment booking service available from your practice if you are registered for this.

If you become ill during the festive period and are unsure what to do or where to access help and treatment then call the NHS 111 telephone service which is available 24 hours a day.

## Same day assessment for children at Christmas

**AHEAD of the busy festive period for NHS services, local GPs are reminding Blackpool parents that all children under 12 are able to receive a same-day assessment from Monday-Friday.**

**Most childhood illnesses are minor and can be safely managed at home, or with the help and advice of a local pharmacist.**

**However, parents, who are worried their child is becoming more unwell, or failing to recover, should call their GP practice to get same day advice or an assessment rather than attending the Walk-In Centre on Whitegate Drive or A&E.**

**Lots of people automatically go to either A&E or the Walk-In Centre but this causes extra pressures on those services and can result in a long wait or delays to treating people who are seriously ill.**

**"Having a child who is ill can be worrying for parents. However, a high number of people could be seen quicker by their pharmacist, GP or at a local walk-in centre. If a child becomes ill and you're unsure of which service to access or how to treat an ailment then call the NHS 111 telephone service which is available 24 hours a day.**

# Your guide to pharmacy festive opening hours

IN Blackpool, all pharmacies will be open on Christmas Eve. The pharmacy at Whitegate Drive Health Centre will be open on Christmas Day. On Boxing Day, and the following day (Tuesday 27 December) pharmacies will be open at the below locations and times:

- Whitegate Health Centre, Whitegate Drive, 8am – 9pm
- Boots UK, 28-38 Bank Hey Street, 8.30am – 6pm
- Lloyds pharmacy, J Sainsbury Store, Red Bank Road, 9am – 5pm
- Morrison's Pharmacy, Morrison Supermarket, Squires Gate Lane, 10am – 4pm
- Lloyds pharmacy, 110 Talbot Road, 11am – 4pm

The Tesco Pharmacy, Tesco Extra, Clifton Road will be closed on Boxing Day but will be open from 9am - 6pm on Tuesday 27 December.

All pharmacies in Blackpool will be open on New Year's Eve although some may have different opening hours so people are encouraged to check with their local pharmacist. On New Year's Day and the bank holiday of Monday 2 January 2017, the following pharmacies will be open as follows:

## New Year's Day:

- Whitegate Pharmacy, Whitegate Health Centre, Whitegate Drive, 8am – 9pm
- HBS Pharmacy, Newton Drive Health Centre, Newton Drive, 9am – 7pm
- Tesco Pharmacy, Tesco Extra, Clifton Road, 10am – 4pm
- Lloyds Pharmacy, Sainsbury's Store, Red Bank Road, 10am – 4pm
- Morrison's Pharmacy, Morrison Supermarket, Squires Gate Lane, 10am – 4pm
- Boots UK, 28-38 Bank Hey Street, 10am – 5pm
- Cohens Chemist, Moor Park Health & Leisure Centre, Bristol Avenue, 10am – 10pm
- 

## Monday 2 January 2017:

- Whitegate Pharmacy, Whitegate Health Centre, Whitegate Drive, 8am – 9pm
- Lloyds Pharmacy, Sainsbury's Store, Red Bank Road, 9am – 5pm
- Morrison's Pharmacy, Morrison Supermarket, Squires Gate Lane, 10am – 4pm
- Boots UK, 28-38 Bank Hey Street, 10am – 5pm

In Fylde all pharmacies are open on Christmas Eve. On Christmas Day and Boxing Day the Lloyds pharmacy on St Andrews Road North in St Annes, Boots on Victoria Road West in Cleveleys and the Morrisons Pharmacy on Amounderness Way in Cleveleys will be open.

As in Blackpool all pharmacies will be open in Fylde and Wyre areas on New Year's Eve with a change to opening hours.

On New Year's Day and the Bank Holiday of Monday 2 January 2017, the following pharmacies will be open as follows:

## New Year's Day

- Lloyds Pharmacy, St. Andrews Road North, 10am – 4pm
- WM Morrisons Pharmacy, Amounderness Way, 10am – 4pm
- Boots, 39 Victoria Road West, 10am – 4pm
- Boots, 3 -5 St. Annes Road West, 10am – 4pm
- Asda Pharmacy, Dock Street, Fleetwood, 10:30am – 4.20pm
- Boots, 64-66 Clifton Street, Lytham St. Annes, 11am-4pm

## Monday 2 January 2017:

- Lloyds Pharmacy, St. Andrews Road North, St Annes on Sea, 9am – 6pm
- WM Morrisons Pharmacy, Amounderness Way, Thornton Cleveleys, 10am – 4pm
- Boots, 39 Victoria Road West, Cleveleys, 10am – 4pm.

# Tree of Lights service helps grieving families

AN annual service to remember lost loved ones at Christmas has raised more than £2,000 to support bereavement care for grieving families.

The Tree of Lights Service at Blackpool Victoria Hospital is a reflective Christmas-themed service to help families give thanks for the lives of those they have lost.

The service and associated Tree of Lights Appeal is organised each year by Blue Skies Hospitals Fund, the charity for Blackpool Teaching Hospitals NHS Foundation Trust, and the Trust's Chaplaincy Department.

The money raised is spent on providing comfort packs which are given as a gift from ward staff to families who are staying alongside loved ones in their last days.

These packs are hugely appreciated and include some practical items such as toiletries, snacks, a blanket and some help with the practical aspects of spending an extended time in the hospital.

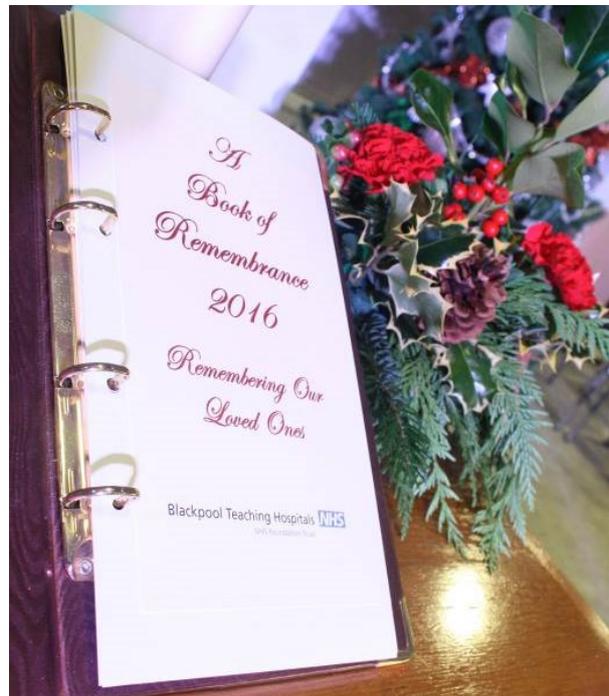
Money will also be spent on enhancing bereavement care across the Trust.

The Trust's Interim Head of Fundraising, Ann Hedley, said: "We are thrilled that once again so much has been raised to benefit Bereavement Services through our Tree of Lights Appeal. This money will be used to help those who find themselves in extremely difficult circumstances while loved ones are critically ill in hospital.

"The event was very well attended and we would like to say a massive thank you to everyone who has donated as part of the appeal."

The service was a comforting selection of poems and readings with some Christmas music and

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carols. During the event candles were lit in memory of those who have died and afterwards seasonal refreshments were served while members of the Chaplaincy Team were available to talk with relatives to offer to them their sincere condolences.

During the service a Book of Remembrance was officially opened, featuring dedications to those no longer with us. The book will remain on display in the Hospital Chapel throughout December.

Chaplaincy Team Leader, Rev Jonathan Sewell, said: "Christmas can be a very difficult time for people who have experienced loss, whether they are recently bereaved or their loss happened some time ago."

# Gifts galore bring festive cheer



PLAYERS, above and left, from Blackpool FC visited the children's ward this week. The squad, who came bearing gifts, spread some Christmas cheer to the ward. Goalkeeper Sam Slocombe, said: "It is the least we can do. If we can brighten someone's day, we will."



THE Mayor of Fylde, seen above, brought a touch of Christmas cheer to Clifton Hospital. The Mayor, Coun Christine Akeroyd, was accompanied by her deputy, Coun Angela Jaques, in a tour around the wards to meet the patients. Also visiting Clifton Hospital was singer and dementia ambassador Anne Nolan, above left, who handed out presents to patients.



Left: Volunteers wrap presents collected for the Blue Skies Hospitals Fund's Christmas Present Appeal which will provide a present for every patient in hospital on Christmas Day.

# Guests spread joy across hospital wards



FOOTBALLERS from AFC Fylde visited the Children's and Adolescent Ward this week with plenty of gifts to hand out to the young patients. Below: Ron and Lillian Curtis, otherwise known as Mr and Mrs Claus, spreading some Christmas cheer.



KIND hearted staff from Morrisons in Squires Gate have donated a number of fantastic teddy bears to the children's ward at Blackpool Victoria Hospital.



Left: Normoss Round Table Lodge donated presents to youngsters in hospital over the Christmas period.



Members of the Phoenix Bowel Cancer Support Group including Sandra Peet (front, centre) with fundraisers Debbie Malings, Emma Oldfield and Zoe Harrison holding the cheque for £1,437.75

# Cancer support group gives thanks for funds

A CHRISTMAS party and presentation was held for members of the Phoenix Bowel Cancer Support Group from Blackpool Victoria Hospital.

Earlier in the year, three friends held a fundraising night at Lytham Green Drive Golf Club and raised £2873.50 for the Phoenix group and the Crohn's and Colitis UK charity.

The funds were split between the two and the members of the Phoenix group said they were delighted when the money was presented to them recently at the Christmas party at The Villa in Wrea Green. The Phoenix group is run by patients and volunteers and meets at 7pm on the first Tuesday of every month in the Macmillan Unit at Blackpool Victoria Hospital.

Emma Oldfield from Kirkham who has Crohn's disease, Zoe Harrison from Kirkham whose mum is in the Phoenix group and Debbie Malings from Lytham who has colitis, organised the fundraising event.

Zoe said: "My mum is in the Phoenix group so I wanted to help. When I see the way she has helped to change people's lives, I am so inspired by her. Some people who have had bowel cancer lack the confidence to go out. My mum gives them the support they need to get through it."

Sandra Peet, Chair of the Phoenix group, said: "The money will be used for activities to help give people their confidence back. When I saw everyone at our party, I was so proud of them."

Brian Peet, Sandra's husband and one of the group's supporters, said: "The event at Lytham Green Golf Club was very much a team effort as Adam Pickervance, John Gallagher and Beth Ackers provided a fabulous evening of entertainment, Fylde Catering supplied a fantastic buffet meal and local businesses gave generously with prizes for the raffle."

The Phoenix group can be contacted on: [www.phoenixgroupbvh.com](http://www.phoenixgroupbvh.com) tel: 01772 683 790 or email: [sandrapeet7@aol.com](mailto:sandrapeet7@aol.com)

# North Lancs Pharmacy Xmas opening times

Lancs North		
Holiday	Pharmacy	Opening times
<b>Christmas Eve</b> (Saturday 24th December)	Pharmacies will be open as normal; however some pharmacy opening times may vary. Please speak to your local pharmacy for more information.	
<b>Christmas Day</b> (Sunday 25th December)	Morecambe Bay Chemist, 28-30 Regent Road, Morecambe, Lancashire, LA3 1QN, 01524 410009	10:00 - 13:00
<b>Boxing Day</b> (Monday 26th December)	Lloydspharmacy, Christie Park, Morecambe, Lancashire, LA4 5TJ, 01524 308307	10:00 - 17:00
	Lloydspharmacy, Cable Street, Lancaster, LA1 1HH, 01524 596321	09:00 - 19:00
	Boots, 4 Royalty Mall, Arndale Centre, Morecambe, LA4 5DW, 01524 410709	11:00 - 16:00
<b>Substitute Day</b> (Tuesday 27th December)	Superdrug, Unit 1, St. Nicholas Arcade, Lancaster, LA1 1NB, 01524 849195	09:00 - 17:30
	Lloydspharmacy, Christie Park, Morecambe, Lancashire, LA4 5TJ, 01524 308307	09:00 - 18:00
	Lloydspharmacy, Cable Street, Lancaster, LA1 1HH, 01524 596321	09:00 - 19:00
	Boots, 4 Royalty Mall, Arndale Centre, Morecambe, LA4 5DW, 01524 410709	11:00 - 16:00
<b>New Year's Eve</b> (Saturday 31st December)	Pharmacies will be open as normal; however some pharmacy opening times may vary. Please speak to your local pharmacy for more information.	
<b>New Year's Day</b> (Sunday 1st January 2017)	Kepple Lane Pharmacy, Kepple Lane, Garstang, Lancashire, PR3 1PB, 01254 680890	08:00 - 16:00
	Ash Trees Pharmacy, Market Street, Camforth, Lancs, LA5 9JU, 01524 727877	08:00 - 18:00
	Dalton Square Pharmacy, 24 - 26 Great John Street, Lancaster, Lancashire, LA1 1NG, 01524 32310	10:00 - 20:30
	Lloydspharmacy, Christie Park, Morecambe, Lancashire, LA4 5TJ, 01524 308307	09:30 - 16:30
	Boots, 14-16 Lancaster Gate, St Nicholas Arcade, Lancaster, LA1 1NB, 01524 64547	10:30 - 16:30
<b>Substitute Day</b> (Monday 2 <sup>nd</sup> January 2017)	Boots, 4 Royalty Mall, Arndale Centre, Morecambe, LA4 5DW, 01524 410709	11:00 - 16:00
	Superdrug, Unit 1, St. Nicholas Arcade, Lancaster, LA1 1NB, 01524 849195	09:00 - 17:30
	Lloydspharmacy, Cable Street, Lancaster, LA1 1HH, 01524 596321	09:00 - 19:00
	Lloydspharmacy, Christie Park, Morecambe, Lancashire, LA4 5TJ, 01524 308307	09:00 - 19:00
	Boots, 4 Royalty Mall, Arndale Centre, Morecambe, LA4 5DW, 01524 410709	11:00 - 16:00

## Teams help others

THE Paediatric Community Therapy Team (North) comprising of Speech and Language Therapy, Physiotherapy and Occupational Therapy based at Longlands Child Development Centre and Slyne Road gave up Secret Santa this year and donated lots of practical gifts such as hats, scarves, gloves, toiletries and food items to West End Impact in Morecambe.

The charity supports people through crisis, working with people who are homeless and

jobless – people who have lost their home, their job and/or hope.

Along with giving practical advice the centre have a food bank where people in need can get enough items to make a wholesome meal.

In 2015 they served around 3,800 meals to vulnerable adults and families and Christmas dinner for 85 people. They were delighted with the items which will keep those in need a lot warmer during the cold winter days.



Staff from the North Lancs teams who donated presents