

# Health Matters

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



## Stars bloom for hospital garden

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Issue 134, Friday, February 17, 2017

## Welcome from the Interim Chief Executive

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



Oh what a show — and oh what a fundraiser.

We are so grateful to the stars who came out in force to support our appeal to design a garden to help dementia patients at Clifton Hospital.

The show was excellent and so thoroughly enjoyable — and it raised more than £30,000 for the cause. Our heartfelt thanks must go to the artists who did us all proud.

You can also read about cancer patient pampering sessions that local charity volunteers provide which include free skincare and make-up workshops.

We have also been delighted to welcome pupils from Highfurlong School who have been teaching our staff what it is like to live with a disability.

Frontline staff were fitted out with blindfolds or asked to wear sight-limiting glasses and movement-restrictive garments to help them think about what it could feel like to have additional needs.

**Wendy Swift,**  
Interim Chief Executive

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Health Matters is also available online at [www.bfwh.nhs.uk](http://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](http://www.bfwh.nhs.uk/healthmatters)

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# iPads and laptops are changing healthcare

TECHNOLOGY is changing the way we can offer healthcare services to patients.

It is allowing more flexible care particularly for vulnerable patients who may find hospital or clinic visits difficult.

Speech and Language therapist, Veronica Southern, identified the potential significance of using new technology such as phones and iPads to deliver remote health care a couple of years ago and has won a number of awards and honours for the work she has done.

Now, as Clinical Lead in Telesolutions at Blackpool Teaching Hospitals NHS Foundation Trust, she is pushing the boundaries out of the Trust and looking to see how technology can benefit partner organisations.

And one of the first healthcare providers to take up the programme is Trinity Hospice who have started using Telesolutions to link up consultants based at the hospice with patients and specialist nurses out in the community.

Veronica explained: "We were contacted by Nicola Parkes, clinical nurse manager at Trinity Hospice, who wanted to know more about our work in remote diagnosis.

"We went to meet her and other specialist nurses and between us we realised there was a telesolutions system which could benefit both patients and consultants at Trinity Hospice.

Nicola added: "I was inspired by Veronica's project and felt that patients with life limiting



Trinity Hospice's Sarah Roberts, clinical nurse specialist and community consultant, Dr Laura Edwards, talk to Veronica Southern, using laptop technology

illnesses needed better access to health care professionals in a timely and more efficient way.

"The landscape of palliative care is changing and I felt we needed to empower patients to live their life rather than spend time waiting for health care appointments and visits.

"The patient is supported by a nurse, but by using remote technology, our consultant can use their time to connect with more patients.

"Remote technology is not to replace face-to-face contact, but it is an option to give different choices to patients needing to access health care," Nicola continued.

Dr Laura Edwards, Community Consultant in Palliative Medicine, said: "Sometimes the iPad consultation can highlight the need for a face-to-face assessment because you can see the patient rather than just talking on a telephone, you can ascertain whether a home visit is necessary. I can see more and more uses for this type of communication tool in healthcare."

## Trust signs up to charter to support maternity staff

# Looking after our midwives

THE Trust is working with The Royal College of Midwives (RCM) to improve the support available for midwives and maternity colleagues.

The Trust's maternity services have signed the RCM's Caring for You Charter, which aims to improve the health, safety and wellbeing of midwives. This supports and enables them to continue providing the highest levels of maternity care for women and their families.

The campaign is aiming to get NHS organisations across the UK to sign up to the Caring for You Charter.

Nicola Parry, Head of Midwifery at the Trust, said: "This is a wonderful opportunity for us to work in partnership with the RCM.

"The Trust values all the midwives and maternity team members for the dedication and commitment they show, so ensuring that the families have the best possible experience.

"This charter is an excellent way to further show the Trust's commitment to ensuring the best possible staff experience to this most valued staff."

RCM Regional Officer for the North West, Lesley Wood, said: "I am delighted the Trust has signed the charter.

"They have a committed team of midwives and maternity support workers at Blackpool Teaching Hospitals. This is a very positive move by the Trust and I welcome their commitment to staff and the people they care for."

Nicola Parry (front, right), signs the charter with staff midwives Della Plant (front, left), Mel Scarr (rear, left) and Lisa Walton



When signing the charter, organisations are committing to five key principles to:

- Work in partnership with the RCM Health and Safety Representative to develop and implement an action plan about health, safety and wellbeing issues that are important to the maternity workforce and maternity service users.
- Ensure midwives and maternity support workers have access to a variety of shift patterns and flexible working and promote a positive workplace culture around working times and breaks.
- Foster a positive working environment for all by signing up to the RCM/RCOG statement of commitment calling for zero tolerance policy on undermining and bullying behaviours.
- Enable midwives and support workers to access occupational health and other organisational policies for their health, safety and wellbeing.
- Nurture a compassionate and supportive workplace that cares for midwives and support workers so that they can care for women and their families.

For more information on the Caring for You campaign visit: <https://www.rcm.org.uk/caring-for-you-campaign>



Yvonne Ball announces the fundraising total

# Helping hospital bloom

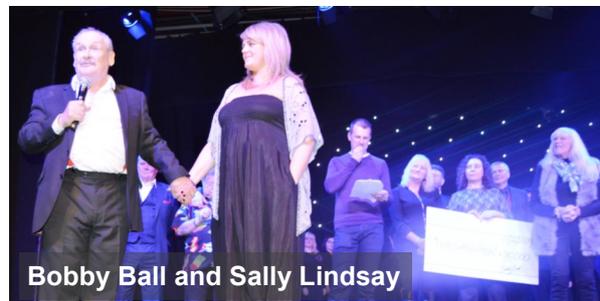
AN ARRAY of stars came together in sell out show, Let The Sunshine In, and raised a mammoth £30,000 for Clifton Hospital's patient garden.

Stars, including comedians Cannon and Ball, Stu Francis, Johnnie Casson, Ted Robbins, Coronation Street and Mount Pleasant actress Sally Lindsay and Style Council drummer Steve White, all gave their time to entertain and support the cause.

The show was organised by local comic Bobby Ball and his wife Yvonne along with Fylde Borough Councillor Brenda Blackshaw following their involvement in last year's Dementia Awareness Week events at Clifton Hospital.

Yvonne and Brenda also gathered a wealth of donations and prizes for a raffle and auction to raise funds for the Peace of Mind Appeal, which will help patients living with dementia. The appeal is run by Blackpool Teaching Hospitals' Blue Skies Hospitals Fund, which is overseeing the garden makeover at Clifton Hospital.

The show was hosted by comedian Stu Francis and actress Sally Lindsay and the night also



Bobby Ball and Sally Lindsay



Johnnie Casson

# Stars' charity show



Stu Francis entertains the crowd



Ted Robbins



Preston Musical Comedy Society Choir



Cannon and Ball

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included local singers, Peter Anthony, Mark Jay, Diva and the Preston Musical Comedy Society choir.

Cannon and Ball were still on top form after 54 years together and had the crowd howling with laughter. Tommy Cannon, whose mother – in – law lived with dementia, said: “What a fantastic night. £30,000 is a tremendous amount and what a great cause.”

Sally Lindsay, who is an ambassador for the Alzheimer’s Society following the death of her grandmother from the disease, said: “This has been one of the best charity nights I have ever done. It was emotional, personal, funny and amazing. It was an honour to be here.”

The money was raised through ticket sales, a raffle and auction donations and organisers praised the generosity of local businesses who donated a wealth of prizes.

Brenda Blackshaw said: “Yvonne and I are overwhelmed. The people of the Fylde are amazing.

“We have loved every minute and can’t wait to see the patients’ faces when the garden is complete.”

Head of Service at Clifton Hospital, David Kay, said: “The Clifton garden project was a vision set out many years ago and Phase 1 of the project was completed last year.

“To fund raise for Phase 2 was always going to be difficult to achieve due to the size of the project, but the hard work and dedication of Bobby and Yvonne Ball and Brenda Blackshaw has enabled Phase 2 to become a reality.

“I am overwhelmed by Yvonne, Bobby’s and Brenda’s support, the support of our local community and all our staff to raise an unbelievable £30,000.”

The show ended with a standing ovation.

# Cancer pamper session



Patient, Terri Dennis takes part in a make-up lesson

LIFE is hard enough for women who have cancer, but losing eyebrows and hair can make things feel even worse.

Luckily local charity volunteers provide free skincare and make-up workshops at Blackpool Victoria Hospital each month.



The Look Good Feel Better team, Anne Smart, Dawn Zerbinati, Michelle Weaver and Maureen Forrest with Macmillan Cancer Information and Support Manager Catherine Davies

Originating in America, the Look Good Feel Better charity currently runs 90 workshops in hospitals and cancer centres all over the country.

With more than a combined 30 years in the beauty industry, Dawn Zerbinati and Anne Smart have co-ordinated the workshops at the hospital for the last four years.

Various companies, such as Boots No7 and Clinique, donate make up and skincare goods which each lady receives to keep in a special bag.

Dawn, Anne and a couple of helpers demonstrate how to apply make-up especially around eyebrow and eyelash loss.

Anne said: "We love the feeling that we are

making a big difference to ladies living with cancer.

"When they first come into the room, they are a bit apprehensive, but by the time they leave, you can see their confidence has grown."

Dawn added: "We get a buzz from helping the ladies have a good feeling about themselves. The

workshop helps them feel feminine again and it's nice that women can empower other women."

After the workshop finishes, the group also get to speak to local hairdresser and Mirror Talk salon owner, Janet Stewart, who was once part of the same group as a cancer patient.

She said: "I was once sat where these ladies are around three years ago. I thought that ladies would benefit from information about their hair.

"Like the ladies from Look Good Feel Better, I come into the workshop once a month to talk about hair care and hair loss.

"I'm very lucky to be able to get treatment kits donated from hair company Wella that the ladies can take home with them. I enjoy giving something back."

# Making the pledge to help fight cancer



Lancashire Bowel Cancer Screening Programme Officer Sadiq Patel, centre, with Trust Chief Executive (Interim) Wendy Swift and staff from Blackpool Teaching Hospitals

WORLD Cancer Day was marked with a special event on the mezzanine at Blackpool Victoria Hospital.

Patients, staff and the public visited information stands and made pledges to fight cancer at the awareness event on Friday, February 3.

More than 100 people made a pledge and £450 was raised to be used to enhance cancer services within the Trust.

One of the many teams from Blackpool Teaching Hospitals NHS Foundation Trust to be represented at the event was the Colorectal Cancer and Stoma department.

Nichola Ritchie, Colorectal Cancer and Stoma Clinical Nurse Specialist, said: "As a team we pledged to help our patients reduce their risk of cancer recurrence through promoting active and

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healthy lifestyles during and after treatment.

"The event helped us to highlight the importance of early detection and recognition of bowel cancer symptoms.

"Bowel Cancer is the fourth most common cancer in the UK and each year in Blackpool, Fylde and Wyre alone we see around 270 new cases. Bowel cancer is treatable, if caught early, and we are capturing more early stage cancers with the introduction of the bowel cancer screening service."

Internationally, World Cancer Day took place on Saturday, February 4, however, the Trust had its event on Friday, February 3, so that more people had the opportunity to attend.

Visit [www.worldcancerday.org](http://www.worldcancerday.org) for more information World Cancer Day.

# Pupils blindfold NHS staff



Pupils from Highfurlong School

SCHOOL pupils showed NHS staff what it's like to have additional needs during an enlightening session at Blackpool Victoria Hospital.

The pupils from Highfurlong School in Blackpool helped staff to appreciate difficulties faced by people with limited sight and mobility as well as other conditions.

Members of frontline staff, including porters and receptionists, were blindfolded or asked to wear sight-limiting glasses and movement-restricting garments. They were then encouraged to undertake tasks such as threading a needle, searching for items in a bag, reading, doing a jigsaw, completing a form and travelling around the hospital.

Those who took part said they felt disorientated and frustrated and they commented on how much trust they had to put in the staff members who were supporting them. All were reliant on guidance with the tasks and said the experience made them think again about what it could feel like to have additional needs at the hospital.

The session was organised by Rebecca Addey, Paediatric Patient Experience Officer for Blackpool Teaching Hospitals NHS Foundation Trust, to highlight how staff can make people with additional needs feel welcome and safe.

The pupils said they had enjoyed the one-hour session because they could assert their independence and share their knowledge.

Joanne Ashton, Assistant Head Teacher at Highfurlong School, said: "We're delighted that hospital staff have taken part in this session.

"We're raising awareness of what it means to have additional needs. In particular, we're focusing on what it's like for 14 to 19 year-olds who are getting to the stage where they want to be able to go to an appointment without having to have someone speaking on their behalf."

Joanne said every young person was different and the main thing that the pupils were asking for was to be treated as individuals.

She explained: "This empowers them as they can explain how they would like to be spoken to and how they would like to be treated. Through doing this type of work they have a voice and can change things."

Rebecca Addey said: "The pupils' session put staff in their shoes and demonstrated real difficulties that some of our patients face.

"Receptionists and porters are often the first people that patients will meet when they come to the hospital; they can have a huge impact on their experience.

"It is important we all recognise when people who use our services need additional time and support to help them access, understand and be involved in their care. This is especially significant for young people as they get older and move into adult services."

# Cedric to lead charity walk across bay



Cedric Robinson

THE Queen's Guide to the Sands of Morecambe Bay is urging people to take part in one of his famous treks in June.

Cedric Robinson, MBE, is famous across the world for leading thousands of people on walks across the Bay for more than 50 years and is leading a trek in June to raise money for the Blue Skies Hospitals Fund, the official charity of Blackpool Teaching Hospitals.

He has helped organise the event as a thank you to hospital staff who have treated him for a heart condition in recent years.

He said: "I have been treated by staff at the Lancashire Cardiac Centre over the past few years and they have been brilliant. They have looked after me really well and I just wanted to help them in some way as a kind of thank you.

"If you have never done the walk before then this is a perfect time because it will raise money for a fantastic cause."

Crossing Morecambe Bay is an unforgettable experience which can only be undertaken with an

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experienced guide. This famous walk is approximately eight miles long and should take about four hours to complete, depending on the route taken and progress on the day.

The walk, on Sunday, June 4, starts at the pretty and picturesque promenade of Arnside with registration between 1.30 – 2pm. Family, friends, children, dogs (on a lead please) and groups are all welcome. The route takes walkers from Arnside Promenade to Kents Bank near Grange-over-Sands.

The Queen's Guide to the Sands is the royally appointed guide to crossing the notoriously dangerous sands at Morecambe Bay. Mr Robinson, who was born and bred in the area, became the 25th guide in 1963 and has held the post ever since.

For more details please contact Ann Hedley or Nicci Hayes 01253 957381 or email [blueskies@bfwhospitals.nhs.uk](mailto:blueskies@bfwhospitals.nhs.uk).

Alternatively you can book via [Eventbrite](https://www.eventbrite.co.uk/e/morecambe-bay-walk-tickets-30485126835?aff=es2) by clicking the link <https://www.eventbrite.co.uk/e/morecambe-bay-walk-tickets-30485126835?aff=es2>



# Snowdrop event to help grieving families

BEREAVED families who have lost a child are invited to a special event at Blackpool's Stanley Park.

The 16<sup>th</sup> annual Snowdrop Gathering will have specially chosen music and poems followed by a candle ceremony to help parents, carers and siblings feel less alone with their grief.

Organiser, Michelle Boland, Paediatric Bereavement Support Nurse Specialist for Blackpool Teaching Hospitals, said: "The Gathering has meant such a lot to people who have attended previous events.

"For those families who do not have a place to go to remember their child it is of particular significance."

This year's event will take place on Saturday, February 25 at Stanley Park Visitors Centre. The ceremony starts at 11am and doors to the centre will open at 10.30am.

Parents and NHS volunteers will be taking part in

poem recitals and local singer, Chloeann Foster, will perform a number of songs including Over the Rainbow and One Moment in Time.

Following the service and candle lighting, led by Hospital Chaplin, Jonathan Sewell, those who attend will be given a balloon with a butterfly shaped message tag which they can fill out. Families will also be presented with a beautiful ceramic snowdrop plaque keepsake specially made by one of the grieving mums.

The event is more poignant for Michelle as it is likely to be her last Snowdrop Gathering as organiser. "I have been involved in 16 gatherings so it will be hard to leave the families behind, but knowing that in some way I have helped them will be special," she said.

The event, which is supported by Donna's Dream House, is non-religious and open to anyone who has lost a child from the age of one month to 18 years. Anyone wanting more information about the event or the Snowdrop Centre is asked to call Michelle Boland on 0792 0138112.