

Health Matters

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



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Welcome from the Chief Executive

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



Our main story this week highlights the benefits of health promotion schemes and the fantastic work we do in the community. On this occasion a Fleetwood dad heard a talk about sun safety and got the advice he needed to ensure he got a suspicious mole checked out which proved to be a life saving decision.

Another milestone for the Trust came this week when Clifton Hospital celebrated its 30th birthday with a party for current and ex staff and patients. Clifton is a lovely hospital with great staff and I am delighted to see that it continues to go from strength to strength.

Organ donation was a subject that the Trust focused on last week as part of the national awareness campaign to get more people talking about the issue. We do some great work on the Fylde coast to promote this topic and it was good to see so many people attend our latest seminar to hear about the campaign which the Trust fully supports.

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

Life saved thanks to Trust's sun advisor

A FLEETWOOD dad says a sun awareness course saved his life.

Barry Thomas, 55, had an in-situ melanoma removed before it became fatal, thanks to information provided by Skin Cancer Co-ordinator Michelle Forsyth of Blackpool Teaching Hospitals NHS Foundation Trust.

Barry's supervisors took part in a Sun Safety presentation, booked by Fylde Borough Council for the Waste Operations depot staff on Snowdon Road, St Annes where they received the information that Barry is convinced saved his life.

He said: "I had a mole which my wife Emma had been nagging me to get checked. On the next working day, I showed a photo of the mole to Depot Supervisor, Simon Chambers."

After listening to Michelle's Sun Safety training Simon realised it was serious and suggested Barry go the GP as soon as possible.

Barry said "I knew it may have been suspect and I'm just starting to realise how lucky I have been, especially as I have a seven year-old son. I rang the GP at 8am and by 10.30am, I had been referred to Clifton Hospital's Skin Cancer specialist and booked in for a removal."

Luckily the melanoma had not penetrated into the skin, but if left untreated, this type of skin cancer may have eventually killed him.

Michelle's two hour Sun Safety and skin cancer awareness presentation is provided by SKCIN, the Karen Clifford Skin Cancer Charity, of which Michelle is an ambassador and dispels common myths about sun safety, recommends how to protect the skin and advises how and when to use sun screens. It also covers the necessary



Barry Thomas and Michelle Forsyth; Barry and Michelle with Fylde Borough Council depot staff James Cookson; Stephen Howard and Simon Chambers

factor and star rating required to keep you safe.

Michelle also shows photos of skin cancers and how to recognise them.

Michelle said: "This training empowers people to be brave enough to encourage colleagues to get changes in their skin checked out

"Macmillan and my Trust decided to target outdoor workers (as well as educational establishments and care homes) so I am thrilled that the information has worked in the best way possible – a treatable melanoma.

"Barry's situation highlights the importance of education, awareness and early detection which is paramount as it is proving it is saving people's lives. I'm very proud that my course has resulted in such a positive way. It's very humbling."

Barry added "I have dodged a bullet."

"I try not to think about what could have happened had I not gone to the GP – It's quite scary. People think it will never happen to them, but it does. I'm very grateful to Michelle and my colleagues for recognising the sinister mole."

Happy 30th birthday Clifton Hospital!



TOP: Former Clifton staff met up with current serving staff

RIGHT: Matron Courtney Bickerdike with Mayor and Mayoress of Fylde, Caroline and Peter Collins

CLIFTON Hospital celebrated its 30th birthday with a special party.

Staff, visitors, patients and guests joined in the fun, which included a tombola, raffle, cake stall, DJ and a collection of vintage photos taken over the past 30 years.

The dining room, run by Atlas BFW Management, served homemade scones and gave out birthday cake to everyone who came along.

Clinical Matron at Clifton, Courtney Bickerdike, said: "It was a really enjoyable day.



"It was lovely to see some many guests including former staff who came to show their support.

"We also raised more than £350 which will go towards patient care. Thanks to everyone who came along and all those who support this fantastic community hospital.

"Here's to the next 30 years."

Trust launches WW1 Centenary events



TOP: The Kings Liverpool RAMC 65th Field Ambulance in 1915 in what is thought to be Cheltenham Road, Blackpool

RIGHT: A WWI display outside the main entrance at Blackpool Victoria Hospital



BLACKPOOL Victoria Hospital is to mark the centenary of World War 1 with a unique memorial – and wants your help to make it even more special.

From October 26 there will be an innovative interactive art installation, The Poppy Memorial, which will be housed in the main entrance at the Hospital to mark 100 years since the end of WW1 but also recognise those who have been involved in any armed conflict since.

Anyone who has been touched by conflict can send in a picture, name or message to be displayed within the installation for the duration of the display.

Associate Director of Facilities at the Trust, Nigel Fort said: “We would love to display personal commemorations within our ground-breaking installation, the likes of which have never been seen within a hospital setting.

“Using the memories of the local community and Trust staff will really bring a personal dimension to

this very special space and will really add a reality to the displays and events we have planned from October 26 until November 11.”

This special art installation will be decorated by more than 20,000 handmade poppies which have kindly been donated from generous knitters and crocheters.

They, along with the public, are invited to a special unveiling event on Friday October 26 at 11am in the main entrance of Blackpool Victoria Hospital.

The two week display will be closed with a Remembrance service on Friday, November 9 at 11am in the main entrance of Blackpool Victoria Hospital. All are welcome to attend.

Dedications can be left at the reception desk in Blackpool Victoria's main entrance (opposite the multi storey car park) or can be emailed to: Nigel.Fort@nhs.net.

There will also be WW1 displays at Clifton Hospital in St Annes.

Let's talk about... Organ Donation

FAMILIES across the Fylde coast are being encouraged to talk about organ donation by NHS Blood and Transplant.

The body is urging more people to tell their families that they want to save lives through donation during Organ Donation Week.

Over the past year 30 people in Blackpool, Fylde and Wyre have had their lives saved or transformed thanks to deceased organ donors from across the UK.

However, there are 55 people currently in the borough who need a lifesaving organ transplant. They need people to say yes to organ donation so they can get the organ they so desperately need.

Lee Coulthard, a specialist organ donation nurse at Blackpool Teaching Hospitals NHS Foundation Trust, said: "It's tragic that so many people have died waiting for a transplant – what is shocking is that many of those lives could have been saved had more families agreed to donate organs.

"People are dying every day because some families are not talking about donation. We need more families to say yes to organ donation, so that more lives can be saved."

Jo Haythornthwaite from Lytham, whose husband John donated his organs almost 10 years ago, has backed the call.

Jo, who chairs the Trust's Organ Donation Committee and was a major influence in the decision to erect a statue to commemorate organ donors at Blackpool Victoria Hospital recently, said: "When I was approached about organ donation I knew it was the right thing to do and his memory lives on in the seven people who benefited from his organs.



Jo Haythornthwaite and Lee Coulthard promote Organ Donation Week at Blackpool Victoria Hospital

"John left a wonderful legacy and for the seven people who benefited from his organs it was the beginning of a new life for them."

Although the numbers of donors is increasing and waiting lists reducing, 6,000 people around the UK remain in need of a transplant.

Last year 254 people in the north west region, had their lives saved by a transplant.

Lake District walk to celebrate the NHS

A FYLDE coast nurse will be walking more than 70 miles across the Cumbria Way to raise money for hospital patients.

Julie Sherwood, a Discharge Co-ordinator at Blackpool Teaching Hospitals NHS Foundation Trust, will be completing a 74 miles sponsored walk in the picturesque Lake District with her husband, Malcolm, in aid of the Trust charity, Blue Skies Hospitals Fund.

She is hoping to complete the challenge over four-and-a-half days and raise £500 for the charity. This will be her gift to the NHS that's celebrating its 70th birthday this year.

Julie said: "I'm so proud of our NHS. I wanted to celebrate the fantastic, life enhancing work that our committed staff do every single day."

Julie has been a nurse for 30 years, 19 of which she has spent at Blackpool Victoria Hospital.

She has seen the NHS evolve over the years.

She said: "There has been incredible medical advancements over the years. For example, where it took weeks to recover after a surgery a few years ago it is now often a day case procedure.

"People have access to top healthcare and are living longer. It's making such a huge difference to patients' lives."

Kila Redfearn, Head of Fundraising for Blue Skies Hospitals Fund, said: "This is such an amazing way to celebrate the NHS' big 70th birthday.

"We wish Julie and her husband all the best."



If you would like to find out how you can support the Blue Skies Hospitals Fund Charity please contact us on 01253 957904 or email blueskies@bfwh.nhs.uk.

Cavell Star success for Stroke Ward nurses



From left: Nikki Roberts, Leanne Macefield, Elaine Aldous, Rachael Bailey, Kerryann Eva and Victoria Drake

TWO nurses from the stroke unit at Blackpool Victoria Hospital have received a prestigious national award.

Kerryann Eva and Nikki Roberts were both presented with the Cavell Trust awards in recognition of the excellent work they do for patients and colleagues.

They were nominated by colleague Elaine Aldous who thanked the pair for their "outstanding" contribution.

Elaine said: "Kerryann has helped me immensely since I began my nursing career. I can ask her anything at any time and she always helps and encourages me.

"Nikki has also helped me a lot as well and is an amazing nurse. There was one particular incident that she handled amazingly well and I learned so much from her as well.

"They are both inspirational nurses and they fully deserve this award."

Ward manager, Rachel Bailey, praised the pair.

She said: "it is wonderful to see nurses from the unit honoured in such a way.

"We have a lot of wonderful staff on the unit who provide amazing care day in day out and it is great to see her work recognised in such a fantastic way."

BLACKPOOL TEACHING HOSPITALS



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