

# Health Matters

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



## Giving patients Peace of Mind

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Issue 141, Friday, May 26, 2017

## Welcome from the Chief Executive

**HELLO and welcome to our Health Matters newsletter.**



Recognising the challenges faced by our patients and their carers who live with dementia has been a big part of this past week and we were delighted so many people joined us to support Dementia Awareness Week.

We would like to thank all the organisations who exhibited both at Blackpool Victoria Hospital and Clifton Hospital and those people who helped us raise £1,800 which will go into our Peace of Mind campaign to help improve patient care.

We have also been sharing our expertise in clinical trials — showing visitors how we carry out research and development.

The aim of the exercise is to explain to the public the importance of trials to help detect, diagnose and reduce the risk of disease and test whether treatments are safe and how well they work.

Blackpool Teaching Hospitals is also pleased to have been awarded a Five Star Hygiene rating for the seventh year running.

**Wendy Swift,  
Chief Executive**

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**The Notarianni's ice cream stall which raised more than £700 for dementia care at Blackpool Teaching Hospitals**

**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)**

**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)**

# Helping those living with dementia



Senior staff gather to draw the raffle which helped raise around £1,800 for dementia care. Right AFC footballer Danny Rowe, right, with Mark Cullinan and Sister Sharron Ellis at the event opening



DEMENTIA awareness events have been taking place around Blackpool Teaching Hospitals NHS Foundation Trust.

Last Friday, Blackpool Victoria Hospital played host to their third Dementia Awareness Day, this time with a 1950s theme.

The event was opened by record-breaking AFC striker, Danny Rowe, following a speech by non-executive director Mark Cullinan. Local dance school, JLC Dance, performed a spectacular 1950s routine to entertain the crowd.

Danny said: "I'm happy to be here today and to help raise awareness for dementia.

"I am usually here at Christmas giving presents to the Children's Ward so it is nice to be able to help

with today as well."

There were many services in attendance as well as a vintage photo display, vintage nurse uniforms, a photo booth and Hospital History Tours.

Notarianni's sold their famous ice-creams in exchange for a donation to the Trust's charity Blue Skies Hospital Fund's Peace of Mind fund. Raffle tickets were also sold in the run up to the event, with the prizes donated by many local businesses. This raised a further £1000 for the Peace of Mind Appeal Fund.

Patient Experience Lead at the Trust, Andrew Heath, said: "We are really pleased about the

## Raising awareness to help patient care

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success of the day, which not only helped raise awareness of dementia and the support that is available to patients and their families, but also through the generosity of local business, we have raised around £1,800 which will go to enhancing dementia patient care within the hospital.

“Massive thanks must go to all the people that gave their time and efforts to the day from staff and volunteers to the JLC dancers and also to Notarianni’s who raised more than £720 in ice cream donations.

“We put on a varied and entertaining day each year to raise awareness around the impact that having dementia can have as well as improving knowledge of the condition and the practical solutions that organisations can provide to support people that are affected by dementia.”

Wards were also invited to enter a ward display and tea party competition.

Ward entries can be found on the Trust’s Facebook page: @BlackpoolHospitals



Mayor of Fylde, John Singleton, Coun Brenda Blackshaw, Yvonne Ball, Bobby Ball, Clifton Head of Service, David Kay and Clinical Matron Courtney Bickerdike

## Bobby bobs in to open dementia hub

COMIC Bobby Ball opened the Fylde coast Dementia Hub at Clifton Hospital, Ward 1.

His emotional speech had him, and the crowd, in tears as he spoke about his mother who had Alzheimer’s disease.

He said: “At the time, we didn’t know what to do or who could help. Thankfully, it’s not like that now. It’s fantastic to be involved in this event to let people know there is help here.”

The Fylde coast Dementia Hub is held at Clifton every quarter. The Hub is a unique, community based service with open access for the Fylde coast’s residents with dementia, their families, friends and carers as well as anyone who may be worried about their memory.

The Hub is an event that brings different services together in a relaxed atmosphere to provide help and advice for anyone

affected by dementia. The Hub is shared with Trinity Hospice.

Among the guests were Yvonne Ball, new Mayor of Fylde, Coun John Singleton JP, Deputy Mayor of Fylde, Coun Raymond Thomas and Fairhaven Ward Councillor, Brenda Blackshaw.

There were many different services involved including Parkinson’s Nurses and Just Good Friends.

Clinical Matron at Clifton, Courtney Bickerdike, said: “We are overwhelmed with support from all the services. Huge thanks to Bobby, Yvonne and Brenda for their continued support.”

The next Dementia Hib at Clifton is being held at Trinity Hospice on June 16, 2.00-4.00pm. For further information on the Fylde Coast Dementia Hub, visit: <http://www.thefyldecoastdementiahub.org>.

# Golden gift from grateful farmer



Mr Andrew Duncan with Harry and Noeline Clarke

A GRATEFUL farmer has donated £500 from his Golden Wedding gift money to a hospital charity as a way of thanking the heart surgeon who has enabled him to carry on farming.

Just one day after his triple heart bypass operation, Harry Clarke, 75, from Tewitfields near Carnforth, was making plans for fencing on his family farm and over recent weeks he has been back out lambing in the fields.

Harry and his wife Noeline celebrated their Golden Wedding anniversary on April 1 and decided to give the money they received to Lancashire Cardiac Centre's 'Heart of Gold' fund which is run by Blackpool Teaching Hospitals NHS Foundation Trust's charity, Blue Skies Hospitals Fund.

Harry first realised there was a problem with his health when he started suffering tightness of the chest which turned out to be angina. He went to hospital for further investigations and luckily he was able to be fitted in for his triple bypass at the Lancashire Cardiac Centre within a week.

Harry said: I was pleased to have my operation so quickly. Now I'm back on the farm doing everything I've always done.

"I met a chap from Kendal once who needed heart treatment and said he was going to go for the best so he went to see a specialist in London.

"When he got to London they said: 'Why have you come down here?' The man said: 'To see

the best' and they said: 'You've come past it!'"

Noeline added: "I look at Harry's operation as an insurance policy. We were lucky that it was found in time. The day before his operation he was out on the farm getting all the jobs done and the day after his operation he was talking about the fencing.

"It was Harry's idea to donate the money. It was given to us on our Golden Wedding anniversary.

Harry added: "I was that happy with how they treated me and the quick service I got. I just wanted to reward it. I wanted to thank Mr Duncan very much for all he did for me."

Mr Duncan said: "It's nice to see people looking better and that they remember us and come to see us again.

"Harry had a triple bypass. Most patients who have a bypass have a history of heart disease. "If they have disease in all three arteries there is a more significant risk of dying. You are looking at a one in two chance of dying prematurely.

"Most patients who have bypass surgery see a significant improvement after surgery."

Ann Hedley, Interim Head of Fundraising for Blue Skies Hospitals Fund, said: "We are very grateful to Mr and Mrs Clarke for their generous donation. It is particularly special because the money was from their Golden Wedding anniversary. We'd like to say a huge thank you to them."

# Stay well: Stay safe

HEALTH bosses are reminding people to stay safe and use the correct medical services if they need them over the Bank Holiday.

GP practices are closed for the day but there are a number of options available. You should call 999 or go to A&E if it is a serious or life threatening emergency. If you're not sure you

can call NHS 111 and they will be able to advise you where to go. For less serious injuries or health concerns you can visit the Walk-in Centre on Whitegate Drive in Blackpool or the Same Day Health Centre on Dock Street in Fleetwood which are open as normal throughout the Bank Holiday. A number of pharmacies are also open over the holiday period, see below.

Blackpool	
Boots, UK 28-38 Bank Hey Street Blackpool FY1 1DD <b>01253 622276</b>	09:00 – 17:00
Lloyds Pharmacy, 110 Talbot Road Blackpool FY1 1LR <b>01253 627932</b>	11:00 – 16:00
Lloyds Pharmacy, J Sainsbury Store Red Bank Road Blackpool FY2 9HY <b>01253 351667</b>	09:00 – 19:00
M J Moore Pharmacy, 45-47 Westcliffe Drive, Blackpool, FY3 7BH <b>01253 301522</b>	09:00 – 17:30
Tesco Pharmacy, Tesco Extra Clifton Road Blackpool FY4 4UJ <b>01253 843847</b>	07:00 – 23:00
Morrisons Pharmacy, Morrisons Supermarket, Squires Gate Lane, Blackpool, FY4 2AY <b>01253 343377</b>	09:00 - 17:00 (Lunch 13:00 -14:00)
Whitegate Pharmacy, Whitegate Health Centre Whitegate Drive Blackpool FY3 9ES <b>01253 807 808</b>	08:00 – 21:00

Fylde and Wyre	
Asda Pharmacy, Dock Street Fleetwood Lancashire FY7 6NU <b>01253 879410</b>	09:00 - 18:00
Boots, 64 - 66 Clifton Street Lytham St. Annes FY8 5EW <b>01253 736194</b>	10:30 - 16:00
Boots, 39 Victoria Road West Cleveleys Lancashire FY5 1BS <b>01253 853168</b>	10:00 - 16:00
Boots, 3 -5 St Annes Road West Lytham St. Annes Lancashire FY8 1SB <b>01253 721668</b>	10:00 - 16:00
Lloyds Pharmacy, St. Andrews Road North St Annes Lancashire FY8 2JE <b>01253 713741</b>	08:00 - 19:00
Morrisons Pharmacy, Amounderness Way Thornton Cleveleys FY5 3TS <b>01253 852376</b>	09:00 - 17:00 (Lunch 13:00 - 14:00)

# Five star food rating

CATERING staff at Blackpool Victoria Hospital are celebrating after winning a five star food rating for the seventh successive year.

The award comes after an unannounced visit by Environmental Health inspectors from Blackpool Council to check the kitchens, food preparation and cooking, the food hygiene systems and temperature records.

Kitchen manager, Darren Cadwell, said the news was a major boost for staff and patients.

He said: "To have the five star rating again is absolutely fantastic, but for me anything less is not a second thought. As a hospital we have to have five stars, and it really does make all the hard work that goes into making 3,000 meals a day worth it."

He added: "We regularly have 700 patients in the hospital on one day who require breakfast, dinner and tea, as well as all the staff who work here and visitors.

"Hygiene is vitally important to us and we carry out daily, weekly and monthly inspections to



Darren Cadwell and staff with the five star certificate

ensure our kitchen is top class, and all our staff are given hygiene training. I am very proud of the achievements we have received.

"This is a first class kitchen with first class staff."

Senior site services manager for Blackpool Teaching Hospitals NHS Foundation Trust, Yvonne Widdows, said: "This award is a real achievement when you think about the amount of food we produce here every day. It's important to us that we stay on top of our food safety requirements all the time.

"Patients can continue to have confidence in the standards of catering services they are receiving and that we produce food in a safe manner. We know how important meals are to our patients and it can often be the highlight of their day. I'd like to say thank you to the team for all their hard work; it really is a team effort to achieve these results."

## Jelly beans help special research and development

# Clinical trials is kids' stuff!

PATIENTS, visitors and staff have been taking part in special research events at Blackpool, Clifton and Fleetwood hospitals to celebrate International Clinical Trials Day.

A mock research trial involving jelly beans was set up by the Trust's Research and Development Team on May 22 to illustrate the process of research trials.

Michelle Stephens, Manager of the Research and Development Department, explained: "We used 'BeanBoozled' jellybeans, some tasted nice, others less so!

"For example, the black jelly bean tasted of either chocolate pudding or canned dog food. The light blue bean was either blueberry or toothpaste. All were safe to eat as they were artificially flavoured. It showed the public the process of taking part in a clinical trial.

A nurse spoke about the 'study' and visitors will read through the information. There were two jellybeans in a pot — one of which tasted good and one which tasted awful.

"Our visitors ate one of them. This demonstrated



Nate Eaton, 2, with his research sticker



'randomisation' (where neither the researchers nor the patients knew what they were getting to prevent bias). In trials you have one that contains the drug and one is a placebo.

We then looked at 'efficacy' - for example, did it make you spit it out? We also asked if it was a 'drug' we would want to keep using and so on."



The Research and Development team

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. The team was also at Clifton Hospital in St Annes on May 23 and will be at Fleetwood Hospital today, Friday, May 26.