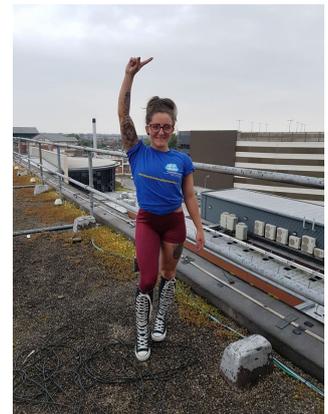


Health Matters

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



**(Blue) Skies
the limit**



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Issue 143, Friday, June 23, 2017

Welcome from the Interim Chief Executive

HELLO and welcome to your Health Matters newsletter.



I hope you have all been coping in the heat! Some of our staff and teams have been 'al fresco' this week as part of an abseiling event in aid of our Trust charity — Blue Skies Hospitals Fund. June is 'Blue Skies Month' so we have been having lots of events to raise funds and promote the work of the charity.

The brave souls who took part in the abseiling event showed just how committed our staff are to raising funds to enhance patient care. Well done to them!

Our annual Celebrating Success Awards scheme is in full swing and we have had a record year for nominations. I wish to thank everyone who nominated individuals and teams for this important recognition event. You can find out more about the awards on page 3.

We also have a story on a charity with its roots at Blackpool Victoria Hospital that has received a Queen's Award for Voluntary Service and we have details of how you can get involved in a World Record attempt.

**Wendy Swift,
Chief Executive**

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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

Record breaking year for NHS staff awards

HUNDREDS of members of staff have been entered for a Celebrating Success award. And it's been another record breaking year with more than 200 nominations from patients.

We are delighted with this response – it will certainly keep our judging panel busy when they meet on Wednesday, July 19th. The quality of nominations this year is also exceptionally high, so we are sure the panel will have a tough task on their hands.

Last year the Patients' Award attracted 145 nominations and we did not think that could be beaten. But how wrong we were and we are delighted so many people who have received treatment from us have taken the time to commend both clinical and non-clinical staff.

The success of this year's entries proves the standard of work and care given by Blackpool Teaching Hospitals NHS Foundation Trust is something to shout about and we thank everyone



Mr Jawad Islam receives the Patients' Award from Chairman, Ian Johnson and Chief Executive, Wendy Swift



who has taken the time to put together a nomination.

This year's Judging Panel consists of the following members: Chairman Ian Johnson, Chief Executive Wendy Swift, Staff Side representative Barry Casey, Public Governor Sue Crouch, Director of Nursing and Quality Marie Thompson, Radio Wave chairman John Barnett and his wife Danielle.

The shortlist for the Patients' Award will be announced on our internet site after the judging process. Winners and runners up for each award will be announced at the Celebration Ball at the Winter Gardens on Friday, October 6.

The winner of The Chairman's Award will be presented to the individual or team the Chairman feels has made the most outstanding contribution.

How you can help stop PJ paralysis

HEALTH staff at Blackpool Victoria Hospital are urging patients to get up, get dressed and get moving to end 'PJ paralysis'.

And they are appealing to relatives, friends and carers of patients to support them by bringing in a daily supply of fresh clothing to help people get out of bed.

Patients in hospital normally stay in their pyjamas or hospital gown until they are discharged. The goal of the #endPJparalysis initiative is to get patients up, dressed and moving to reduce harm, enhance dignity and promote speedier recovery.

Ten days in a hospital bed can age the musculoskeletal system of a frail patient by about 10 years. Bedrest can decrease muscle strength by two to five percent a day causing muscle shortening, changes in joint structure and marked loss of leg strength which seriously limits mobility.

While patients of all ages can benefit from being more active, it's particularly important for older people. Staff at Blackpool Teaching Hospitals want to see more patients getting up and in their day clothes which is why they are appealing for the help of relatives, friends and carers to bring in



Ward Manager, Gemma Smith, promotes the campaign. Below: team members with patient, Brian Roskell, centre



day wear so patients can get out of bed.

Karen Smith, Clinical Improvement Lead Nurse, said: "There's sometimes an assumption that when you're in

hospital you should be in your pyjamas or nightwear all the time, but that's just not the case. Many of our patients do not want to spend any longer in hospital than is absolutely necessary so it is vital that our staff do everything they can to encourage and help patients get out of bed and get dressed.

"Obviously there are certain patients who are unable to get out of bed during the day, patients undergoing a procedure, those with surgical wounds or those for whom getting dressed would be uncomfortable etc," Karen added. "But getting up, dressed and active helps promote independence."

To find out more about the initiative, talk to members of the clinical improvement team who will be on the Mezzanine Floor in the Main Entrance of Blackpool Victoria Hospital on July 13 and 14.

Charity abseil goes down well



MORE than 40 super fundraising heroes took part in a special abseil to raise funds for charity.

The heroes, including Spiderman and the Milk Tray Man, overcame their fear of heights to raise money for Blue Skies Hospitals Fund, the Trust charity. Forty-two daredevils dropped down five floors of the Women and Children's building at Blackpool Victoria Hospital, supported by professionals from Chorley-based Adventure 21.

Many people took part to overcome their fear of heights and to raise money for patient care. Pathology Manager, Mark Wrigley, made the descent because in December 2012, he was involved in a major motorway crash, which left him with life threatening injuries. This near death experience has left him with a completely different outlook on life.

He said: "If there is a challenge in life, you've just got to do it. It will be an experience bauble that I will hang on my life's Christmas tree. I want my tree to be so full that it falls over."

Mark completed his abseil wearing a Spiderman suit. He hadn't slept the night before the event as he was so apprehensive.

He added: "Although I am terrified of heights, the instructors made me feel safe. I'm so glad I have done it."

Also taking part was the Trust's Deputy Chief Executive, Tim Bennett. He wore a rucksack on his way down and revealed himself as the Man from the Milk Tray advert, complete with a box of chocolates.

He said: "I have abseiled before, but I really

enjoyed this. The lady who loves Milk Tray and receiving the box of chocs, will be my PA, Paula."

Nicci Hayes, Fundraising Officer, said: "The abseil day has been absolutely fantastic. We are proud of everyone who took part and helped raise money for our patients."

The total raised has not yet been calculated but it is thought to be at least £1500. You can still donate to Blue Skies by calling 01253 957381 or email blueskies@bfwhospitals.nhs.uk. Videos of the day can be found at: <https://www.facebook.com/BlueSkiesHospitalsFund/>



ABOVE:
Deputy Chief Executive, Tim Bennett, with his box of Milk Tray

RIGHT:
Pathology Manager, AKA Spider Man Mark Wrigley, uses his powers to reach the ground safely





Charity's royal honour

A CHARITY with its roots at Blackpool Victoria Hospital has won a top honour from the Queen.

The Swallows Head and Neck Cancer Charity has been presented with The Queen's Award for Voluntary Service — the highest honour for voluntary groups in the country.

Organisers of the charity said the award was a tribute to a great team of past and present volunteers, trustees and patrons who had given support to people affected by head and neck cancer on the Fylde coast and across the UK.

The support group was set up in St Annes in 2010 and attained full charity status in 2012. It is run by patients, carers, family and friends, so everyone understands the problems faced after a diagnosis of head and neck cancer.

Chris Curtis, chairman of The Swallows, set up the charity after being successfully treated by Mr Ajay Nigam, an Ear Nose and Throat (ENT) consultant for Blackpool Teaching Hospitals NHS Foundation Trust.

Chris said: "My oncologist Mr Nigam and Joanne Ashton (a head and neck nurse specialist at the Trust) saved my life. They are both phenomenal.

"We wouldn't have our charity if it wasn't for Blackpool Victoria Hospital and the staff who work there. Mr Nigam gave me my diagnosis, operated on me and was with me throughout my treatment. He is now the Patron of The Swallows. Joanne Ashton is one of the key players – she refers people to us. We work across the Fylde coast and we help around 4,500 people across the UK. We have recently set up support groups in Spain and I'm going to Australia in July and America in September to teach people how to run support groups."

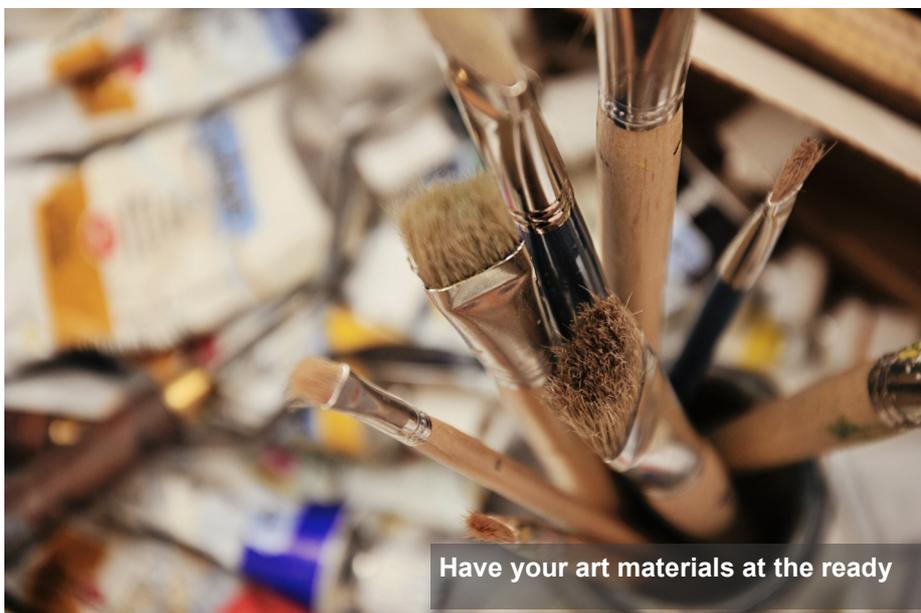
Joanne said: "The Swallows have been and continue to be, a huge wealth of empathetic support and friendship not only for our local head and neck cancer patients, but also reaching out to offer this invaluable support and friendship to head and neck cancer patients within our region, across England and now abroad."

Our photograph, above, shows: Chairman of The Swallows Chris Curtis; volunteer and former patient, John Holmes; head and neck nurse specialist, Joanne Ashton and Trustee, Peter Jefferson, at a recent 'Living With and Beyond Cancer' event organised by Blackpool Teaching Hospitals and Macmillan Cancer Support at the Village Hotel, Blackpool

Can you help world record art challenge?

ARTISTS across the Fylde coast are being asked to play their part in a special world record attempt.

Blackpool Teaching Hospitals NHS Foundation Trust and Blackpool and the Fylde College have joined forces in an effort to create the "Largest and Healthiest Art Gallery in the World" and need more than 3,000 pieces to reach the milestone.



Have your art materials at the ready

Nigel Fort, Associate

Director of Facilities at the Trust, said: "We are looking for people to submit an original piece of art work around the theme of 'what health means to me.'

"It can be a sketch, doodle, drawing, painting or photograph but it must be around the health theme."

He added: "We want to enthuse the local community to present their ideas about health through an art format.

"We then went a bit further and want to develop this into a plan to present the largest themed art exhibition in the world by displaying all the submissions in various venues throughout Blackpool and the Fylde coast.

"Our aim is to make this the largest collaborative

community art project of its kind and we hope we get the support of everyone around the Fylde coast."

The art will be displayed at venues in and around Blackpool including galleries, shops, cafes and a variety of public spaces.

Everyone who takes part will receive a certificate acknowledging their role in the record attempt. Anyone interested in taking part is asked to prepare a piece of artwork to the maximum dimensions of 297mm x 420mm in landscape or portrait.

They are then asked to take a photograph of it and send the photo to world.recordattempt@blackpool.ac.uk.

You will receive a confirmation email and will be contacted at a later date about the next steps.

Fylde to lead the way on new health care system



HEALTH bosses across the Fylde coast are delighted to be named as one of only a few areas in the country to receive support to progress towards being an accountable care system.

Simon Stevens (pictured, above), the chief executive of the NHS in England announced Blackpool and the Fylde coast as one of a select few areas which will progress new ways of working in order to benefit patients, staff and organisations.

The NHS organisations in the area, namely NHS Blackpool Clinical Commissioning Group (CCG), NHS Fylde and Wyre CCG, and Blackpool Teaching Hospitals NHS Foundation Trust along with Blackpool Council and other local authority partners have a strong history of working together and have recently begun to look at ways in which this could be made easier by introducing a concept called 'accountable care'.

Accountable care refers to organisations working collaboratively together to make collective decisions in the best interest of their local communities about plans and priorities as well as how to best use all of their resources. This would not only benefit local people's health and

experiences of care but also better allow professionals who provide services, but are employed by different organisations, work much more closely together. Some of this work has already begun with the introduction of a dedicated community based service for over 60s with multiple long-term conditions and new locally based Neighbourhood Care Teams across Blackpool, Fylde and Wyre.

Welcoming the announcement, Dr Amanda Doyle, a Blackpool GP and chief clinical officer at NHS Blackpool CCG, said: "We are obviously very pleased that our hard work and progress to date have received this level of endorsement.

Wendy Swift, chief executive at Blackpool Teaching Hospitals NHS Foundation Trust said: "This is really good news for people across the Fylde coast and is testament to the fantastic work that staff across all organisations have been doing for some time.

Dr Tony Naughton, a Thornton GP and clinical chief officer at NHS Fylde and Wyre CCG said: "The pressures the NHS is under are well-known and so making the best use of all our resources is really critical."

Trust welcomes new End of Life nurse



THE Trust's new Lead Nurse for Cancer and End of Life Care, Jackie Brunton, wants to say 'hello' and introduce herself to the public.

Jackie, who is based at Blackpool Victoria Hospital, said: "I am delighted to join the Trust and although I have never worked or trained here, it feels like home already.

"I have met so many lovely people and have been made to feel very welcome."

Jackie trained as a nurse in Manchester and Essex. On qualifying she worked at Basildon and Thurrock NHS Hospitals Trust within general surgery/urology as a staff nurse, ward sister and specialist nurse prior to relocating back nearer to home.

She joins the Trust from Southport and Ormskirk NHS Hospitals Trust where she worked for the last 12 years in a number of senior nursing posts and most recently as Lead Cancer Nurse.

She added: "I live in Preston with my husband Dave and my daughter - but I am a local girl!

"I grew up in Fleetwood and have family and friends who live across Fylde, Wyre and Blackpool.

"I am looking forward to working with patients, the public and staff."

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