

Health Matters

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



**Coco is
a star
visitor**

INSIDE THIS ISSUE:

Snap happy

*We want your photos for
calendar competition — Page 3*

Celebrations for Clifton

*Garden development perfect way to
mark anniversary — Page 8*

Issue 171 Friday, August 5, 2018

Welcome from the Chief Executive

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



It has been another busy few weeks for the Trust and once again we are able to report on a host of positive new schemes taking place throughout the organisation.

Our front page picture this week shows Coco, our wonderful Pets as Therapy dog who is a regular visitor to our Children's Ward. The use of animals is becoming more and more appreciated in a hospital setting as it is known to have such a soothing effect on patients and Coco is well loved by everyone.

We are always looking at ways we can improve the patient experience and one new scheme involves putting together diaries for people who are in critical care to give them a picture of the treatment they went through while seriously ill.

This is an initiative that has been really well received by patients and their families and it is good to read the story on page 5.

**Wendy Swift,
Chief Executive**

Contents

News

Calendar competition call

CANCER survivors and photography enthusiasts are being asked to focus on a new competition to help support patients diagnosed with cancer. - **Page 3**

Trails get people walking

STAFF and visitors to Blackpool Victoria Hospital can put their best foot forward after the launch of four walking trails around the site. - **Page 4**

Patient diaries proving popular

A former patient at Blackpool Vic has backed a diary scheme which records patients' experiences while they are intensive care. - **Page 5**

Leigh leads appeal to help refugee camps

A FYLDE coast NHS worker is appealing for donations to support people living in refugee camps. - **Page 6**

Coco is a welcome ward visitor

BLACKPOOL Victoria Hospital's Children's Ward has welcomed a new four-legged friend. - **Page 7**



Clifton Hospital is 30 years old soon. See how you can join in the celebrations on Page 8

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

Snappers wanted for calendar competition

CANCER survivors and photography enthusiasts are being asked to focus on a new competition to help support patients diagnosed with cancer.

The Fylde coast's 'living with and beyond cancer' team based at Blackpool Victoria Hospital is launching a photography competition with the aim of making a 2019 calendar for cancer patients.

The calendar will provide support information and inspire them to enjoy life despite the trying times of battling the disease.

The competition is looking for pictures based on the theme 'with cancer I can...' which depict people living with cancer doing activities or just enjoying life. The idea is to show that life does not stop with a cancer diagnosis and that patients can still enjoy doing things that make them happy; something that is essential in maintaining a positive attitude during treatment.

The pictures can be taken especially for the competition or could be ones people have taken of family or loved ones in the past. From entries 12 winners will be chosen which will be used in the calendar. The other entries will be added to an online album for patients to view.

Dr Adam Janjua, a Fylde GP and clinical lead for cancer at NHS Fylde and Wyre Clinical Commissioning Group, said: "One of our key priorities across the Fylde coast health service is



Steve Tingle gets in some preparation for the calendar competition

to provide better support for people living with and beyond cancer.

"We have spoken with cancer patients and they have come up with the idea of the calendar which we will include information and advice on along with the motivational pictures."

To enter the competition pictures can either be uploaded to the NHS Blackpool CCG Facebook page or on twitter using #withcancerican.

They can also be emailed to engage.fyldecoast@nhs.net.

The closing date for entries is Friday 31 August 2018 with winners being announced in September.

Hospital trails to get people walking

STAFF and visitors to Blackpool Victoria Hospital can put their best foot forward after the launch of four walking trails around the site.

Blackpool teaching Hospitals NHS Foundation Trust has worked in partnership with the resort's Living Streets Charity to establish four trails around the site.

The trails were officially launched this week as part of the NHS's 70th birthday celebrations.

The trail maps show four walking routes, one of which is cycle friendly which can be accessed from the hospital grounds.

Hannah Foxcroft, Healthier Workforce Manager at the Trust, said: "Walking doesn't just make people feel healthier; it has also been proven to reduce stress level and make people feel happier."

"At Blackpool Teaching Hospitals we are proud to say we encourage our staff, patients and visitors to be more physically active in and around the workplace."

Walking these routes can take place before work, at lunchtime or after work. Alternatively staff are encouraged to hold a walking meeting to increase their activity and their energy levels."

Bernard Kennedy, local project coordinator for Living Streets said: "It's great to see the maps produced and I have enjoyed putting the maps together with staff from the hospital."

"They will be useful for giving staff a healthy lunchtime walk but also show routes that staff can take to get to work on foot and relieve congestion



Hannah Foxcroft, Bernard Kennedy and Sandra Rudd promote the new walking trails at Blackpool Victoria Hospital

around the hospital."

Living Streets is running walking promotion projects around the UK, which have been funded through the Department for Transport's Access Fund, of which Blackpool is the lead authority.

This fund supports local authorities to deliver sustainable transport projects from 2017/18 through 2019/20 that seek to grow the economy by boosting levels of cycling and walking, and by improving access to jobs, skills, training and education.

Staff and visitors are encouraged whilst on site to remain physically active and to achieve the recommended exercise guidelines of 30 minutes, five days per week or 10,000 steps per day.

The routes shown on the map give an approximate; distance travelled, length of time to walk and number of steps to complete the route. These measurements can be used to assist you in knowing how much activity you have completed each day.

Thumbs up for new patient diaries idea



A FORMER patient at Blackpool Victoria Hospital has backed a diary scheme which records patients' experiences while they are intensive care.

Patients have the option to receive a Patient Diary, documenting their treatment.

Business owner Caroline Smalley, from Lytham, was one of the first people to benefit from the scheme. Caroline, who was a patient in December, said: "I was moved to the High Dependency Unit (HDU) after being sent to hospital by my GP.

"At this point I was exhausted. I was ventilated and drifting in and out of consciousness. I was

confused and semi-conscious after being in intensive care for over a week.

"I had developed pneumonia and due to the severity of the infection, I required invasive mechanical ventilation.

"The staff keep the Patient Diaries on the bedside tables, so patients can read them whenever they like." "My entries were filled in by the nursing staff on the unit and friends and family also had the opportunity to contribute.

"I wanted to be issued with a diary as my family had seen me in my worst days, so I wanted to as well. I think the diary worked well for me because I am a positive person. The diary really helped me realise just how poorly I was."

Leigh leads appeal to help refugee camps

A FYLDE coast NHS worker is appealing for donations to support people living in refugee camps.

Critical Care Outreach Practitioner, Leigh Crawford, has been involved with a campaign called 'Care4Calais' which aims to help displaced individuals and families from war-torn backgrounds who find themselves in camps across the world.

Leigh researched the 'Care4Calais' cause following a Facebook group she joined after interacting with a friend who was highly involved in the charity.

She wanted to take part in donating and made the decision to see the living conditions and to meet the refugees personally.

In February 2017 Leigh travelled to one of the refugee camps in Calais as a volunteer to provide donations and support to people who were left with no shelter or food.

Now she sends donation packs to people who are in "desperate" need of help.

Leigh said: "The charity is mainly looking to receive donations for male refugees. People often focus on the women and children affected, but there are a lot of adolescent males traveling alone.

"The backpacks we put together contain a variety of essentials such as toiletries, under clothes, shoes and batteries.

"Visiting the camps in Calais was such a rewarding experience for me. I was able to interact with the refugees and volunteer with a lot of likeminded people who were very inspirational.



Leigh Crawford with one of her gift packs

"The conditions these people are living in are so poor. It really was desperate but I would definitely go over again at some point."

Leigh said she has received great support from her colleagues at Blackpool Teaching Hospitals NHS Foundation Trust.

She said: "The support from the staff at the hospital has been great. People have been getting on board with the cause and I want to spread the message about the great work taking place.

"Some people only think of supporting local charities, but there are so many worthy causes also needing support and donations.

"It's amazing to get involved with something to give to others."

Coco is a star visitor to the children's ward



Coco the dog with Triston Connell, 8; Tyrese Speed, 5 and Trust Play Specialist, Gemma Probin

BLACKPOOL Victoria Hospital's Children's Ward has welcomed a new four-legged friend.

Coco the Malshi, a cross between a Maltese and a Shih Tzu, is the ward's new Pets as Therapy dog and has bow-wowed both patients and staff.

Young patients were delighted to meet Coco and the cute pooch loved all the attention and even performed some tricks.

Coco's owner, Cheryl Graham, said: "Coco helps out at a local primary school by acting as a Read 2 dog, where children improve confidence in reading by telling Coco a story.

"Coming to the Children's Ward seemed like a natural progression from the school as I have seen how much children can benefit from being with a dog."

Pets as Therapy is a national charity who enhance health and wellbeing in the community through the visits of trusted volunteers with their behaviourally assessed animals.

Children's Ward Manager, Sue Cawley, said: "We were all excited to meet our own Pet Therapy Dog. The children and staff really enjoyed Coco's visit and are looking forward to welcoming her again on to the unit."

Garden development boosts Clifton hospital



THE Trust's Clifton Hospital, will be holding some special celebrations this summer.

On Friday, August 17, the Phase 2 patient garden will be officially opened by comic and actor, Bobby Ball, who together with his friends and staff from Clifton, raised more than £30,000 to upgrade the outdoor space.

Bobby will be cutting the ribbon among a host of special guests at 2pm - everyone is welcome to attend.

To celebrate Clifton's 30 year anniversary, there will be another open event on Friday, September 7.

There will be cake stalls, a raffle, a DJ, an

08 ISSUE 171

exhibition and a staff reunion. Anyone who has worked at Clifton over the last 30 years is encouraged to join in the celebration.

In the run up to the events, Clifton Hospital is sharing some vintage photos under the hashtag #CliftonHospitalat30.

You can find these on Facebook: <https://www.facebook.com/CliftonHospitalBTHNHSFT/> and Twitter: <https://twitter.com/CliftonHospital?lang=en-gb>. You can share your own photos here too.

The celebrations are being supported by being supported by Atlas Management Ltd, a Blackpool-based healthcare facilities management and property solutions company.



Blackpool Teaching Hospitals
NHS Foundation Trust



5K FUN RUN AND ZOO TRAIL

12th September
Blackpool Zoo

Registration: 5.00pm – 5.45pm
at Zoo main entrance
Race Start: 6.00pm

£5 for adults (£10 on the day)
£2.50 for children (5-16 yrs)

For more information or Email entries:
Blueskies@bfwhospitals.nhs.uk



a **better** tomorrow

for **BTH** staff