

# Health Matters

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



## Linda backs garden project

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## 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 with a host of initiatives to support us.

Our main story this week features a fantastic new gardening workshop giving patients living with cancer and their families a chance to meet other people whilst enjoying a simple activity that will also help with their emotional health and wellbeing.

Another great development for the Trust and the area has been the new Fylde Coast Health and Social Care Career Academy which has seen 18 people secure jobs at Blackpool Victoria Hospital. Recruitment is one of the Trust's major objectives and schemes like this help us to reach our objective of growing our own staff.

Finally it is great to see the stroke ward benefiting from a new state-of-the-art toilet that will really improve the patient experience in that area — another main priority for the organisation.

**Wendy Swift,  
Chief Executive**

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**Clifton Hospital is 30 years old soon. Here is another picture from our archives. See how you can join in the celebrations on Page 8**

**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, 956875 or 953538 or email [communications@bfwh.nhs.uk](mailto:communications@bfwh.nhs.uk)**

# New toilet facility to benefit stroke care

PATIENTS on the Stroke Unit at Blackpool Victoria Hospital are the first in the country to benefit from a new power assisted toilet.

The new toilet, funded by the hospital charity Blue Skies Hospitals Fund, is designed to support patients receiving care in the stroke unit for effective washing and drying.

The Palma Vita toilet has been purpose-designed to combine a conventional WC with integrated washing and drying which removes the need for the user, or their carer, to manually clean with toilet tissue.

It is the only toilet of its kind, specifically developed for elderly and disabled people, that is designed to properly support the user and position them correctly for effective washing and drying.

Rachael Bailey, Ward Manager of the Stroke Unit, said: "This is the first time a toilet of this kind has been placed within a hospital environment which is very exciting as it promotes independence and preserves patient dignity while improving patient safety, independence and dignity.

"It is a massive boost to the ward and we are really grateful to everyone who has supported the unit through our Blue Skies charity. We could not have done it without their support. Every penny donated really does make a difference."

Jean Sherrington, a volunteer who acts as a patient representative for the stroke ward said: "It's a wonderful facility and fulfils one of the most important needs of hospital patients which is dignity. The fact that we are the first to recognise the importance of this to patients should be



Jean Sherrington and Rachael Bailey open the new toilet facility

applauded.

"The stroke unit's overall care of patients and the team's skills and commitment to them cannot be praised enough."

Kila Redfearn, Head of the Blue Skies Hospitals Fund, said: "This is just one example of how donations to the hospital charity can make a real difference to the patients and their experience in the hospital.

"Every penny donated really does make a difference."

# New health academy leads to new jobs

THE new Fylde Coast Health and Social Care Career Academy has seen 18 people secure jobs at Blackpool Victoria Hospital.

The six week academy, run by Blackpool and Fylde College, Blackpool Teaching Hospitals NHS Foundation Trust and JobCentre Plus, saw 21 previously unemployed students who had been referred by the Job Centre enrol on the programme to provide them with entry level skills for the health sector.

As part of the scheme, all students were then guaranteed interviews for positions as Health Care Assistants with Blackpool Teaching Hospitals NHS Foundation Trust. With 18 of the 21 students getting jobs.

Ellie MacManus, Career Transformation, Engagement and Development Manager at the Trust, said: "We're committed to growing our own talent here and are always searching for new and innovative ways to do this.

"We undertake a large amount of work with schools, colleges and sixth forms on the Fylde coast to encourage future careers in health, but were limited in what we offered to people over the age of 18. With the exception, of course, to the hundreds of undergraduate degree students who undertake placements with us each year.

"There are a raft of people on the Fylde coast who could be future healthcare professionals delivering care to our local community. We therefore bid for funding to Health Education England to support growing our own.

"We then approached B&FC and the DWP, as part of the Fylde Coast Health and Social Care



Students from the Academy with their certificates

Academy, to assist us with this daring new project.

"This six week training and work experience programme equips the candidates to 'hit the ground running' and also includes a guaranteed job interview for a Health Care Assistant (HCA) position at the end of the programme.

"We're overjoyed at the success of this pilot programme and hope to create a rolling programme two or three times per year."

Following the six-week programme and interviews for roles at the Trust, the results saw:

- 18 out of the cohort of 21 employed
- One of the remaining students decide to return to College in September to begin their Level 2 diploma in Health and Social Care.

# Male cancer patients get skincare advice

THE Trust has hosted its first skincare advice course for men affected by cancer.

The 'Skin Fitness' Workshop, run by international charity Look Good Feel Better (LGFB), presented a two-hour advice session at Blackpool Victoria Hospital on how to combat skin problems often associated with cancer treatment to male patients currently undergoing care.

Regional Manager (North) for LGFB, Sarah Emerson, said: "We have been delivering courses to women in the UK since 1994 and now are catering for men living with cancer as they have the same problems as the ladies.



"Our course gives gentlemen the chance to discuss their skin conditions and get advice from a professional barber as well as trying some free products to help alleviate their skin conditions."

The course covers six topics including cleaning, exfoliating, shaving, moisturising and sun protection and also provides an outlet for the male attendees to discuss their concerns openly.

Orrin Bebbington, a barber at Smooth Hound Barbers in Blackpool who gave advice on the day, said: "It's nice to give the group the opportunity to take time out to take their mind off everything and introduce them to a shaving regime they may never have had before.

"The course is a great idea and one I would like to stay involved with."

More sessions are planned for the future,

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following positive feedback from the first group. The Trust's Macmillan Cancer Care Co-Ordinator, Kerrie Newsham, said: "I have been working with Sarah to launch the first men's care session and I'm really pleased we have the opportunity to offer the workshop for our male patients who will definitely benefit from the skin care advice within the course.

"We will definitely be offering more courses in the future."

You can find out more information on the Skin Fitness Workshops by dropping into the Macmillan Information and Support office within the Windmill Unit at Blackpool Victoria Hospital, or by calling 01253 955710.

For more information on the LGFB services, please visit [www.lookgoodfeelbetter.co.uk](http://www.lookgoodfeelbetter.co.uk) or call 01372 747500.

# Linda looks to help garden project grow



A NEW support group is turning cancer patients' fingers green as they start a series of workshops offering support through gardening.

The workshops, the first in a line of Macmillan Cancer Support's 'Meetup' programme gave patients living with cancer and their families a chance to meet other people whilst enjoying a simple activity that will also help with their emotional health and wellbeing.

The 'meetups' are a new initiative that are being developed with Macmillan, local health services and local people affected by cancer to create more opportunities that are accessible to more people especially families, men and people of a working age as these groups of people are less likely to access support.

A special guest at the first meeting was local star Linda Nolan. The world famous entertainer, came to see what the group was all about to meet those involved.

Gemma Duxbury is a member of the patient and family engagement group that planned this meet-up. She said: "Macmillan meet ups are a fantastic opportunity not just for you as a patient, but for your family.

"I think that sometimes the families find it harder than the patient during treatment, so to be able to do things together, in a friendly environment where other people are in the same boat is just brilliant.

"It offers support to everyone and everyone understands what you as a family are going through together. It also helps my young children get a better understanding of what we are all going through and to meet people and friends in a relaxing environment."

The groups will meet monthly with each workshop looking at different garden related activities from planting seeds through to harvest with making Christmas decoration for the tree and lessons about bird feeders thrown in too.

# Fylde coast gets in shape for new record

THOUSANDS of people joined the Fylde coast NHS and ice skating star Daniel Whiston to jump into the Guinness World Record books.

1,696 people turned out to break the world record for the most people performing jumping jacks simultaneously which was achieved by NHS Fitter Fylde Coast with Daniel Whiston in Lytham on 21 July 2018 at Lytham Festival's main proms arena on Saturday.

The record was broken following an attempt to break the record for the most people exercising to a fitness video in a single location, which unfortunately fell short.

The records were attempted as part of the Fitter Fylde Coast campaign, launched to raise awareness of the importance of living a healthy lifestyle in response to growing childhood obesity rates in the area. It also celebrated the 70<sup>th</sup> birthday of the NHS.

Three-times ITV Dancing on Ice champion and fitness instructor Daniel led the world record attempts from the main stage, having choreographed and filmed the exercise routine, dubbed the 'Whiston Wave'.

Daniel said: "I'm absolutely delighted we have broken a Guinness World Record while encouraging fitness and celebrating the work of the NHS.

"It was fantastic to see so many children and families taking part and the best thing is they can now tell everyone they are official Guinness World Record holders.

"Exercise is so important but it is good to remind



people how much fun we can have while doing it. Hopefully people will be inspired by the enjoyment they got from today into doing even more to keep fit."

Dr Tony Naughton, a Thornton GP who has spearheaded the event on behalf of the Fylde Coast NHS, said: "Across the country, 40 per cent of children start secondary school overweight and 20 per cent are obese. What we are really keen to do is promote a healthier lifestyle across the Fylde Coast so people can start looking after themselves and their loved ones.

"If today's event went just a small way to creating a Fitter Fylde Coast then we can all be very proud of what we have achieved.

"I would like to thank all the organisations, businesses and partners that have supported this project and helped make it such a success. These include Fylde Council, AFC Fylde Community Foundation, Fylde Coast YMCA, Jewson and Healthier Fleetwood."

# Clifton in bloom with garden development



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

This week the Phase 2 patient garden was 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 cut the ribbon among a host of special guests including Trust Chairman, Pearse Butler.

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 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](mailto:Blueskies@bfwhospitals.nhs.uk)



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