

Health Matters

NHS

Blackpool Teaching Hospitals
NHS Foundation Trust



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



All aboard for Dementia Day

INSIDE THIS ISSUE:

Raising awareness

Find out about dementia care and services across the Fylde

— Page 3

Nominate your NHS hero

Do you want to honour a member of staff or team for outstanding care?

— Page 5

Issue 140, Friday, May 12, 2017

Welcome from the Interim Chief Executive

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



This week we are looking forward to our Dementia events which will showcase the services available for people across the Fylde coast living with the condition.

Aimed at patients, families, carers, visitors and staff, the event will show what facilities can be provided and the care we can offer both at Blackpool Victoria and Clifton Hospital.

Getting care right for our dementia patients is paramount and we have a Blue Skies charity programme called Peace of Mind which is raising money to provide the extras that will help patients with dementia.

Raffle tickets are available to purchase at the events to help raise money for this worthy cause.

So please come and join us, either at Clifton Hospital on May 18th or Blackpool Victoria on May 19th, to find out more about dementia and the help that is available.

Wendy Swift,
Interim Chief Executive

Contents

News

Special training award

A PHARMACY Technician has received a special award for the support she gives to trainees.



Page 4

Certificate of excellence

ENT consultant Vikas Malik, has won a certificate of Excellence in Education for the second year in a row.



Page 6

Do you know an NHS hero?

DO YOU want to nominate a member of staff for a Celebrating Success award?



Page 5

Mum and daughter in cash challenge

A FAMILY are raising cash to provide a Day Room for stroke patients.



Page 7

Baby boom for midwives

FIVE members of staff from maternity are celebrating their own baby boom.

Page 6

Chance to have a say on health care services

A SPECIAL event is being held so that people have a say on local NHS services.

Page 9



Nurses in vintage uniforms with local celebrities Johnnie Casson and Anne Nolan at last year's Dementia Day

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



On the hospital's Memory Corridor, preparing for Dementia Day, are: Sophie Morley, Sister Karen Smith, Alma Stewart and Andrew Heath

Dementia awareness

BLACKPOOL and Clifton Hospitals are holding dementia awareness days as part of the national Dementia Awareness Week which runs between May 15-19.

Clifton Hospital will be holding its Fylde coast Dementia Hub on May 18, which will be opened by comedian Bobby Ball at 10am.

Blackpool Victoria Hospital will be holding an open day in the Main Entrance area with a 1950s theme.

Entertainment at Blackpool will include dancing displays from JLC Dance, Hospital History Tours, a display of 1950s hospital photographs, a photobooth, vintage nurse uniforms and a 1950s themed menu in The Restaurant.

There will be various service providers offering advice and guidance from their stalls. Notarianni's will also be selling their delicious ice cream in return for a donation to dementia care.

Representatives and players from AFC Fylde will be opening the event at 11am. At Clifton, as well as stalls from various services, there will be coffee and cake and entertainment

03 ISSUE 140

from Soundwaves choir.

Raffle tickets will also be on sale with proceeds going to the Peace of Mind Fund which enhances care for dementia patients.

Patient experience lead at Blackpool Teaching Hospitals NHS

Foundation Trust, Andrew Heath, said: "The Trust is proud to host a series of events to raise awareness around the challenges people face when affected by

dementia. As our knowledge of the condition increases so do the practical solutions that can provide help and support to people living with dementia.

"There will be a series of smaller events being held across the organisation from May 15 with a main display of services and products on show on May 18 at Clifton Hospital and May 19 at Victoria Hospital. There will also be themed entertainment taking place during the day in addition to AFC Fylde opening the event at Victoria and Bobby Ball at Clifton."

See back page for raffle prize list



Award honours support given to trainees

A PHARMACY Technician has received a special award for the support she gives to trainees through the Trust.

Nichola Ambrosini received a certificate for inspiring the trainees from Trafford College who she oversees while they undertake their training course in the pharmacy department at the

Director of Pharmacy, Alastair Gibson, said: "Nichola has been our link with Trafford College and we have taken students from there for a number of years now. We are delighted that she has been recognised for the work she has done with students over that time.

"She is fantastic with the trainees. She provides them with great knowledge and support and she fully deserves this honour."

Nichola said: "It is always nice to be recognised in some way and this was a great surprise.

"I really enjoy working with the trainees so I only



Nichola Ambrosini

Trust. really feel like I am doing my job."

We are delighted she has been recognised for the work she has done

The awards, are presented to organisations who have shown great commitment and dedication to training and development of Trafford students and were presented by College Principal, Lesley Davies and guest speaker Becs Jeffery, a participant in BBC's The Apprentice

2016.

The Trust was one of a broad cross-section of industries represented including business, sport, building services, hospitality and engineering.

We want to hear about your NHS heroes



Trust Chairman, Ian Johnson and Chief Executive, Wendy Swift with 2016 Patients' Award winner, Jawad Islam

OUTSTANDING NHS employees are honoured annually at the Trust's Celebrating Success Awards ceremony – and we are asking patients, carers, relatives and members of the public to nominate staff who have gone above and beyond the call of duty to care for patients and their families.

The highly coveted Patients' Award category attracted more than 100 nominations last year for teams and individuals working for the Trust. All nominated staff members get a certificate to acknowledge the work they do and the winning contender gets a cash prize to reinvest in their area of the Trust. The category is sponsored by legal firm Weightmans.

Last year the judging panel was delighted that so many people took the time to nominate members of staff for The Patients' Award and they are looking forward to reading about the care you or your loved ones have received from Trust staff.

Wendy Swift, Chief Executive of the Trust, said: "Our Celebrating Success Awards recognise the exceptional work that is carried out by our staff.

We are privileged to have these highly committed members of staff who strive for excellence and are constantly working to provide the best care possible for our patients."

Last year's winner was Mr Jawad Islam, a

Consultant Urologist for the Trust. The wife of a patient with major health complications praised Mr Islam for his honesty and for instilling confidence in all concerned. She was particularly impressed when Mr Islam visited her husband while on annual leave. Another patient described Mr Islam as understanding, approachable and calm. His care for the whole family was greatly appreciated.

If you would like to nominate a member of Blackpool Teaching Hospitals staff, from either the community or acute hospital, who gave you, or someone in your family, an exceptional level of care – we'd love to hear from you.

You can nominate by contacting the Communications Office at Blackpool Teaching Hospitals on 01253 953059 or by writing to Communications Office, Home 15, Whinney Heys Road, Blackpool FY3 8NR and requesting a nomination form.

Alternatively forms can be filled in online by visiting the Trust's website at <http://www.bfwh.nhs.uk/about-our-trust/celebrating-success-awards/>

Nominations for the 2017 award close on Wednesday, June 21. The judging panel will meet on Wednesday, July 19th.

Baby boom for midwives



Lucy Atkins with Percy, Sarah Banks with Ellie, Kirsty Barcock with Ella, Jenny Fogg with Oscar and Cathryn Parkinson with William

MIDWIFERY staff at Blackpool Victoria Hospital have been celebrating after five members of the same team all gave birth within weeks of each other.

Attending a special belated baby shower with the hospital's birthing centre, the famous five Lucy Atkins, Sarah Banks, Kirsty Barcock, Jenny Fogg and Cathryn Parkinson said they were amazed when they all found out they were pregnant around the same time.

The babies: Ella, Oscar, Percy, Ellie and William were all born between January and March.

All of the babies were born

before their due date.

Midwife Lucy Atkins, mum of Percy said: "Some of us are first time mums and a couple are second timers. It was funny to see us all wobbling around at the same time. The techniques we use with our patients we used on ourselves as it has been really drummed in. Being mums ourselves makes understanding what our patients are going through much better.

"Strangely, all of us used to sit on the same recycling bin at our handover between shifts. Everyone's avoided it since!"



BLACKPOOL Teaching Hospitals NHS Trust's ENT consultant Vikas Malik, has won a certificate of Excellence in Education for the second year in a row from the North West School of Surgery.

Mr Malik is part of the Core Surgical Training which allows trainees to develop the basic and fundamental surgical skills common to all surgical specialties, together with a few specialty-specific skills.

Through the course's feedback, where trainees can anonymously share their views of their training, Mr Malik has had the most positive comments.

He said: "I am absolutely over the moon and it is so nice to be recognised. This recognition puts the Trust's name in a wider circle with a 100% success in ENT Core Trainees going on to get ENT Registrar Training Jobs in a national selection.

"Some of the trainees will be coming back to work at Blackpool as ENT Registrars which is very satisfying."

Cash challenge to say thank you for Gran's care

Family bid for Stroke Unit day room



A MUM and daughter team from Fleetwood are raising funds for a new day room for patients on the Stroke Unit at Blackpool Victoria Hospital.

Kimberley Fisher, who works as a healthcare assistant (HCA), and is a student at the hospital, said they were raising money as her grandmother, Harriet Frith, was cared for on the unit.

Kimberley and her mum, Lesley Murray, who is also a HCA at the hospital, are doing a sponsored slim through the Blue Skies Hospitals Fund to go towards a new day room for patients.

Kimberley said: "My grandmother had a stroke on February 4 so we want to raise money for a day room to help everyone on the unit.

"It would be nice for the patients to have a place to go and have a change of scenery where they can have chat or watch telly.

"We were both in Slimming World so we thought we'd try to lose five stones in weight between us. We've lost 10lbs each already."

07 ISSUE 140

Lesley said: "When someone has a stroke it can be very hard to deal with.

"It's a big change for the whole family. My mum was very independent before she had a stroke. It's very frustrating for her now. It would be nice for patients like my mum to have a day room to go to.

"The staff on the unit have been great. They are lovely. They were always making mum smile." Kimberley added: "I could not have asked for a better team to look after her; the staff are so understanding."

If you would like to sponsor Kimberley and Lesley please go to their Just Giving page at: www.justgiving.com/kimberley-Lesley or email Kimberley on Kimberley.fisher@bfwhospitals.nhs.uk or Kimberley.fisher1990@hotmail.co.uk



Nurse Specialists Gill Cross and Natalie Wilson with Trust Chief Executive, Wendy Swift

Talking openly about death is so important

PATIENTS, staff and visitors made special pledges as part of national Dying Matters Awareness Week from May 8 to 12.

The theme of the week was 'What Can You Do?' and participants made all sorts of pledges from promising to let friends and family know their wishes regarding their death to pledging to support bereaved people.

Wendy Swift, Chief Executive of the Trust, was one of the many people who made a pledge. In partnership with Trinity Hospice, there were information stands at Blackpool Victoria Hospital, Clifton Hospital and community venues throughout the week staffed by representatives from the Trust's End of Life and Palliative Care Team.

The Trust's new Lead Nurse for Cancer and End of Life Care, Jackie Brunton, said: "Dying Matters week is an opportunity to understand what I can do to support and empower staff to have what can be difficult but important conversations. This enables them to support our

patients and their families and friends to discuss what is important for them to make their decisions and plan their care."

Gill Cross, a Clinical Nurse Specialist and a member of the Palliative Care Team, said talking more openly about dying could help people to make the most of life and support loved ones.

She said: "Dying is a natural thing to talk about. It's good for people of all ages to talk about what they might like to happen and to make plans.

"As a team, we work closely with patients to find out what is important to them and to achieve their goals.

Research for Dying Matters has found that many people have specific wishes about their end of life care or what they would like to happen to them after their death but a reluctance to discuss these issues makes it much less likely that these will be met.

Your chance to have a say on local services



Dr Amanda Doyle

BLACKPOOL residents will have a chance to provide their thoughts on what works and what doesn't when it comes to local health services.

NHS Blackpool Clinical Commissioning Group (CCG), the organisation that 'buys' and plans health services across the town, is inviting residents to attend a 'Your Voice' session to share any compliments, comments or complaints they may have about local NHS services.

The session is an ideal opportunity to provide feedback on a recent experience of an NHS service or give views on the CCG's plans and priorities. The session will operate on a drop-in basis so there is no need to make an appointment. Simply visit Moor Park Library, Bristol Avenue FY2 0JG on Wednesday 17 May 2017 from 11am - 1pm.

Dr Amanda Doyle, a Blackpool GP and Chief Clinical Officer at NHS Blackpool CCG said:

09 ISSUE 140

"Good or bad, we really value the views of Blackpool residents and want to make sure that everybody has an opportunity to share theirs with us. The Your Voice session is an ideal opportunity to talk face-to-face with a member of our engagement team.

"All of the views and experiences gathered will help us to make sure that Blackpool residents receive services of the highest standard, now and in the future."

If you are unable to attend the planned session, but would like to share your views on local services, you can do so via the CCG's website at: www.blackpoolccg.nhs.uk/yourvoice.

Join our research day and trial a jellybean



FYLDE coast residents are invited to a special research event at Blackpool Victoria Hospital on Monday, May 22.

A mock research trial involving jelly beans will be set up by the Trust's Research and Development Team to illustrate how trials work.

Michelle Stephens, Manager of the Research and Development Department, explained: "We are highly research active and we want to highlight this on International Clinical Trials Day.

"We're going to use 'BeanBoozled' jellybeans, some of which taste nice and others which taste of things like dog food, toothpaste or vomit.

"It will show the public the process of taking part in a clinical trial. A nurse will talk about the 'study' and visitors will read through the information. There will be two jellybeans in a pot — one of which tastes good and one which tastes awful.

"Our visitors will have to eat one of them. This demonstrates 'randomisation' (where neither the researchers nor the patients know what they are

getting to prevent bias). In trials you have one that contains the drug and one is a placebo. We will then look at 'efficacy' - for example, does it make you want to vomit? We'd also ask if it is a 'drug' we would want to keep using and so on."

Last year the team staged a mock trial with biscuits inspired by comedian Peter Kay's biscuit dunking jokes. There will also be tours of the hospital's Research Centre on the day. The team will also be at Clifton Hospital on Tuesday, May 23, from 9am to noon and on Friday, May 26, from 9am to noon.

International Clinical Research Day is celebrated on or around May 20 — the anniversary of James Lind's first clinical trial in 1747 which aimed to find a cure for scurvy.

Michelle added: "We hope lots of people will come along and join in our jellybean trial to find out more about what we do."

Main picture: The Trust's Research and Development Team

DEMENTIA WEEK RAFFLE PRIZES

32" Technika full HD slim LED TV (donated by Get A Hed, Bolton)

£100 cash (donated by R Kirby & Sons Builders, Inskip)

£30 voucher, Booths

£25 voucher for Escape Room Centre, Blackpool

£20 voucher Stringers, Lytham

£20 voucher, Bond and Bloom florists, Lytham

£15 voucher, The Beauty Barn, Freckleton

Mini family photoshoot voucher, Happy Days Photography

Colour, cut and blow-dry at Luxe Hair Lounge, Blackpool

Meal for two and bottle of house wine, The Plough, Freckleton

Ladies' scarf and necklace, Attire, Lytham

Silver necklace, room sprays and soaps, Timothy's of Lytham

Double bedspread, The Hidden Gem, Lytham

Bottle of champagne, Co-Op, Blackpool

Hand-poured soy candle, Blenheim Candles, Warton

5 bottles of cabernet sauvignon

Meal for two, Tiggis, St Annes

Wine and cheese tasting for two, Winedown, Preston

5 x £5 vouchers, Premier Taxis, Lytham and St Annes