



MERRY CHRISTMAS Health Matters

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



Tasty way to say thank you

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Christmas on the wards at our
hospitals — Pages 3 & 4

Holiday health

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Welcome from the Chief Executive

HELLO and welcome to your Christmas edition of our Health Matters newsletter.



As we say goodbye to 2017 it's time to reflect on what made it such a wonderful year for the Trust and its patients, staff and visitors.

The Trust received a national award back in February for its work with youngsters and later that month a mammoth fundraising show boosted our dementia appeal by £30,000.

Throughout the year we have reported ground-breaking work in our Cardiac centre and in April a 92-year-old patient said thank you for his pioneering surgery.

In June we were the ones saying thank you to our amazing team of volunteer helpers as we handed out recognition awards.

And more recognition for our Trust as nursing teams were shortlisted for national awards and more than 500 staff were nominated for our health gongs.

It's been a busy year and we wish all our patients, staff and visitors a Happy Christmas and peaceful 2018.

**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

Hospital gets in the mood for Christmas



Staff don their Christmas jumpers to raise cash for Blue Skies Hospitals Fund



MORE than 130 Chocolate Oranges have been donated to staff in the emergency department at Blackpool Victoria Hospital in memory of a little boy, Elliot Lamb, who tragically died just before Christmas seven years ago.

The mountain of treats were collected by staff at Blackpool's Warbreck House, Department of Work and Pensions (DWP), who wanted to support the campaign started by their colleague, Elliot's dad, Chris Lamb.

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PETER and Joanne Gunn presented 70 Christmas presents to Blackpool Victoria Hospital's Childrens' A&E on behalf of West Lancashire Freemasons in the Community Initiative. The donation was in memory of family members who had been widely respected Freemasons in the local community.

Bags of festive fun around the Trust...



ABOVE: Mayor and Mayoress of Fylde visited Clifton Hospital with local group Just Good Friends; TOP RIGHT: Coral Island's Captain Jack with patient Lucas Birch

Sue Tomlinson knitted mini stockings for Clifton Hospital patients



A special Facebook group collected hundreds of toys for the Children's Ward



The cast of Cinderella called into the Children's Ward to spread some Christmas cheer: David Alcock (Baron); Melanie Walters (Fairy Godmother); Cinderella (Olivia Birchenough); Prince Charming (JJ Hamblett); patient Jessica Cook, 11; Steve Royle (Buttons) and Mark Paterson (Dandini)



ABOVE: Local football teams brought presents for the Children's Ward. LEFT: Players from AFC Fylde with patient Keenan Clegg and Fleetwood Town FC stars with patient Chloe Furnevall.

Clifton plays host to special festive guests

CLIFTON Hospital has welcomed some special visitors to spread some festive cheer in the run up to Christmas.

Mayor of Fylde, Coun John Singleton and Mayoress of Fylde, Geraldine Singleton MBE, were joined by befriending group, Just Good Friends, who led a campaign for donated gifts for each patient at the hospital.

They gave out presents donated by the Princes' Trust, South Shore Fire Station, Lynn Sumner from Blackpool Tesco Extra and Poplar House Surgery in St Annes.

Bev Sykes, founder of Just Good Friends, said: "We have been donating Christmas presents for the last five years.

"We are usually joined by singer and actress, Anne Nolan, but she is in panto this year and can't be with us, but she will be thinking of everyone at Clifton.

"It is lovely to see the staff dedication and caring here at Clifton. When you see that, you want to help and as busy as the staff are, they always find time for the patients."

Mayoress of Fylde, Geraldine Singleton MBE, said: "This was our third visit to Clifton Hospital and as ever, the staff were welcoming and friendly. The generosity of donors is astounding and they can be assured their gifts are put to good use."

Ward Manager, Helena Palin, said: "It's so nice that our visitors have spared the time to chat to each patient. People work so hard and tirelessly to spend the time to collect and give out the gifts. Thank you to everyone involved."

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Mayor and mayoress of Fylde with patient Pauline Cocker



Bev Sykes gives patient Michael Fitzsimmons a present, Kenneth Brown as Santa and elf, Emma Sykes

A guide to pharmacy festive opening hours

A NUMBER of pharmacies will be open over Christmas and New Year to offer advice and treatments for minor illnesses and injuries.

In Blackpool, Fylde and Wyre all pharmacies will be open on Christmas Eve, however some opening times may vary.

On Christmas Day, pharmacies will be open at:

- Whitegate Drive Health Centre, 8am to 9pm
- Wesham Pharmacy, 10am to 1pm
- Tomlinsons Chemist, Market Square, Lytham, 11am to 2pm

On Boxing Day, pharmacies will be open at:

- Whitegate Drive Health Centre, 8am to 9pm
- Boots, Bank Hey Street, 9am to 5.30pm
- Lloyds, Sainsbury's, Red Bank Road, 9am to 6pm
- Morrison's Pharmacy, Squires Gate Lane, 10am to 4pm
- Lloyds Pharmacy, St Andrews Road North, St Annes, 9am to 5pm
- Boots, Clifton Street, Lytham, 10.30am to 4pm
- Boots, Victoria Road West, Cleveleys, 10am to 4pm
- Boots St Annes Road West, Lytham, 10.30am to 4.30pm
- Morrisons Pharmacy, Amounderness Way, Thornton Cleveleys, 10am to 4pm
- Asda Pharmacy, Dock Street, Fleetwood, 9am to 6pm

All pharmacies will be open on New Year's Eve, however some opening times may vary.

On New Year's Day, pharmacies will be open at:

- Whitegate Drive Health Centre, 8am to 9pm
- Lloyds Pharmacy, Sainsbury's, Red Bank Road, 10am to 4pm
- Boots, Bank Hey Street, 10am to 5pm

- Lloyds Pharmacy, St Andrews Road North, St Annes, 9am to 5pm
- Asda Pharmacy, Dock Street, Fleetwood, 10am to 6pm
- Morrisons Pharmacy, Amounderness Way, Thornton Cleveleys, 10am to 4pm

In Morecambe Bay Pharmacies will be open as usual on Christmas Eve although times may vary.

On Christmas Day, pharmacies will be open at:

- Boots, Stricklandgate, Kendal 10am - 1pm
- Lloyds, Station Road, Kendal 1pm - 3pm
- Cohens, Barrow-in-Furness, 10am - noon
- Grasmere Pharmacy, Grasmere, 10am - noon
- Dalton Square, Lancaster, 10am - 1pm
- Fox & Metcalfe, Lancaster, 10am - 3pm
- Kepple Lane Pharmacy, Garstang 10am - 1pm

On Boxing Day, pharmacies will be open at:

- Lloyds, Christie Park, Morecambe 9am - 5pm
- Asda, Barrow-in-Furness, Lancaster and Kendal, 9am - 6pm
- Boots, Lancaster, Morecambe, Barrow-in-Furness, Kendal, Ambleside, Windermere, Ulverston (times vary)
- Lloyds, Cable Street, Lancaster 11am - 5pm

On New Year's Day, pharmacies will be open at:

- Asda Pharmacy Barrow-in-Furness, Ovangle Road, Lancaster and Kendal 10am - 6pm
- Boots, Barrow-in-Furness, 11am - 4pm
- Boots, Ambleside, 10.30 - 5.30
- Lloyds Pharmacy, Christie Park, Morecambe, 9am - 5pm
- Lloyds, Cable Street, Lancaster, 11am - 5pm

A full list of Christmas opening times for pharmacies and other services across the Fylde Coast is available at <http://whyaande.nhs.uk/xmas>

Don't forget your repeat prescriptions

WITH Christmas fast approaching, local people with long-term health conditions such as asthma, diabetes, lung and heart disease are being reminded not to leave it too late to get their repeat prescriptions.

Although many GP practices and pharmacies will be open between Christmas and New Year, many will be closed on the bank holidays and so it is important people check they have enough medication to avoid requiring urgent medical help during the festive period.

Speaking on behalf of the NHS Blackpool and Fylde and Wyre Clinical Commissioning Groups (CCG), Dr Amanda Doyle, a Blackpool GP and Chief Clinical Officer at NHS Blackpool CCG, said: "People with long-term conditions rely on their prescribed medication to help keep their condition under control.

"So if you or a relative have a long-term condition I'd encourage you to check that you have enough medication to see you through the festive period. If not, it is important to order more in good time – then you can get on with enjoying the holiday period in good health!"

Renewing a repeat prescription is easy. It can be done with a phone call to notify your GP practice or by visiting in person.

It can be made even easier if you are registered for GP online services. Most practices let you order a repeat prescription with just a few clicks. To find out more visit www.nhs.uk/gponlineservices.

Now is also a good time to double check that



home medicine cabinets are well stocked with over-the-counter remedies so that minor illnesses and injuries can be managed at home during the festive period.

If you do need medical advice for a minor ailment during the festive period, pharmacies can provide free, expert advice without the need for an appointment.

A full list of Christmas opening times for pharmacies across Blackpool, Fylde and Wyre, is available at www.whyaande.nhs.uk.

Be ready for when Jack Frost calls

THE winter weather has taken hold with temperatures already dropping and that means a host of health problems that will add more pressure to our NHS services this year.

Slips or trips on the ice as well as heart and lung conditions being made worse due to the cold are all common threats to people at this time of year and NHS services are already gearing up to handle the extra demand.

A&E in particular is often especially busy at this time of year as people often head there instead of more appropriate services. This can mean many people are faced with much longer waiting times as the most seriously ill or life threatening emergencies are always seen before anyone else.

GP services were extended in the autumn to include appointments in the evening and weekends and they are expected to be used fully throughout the winter.

The Urgent Care Centre at Victoria Hospital has also been given a facelift to help deal with more people going through its doors instead of going to the Emergency Department.

However the emphasis is still on residents to do their best to stay safe and avoid inappropriate use of health services as the cold weather continues. Health services are offering the following hints and tips to stay well:

- People with long term conditions are being asked to make sure they have all the medi-



cation they need and know how to prevent their condition becoming worse and what to do if it does.

- **Everyone is reminded to make sure they have a well-stocked medicine cabinet by visiting their pharmacist for advice on treatments for common ailments such as coughs and colds.**
- If you haven't had a flu jab yet and are eligible for one you should make sure you get it to prevent becoming ill.
- **If you have an elderly neighbour please check on them to make sure they are warm and have enough food – they may not want to go out in the cold so maybe you could pick up a few things for them!**
- Be careful when driving, check road conditions and make sure your windscreen is properly defrosted before setting off to avoid accidents.
- **Make sure your shoes are suitable for walking when pavements could be icy. Even if it means taking a change of shoes to work with you.**
- Visit your pharmacist as soon as you start to feel unwell.
- **If you're not sure where to go for help go to www.nhs.uk or call NHS 111**

Tree of Lights remembers loved ones



Hospital Chaplain, Clive Lord, Mayor of Blackpool, Coun Ian Coleman and Kila Redfearn

AN ANNUAL service to remember lost loved ones at Christmas has raised more than £2,000 to support bereavement care for those who need it.

The Tree of Lights Service at Blackpool Victoria Hospital is a reflective Christmas-themed service to help grieving families give thanks for the lives of those they have lost.

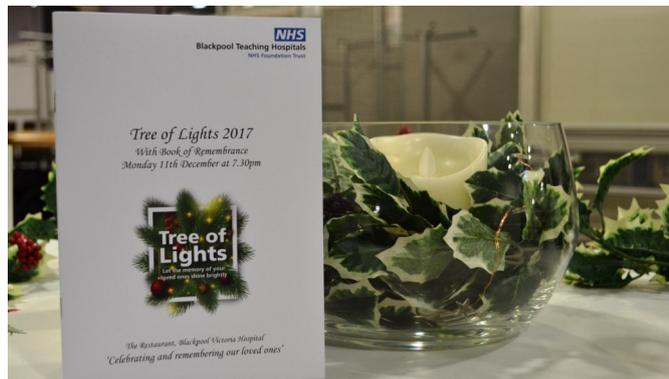
The service and associated Tree of Lights Appeal is organised each year by Blue Skies Hospitals Fund, the charity for Blackpool Teaching Hospitals NHS Foundation Trust, and the Trust's Chaplaincy Department.

The money raised is spent on providing comfort packs which are given as a gift from ward staff to families who are staying alongside loved ones in their last days.

These packs are hugely appreciated and include some practical items such as toiletries, snacks, a blanket and some help with the practical aspects of spending an extended time in the hospital. Money will also be spent on enhancing bereavement care across the Trust.

The Trust's Head of Fundraising, Kila Redfearn, said: "We are thrilled that once again so much has been raised to benefit Bereavement Services through our Tree of Lights Appeal. This money will be used to help those who find themselves in extremely difficult circumstances while loved ones are critically ill in hospital."

The service was a comforting selection of poems



and readings with some Christmas music and carols. During the event candles were lit in memory of those who have died and afterwards seasonal refreshments were served while members of the Chaplaincy Team were available to talk with relatives to offer to them their sincere condolences.

During the service a Book of Remembrance was officially opened, featuring dedications to those no longer with us. The book will remain on display in the Hospital Chapel throughout December.

Chaplaincy Team Leader, Rev Jonathan Sewell, said: "Christmas can be a very difficult time for people who have experienced loss, whether they are recently bereaved or their loss happened some time ago."

"For some families it was a brave journey to come back to the hospital where a loved one died and I hope that those who came to the service took comfort from it."

Giving children the best start



Katy Tulloch, David Eaton and Sophie Green

EARLY intervention from mental health specialists can change a child's life and drastically improve their future prospects.

Within a population of about 32,000 young people aged 0-19 in Blackpool, potentially one in 10 will have a mental health issue.

Blackpool Teaching Hospitals' Child and Adolescent Mental Health Services (CAMHS) are determined to reach as many children as possible to provide access to essential services.

"Mental health issues can range from anxiety, stress and depression to full blown psychosis," explained David Eaton, Service Manager at Blackpool CAMHS. "Children who are dealing with adversity are more likely to have mental health problems. The more risk factors they have - such as poverty, deprivation, mental health problems in parents - the greater the chance they have of developing mental health problems."

Blackpool CAMHS is working with teachers in schools to reach children who are potentially vulnerable and provide training and advice to deal with mental health problems.

"It is important to catch mental health issues early because this can affect a young person's education and will help them reach their full potential. Some youngsters may end up in the criminal justice system or turn to misuse drugs,

tobacco and alcohol if problems are not addressed early. There is a direct connection between mental health and physical health," David added. "Every £1 spent on child mental health is worth its weight in gold for the future of young people."

Blackpool CAMHS have invested in new Primary Mental Health Workers and Children and Young People Wellbeing Practitioners who are based at Whitegate Drive Health Centre but are reaching into Blackpool schools to talk to children, teachers and parents.

Katy Tulloch, Trainee Children's Wellbeing Practitioner, said: "It's often about educating children as some don't recognise that they are struggling with low mood or anxiety and we are able to give them coping strategies.

"We are also able to educate the teachers and parents in mental health awareness and they can learn what to do and how they can help in the classroom or at home.

Sophie Green, Trainee Children's Wellbeing Practitioner, added: "We are in the process of going to school assemblies to talk to all children. It's about educating children to know there is help out there if they need it. Coming into the child's environment makes children feel more comfortable, it's not as daunting as going to a health centre."

Staff give shoe boxes of hope for children

KIND hearted staff from Blackpool Teaching Hospitals NHS Foundation Trust donated more than 150 boxes full of gifts for needy children across the world.

A number of staff areas within the Trust set up collection points for colleagues to take part in the annual Christmas Shoebox Appeal run by Samaritan's Purse, an evangelical Christian humanitarian aid organisation who collate and ship the boxes to children in need worldwide.

Switchboard operator, Danielle Perrett, based at Blackpool Victoria Hospital, collected more than 60 shoe boxes which she bought out of her own money.

Members of the Anti-Coagulant and Pathology departments also took part and collected almost 90 boxes.

Danielle said: "This campaign is really important to me.

"I think Christmas is about going out of your way for an act of kindness. This is a way that disadvantaged children from all over the world can benefit and receive a gift.

"Nowadays a lot of kids get huge amounts of presents but there are children out there with nothing. If they get a box with a cuddly toy in it they are so excited.

"That's what Christmas is really about – giving to others."

Jacob Castle helped co-ordinate collections from the Trust's pathology department. He added: "Earlier this year I saw a Facebook video of



children in need opening these shoeboxes which had been sent in from all over the world.

"The happiness it brought to these children was so nice to see that I wanted to get involved straight away.

"I heard that Bev Straker-Bennett was already organising this event within the Anti-Coagulant (ADAS) department so we joined forces and managed to collect 89 shoeboxes.

"The boxes were dropped off at Thornton Methodist Church who were overwhelmed by the response from Pathology and ADAS before they were picked up by Samaritans Purse to go on their journey to make Christmas special for children all over the world.

"We were overwhelmed by the support both departments offered and can't wait to see the video updates early next year!"

THINK!

WHY A&E?



NHS

CHRISTMAS OPENING TIMES

There will be a range of health services available over Christmas and New Year should you need them. The festive period is one of the busiest times of the year for the NHS. Please help to keep A&E free for those who really need it.

NHS 111

NHS 111 is a free telephone service available 24 hours a day, seven days a week. You should call 111 if you urgently need medical help or information but your situation is not life-threatening. When you dial 111, you will be directed to the best local service for fast and effective treatment.



Walk-in and same day centres

These centres provide consultations, guidance and treatment for a range of minor injuries and illnesses, as well as emergency contraception and sexual health advice.

The Walk-In Centre on Whitegate Drive in Blackpool will be open from 8am to 8pm every day through-out the Christmas period, including bank holidays.

The Same Day Health Centre in Fleetwood will be open from 8am to 10pm everyday through-out the Christmas period, including bank holidays. Please call 0300 123 1144 to book an appointment at the Same Day Health Centre before visiting.



Your GP surgery



GPs will be open as usual in the run up to Christmas but closed on the bank holidays (Christmas Day, Boxing Day, and New Year's Day).

Don't forget you can now get appointments for GP services in the evenings and weekends. To make an appointment call your GP practice as usual.

If your child becomes ill and needs to see a doctor, your GP practice will be able to offer you an appointment on the same day so that you don't need to go to A&E or the Walk-In Centre.

