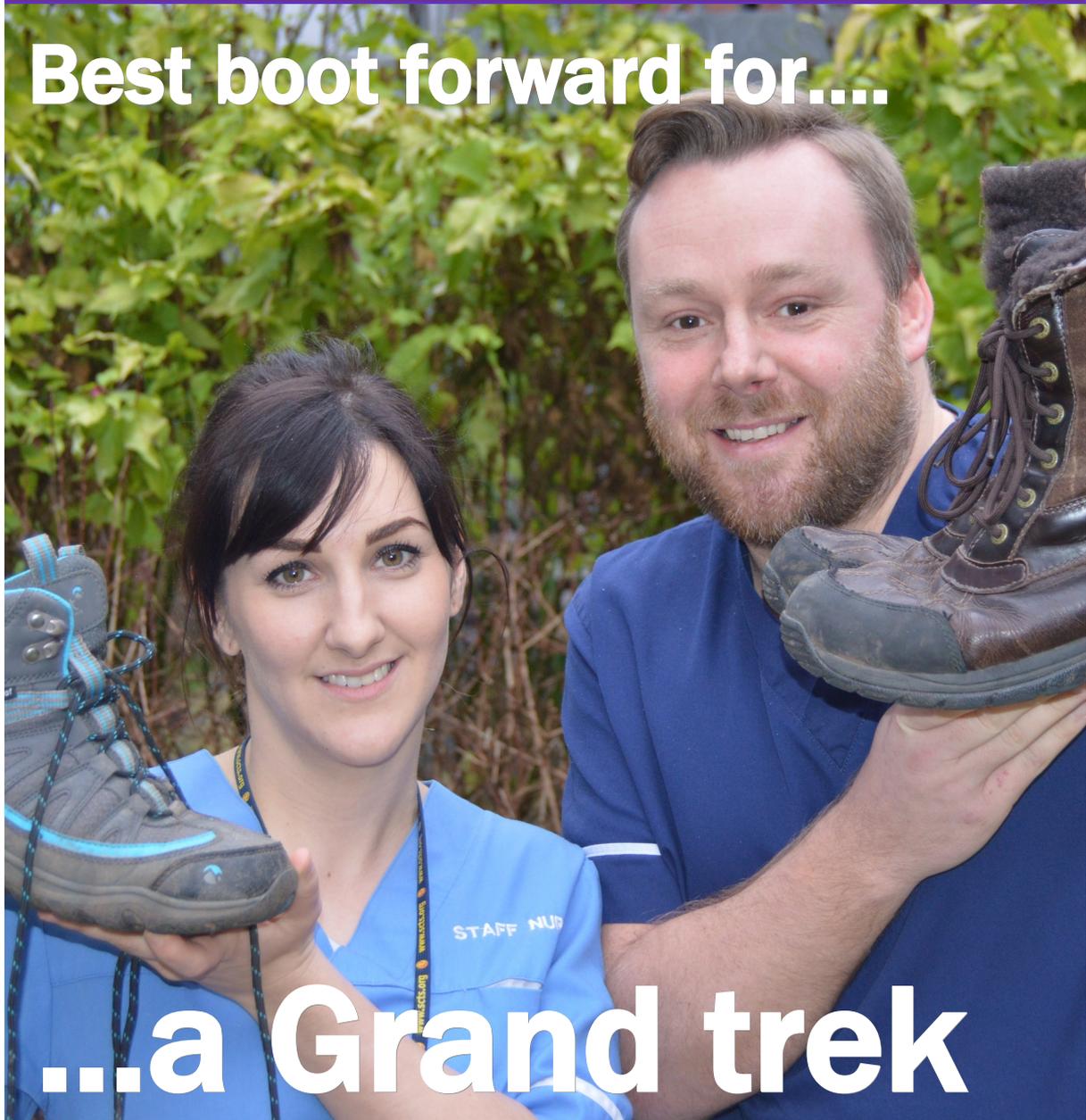


Health Matters

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

Best boot forward for....



...a Grand trek

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Issue 133, Friday, February 3, 2017

Welcome from the Interim Chief Executive

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



Our health partners at the Fylde and Wyre Clinical Commissioning Group are offering you the chance to shape the future of health services locally.

This is a real opportunity to get involved and I would recommend people living in the Fylde and Wyre area should try to get along to one of the events and have a say on the future of the NHS.

We also want you to get involved with shaping maternity services and we will be asking women who give birth this month to take part in a survey to help improve the experience of expectant mums.

While summer and warm weather seems miles away, it is always timely to talk about the dangers of the fashionable sun tan.

One of our most experienced nurses is advising patients about skin cancers and the need to be sensible both in the sun or when considering sun beds.

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: the Communications Department, on 01253 953059, 956875 or 953538 or email communications@bfwh.nhs.uk

Take baby survey to help us enhance care

WOMEN using the midwifery services of Blackpool Teaching Hospitals NHS Foundation Trust are being encouraged to complete a national maternity survey.

The maternity survey is part of a programme run by the Care Quality Commission (CQC) to gather feedback on the experiences of women using NHS maternity services across England.

The results of the survey will provide valuable feedback for the Trust which will be used to improve the experience of expectant and new mums. It will also contribute to the CQC's assessment of NHS performance as well as ongoing monitoring and inspections. Between April and August 2017 questionnaires will be sent out to a sample of women who give birth in February 2017.

The Trust will survey women aged 16 or older who give birth at Blackpool Victoria Hospital's Delivery Suite, the Fylde Coast Birth Centre or at home.

Obtaining feedback from patients is vital for bringing about improvements in the quality of care and this is an excellent way for women to directly influence services locally.

Nicola Parry, Head of Midwifery for the Trust, said: "We in the Families Division find the maternity survey invaluable.

"The women and families are at the centre of our care and therefore their views and suggestions are pivotal in shaping and improving the future maternity services at Blackpool Teaching Hospitals."

Andrew Heath, Head of Patient Experience for



Gemma and James Jebson with their son Rory who was the first baby to be born at the Fylde Coast Birth Centre

the Trust, said: "We are committed to improving the experience of women and their birth partners who access our maternity services. The results from the last survey highlighted how our patients felt listened to in their antenatal appointments with their midwives, having two-way, clear conversations with them.

"All staff in our maternity services strive to provide women with high quality, personalised care and we were extremely pleased to receive this positive feedback which recognises their efforts. We look forward to seeing the results of this year's survey so we can continue to enhance our services."

Nationally, the last survey by the CQC in December 2015 collected the views of more than 20,000 women, highlighting important issues such as choice of birth, midwife-led care, postnatal mental health and partner involvement.

Top nurse still going strong after 43 years



Heather Baines

SPECIALIST nurse Heather Baines is no ordinary medic.

Not only has she been a nurse for an incredible 43 years, she has gained national recognition as a skin cancer specialist after more than 35 years of experience seeing patients with skin cancer issues.

She has been the Cancer Lead Nurse at Clifton Hospital for the last seven years and has no plans to stop despite having such a long career.

Training at Preston Royal Infirmary in 1974, Heather has seen many changes in health care and much medical advancement.

She said: "When I started, matron was in charge and knew everything. Nurses were nervous of doctors on rounds. Bed sheets had to have the correct corners. It was so different."

Although Heather says she was "rubbish" at school, she found that nursing was the right thing for her. As such, her interest took her through a diploma, degree and a Masters level in skin cancer.

In fact, Heather is so advanced that she is able to prescribe and perform surgery. She is at the top of her career. And she still loves her job.

Having worked in dermatology for 35 years, Heather helped set up the new dermatology department at Chorley Hospital and the skin cancer service at Royal Bolton Hospital.

She then came to Clifton in 2010 to set up and oversee the skin cancer service.

Heather diagnoses skin cancers and results are discussed weekly with other members of her team and an action plan is agreed. Heather can also remove certain cancers surgically.

The team is always within the local and national cancer targets.

She continued: "We are seeing an increase in skin cancers which are increasing around 10% a year.

"What was traditionally a disease for the over 60s, we are now finding patients are getting younger, usually because its 'fashionable' to have a sun tan."

Heather added: "People using sunbeds, letting themselves burn in the sun, are putting themselves at risk. People need to be sensible and use at least Factor 30 sun cream, even in this country. There are safer ways of looking bronzed by using false tan.

Trust's youth event wins a golden gong

BLACKPOOL Victoria Hospital's participation in an annual youth challenge has won a gold award.

Young people from across the Fylde coast took over the running of the hospital late last year as part of a national campaign.

The youngsters, many who were current patients at the hospital and members of the Victoria's Voice youth engagement panel, took over the running of several departments as part of the Children's Commissioner's Takeover Challenge.

After the event, Rebecca Addey, Paediatric Patient Experience Officer, entered the Trust for the Children's Commissioner's award, having planned the Takeover Week with help from members of Victoria's Voice.

She 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."

The Takeover week saw children and young



Rebecca Addey with members of Victoria's Voice

people take part in a host of activities such as spending time in various departments, including the boardroom, and a skills swap day where adult staff taught various life skills in the morning

before youngsters showed adult staff how to see things from a young person's perspective.

The week also encompassed working with local Youth Health Leaders who research health problems such as smoking, drinking, depression, anxiety and dental care.

They produced leaflets and poster displays to get positive messages to their peer groups in their educational setting.

The week ended with a Trust-wide quiz for staff to complete which challenged their knowledge on young people's issues. The week's activities matched the criteria for the gold award.

Rebecca added: "I am delighted that we have won the gold award.

"It's nice to be recognised externally. The Trust is going above and beyond to connect with young people and engage with their views, experiences and opinions.

"Being involved with the Takeover Challenge has been a real springboard into other exciting events involving young people that are planned throughout this year."

Health leaders want to hear your views

PEOPLE living in Fylde and Wyre will hear about the progress made to change the face of local NHS services when health bosses go on the road next month.

Leaders at NHS Fylde and Wyre Clinical Commissioning Group (CCG) will also detail plans to deliver more health services in the community, rather than in hospital.

The events, taking place across the area over four days, will update local people about the CCG's progress so far in keeping the promises made in its 2030 Vision for Health and Care in Fylde and Wyre, which was published three years ago after a major public engagement exercise.

Feedback will also be sought about how the CCG should measure the quality of community health services in the future.

The events, which are free to attend with tea and coffee provided, will take place on:

Wednesday 22 February 2017 at Thornton Methodist Church, Victoria Road East,

Thornton Cleveleys, FY5 5HQ, from 2pm to 4pm.

Thursday 23 February 2017 at YMCA Lofthouse Building, London Street, **Fleetwood**, FY7 6JL, from 10am to noon.

Monday 27 February 2017 at NHS Fylde and Wyre CCG, Derby Road, **Wesham**, PR4 3AL, from 2pm to 4pm.

Tuesday 28 February 2017 at St Annes United Reformed Church, St George's Road, **St Annes**, FY8 2AE.

CCG chief nursing officer Jennifer Aldridge, pictured, the executive lead for engagement, said: "We highly value the voice of our public when making decisions about how we deliver health services locally.



"This is a fantastic opportunity for people to get involved in

shaping the future of the local NHS and I would urge as many people from Fylde and Wyre to come out and speak to us."

For more information, call 01253 956400 or visit www.fyldeandwyreccg.nhs.uk

Anyone wishing to attend the events should notify the CCG by calling the number above or emailing enquiries@fyldeandwyreccg.nhs.uk

Best foot forward



Amy Mutch and Luke Sumner who are in training for a charity walk

TWO cardiac members of staff are putting their heart and soles into a charity trek to raise money for the Blue Skies Hospitals Fund.

Luke Sumner, who works as a charge nurse at Blackpool Teaching Hospitals NHS Foundation Trust and his colleague, senior staff nurse Amy Mutch, are in training for an epic trek through America's Grand Canyon.

They are aiming to raise money for Blue Skies which enhances care for patients across the Trust.

Both work in the Cardiac Intensive Care Unit (CITU) at the Lancashire Cardiac Centre which is based at Blackpool Victoria Hospital and they are hoping to raise at least £8,000 between them.

The intrepid pair's trip will be take place from September 16 to 23 and each day they will walk for 10 to 15 miles in searing heat.

Luke said: "It's completely up my street. It's a once in a lifetime opportunity. It's for a great cause – the Blue Skies Hospitals Fund. The charity does a lot for every part of the Trust. The money will go to whoever needs it. Lots of people will benefit.

"My partner is 'Barry Zumba' who holds dance classes in the Blackpool area. He thinks it's great and he's going to help me to get fit. I'll be hitting the gym and going on lots of walks."

Amy said: "It will be quite a challenge for us. We're going into training now. It's an opportunity

to get fit and healthy. I'll be fundraising with my Brownie pack, my family and my colleagues. The more people we can get to help with fundraising the better."

Amy said she also wanted to do the charity challenge because she wanted to give something back to the Trust.

She said: "I love working here. It's a really good Trust. I always feel it's very positive to work here. I feel very valued.

"We have a fantastic team on CITU. We're very close and we support each other a lot.

"We have some very difficult situations here in CITU. No matter how bad it gets, the team is there to support you."

Ann Hedley, Head of Fundraising for Blue Skies Hospitals Fund, said: "Luke and Amy are our first recruits and you couldn't meet nicer people. Thinking about the less well known areas of the hospital which might not attract donations is just like them."

Anyone interested in taking part in the trek can book it with Nicci Hayes by emailing nicci.hayes@bfwhospitals.nhs.uk or call 01253 957904 and go along to the information night on February 9. If you would like to sponsor Amy and Luke please go to their JustGiving page at: <https://www.justgiving.com/fundraising/cardiacitu>

Donations can also be made by texting: CITU99 £5 (or any other amount) to **70070**.

Join us on our
MORECAMBE BAY WALK

on Sunday, June 4th, 2017
Lead by the Queen's Official Guide,
Cedric Robinson MBE



For further details and to book places, please
telephone 01253 957381 or email
blueskies@bfwhospitals.nhs.uk or book through
Eventbrite [https://www.eventbrite.co.uk/e/morecambe-
bay-walk-tickets-30485126835?aff=es2](https://www.eventbrite.co.uk/e/morecambe-bay-walk-tickets-30485126835?aff=es2)