Welcome from the Interim Chief Executive

HELLO and welcome to your Health Matters newsletter.

This edition highlights the fantastic news that our Extensive Care and CASHER teams have been shortlisted in this year’s prestigious Nursing Times Awards.

To add to this a key member of the Extensive Care Team, Dr Andrew Weatherburn, has also been nominated for the Kate Granger Awards. These awards are huge and it is a huge honour for Dr Weatherburn to be in the running for one. As Chief Executive I am very proud of everyone who is part of these teams and I wish them well.

I was also proud to see a member of our catering staff raise money to help put some new artwork in the Adolescents Unit at Blackpool Victoria Hospital. Darren Cadwell has been a prolific fundraiser for the Trust over the years and it is lovely to see him do so much to help our patients.

Finally it was lovely to see a project that was undertaken with Clifton Hospital shown to visitors at the Lytham Festival. It was a great piece of work.

Wendy Swift, Chief Executive

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STAFF of a revolutionary Fylde coast health service are celebrating after receiving news that their hard work has been shortlisted for two top national awards.

The community based Extensive Care service, which was set up as the first of its kind for local health services back in 2015, provides dedicated support for local people over the age of 60 with two or more long-term conditions.

A range of doctors, nurses, pharmacists and other staff all work together to help patients get their conditions under control, improve overall wellbeing and in turn reduce the need to access other services.

Now the huge impact made on patient experiences and outcomes by the team has been recognised with a shortlisting in the Care of Older People category at the prestigious Nursing Times awards.

The good news doesn’t stop there though, with Dr Andrew Weatherburn, clinical lead for the service at Blackpool Teaching Hospitals NHS Foundation Trust, being just one of three individuals shortlisted at the national Kate Granger Awards for Compassionate Care.

These awards are dedicated to Dr Kate Granger who sadly passed away in July 2016. Kate was the founder of the globally recognised #hellomynameis campaign to encourage all health and care staff, wherever their role, wherever they work, to deliver care with compassion, recognising the individual and their care needs.

Speaking after receiving news of the nominations, Dr Weatherburn, Extensive Care clinical lead at the Trust said: “I’m enormously proud of our Extensive Care team and everything we have achieved over the last couple of years.

“When we began this journey, we started with the clear aim of improving experiences of care and outcomes for patients.

“The evidence we have shows we are doing just that, 100% of our patients would recommend the service to a friend or family member which is a real testament and many have spoken openly about the great positive impact we have had on their health and general daily living.

“Personally, being shortlisted for the Dr Kate Granger awards is really humbling and a proud moment. I have to say though, I am even prouder that our whole team efforts have been recognised with the nomination for the Nursing Times award.”
Team praised for its work with youngsters

A TEAM which helps children and adolescents to cope with mental health problems has been shortlisted for two Nursing Times Awards.

The Child and Adolescent Support and Help Enhanced Response (CASHER) team at Blackpool Teaching Hospitals NHS Foundation Trust is shortlisted in the ‘Child and Adolescent Services’ and the ‘Nursing in Mental Health’ categories.

The CASHER team is made up of staff from different Mental Health backgrounds who work outside of normal office hours including weekends and on Christmas Day.

They work on the CASHER team in addition to their normal roles and see young people up to the age of 25.

John Stainton, Team Leader for the CASHER service, said: “It is great that the CASHER Team has been nominated for two categories in the Nursing Times Awards.

“It has given the team a fantastic morale boost and recognition for all the hard work that they put in, making such a difference to all the children and young people that they see whilst covering the ‘out of normal hours’ shifts.

“The fact is that whenever possible and when it’s safe to do so, the young people that we see, can be offered many alternatives, other than a hospital admission. This helps them to take control of their situation and we help put in place suitable services, such as the Youtherapy Counselling Service, to help them to move forward in a positive way.

“We see children and young people who may have concerns with regards to their mental health or any issues they feel they need to discuss.

“We meet up with children and young people and discuss ways of helping them to move forward from the position that they feel they are in.

“This usually involves us completing an assessment to make sure that we don’t miss anything important and with the consent of the young people that we see, we will inform other people and organisations involved with their care, for example, GPs and schools.”

The CASHER team runs a drop in/follow up group from Talbot and Brunswick Children’s Centre on the first and third Tuesday of each month from 5pm to 7pm. The team is also planning on starting a group in Fleetwood.

John said prior to the CASHER Team being set up in December 2015, there was no provision for children and young people who needed to be seen outside of normal office hours. Before the CASHER team was set up, many
A FAMOUS artist’s work has transformed the Adolescent Unit at Blackpool Victoria Hospital from a drab clinical space to an inspirational environment for young patients.

Charlotte Reed, who has produced many books and posts inspirational quotes every day on Facebook and Twitter, was delighted to be able to support the unit with her creations.

Charlotte’s Facebook page – named ‘May the thoughts be with you’ – has a huge following as her inspirational messages give people something positive to focus on.

The printing of Charlotte’s creations on large wall hangings was funded by the hospital’s kitchen manager, Darren Cadwell.

Darren, who also works as a doorman at Yates’ on North Shore in Blackpool, collected money from pub customers and gave it to the Blue Skies Hospitals Fund, the charity of Blackpool Teaching Hospitals NHS Foundation Trust.

Over the last few years Darren has collected more than £10,000 for the Blue Skies fund and is an ambassador for the charity.

Darren said: “I wanted the money to go to the children’s ward. My daughter, who is 12 years old now, was in there once. It looks so much brighter now. It’s fantastic. I’ve also got two lads. If I’m fundraising, I always want it to be for the kids.”

“Charlotte does a positive quote every day and we wanted to include some of them on our walls.”

Rosanne Norman, a play specialist for the Trust, said: “Young people from our youth forum – Victoria’s Voice – chose the quotes for the walls. They loved the artwork too.”

“Charlotte does a positive quote every day and we wanted to include some of them on our walls.”

Rosanne said: “Charlotte was absolutely delighted to support us with her artwork. I love it – I think it looks great. Patients have commented that they love it. “Charlotte does a positive quote every day and we wanted to include some of them on our walls.”

Nicci Hayes from the Blue Skies fund said: “Blue Skies would like to say a big thank you to Darren and the staff and customers of Yates’ for raising the money to purchase this fabulous artwork. It really has made a massive difference to the unit and we are sure that it will be greatly enjoyed.”
FOLLOWING weeks of preparation and lots of interaction with patients at Clifton Hospital, the “Dare to be Great” project performed a series of shows at the Lytham Festival.

Local young people chatted to patients over three sessions and put together a theatre piece from recorded patients’ memories.

The project, put together by Lytham’s Fable Arts in collaboration with Lancaster-based Ludus Dance, aimed to foster greater awareness and understanding of what it’s like to live with dementia through a piece of physical theatre.

The piece was performed at a series of slots throughout the Lytham Festival, as well as at Clifton Hospital, ending with a performance on the main stage on the final Sunday.

There will also be a documentary of the process which is currently being edited. Ward Manager, Linda Broadbent, said: “It was great to see these young people so engaged and enthusiastic about the project. Our patients loved meeting with them and sharing some memories.”

You can watch the performance on the main stage by visiting this link:

https://youtu.be/GtPtY9GtWho
Lung study research

A RESEARCH study with the potential to save the lives of lung cancer patients is being conducted at the Trust’s Clinical Research Centre.

Research centre staff are keen to promote this pioneering study as it could mean fewer patients will develop lung cancer in the future.

The North West has the third highest rate in England for people developing lung cancer so the region could significantly benefit from the study.

A total of 105 patients are already signed up to the study including patients who attended hospital with symptoms such as a persistent cough, bloodstained sputum, shortness of breath and unexplained weight loss.

Led by the Liverpool Heart and Chest Hospital NHS Trust, Blackpool Teaching Hospitals is the only other Trust in the UK participating in this international study from the Roy Castle Cancer Foundation.

More than 44,000 people are diagnosed with lung cancer every year in England and more than 35,000 people die of it each year. The cost to the NHS is in the region of £2.5 billion.

Vasanthi Vasudevan, a research nurse, said: “If you detect lung cancer at ‘stage one’, out of 100 people, 83 people will survive at least one year. At a later stage – ‘stage four’ - only 17 people out of 100 will survive at least one year.

“If the research can identify indicators that are present in potential patients, we will be able to conduct further research to develop preventive therapies and save lives in the future. The next step will be to identify people who are likely to develop cancer and take steps to prevent it."

Mr Nidal Bittar, a cardiothoracic surgeon for the Trust, is the clinical lead for this study.

Philomena Shooter, a respiratory research nurse for the Trust, said: “Patients have been happy to participate in the study because they realise that early diagnosis is hugely important. They’re keen to help.”

The research centre team is also working on a study with a different group of lung patients. Philomena said: “We’re asking people to give breath samples and we are looking for ‘biomarkers’ (a naturally occurring molecule, gene, or characteristic by which a particular disease can be identified).

“We'll be looking for signs or risks of lung cancer. If it's successful, diagnosis will be a lot easier. Hopefully, the machine we use to collect the breath samples will tell us if a person is at risk of developing lung cancer.”

Michelle Stephens, Research and Development Manager, added: "Without our patients joining the trials that we run, we would not be in a position to help contribute to major breakthroughs of new diagnoses and treatments. I would like to thank those patients who have already joined these studies and if anyone is interested in joining these studies, please contact us.”
SCHOOL pupils gave impressive presentations to fellow students about an initiative designed to help improve the health and wellbeing of their peers.

The ‘Youth Health Leaders Day’ at St Mary’s Catholic Academy and Sixth Form in Blackpool on celebrated the ‘Youth Health Leaders’ project which is led by the Trust.

Hospital staff, including doctors, nurses, senior managers, a dental educator and a pharmacist, congratulated the pupils on their work as Youth Health Leaders and spoke about the job opportunities within the NHS on the Fylde coast.

The Youth Health Leaders programme, which has been running for two years at St Mary’s, was set up by Sharon Vickers, a Practice Development Sister at the Trust. It was designed to encourage young people to champion good health among their peers and spark interest in health care as a career.

Sharon Vickers said: “The whole purpose of the Youth Health Leaders programme is to encourage young people to take ownership of health in the local area.

“They help to promote better ways of living to other young people. The scheme gives them a connection with the hospital if they feel they would like to join the local NHS.

“We would like to have every secondary school in Blackpool, Fylde and Wyre signed up to this programme It was the first time that St Mary’s had hosted an event for the Youth Health Leaders and it was a huge success.

“St Mary’s also opened the event to other schools including Carr Hill High School, Montgomery High School, St George’s High School, Rossall School, AKS Lytham Independent School, Millfield Academy, Aspire High School, Unity School and Lytham High School.

“They were invited as they had shown an interest in the Youth Health Leaders programme. They have been invited to a similar event at Blackpool Victoria Hospital on November 10. The Youth Health Leaders get to work with each other on problem solving and they keep up with local and regional studies on health related concerns.”

For more on the Youth Health Leaders programme, contact Sharon Vickers at Sharon.vickers@bfwhospitals.nhs.uk
Youngsters raise cash in memory of step dad

TWO Blackpool youngsters braved the toughest of conditions to raise money for charity in memory of their late stepfather who died at the age of just 39.

Brayden Camm, 13, and his nine-year-old sister Libby took part in a Junior Tough Mudder extreme assault course event near Lancaster and raised more than £1,200 in memory of Nicholas (Nick) Wood who sadly died in February this year from a heart condition after picking up a chest infection. He was due to have treatment for the condition but sadly died in the Intensive Care Unit at Blackpool Victoria Hospital.

Brayden and Libby said they wanted to do something in memory of Nick and took part in the event to raise money for the Heart of Gold Appeal run by Blue Skies Hospitals Fund, the charity of Blackpool Teaching Hospitals NHS Foundation Trust.

The pair handed the money to Mr Andrew Duncan, Consultant Cardiologist, who thanked them for their efforts.

He said: “This is a fantastic amount of money and we are really, really grateful to Brayden and Libby. All the money is put back into care for cardiac patients and we will make sure it is put to good use.”

Mum, Kelly Abraham, said Nick would have been extremely proud of the pair.

She said: “As soon as Nick died they both said they wanted to do something in his memory. They said all along it was the right thing to do and they did really well.

“Nick would have been so proud of them. They have raised so much money and it is still coming in.”

Lauren Codling, Community Fundraiser for Blue Skies Hospitals Fund, said: “It is wonderful to see Libby and Brayden doing something so brave in memory of their stepfather.

“We are extremely grateful for their support and such a fantastic total which will make such a difference to the unit.”