

# Health Matters

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



## Butterfly Ball raises dementia funds

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Issue 155, Friday, December 8, 2017

## Welcome from the Chief Executive

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



I am delighted to read about ground-breaking surgery being offered at our Lancashire Cardiac Centre.

We are known for being a leader in the field of medical advancements and this is another example of the excellent service we are able to offer cardiac patients.

Blackpool Teaching Hospitals are also dedicated to improving the environment for dementia patients and I would like to add my thanks to those who organised and supported the Butterfly Ball last month.

This is an excellent fund raiser for dementia and will benefit patients at our hospitals.

On Page 7 you can read about how some of the funds raised for dementia have been used.

Finally may I say farewell to Nurse Liz Darling who has dedicated more than 40 years to the NHS.

**Wendy Swift,  
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)**

**Any comments ideas or suggestions? Please contact: the Communications Department, on 01253 953059, 956941 or 953538 or email [communications@bfwh.nhs.uk](mailto:communications@bfwh.nhs.uk)**

# Crowds wowed at the second Butterfly Ball

THE second annual dementia Butterfly Ball has been hailed as a fantastic success.

Held at Blackpool's Hilton Hotel, guests were generous, buying raffle and bingo tickets to raise money for Blue Skies Hospital Fund's Peace of Mind Appeal. The organisers have announced that so far the money raised from the two balls has now exceeded £10,000.

The appeal raises money to convert patient areas within Blackpool Teaching Hospitals into dementia friendly environments.

The guest of honour was Barbara Hodkinson MBE who founded the Dementia Butterfly scheme on which the theme for the ball was based.

In her speech Barbara praised the Trust for their dementia care and urged staff to: "Continue what you are doing, because what you are doing is great."

Organised by nurse and Dementia Champion, Francesca Hall and Clinical Change Facilitator, Andrew Goacher, guests were greeted by the My Stage Company's Butterfly Girls.

Guests were also able to make a charity donation to have face and hair glitter make-up from local business, Bedazzled.

Francesca said: "We've had a great evening and I want to thanks everyone for their generosity; from the kind donations from local businesses, to the people who bought tickets. It means so much to know that people really care about our patients living with dementia."

Bingo and raffle prizes included an Apple Watch,



Paul O'Brien with Butterfly Girls from My Stage Company at the ball

Beaverbrooks jewellery and a five day pass to next year's Lytham Festival.

Andrew said: "It's been hard work, but it's been worth it. The money raised from the two balls will make a real difference to our patient environments."

Entertainment was provided by hosts Paul O'Brien and Alma Stewart with live music from Touch the Pearl.

The Butterfly Scheme provides a system of hospital care for people living with dementia. Find out more by visiting their website: <http://butterflyscheme.org.uk/>

# New surgery will add to centre's reputation



HEART patients from across the county are being offered ground-breaking treatment by experts at the Lancashire Cardiac Centre, based at Blackpool Victoria Hospital.

Patients who have atrial fibrillation, otherwise known as abnormal heart rhythms, are now able to access a technique called cryoablation which restores normal heart rhythms by disabling the heart cells that create an irregular heartbeat.

Recent studies have found cryoablation to be significantly more effective than medication, and patients generally experience less pain than with radiofrequency ablation.

During this minimally invasive procedure, a thin flexible tube called a balloon catheter is used to locate and freeze the heart tissue that triggers an irregular heartbeat.

Dr Shajil Chalil said: "We have bought in yet another cutting edge technique in relation to atrial

fibrillation which is the most common heart rhythm problem we see. We already provide a comprehensive service using techniques like radio frequency and laser and we have now brought in cryo technology which is where you freeze the veins rather than burn them to do the treatment."

Dr Khalid Abozguia added: "It is a technique that has been available in other areas and we wanted to make sure our local population could benefit from this too. There are several ways of treating the condition and there is very little to choose between them, but the advantage of this procedure is that it is quicker.

"This means that it is more efficient too and we can treat more patients for this growing condition, reducing the waiting times.

"This is a growing area of surgery and we wanted to make sure the Lancashire Cardiac Centre was among those offering this specialist service to our patients."

# Raising awareness of abuse against women



Stacey Simpson, Lisa Lonsdale and Coun Graham Cain

STAFF at Blackpool Teaching Hospitals NHS Foundation Trust showed their support for this year's campaign to tackle abuse against women and girls.

Lisa Lonsdale, Safeguarding Practitioner Children and Adults, and Stacey Simpson, Independent Domestic Violence Adviser joined forces with Coun Graham Cain from Blackpool Council to raise awareness of the international White Ribbon campaign.

Often it takes a tragedy to seek a remedy. Such was the genesis of White Ribbon.

On December 6, 1989, a student at the University of Montreal massacred 14 of his fellow female students. His actions traumatised a nation and brought the issue of violence against women to the forefront of our collective consciousness.

In response, a group of men in Toronto decided to speak out and work to stop men's violence against women. In 1991 they initiated a male-led movement known as White Ribbon, with an annual awareness-raising event (White Ribbon Day) held between November 25 and December 6 every year.

It is now an international effort in over 57

countries, of men and boys working to end violence against women.

Lisa said: "White Ribbon Campaign encourages males of all ages to make a pledge to never commit, excuse or remain silent about violence against women.

"We are mindful that males can also be victims of domestic abuse and want to raise awareness by using this campaign.

"Blackpool Council, on behalf of Blackpool Domestic Abuse and Interpersonal Violence Partnership, achieved the White Ribbon Accreditation recently and one of their ambassadors, Coun Cain, joined us at the hospital.

"We also joined forces with the Renaissance group who support victims of sexual abuse. It was a really successful day and great to see so many people interested in learning more about the campaign, signing the pledge and raising awareness of domestic abuse."

There is a dedicated Health Independent Domestic Violence Advisor service available within the Trust to support both men and women, patients or staff, affected by domestic abuse.

# Research team to support new study

PARENTS of young babies are being asked to take part in a research study to assess how their personality influences your child's early sensory development.

Ellie Smith, a PhD student from Lancaster University, is looking into the effect parents' personalities have on their infants' early development and is running a large-scale study out of Lancaster University Babylab.

She is now looking for more parents of babies aged between five-and-a-half and six-and-a-half months to take part in the study which is being run at Blackpool Victoria Hospital.

Ellie said: "This research involves three short activities for you and your baby, where we will record their electrical brain behaviour using a clever hat.

"This hat is called EEG and has a collection of sensors that sit on your baby's head so I can see what is going on in their brain during the activities! It is non invasive, very comfortable for them and is perfectly safe.

"Using EEG is an amazing tool for learning how very young infants' brains work and how much they actually pick-up on in their environment.

"We often don't think about how much our new



Michelle Stephens

born infants are learning and picking up in the first few months. But this can be key to their development and this is what I hope to discover."

Michelle Stephens, Research & Development Manager at Blackpool Teaching Hospitals NHS Foundation Trust, said: "We are very pleased to be able to work with Ellie and the Babylab team at Lancaster University to offer this new study at the Trust.

"This is the second time we have collaborated with Lancaster University's Babylab and it is fascinating to see how babies develop and their abilities through these ground breaking studies. We wish Ellie lots of success with her study."

The Lancaster University Babylab is one of the largest groups worldwide working on early development. Most of their studies involve children between four months and four years of age but they are also interested in learning more about babies' abilities before birth.

If you are interested in taking part please contact Ellie Smith on [e.smith3@lancaster.ac.uk](mailto:e.smith3@lancaster.ac.uk) or Dr Megan Thomas on [dr.thomas@bfnh.nhs.uk](mailto:dr.thomas@bfnh.nhs.uk)

# Cutting edge cutlery for dementia patients

DEMENTIA patients across the Fylde coast are to benefit from bespoke cutlery and crockery thanks to funds raised by hospital staff and the Blue Skies Hospitals Fund's Peace of Mind appeal.

£10,000 has been raised to purchase a large number of specialist sets of crockery to help dementia patients eat and drink while in hospital.

Karen Smith, Clinical Improvement Lead at Blackpool Teaching Hospitals NHS Foundation Trust, said: "The cutlery and crockery has been specially designed to help dementia patients overcome a number of issues that can affect their eating and drinking.

"The design makes them easier to hold for people with weaker grips while the shape of the bowls and spoons means the food stays on them.

"The place mats are very brightly coloured so they can be seen easier and are extremely sturdy so things stay in place and don't get knocked over so much.

"All the cutlery is brightly coloured too which makes it much easier for those patients who are visually impaired. The beakers are specially designed so people don't have to put their heads



Staff with examples of the new dementia friendly crockery

back as far to drink out of them.

"These sets will be a massive help for patients and we are really grateful to everyone who has helped raise money to fund them."

The money was raised through a number of staff fundraising events including the Butterfly Ball, cake sales and other events. Much of the fundraising was organised by staff at Clifton Hospital.

Kila Redfearn, Head of Blue Skies Hospitals Fund, said: "This is just another way in which charity can help make a real difference to everyday life in the hospital. Special thanks go to everyone who has raised funds or donated to the Peace of Mind appeal, we are always blown away with people's kindness."

# Christmas market is full of festive fun



Photographs from the Trust's Christmas Markets at Blackpool Victoria Hospital this week

THERE was festive fun for all when the Trust's Education Centre staff held their annual Christmas market this week.

The Christmas markets were put together by the medical students and staff from the undergraduate team in medical education with all funds raised going to local charities Trinity Hospice, Brain House and Blue Skies Hospital Fund.

The education centre welcomed a variety of festive themed stalls such as Christmas Eve boxes, hand made cushions, hand crafted candles and candy tree wreaths to name but a few. There was also a guest appearance from Santa himself!

Deli Delight kindly catered for the event, serving

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a fusion of English and Indian cuisine whilst guests were entertained by singers and the hospital choir.

Hayley Turner, Undergraduate coordinator, who organised the event said: "I am delighted to say the Christmas Market was once again a huge success!

"Our Liverpool students worked really hard putting together an amazing Santa's Grotto which the children loved.

"We are looking forward to counting up all the donations and letting everybody know how much we made for our chosen charities.

"We would like to thank all the store holders for taking part, and all our sponsors for our fantastic raffle prizes."



Liz Darling and below in 1974

## End of an era for nurse Liz

A BLACKPOOL nurse is set to retire after a lengthy NHS career.

Elizabeth Darling, who works at Blackpool Victoria Hospital as an Upper GI Cancer Nurse Specialist, will have completed 46 years' service later this month.

Liz started studying at the Whinney Heys site in 1971. She lived in the nurses' quarters until she qualified in 1974 and has no break in service.

She started her career in Coronary Care, which only had five beds at the time, before moving from Blackpool Victoria to work in Leeds as a Sister for three years.

During her nursing career she trialled the first hoists for manoeuvring patients and her ward was the first to trial nurses working without hats.

Returning to Blackpool as a Sister in the Cardiothoracic Unit, Liz transferred to

Gastroenterology as a Senior Sister in 1985 before settling in her current role in 2001.

She said: "I'm going to miss the job, but it's time for me now. Things have changed a lot over the years. For example, we would never call Sisters and Staff Nurses by their first name.

She said: "I started as a student nurse on £24 a month," she added. "I have had some fun over the years and I really love my job, although it can be harrowing at times, especially having to deliver bad news.

"I have a good rapport with both patients and staff, which I will miss, but it is time for somebody else to enjoy the job as I have."

Deputy Director of Nursing and Quality, Simone Anderton, said: "Liz has been a valuable, well known and loved member of our nursing staff. She is going to be greatly missed not only by her colleagues but her patients too, all of whom she has made a great difference to."

Blackpool Teaching Hospitals **NHS**  
NHS Foundation Trust

THE WOMEN AND CHILDREN'S UNIT *would like to share with you a*  
**SERVICE OF REMEMBRANCE**

*for all our babies that have died over the years.*

**SUNDAY 10th DECEMBER 2017 at 3pm**  
(Doors open from 2.40pm)

**THE BARONIAL HALL  
BLACKPOOL'S WINTER GARDENS**

*There will be a small candle lighting ceremony.  
If you would like us to light a candle and are unable to attend,  
then please send a stamped addressed envelope to:-*

Megan Murray, Bereavement Support Nurse,  
c/o The Women's Unit, Blackpool Victoria Hospital  
Whinney Heys Road, Blackpool FY3 8NR

If you require further information  
then please contact MEGAN on 01253 956877  
Blackpool Teaching Hospitals



**GIVE A GIFT**

Can you help to spread some Christmas cheer & ensure every patient in hospital will receive a gift this Christmas? Please donate your gifts today!

Our patients would be very grateful for adult & 13+ gifts such as:

- Toiletries
- Books
- Games
- Hats/Scarves/
- Gloves
- Stationery
- Any other gifts

Please keep gifts un-wrapped. No food OR alcohol

Last collection day 18th December

**THANK YOU!**

Blackpool Teaching Hospitals   
NHS Foundation Trust

  
hospitals fund  
The Charity for Bereaved Teaching Hospitals  
Incorporated under the Charities Act 2006



# Tree of Lights

Let the memory of your  
loved ones shine brightly

You are invited to join us on  
**Monday 11th December 7.30pm**  
in The Restaurant at Blackpool Victoria Hospital

**For a special event to remember loved ones**

This evening also supports Blue Skies Hospitals Fund  
Donations will support Bereavement Care at  
Blackpool Teaching Hospitals NHS Foundation Trust

**ALL WELCOME**

To find out about supporting the  
**Tree of Lights Appeal** or to reserve  
a place at this special event, please  
contact the Fundraising office or  
pick up a leaflet from the chapel

**01253 957904**

[blueskies@bfwhospitals.nhs.uk](mailto:blueskies@bfwhospitals.nhs.uk)  
[www.bfwh.nhs.uk/blueskieshospitalsfund](http://www.bfwh.nhs.uk/blueskieshospitalsfund)

