

Health Matters

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



Youngsters in the frame for award

INSIDE THIS ISSUE:

Victoria's Voice joy
Young health forum members shortlisted for NHS70 Award — Page 3

Stunning statue unveiled
New artwork is a fitting tribute to organ donors — Page 4

Issue 167, Friday, May 25, 2018

Welcome from the Chief Executive

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



The Trust was delighted to hear that our Victoria's Voice youth forum had been shortlisted for the national NHS70 Parliamentary Awards. This is a huge achievement and is a fitting tribute to this young group of people who do so much to ensure we develop the care we give young patients.

We had another major event this week when we officially unveiled our stunning new statue to honour organ donors across the Fylde coast. This is a magnificent landmark that remembers those who helped give life to others and we are proud of everyone who made it possible.

Elsewhere we were delighted to hear that the Trust's Blue Skies charity has been announced as one of the Charity Partners at this year's Lytham Festival this summer. Lytham Festival will attract around 100,000 people for its annual musical extravaganza from Wednesday July 18 to Sunday July 22 and we are hugely grateful for their support.

**Wendy Swift,
Chief Executive**

Contents

News

Youth forum up for national award

A GROUP of young patients who support the Trust to develop services for youngsters is in line for a national award. - **Page 3**

Stunning statue honours organ donors

A NEW statue to commemorate organ donors has been officially opened at Blackpool Victoria Hospital. - **Page 4**

Advice session for cancer patients

AN advice session for people affected by cancer has been labelled a great success. - **Page 5**

Lytham Festival support is music to our ears

THE Trust's charity has been announced as one of the Charity Partners at this year's Lytham Festival. - **Page 6**

New radiology equipment for Clifton Hospital

PATIENTS are to benefit from new state of the art imaging equipment at Clifton Hospital. - **Page 8**



The sun shone brightly as the Trust unveiled a stunning piece of new artwork - Page 4

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Any comments ideas or suggestions? Please contact: the Communications Department, on **01253 953059, 956875 or 953538 or email communications@bfwh.nhs.uk**

Youth forum is in line for national award



A GROUP of young patients who support the Trust to develop services for youngsters is in line for a prestigious national award.

The NHS in the North has revealed the 10 individuals and teams it has chosen as regional champions in a prestigious competition to mark the NHS' 70th birthday.

One of those champions is the Victoria's Voice Youth Forum run by the Trust. It will now vie with other regional winners from across England for a national award to be presented at a special ceremony in the Palace of Westminster in July.

The NHS70 Parliamentary Awards, sponsored by IBM and Teva, recognise the massive contribution made by the individuals who work in and alongside the NHS.

Launched in February, it asked the region's MPs to find and nominate those individuals or teams they thought have made the biggest

improvements to health services in their constituencies across ten categories.

From 217 entries, senior experts have chosen ten outstanding nominations, which exemplify the best of what the NHS and its partners do day in, day out. Victoria's Voice has been named the champion in the 'Patient and Public Involvement Award' category having been nominated by MP, Cat Smith.

The group is run by Rebecca Booth, Children's Services Engagement Lead for the Trust.

She said: "We are absolutely delighted to have been shortlisted for this award.

"The ongoing achievements of Victoria's Voice youth forum make a huge impact on the way we care for children and young people at Blackpool Hospital and beyond. "We are very proud of every member in the group and are thrilled they have received this recognition for all they do."

New statue honours our organ donors

A NEW statue to commemorate organ donors across the Fylde coast has been officially opened at Blackpool Victoria Hospital.

The statue, which was funded by national organ donation funds, was unveiled at a special ceremony at the hospital attended by many families who saw loved ones donate organs to help others after their deaths.

Anthony Clarkson, the Assistant Director of NHS Blood and Transplant, was a special guest at the ceremony.

He said: "We know that three people a day die waiting for a transplant so the families who support organ donation have a very special place in our hearts. They save the lives of other people and that is why it is important that people donate as it gives the gift of life to other people.

"Memorials like this honour the heroes of organ donation. We have encouraged organisations to have their own, individual memorials like this one to represent the culture of the hospital and area they serve."

The memorial was designed by artist Stephen Broadbent and has a plinth linked to it with a poem written by local artist Adele Robinson engraved onto it.

He said: "It was a great honour to be involved in this scheme. Our hope is the sculpture connects



Jo Haythornthwaite, Lee Coulthard, Wendy Swift, Stephen Broadbent and Dr Jason Cupitt with the new statue

with people and is a real symbol of remembrance and celebration."

Wendy Swift, Chief Executive of the Trust, said: "It is our pleasure as a Trust to honour the lives of those who have given the gift of life to others and we would like to say a huge thank you to all those families who have helped do that.

"We want to remember the 40 people who have donated their organs over the last 10 years and hopefully we can encourage more people to do that. Thousands of people will walk pass the statue every year and see this tribute."

Jo Haythornthwaite, whose husband John saved the lives of five people by donating his organs almost 10 years ago, added her thanks.

Jo said: "This is a fitting tribute to all those who have donated organs or tissues locally to give others the gift of life."



Advice session helps patients and carers

A NEW advice session for people affected by cancer has been labelled a great success.

The sessions, held by Blackpool Teaching Hospitals NHS Foundation Trust, the Department for Work and Pensions, Disability First and Macmillan Cancer Support, are being held to offer financial help for people affected by cancer.

Kerrie Newsham, Macmillan Cancer Care Co-Ordinator at Blackpool Teaching Hospitals NHS Foundation Trust, said: "A cancer diagnosis can change a person's financial situation.

"It may mean they need to stop working, or work less. It can also mean spending more money and we know it is a really stressful time for our patients and their carers.

"But there is help out there and depending on an individual's financial situation they may be able to get benefits or other financial support and that is why we are putting these sessions on.

"At our first session everyone who attended found



out that they may be entitled to additional benefits and all of the patients we saw said they were happier after seeing us and hearing about the help available."

The drop-in sessions will be held in the Macmillan Windmill Suite at Blackpool Victoria Hospital on the first Tuesday of every month between 10am and 1pm.

Lytham Festival set to support our charity

THE charity for Blackpool Teaching Hospitals NHS Foundation Trust, Blue Skies Hospitals Fund, has been announced as one of the Charity Partners at this year's Lytham Festival.

Blue Skies and other charities across the North West will benefit from Lancashire's biggest music festival this summer.

Along with five charities from across the region, Blue Skies has been selected to be represented at each of the festival's headline concerts in the Main Proms Arena on Lytham Green when volunteers will be collecting donations.

Lytham Festival will attract around 100,000 people for its annual musical extravaganza from Wednesday July 18 to Sunday July 22. Lytham Festival senior event manager Joe Robinson said: "We are delighted to be welcoming five fantastic charities to be part of Lytham Festival 2018.

"We openly welcome applications from charities to partner with the event and it is always very difficult to decide who those partners will be as they are all deserving.

"Brian House and Blackpool Carers have previously been charity partners, so we are very pleased to welcome them back along with charities we haven't worked with previously.

"All these charities do a fantastic job and are there for everyone at all times when needed so we would encourage our festival-goers to donate to them where possible."

An army of charity volunteers will be evident throughout the Main Proms Arena on Lytham Green for each headline event in the hope of

06 ISSUE 167



encouraging festival-goers to donate.

Fylde Coast Women's Aid will be the charity partner for Steps on Wednesday July 18, Blackpool Carers for Pete Tong's Ibiza Classics on Thursday 19, North West Air Ambulance for George Ezra and Emeli Sandé on Friday 20, **Blue Skies for Nile Rodgers & CHIC on Saturday 21** and Brian House for Last Night of the Proms with Il Divo on Sunday 22.

Kila Redfearn, Head of Fundraising for Blue Skies, said: "We are absolutely chuffed to bits to have been chosen as the charity partner for Lytham Festival 2018 on the Saturday night.

"This will not only raise the profile of the charity, we will be able to raise precious funds, that will enhance patient care in the Trust.

Cuffe & Taylor is officially one of the UK's top 10 live music and event promoters with offices in London and the North West. Established for more than eight years and now part of the Live Nation family, they present breath-taking tours, festivals and shows across the UK. Cuffe & Taylor work with artists including Britney Spears, Rod Stewart, Mariah Carey and Bryan Adams.

Use your NHS services wisely this weekend

RESIDENTS are being urged to be ready for the upcoming bank holiday and make sure they use local health services appropriately.

GP surgeries will be closed this bank holiday Monday and many pharmacies will be operating under reduced opening hours.

By re-stocking their medicine cabinets if needed, knowing when their GP surgery is open and planning ahead, patients can ensure they make the most of the bank holiday weekend.

There are a number of options available and people are being urged to use the most appropriate service and not automatically go to A&E.

Speaking on behalf of NHS Blackpool and NHS Fylde and Wyre Clinical Commissioning Groups, Dr John Calvert, a Blackpool GP and clinical advisor at NHS Blackpool Clinical Commissioning Group said: "We expect the accident and emergency departments to be busy this weekend as it normally is during bank holidays. Should you unfortunately become ill and require medical help then there is a range of services available to you.

"By knowing more about the different health services available and what they offer, you can get yourself and your family the right treatment

07 ISSUE 167



I have pledged to use NHS services responsibly

Make your own pledge by visiting www.nhs70.nhs.uk

#NHS70

NHS70

The graphic includes a blue circle with a white hand icon pointing up, and a green and yellow ambulance on the right side.

much faster. Avoiding unnecessary visits to A&E is important."

You should call 999 or go to A&E if it is a serious or life threatening emergency. If you're not sure you can call NHS 111 and they will be able to advise you where to go.

Pharmacies are an excellent place to seek medical advice for minor ailments. Pharmacists are trained professionals with a wealth of knowledge on how to treat all sorts of conditions. Though some may be closed over the bank holiday below is a list of those that are open.

It is also worth checking your general medicine cabinet prior to the bank holiday to make sure it is well stocked with essentials such as paracetamol, cough and cold remedies, antihistamines and plasters and bandages.

These can all be bought cheaply from supermarkets or pharmacies and your local pharmacist can also provide free, confidential, expert advice and treatment for a variety of common complaints.

Radiology equipment boost for Clifton



Radiographers Janice Walker, Laura Stainton and Anna Metcalfe

PATIENTS are to benefit from new state of the art imaging equipment at Clifton Hospital.

The digital imaging facility now makes appointments quicker for outpatients, inpatients and referrals from GP practices. Taking the image is now much more flexible.

Digital radiography is a form of X-ray imaging, where digital X-ray sensors are used instead of imaging plates.

Radiographer, Janice Walker, said: "This new equipment is so much easier to move. It is extremely flexible and even goes down to the ground for recording images such as foot X-rays.

"The digital imaging facility will reduce

examination times and enhance image quality with lower doses to patients."

The equipment features an auto-positioning function that moves the X-ray tube into position automatically. Fixed X-ray detectors in the table and wall stand also limit manual handling risks to staff. This allows staff additional time to focus on patient positioning and care.

Superintendent Radiographer, Alison Williams, said: "The old room was cumbersome and difficult for staff to use.

"The new installation offers superior image quality with improved speed and efficiency which we hope will have a really positive impact on patients."