



NHS

**Blackpool Teaching
Hospitals**
NHS Foundation Trust

Health Matters

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



Children show Christmas spirit

INSIDE THIS ISSUE:

Football girls donate to
Children's A&E

Game tablets and teddies to help
festive season — Page 3

Decking the wards with
festive spirit

All dressed for Christmas— Page 6

Issue 181, Friday, December 21, 2018

Welcome from the Chief Executive

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



Another year has passed and on behalf of the Board of Directors at Blackpool Teaching Hospitals I would like to wish you all a very merry Christmas and a happy and healthy New Year.

The festive season is a wonderful time, but can be stressful and isolating for many people within our community.

We have produced some advice in this magazine for keeping well and a list of pharmacies open during the festive season.

Please keep an eye on any vulnerable relatives or neighbours to ensure they are also keeping well. The gift of kindness can be the greatest gift of all.

The hospital has been inundated with gestures of generosity during the past week or so with clubs, individuals and organisations bringing presents for patients or helping us raise funds to enhance patient experience.

We thank you all for your support during 2018 and look forward to a healthy 2019.

**Wendy Swift,
Chief Executive**

Contents

News

Shiver me timbers: Jack is visiting

Captain Jack Sparrow, from Blackpool's Coral Island, visited the Children's Ward to hand out sacks of presents to children in hospital during the festive season.

Page 4

Santa pops in to delight children

Children were treated to an extra special visit from Santa and Mrs Claus who popped in to provide Christmas presents to children who are in hospital during the festive period.

Page 5

Clifton nurse gives the gift of time

A nurse is giving something extra special this year – the gift of time to an elderly person.

Page 5

Pupils bring festive cheer

Youngsters from a Marton primary school have brought some festive cheer to Ward 37 at Blackpool Victoria Hospital.

Page 6

Pharmacy opening times and health advice

Advice on keeping well over the festive season and full list of local pharmacies open during Christmas and the New Year.

Pages 9 & 10



Normoss Round Table have been involved in organising presents for our Children's A&E department. They worked with Blackpool FC ladies, Great Arley School and Morrisons to collect goodies for the department.

Story — Page 3

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 bfwh.trustcommunications@nhs.net



Premier gifts from Blackpool boot girls



BLACKPOOL Football Club ladies and girls team collected hundreds of teddies to give to children who have to attend the Children's A&E unit during the Christmas period.

The teams also raised money to buy two mobile game screens for children to use while waiting for treatment.

Putting smiles on children's faces...

NORMOSS Round Table joined forces with Great Arley School and Morrisons supermarket to supply gifts for the Children's A&E unit.

Secretary of the Lodge, Peter Gunn, said: "We are always delighted to be able to present gifts and it is lovely to see children helping children at this festive time of year."

03 ISSUE 181



Above, from left: Sam Ackerley, Charlotte Dakell and Matthew Rowntree from Great Arley with Alan



Berwick, Worshipful Master of Normoss Round Table. Right: Members of the Round Table and school present gifts to hospital staff



Bringing the treasure!



Jack with Louisa Hardie, Scarlett Ramsden and Scarlett's Nana, Maia Pelgrom



Jack with Valerie Cornall and right, with Evie Nolan



CAPTAIN Jack Sparrow, from Blackpool's Coral Island, visited the Children's Ward to hand out sacks of presents to children in hospital during the festive season. Retail manager at the venue, Chris Teale, said the company was delighted to play Santa as they love to put back to the community.



A&E says thank you to their volunteer army

STAFF in the Emergency Department at Blackpool Victoria Hospital have paid tribute to the army of volunteers who do sterling work for patients and staff throughout the year.

Volunteers give up their time freely to ensure the best possible care for patients who visit A&E.



Jude Mosson, 3, meets Santa and Mrs Claus, right with Playspecialist Hayley Nuttall

Santa stops to say hello

CHILDREN were treated to an extra special visit from Santa and Mrs Claus who popped in to provide Christmas presents to children who are in hospital during the festive period.

Louise McKenna, a mum whose son was on the Children's Ward, said: "It has been magical for my son, Jude, to have two visits from Father Christmas in just one week, he has absolutely loved it".



Former staff knit baby toys



Beryl Whiteside, second right and Sylvia Bagot present the knitted goodies

FORMER NHS staff have knitted toys to put into Santa sacks for babies on the hospital's Neonatal Unit over Christmas.

Sylvia Bagot, secretary of the Blackpool NHS Retirement Fellowship said: "We are delighted to be able to do something to make Christmas more special for babies and families and we are giving something back to the NHS."

Festive fun at Clifton



Cafe guests Pauline and Linda are served refreshments by volunteer, Ann.

THERE has been was lots of festive fun at Clifton Hospital! Staff held a Christmas Carers' Cafe with raffle, tombola, cakes and refreshments. Local businesses and staff provided a host of prizes for both the raffle and tombola.

These included a gingerbread house and vouchers for the Imperial Hotel, Blackpool; Lytham Hall; Moments Cafe and Hub, St Annes; the Olive Tree Brasserie and Stringers, Lytham. All the proceeds will go to patient care.

A full year's list of Carers' Cafe dates will be available on Clifton's Twitter and Facebook sites in January.



Decking the wards with boughs so jolly!



Neonatal staff outside the festive entrance



Sister Georgina Bale



YOUNGSTERS from a Marton primary school have brought some festive cheer to Blackpool Victoria Hospital. Pupils from the St Nicholas Primary After School Club have presented some Christmas cards and drawings to Ward 37 to cheer up patients and staff over the Festive period.



Ward 37 gets some Christmas spirit

THE Neonatal Unit has been transformed into a Christmas wonderland.

Unit Sister Georgina Bale was determined to bring smiles to families during Christmas when people just want to be at home.

Georgina said: "Christmas can be a difficult time for families who are having to spend their time in the Neonatal Unit at Blackpool. I wanted to decorate the unit to try to create a fun and happy environment for everyone during the Christmas period."



Massive thanks as Give a Gift hits target



THEY were putting out the Christmas bunting this week as Blue Skies Hospitals Fund hit their Give a Gift target.

The hospital charity put out an appeal for 900 presents so every patient waking up on Christmas morning would get a gift.

And the campaign hit its target with just hours to go.

“We are delighted and grateful to each and every one of our supporters,” said Head of Fundraising Kila Redfearn. “I just cannot thank the people of the Fylde enough for getting behind us to make this campaign a success.”



Kila Redfearn with some of the donated gifts



Members of Park Community Academy got behind Blue Skies Hospitals Fund to raise money from their festive brass band hospital concert.



“Amazing” donation from facebook group

MEMBERS of the Facebook group Christmas Toy Appeal for Blackpool Victoria Hospital Children’s Wards have been thanked for their “amazing” donation of gifts.

Sue Ridley and Michelle Green from the group visited the children’s ward at the hospital to hand over dozens of presents for youngsters on the ward and toys for young patients. They thanked all individuals who helped and business including Asda, TK Maxx and HIT Toys.

It is the fifth year in succession the group has donated gifts.

Play Leader, Teresa Watson, said: “We would like to thank everyone who supported this year’s donation. They have collected an amazing number of toys this year .”



Sue Ridley and Michelle Green with the donated toys



We were delighted to welcome footballers from AFC Fylde who visited the children’s ward this week to hand out gifts

Put prescriptions at top of Christmas list



WITH all the things to do in the run-up to Christmas, it could be easy to forget one of the most important things of all – your repeat prescription.

Patients suffering from long-term health conditions such as asthma, diabetes, heart disease and lung disease are being reminded not to leave it too late to fill their repeat prescriptions.

Over Christmas and New Year many GP practices and pharmacies will be closed, so it is very important that patients ensure that they have enough of their required medication to see them through this period.

A list of all the pharmacies open during the festive season can be found on the next page of this edition of Health Matters.

Dr Neil Hartley-Smith, Clinical Director of Fylde Coast CCGs, said: "It is important that patients with long-term conditions have enough of their prescribed medication to see them through to the New Year.

"The festive period can be a stressful time and by getting your prescription in good time it is just one less thing to worry about. Then you can enjoy the

holiday period safe in the knowledge that you have enough medication to manage your condition."

The easiest way to order a repeat prescription is to either contact your GP surgery or go online. Patient Access can be used by everyone on the Fylde coast to request their medication from the comfort of their home, by using a computer or with a mobile phone or tablet. Patient Access can also be used to book an appointment with a GP and to view medical records.

For more information and to register, visit www.patient-access.co.uk

Now is also a good time to double check that home medicine cabinets are well stocked with over-the-counter remedies so that minor illnesses and injuries can be managed at home during the festive period.

If you do need medical advice for a minor ailment during the festive period, pharmacies can provide free, expert advice without the need for an appointment.

For more information on services available over winter go to www.fyldecoastccgs.nhs.uk/winter

Blackpool		
Holiday	Pharmacy	Opening hours
Christmas Eve	All pharmacies will be open as normal but they may close early.	
Christmas Day	Whitegate Pharmacy, Whitegate Health Centre, FY3 9ES	8am - 9pm
Boxing Day	Whitworth Chemists Ltd 80b Charles Street, Blackpool, FY1 3JJ	8am - 5pm
	Well Blackpool - 8 Grasmere Road, Blackpool, FY1 5HU	9am - 7pm
	Pharmisense 118 Adelaide Street, Blackpool, FY1 4LN	9am - 1pm and 2pm - 6pm
	Whitworth Chemists 292 Waterloo Road, Blackpool, FY4 3AG	11am - 4pm
	Well Pharmacy, Cherry Tree Road, Marton, FY4 4QH	9am - 6pm
	Boots, 28-38 Bank Hey St, Blackpool, Lancashire, FY1 4TE	9am - 5.30pm
	Lloyds Pharmacy, Redbank Road, Bispham, Blackpool, FY2 9HY	10am - 1pm and 2pm-4pm
	Whitegate Pharmacy, Whitegate Health Centre, FY3 9ES	8am - 9pm
New Year's Eve	All pharmacies will be open as normal but they may close early.	
New Year's Day	Well Blackpool - Grasmere Road, Blackpool, FY1 5HU	9am - 7pm
	Pharmisense 118 Adelaide Street, Blackpool, FY1 4LN	10am - 1pm and 2pm - 6pm
	Well Cherry Tree Road, Marton, Blackpool, FY4 4HQ	9am-6pm
	Boots, 28-38 Bank Hey St, Blackpool, FY1 4TE	10am - 5pm
	Lloyds Pharmacy, Redbank Road, Bispham, Blackpool, FY2 9HY	10am - 1pm and 2pm - 4pm
	Whitegate Pharmacy, Whitegate Health Centre, Blackpool, FY3 9ES	8am- 9pm
Fylde and Wyre		
Christmas Eve	All pharmacies will be open as normal but they may close early. Please check with your local pharmacist.	
Christmas Day	O'Briens Pharmacy, Health and Wellbeing Centre, Fleetwood FY7 6HP	10am - 1pm
	Well Pharmacy, Trinity Medical Centre, Freckleton PR4 1RY	10am- 1pm
	Kepple Lane Pharmacy, Kepple Lane, Garstang, PR3 1PB	10am - 1pm
Boxing Day	Smiths Chemist, 108a Warton Street, Lytham St Annes, FY8 5HA	10am - 4pm
	Albert Wilde West View Health Village, Fleetwood, FY7 8GU	9am - 6pm
	Lloyds, St Andrews Road North, Lytham St Annes, FY8 2DH	9am - 5pm
	Boots, 39 Victoria Road West, Thornton-Cleveleys, FY5 1BS	10am - 4pm
	Boots, 3-5 St. Annes Road West, Lytham St. Annes, FY8 1SB	10am - 4pm
	Morrisons Pharmacy, Amounderness Way, Thornton, FY5 3TS	10am - 4pm
New Year's Eve	All pharmacies will be open as normal but they may close early.	
New Year's Day	Smiths Chemist, 108a Warton Street, Lytham St Annes, FY8 5HA	10am - 4pm
	Albert Wilde, West View Health Village, Fleetwood, FY7 8GU	10.30am - 4.30pm
	Lloyds, St Andrews Road North, Lytham St Annes, FY8 2DH	9am - 5pm
	Morrisons Pharmacy, Amounderness Way, FY5 3TS	10am - 4pm

Albert's new lease of life



An 82-year-old sports photographer says a Cardiac Rehabilitation Programme has given him a new lease of life and allowed him to carry on taking football pictures and enjoy family life.

Albert Cooper, pictured, a great-grandad from Ansdell, who underwent a triple heart bypass 22 years ago, had a heart attack in August while out shopping with his wife.

"Fortunately I was home two days later," explained Albert. "I was invited to go to Cardiac Rehab and I happily went along.

The service, operated by the Lancashire Cardiac Centre, based at Blackpool Victoria Hospital, helps patients focus on life beyond surgery and helps improve their health.

"The physiotherapists were absolutely unbelievable," said Albert. "The physios would alleviate all my worries by ensuring I was doing the right exercises for my condition.

"They watched everything to ensure I was comfortable and not doing more than I should. They showed the interest that a mother would have shown," Albert added.

Albert is a renowned sports photographer having worked for The Sun and The Mirror for 40 years. Perhaps his most famous picture was the Paul Gascoigne tears picture after England lost to West Germany in the 1990 World Cup semi-final. But his favourite picture was taken in 1973 of an 11-year-old boy at a school in Rawtenstall.

"The boy had metal legs and was playing football. It was his smile that affected me most,

that's what football is all about. That picture still inspires me, the lad was so brave, and on days when I do not feel up to things, I just remember that kid and get on with life," Albert added.

And the Cardiac Rehabilitation sessions, which last for nine weeks and are held at Stanley Park Sports Centre gym, allowed Albert to ensure he could carry on enjoying his life.

Albert had been to rehabilitation after his heart bypass in 1996 but said he was impressed at the more sophisticated equipment available to patients like trampolines, rowing machines, bikes and treadmills.

He said: "I felt that not only had it helped my heart health, but also my arthritis. My hips and shoulders feel better than they have done in ages. I think that once the medics have sorted your heart problem, cardiac rehabilitation is the most important thing you can do."

Consultant Cardiac Anaesthetist, Dr Chris Rozario, said Albert was the perfect 'poster boy' for the service as he was a great example of how rehabilitation could successfully improve health.

"He is proof that life can get better after a heart attack or surgery with the guided help of the Cardiac Rehab team," Dr Rozario said. "Even with regards to Albert's age and medical history, he was able to reap all the benefits."

The team are made up of nurses, occupational therapists, physiotherapists, health-care assistants and gym instructors who work to educate patients on simple adaptations in lifestyle, diet and sleep patterns that can have enduring results for their health.