

Health Matters

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



Dishing up a 5 Star service

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Issue 164, Friday, April 13, 2018

Welcome from the Chief Executive

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



We are celebrating our eighth successive Five Star hygiene award which has been received by our catering department.

Care is not something that is restricted to our wards and clinics; it infiltrates into every part of the hospital and good, healthy, tasty food is an essential element for the wellbeing of our patients.

Nutrition and hydration can aid recovery and improve the psychological health of our patients so it is vital that our catering department offers the very best service possible.

Well done to the team on achieving five-stars for hygiene.

The Trust has also been recognised for its commitment to making the most of the talents of disabled people.

I am delighted to report the Trust has been recognised as a Disability Confident employer by the Government for its efforts to ensure that disabled people have opportunities to fulfil their potential.

**Wendy Swift,
Chief Executive**

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Comedian Mick Miller described the NHS as being the 'envy of the world' and was delighted to wish the organisation a very happy 70th birthday.

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**

Ensuring that only the best is good enough



BLACKPOOL Victoria Hospital has been presented with a Five Star hygiene award for the eighth year running.

The awards are made after unannounced visits by Environmental Health inspectors from Blackpool Council who check the kitchens, food preparation areas and hygiene systems and temperature records.

And every year since the ratings were introduced, the hospital restaurant has received the highest possible award.

Senior site services manager for Blackpool Teaching Hospitals NHS Foundation Trust, Yvonne Widdows, said: "As a hospital, it is imperative that we have five star rating to ensure the best possible service to our patients, visitors and staff.

"We pride ourselves in providing wholesome,

tasty and nutritious meals in a clean and safe environment."

Yvonne praised the catering staff who help prepare and serve more than 2,500 meals a day.

"Our staff are hardworking and dedicated and pride themselves in ensuring a high standard of preparation and service for each and every meal provided."

Kitchen manager, Darren Cadwell, said: "Anything less than five stars would not be acceptable to me or the staff, but the recognition this award gives makes all the hard work we do worthwhile.

"Hygiene is vitally important and we pride ourselves on a top class kitchen with highly trained staff."



Hospital walkies for wards

FANCY walkies for a good cause? Blue Skies Hospitals Fund has just the thing for you and your pooch!

The charity for Blackpool Teaching Hospitals NHS Foundation Trust is planning a sponsored walk with a difference – fancy dress on four legs in aid of local patients.

Walkies for Wards is being held at Lytham Hall on Saturday 28th April and invites all dog owners to dress up their lovable hounds and take them for a charitable stroll around the idyllic grounds for sponsorship.

The event, which will take place between 12pm and 2pm, is being held in association with Lytham Embroidery and Pets at Home, Blackpool.

Head of Fundraising at Blue Skies, Kila Redfearn, said: “We are extremely excited about this event, and we’re looking forward to welcoming our new four-legged fundraisers.

“We’re sure our perfect pooches will be able to get plenty of sponsorship for their walkies in the park, and we even have some lovely treats for the best dressed.

“Dog owners really would be barking mad to miss out!”

The first 50 dogs to sign up will receive a free bandana. All money raised will go towards enhancing patient care across Blackpool Teaching Hospitals.

To register visit www.bfwh.nhs.uk/blueskies and download a Registration Form, or call the Fundraising Office on 01253 957904.

Blue Skies is also asking all dog owners to save the date for their Christmas Jumper walk to be held on 8th December, when the dog with the best Christmas outfit will win a prize.



School nurse, Helen Hotchkiss, with Youth Health Leader pupils from AKS

Medical success for Youth Health leaders

PUPILS at a Fylde coast school say an innovative scheme, organised by NHS staff, has helped them secure offers to study medicine at leading universities.

Blackpool Teaching Hospitals NHS Foundation Trust established a Youth Health Leaders scheme in several Fylde coast schools four years ago to help students get an insight into healthcare careers.

The scheme was set up by Practice Development Nurse, Sharon Vickers and has received various accolades over the years.

Pupil, Jake Howland, is one of eight pupils at AKS Lytham Independent School to have been offered a place to study medicine. He says he is sure the scheme played a major role in being accepted on the course.

He said: "As Youth Health Leaders we have explored various different subjects such as alcohol and substance abuse, dental hygiene and, more recently, mental health. We have learned a lot about the NHS, the set-up of our

local teaching hospital and the funding for various services in our local area.

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Jake added: "We believe these offers are partly down to the Youth Health Leaders scheme. It provides something out of the ordinary which must stand out and impress on our personal statements.

"The wider knowledge and understanding of the NHS that we gained from our time there gave us an edge and made us noticeably more confident at interview."

Sharon Vickers said she was "amazed" by the work of the Youth Health Leaders.

"The Leaders never cease to amaze me with their continued dedication to improving the Health and Wellbeing of their school and community. They are remarkable young people and make the schools very proud," she said.

"The youngsters make the schools very proud and I thank the teachers and school nurses who have encouraged this programme. Without them it would not be possible."

"If the Youth Health Leaders can prevent one of their peers having to visit our Emergency Department because they have made bad choices when it comes to their health, it will all be worth the hard work."

Legends support #NHS70



LEGENDARY comic and actor, Bobby Ball, has been telling of his support for the NHS.

Bobby, one half of comedy duo Cannon and Ball, has described the NHS as 'fantastic'. He said: "My wife Yvonne and I are big advocates of the NHS.

"We have needed their help on many occasions and the service is fantastic. The staff work so hard and are so caring.

They should be paid double."

Bobby has also crossed over into acting, playing Frank in BBC sitcom *Not Going Out*, Barry in Sky 1's *Mount Pleasant* and taking part in ITV's *Last Laugh in Vegas*.

In 2017, Bobby along with wife Yvonne produced a variety show at Lytham's Lowther Pavilion, which raised £30,000 for Clifton Hospital's dementia-friendly garden.

Bobby said: "My mother had Alzheimer's disease and so supporting the dementia work at the hospital was a cause close to my heart.

"The NHS is a wonderful organisation and when you see the dedication and care the staff possess, we should really count ourselves lucky to have it. We should all make sure it survives."

Echoing Bobby's sentiments, Poulton-based comedian, Mick Miller, praised the NHS for being the envy of the world.

He said: "My family have needed to use the NHS

Saluting the NHS are, top, Mick Miller and right, Bobby Ball



at certain points in our lives and it is a great service to have. What would we do without it?"

Mick, who has been tickling funny bones for more than 40 years, has a long list of comedy credits and has appeared at the Royal Variety Performance, London Palladium and more recently in the ITV show, *Last Laugh in Vegas*.

Mick continued: "I work all around the world and the NHS in the envy of many countries where often people can't afford decent healthcare. I'm very happy to be included in the NHS70 campaign and wish the NHS a very happy birthday. And here's to many more."

Cracking time on the wards



CLIFTON Hospital has had a 'cracking' time celebrating Easter.

In a variety of events, the rehabilitation wards, gave patients the chance to enjoy a little something eggs-tra.

Each of the four wards decorated their day rooms with Easter bunnies, chicks and trees decorated with coloured eggs.

Ward 6, at Blackpool Victoria, sold homemade cakes and held an Easter raffle to raise money for new patient equipment.

Staff, patients and visitors took part by buying the staff-baked treats and raffle tickets for a host of Easter prizes.

In total staff raised £173.86 and bought bathroom equipment.

They also donated £70 to the Trust charity, Blue Skies Hospitals Fund. The equipment will help all patients on the medical escalation ward and will make using the bathroom a lot easier.



Valuing the talents of disabled staff

BLACKPOOL Teaching Hospitals NHS Foundation Trust has been commended for its commitment to making the most of the talents of disabled people.

The Trust has been recognised as a Disability Confident employer by the Government for its efforts to ensure that disabled people have the opportunities to fulfil their potential and realise their aspirations.

To achieve the standards required the Trust had to undergo a detailed self-assessment of its practices and provide evidence of its commitment to supporting disabled people.

Tina Daniels, the Trust's Equality & Diversity Lead, said: "We are delighted to have received the Disability Confident accreditation which emphasises the Trust's commitment to recruiting, supporting and developing, disabled people.

"We actively look to attract, recruit and develop disabled people and provide an environment that is inclusive and accessible for staff, clients and customers and provide mentoring, coaching, buddying and/or other support networks."



Booked an appointment with a GP, practice nurse or other healthcare professional?

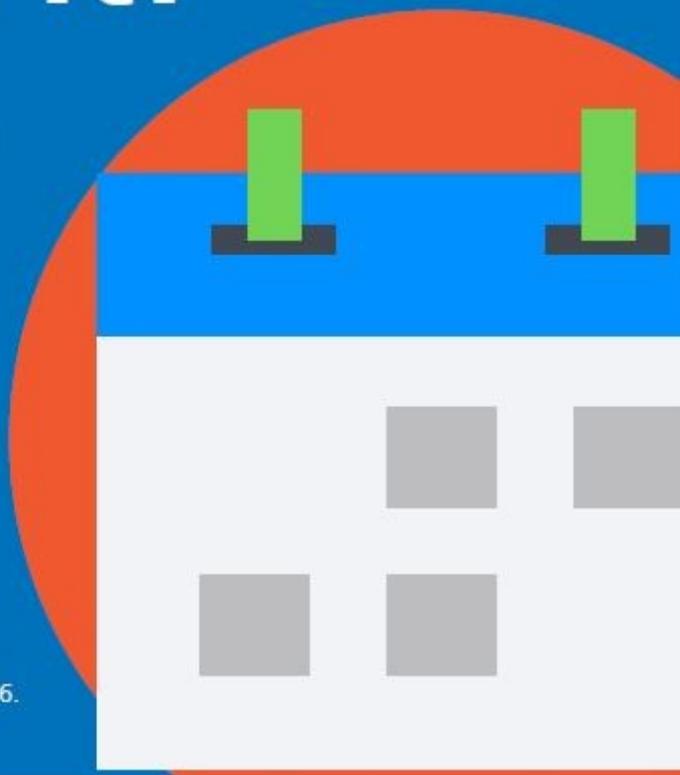
Don't need it? Cancel it!

In December 2017, missed GP appointments cost the Fylde coast NHS up to £248,148*

This is enough to fund:

- 12 nurses, or
- 29 heart bypasses, or
- 45 hip replacements.

* 6,893 missed appointments in December 2017. One missed GP appointment costs £36.



THINK!

WHY A&E?



CHEST PAIN
CHOKING
BLOOD LOSS
BLACKING OUT

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999**

NEED HELP FAST?
NOT WELL?
UNSURE?
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111**

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CUTS
SPRAINS

**WALK-IN
CENTRE**

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STOMACH ACHES
EAR PAIN
VOMITING

**GP
SURGERY**

DIARRHOEA
RUNNY NOSE
PAINFUL COUGH
HEADACHE

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PHARMACY**

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GRAZED KNEE
COUGH
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