

Health Matters

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



Elf run raises charity cash

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Issue 180, Friday, December 7, 2018

Welcome from the Chief Executive

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



This issue sees our charity, Blue Skies asking you to help us by considering buying an extra present this year for patients who find themselves in hospital on Christmas Day.

We know people want to be with family and loved ones over the festive period, but that is not always possible.

So, to try to bring some cheer, we would love to be able to present all Christmas Day in-patients with a present on the big day.

Full details of how you can help can be found on Page 8.

This week we are grateful to photographer Ian Smith who has brought his prostate cancer exhibition to share with us.

The display features five men who have been diagnosed with the condition and our hope is that it will inspire people to talk about prostate cancer and seek help where necessary.

**Wendy Swift,
Chief Executive**

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Can you bring some cheer to patients in hospital over the festive period by donating a present for everyone who spends Christmas Day as a patient at Blackpool Victoria Hospital?

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**A dad-of-two climbed the Three Peaks to raise cash to say thank you to the Lancashire Cardiac Unit who gave him his life back.
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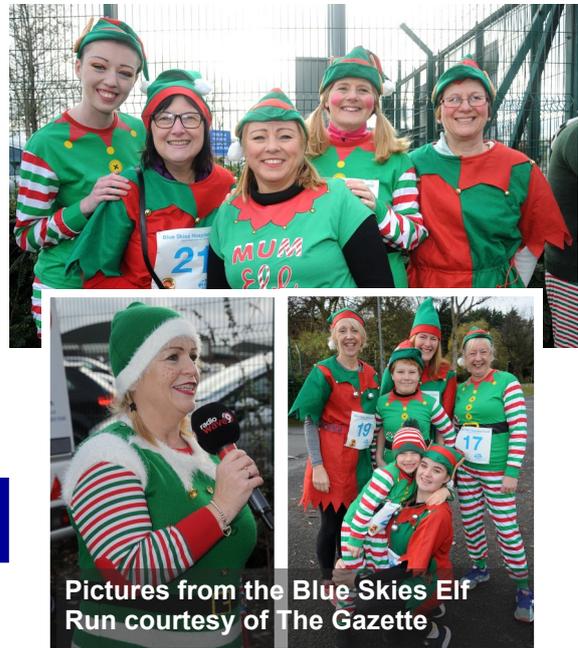
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Any comments ideas or suggestions? Please contact: the Communications Department, on 01253 953059, 956875 or 953538 or email bfwh.trustcommunications@nhs.net



Festive fun as elves boost charity fund



Pictures from the Blue Skies Elf Run courtesy of The Gazette

MORE than 60 runners boosted their “elf” by taking part in a charity fun run.

Blue Skies Hospitals Fund held its inaugural Elf Run and was supported by 60 people, all looking the part with elf suits, hats with pointy ears and red cheeks.

There was a festive atmosphere as the 4.5km run got underway, which saw runners dash off in a jingle of green and red, families and children too, to raise some much needed funds.

Paula Wright, from the Blue Skies fundraising team, said: “We have raised approximately £600 and there is still money coming in.

“It was our first Blue Skies Elf Run and we hope to build on this event next year.

“With just a month to go until Christmas Day, it

was a great way to get into the Christmas spirit. We were delighted to see so many families and friends embracing the occasion by dressing up as elves and jingling all the way around Heron’s Reach.”

All monies raised will go towards enhancing patient care in hospitals throughout Blackpool, Wyre and Fylde.

Blue Skies’ next event takes place tomorrow when pampered pets will dress in their favourite jumpers for the sponsored Walkies for the Wards at Lytham Hall.

For more details visit the charity’s web site at: www.bfwh.nhs.uk/blueskies

Young dad's stroke warning



Luke Whitehead with Claire Upton, left and Anita Cahalin

A BLACKPOOL man has issued a stark warning after suffering a stroke at the age of just 24.

Luke, a dad of two, had taken cocaine while out with friends in August 2017. The next morning he became dizzy and collapsed.

He had experienced an 'ischaemic stroke', a blockage cutting off the blood supply to the brain. He was admitted to intensive care at Blackpool Victoria Hospital before being transferred to the Stroke Unit.

Luke said: "Cocaine was the reason I had my stroke. When I woke up in hospital I couldn't move my right side. My arm was badly affected and my speech had massively deteriorated.

"I really struggled coming to terms with what had happened and I was very emotional. Everything felt surreal, the psychological affects were huge. I felt I didn't belong in hospital, particularly on the Stroke Unit. I thought this was a place for older people, I never thought I would end up there.

"My children, inspired me to do my exercises and to recover as quickly as I could. Now my life has changed massively, I realise what drugs can do and I want others to understand the effects they can have.

"I suffered from mental health problems, mainly depression, and I have come so far from where I was mentally. I no longer rely on drugs or

antidepressants which is so important.

After discharge Luke continued with physiotherapy in the community through the neuro-physiotherapy service.

Specialist neuro-physiotherapist, Anita Cahalin, said: "All strokes are different and all recoveries are different. Luke's recovery has been phenomenal, considering the significant stroke he had. We have worked hard and encouraged him to practice movements and tasks.

Claire Upton, stroke support coordinator for the Stroke Association, has also supported Luke since discharge from hospital.

Claire said: "We are now finding younger patients are having strokes. Across the UK, 10-15% of all strokes occur in patients under the age of 45, with 25% of all strokes affecting people under 65. However this figure rises to 40% in Blackpool.

"People tend to think strokes only happen to older people," Claire added. "Luke is the second youngest patient I have worked with who had a stroke. The youngest was 21.

"Luke has been an amazing patient to help. His stroke was severe and he has had such a rollercoaster of a journey. It has been great to see him come so far in his recovery and we are delighted to see that he has managed to return to work as a plumber."

Patient and surgeon join forces for charity

A DAD-of-two was so grateful to get his life back after heart surgery that he climbed the Three Peaks to raise £4,000 for the Lancashire Cardiac Unit.

And his surgeon was so delighted by his patient's recovery that he joined him on the trek!



Mr Andrew Duncan and David Kendall

Mobile fish monger, David Kendall, 60, from Ingleton in North Yorkshire, was diagnosed with aortic valve stenosis, a deformity of the heart valve which causes a narrowing of the aortic valve opening.

"At the insistence of my wife, I went to my doctors and was referred to a cardiologist who diagnosed a heart valve problem," explained David, a keen long-distance walker. "I was told that if I did not do anything to rectify the problem I would probably only have 18 months to live."

In May 2017 David was admitted to the Cardiac Centre at Blackpool Victoria Hospital where consultant cardiothoracic surgeon, Mr Andrew Duncan, replaced his faulty heart valve.

"I had been an active walker and the heart problem meant I had to curtail my love of hiking because it had become too dangerous.

"After my operation I asked Mr Duncan if I would be able to walk around the Ingleton Waterfalls again and he said that after a period of recuperation I would be able to do whatever I

wanted. I said that in that case I would walk the three peaks, Ingleborough, Pen-y-ghent and Whernside, in a year's time.

"Mr Duncan told me he had not done that hike since he was 16 so I suggested he should come with me. He also told me about the Heart of Gold campaign to raise funds to enhance patient care at the cardiac unit, so I decided to do the three peaks climb for the cause."

The pair completed the challenge in 11-and-a-half hours and David raised £4,000 for the Heart of Gold campaign, which is run through Blackpool Teaching Hospitals NHS Foundation Trust charity, Blue Skies Hospitals Fund.

Mr Duncan said he was pleased to be able to accompany David on his Three Peak challenge and delighted by his patient's recovery and progress.

"David sought medical help quickly and followed our recuperation plan to the letter allowing him to make a good recovery and lead the active lifestyle that he enjoys," said Mr Duncan.

Quiet space for cancer patients



Cancer nurse, Joanne Ashton with Swallows President, Wendy Hepworth

FYLDE coast cancer patients can now attend hospital in a special environment after the Swallow's Charity and Blue Skies Hospitals Fund joined forces to provide a quiet space.

Patients treated for specialist cancer care for ear, nose and throat (ENT) conditions at Blackpool Victoria Hospital haven't previously had an area to reflect on some recent bad news they may have heard or had a space to spend some moments alone in a comforting space.

Clinical Nurse Specialist, Joanne Ashton, was determined to make this happen and worked closely with hospital charity, Blue Skies Hospitals Fund, and local ENT charity, The Swallows, to provide a specialist room, which cost more than £4,150. Chris Curtis, Swallows Charity Chairman, said: "The Swallows Support Charity is so pleased to have part funded the refurbishment of the ENT quiet room.

"We have created a calming and peaceful room where head and neck cancer patients, carers, family and friends are able to relax and take time to reflect on their journeys."

Wendy Hepworth is Lifetime President of the Swallows charity and she was asked to officially open the Quiet Room.

She said: "I have been involved with the charity for quite a while following my diagnosis and my cancer treatment.

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"Joanne and I first set up the group in 2010 and we have worked closely together ever since, with the help of Chris Curtis, Swallow's Chairman.

"I was delighted to open the event. In previous years the room looked very clinical and never really had a purpose. I'm so glad the room has been refurbished and now is much brighter and a much nicer environment for patients and their families to use."

Joanne, Julie and the Swallows team were instrumental in making sure the quiet room was set up and ready to open to patients.

Joanne said: "The space we had wasn't being put to best use, it was too clinical and we wanted to facilitate different types of meeting and to offer our patients an area to reflect.

"The feedback has been fantastic. Patients have stated how much more welcoming the room is and we hope it really helps to enhance the care for our patients. Huge thanks must go to Blue Skies Hospitals Fund and the Swallows Charity and their volunteers."

Kila Redfearn, Head of Fundraising at Blackpool Teaching Hospitals NHS Foundation Trust, said: "We cannot thank everyone enough for all their help and support on this project. This is another example of how the funds raised by the local community help to enhance patient care at our local hospitals."

A focus on lifesaving conversations

FEAR, anxiety and uncertainty about the future can stop men getting checked out for prostate cancer - now one man has made it his mission to raise awareness of the disease.

Ian Smith has lived with the condition for more than eight years and has turned to his love of photography to make cancer into a talking point. The 70-year-old grandad has put together an exhibition entitled Prostate Cancer: Every Picture Tells a Story, which he has brought to Blackpool Victoria Hospital for an eight-week period.

The exhibition focuses on five men, all diagnosed and treated for prostate cancer, and shows how they came through the process with the support of those around them.

Ian, 70, said: "There is a lot of masculinity about prostate cancer. Men don't face it and they are not good at seeking help. This exhibition is aimed to start conversations about cancer, to take away the fear and anxiety."

Before his diagnosis Ian was a keen cyclist, but turned to his second love, photography, and enrolled on a degree course after finding out he had cancer.

"There is no screening programme for prostate cancer, so it is vital that people are aware of the symptoms," Ian explained. "I thought the exhibition was a great way to produce an old message using a new method."

All Ian's portraits feature the men with their wives by their side to celebrate the importance of the support of a spouse during such a traumatic time.

The exhibition has already been shown at Preston and Chorley and will move on to Lancaster in the Spring of 2019.

Ian Smith who has created the innovative exhibition and below with Pat and Harold Kay who are featured in the pictorial display



"The exhibition could not have happened without the cooperation of the couples and their willingness to donate time and effort for the benefit of others," Ian added.

"I know how supportive my wife has been and it is important to illustrate the role of families during the cancer journey."

And the exhibition also helped Ian who graduated from university with a first class degree.

Can you give a gift?



ONE of the Fylde coast's most recognisable faces is leading an appeal to give hospital patients a gift this Christmas.

Comedian and actor Bobby Ball and his wife Yvonne have become patrons to the Blue Skies, Hospitals Fund, the official charity for Blackpool Teaching Hospitals Foundation Trust and this week launched their Give a Gift Appeal.

The charity helps raise money to improve patient care for people in the Blackpool, Fylde and Wyre area and is a cause the pair has supported previously after being associated with Clifton Hospital's Peace of Mind dementia appeal.

They organised a concert with celebrity friends such as Stu Frances, Ted Robbins and Sally Lyndsay and, together with money raised by staff at Clifton Hospital, contributed £30,000 towards a dementia garden now in place at Clifton.

Since then have been regular supporters of the hospital and they are now helping to launch the charity's Christmas appeals with the main one being a call for people to donate a present for everyone who spends Christmas Day as a patient at Blackpool Victoria Hospital.

Bobby said: "We are thrilled to have been asked to be patrons for Blue Skies. We are also delighted to support the charity's community work and it would be fantastic to see people give

presents for those unfortunate enough to be in hospital on Christmas Day. It will be a really hard time for some patients and I'm sure a gift will go a long way to helping them feel better."

Kila Redfearn, Blue Skies' Head of Fundraising said: "Bobby and Yvonne have been great supporters of the hospital and the charity and we are really grateful for their backing."

Yvonne said: "I was absolutely blown away when they asked me to be a patron as it's usually only Bobby who's approached. I am still overwhelmed. We will do whatever we can for Blue Skies."

Presents can be dropped off at the Blue Skies office at Blackpool Victoria Hospital and various points around the Fylde coast including:

- Nationwide Building Society, Clifton Street, Blackpool.
- Lidl, Clark Street, Poulton-le-Fylde.
- Morrisons, Amounderness Way, Thornton Cleveleys.
- HSBC, Oxford Square, Blackpool.
- Oystons Estate Agents, Clifton Street, Blackpool.

A wide range of presents for all ages will be accepted. They should be unwrapped and not include alcohol or food. For more details please contact Blue Skies on 01253 57904.

Festive fun at Trust Christmas market



THE Medical Education department held their annual Christmas markets in the Education Centre at Blackpool Victoria Hospital to offer staff and visitors an opportunity to meet Santa, enjoy tasty food and to buy Christmas presents.

The markets were organised by the medical students at Blackpool and Hayley Turner from the undergraduate team in medical education. The event also helped to fundraise for Trinity Hospice, Brain House and Blue Skies Hospitals Fund.

Hayley Turner said: "The Christmas markets are a well-attended event each year. It is a well-known event around the hospital and has a great atmosphere each year round."

Feeling
anxious?

Experiencing
low mood?

Thinking
about
self-harming?

Need to
talk to
someone?

REACH OUT

DROP-IN
Mental health
drop in sessions
for young people
aged 10-16



Based at 'The Zone' on
Milton Street, Fleetwood,
FY7 6QW
Sessions will be held on 12th
Dec, then weekly from 2nd
Jan (every Wednesday)
6:30pm- 8:30pm

Come along on your own or with a friend/parent and chat to experienced mental health professionals. We provide support in a comfortable safe space to enable you to talk about your mental health/emotional health and wellbeing.

We will be offering 1:1 sessions to young people who need help and support, as well as some group work and activities to build self-esteem and improve emotional wellbeing.

If you are a professional or a parent/guardian and know a young person who might benefit from the drop in sessions, please email:
bfwh.casher.team@nhs.net
john.stainton@nhs.net & elaine.walker6@nhs.net

CAN YOU



hospitals fund
The Charity for Blackpool Teaching Hospitals
Registered Charity No. 1051570

**GIVE
A
GIFT**



THIS
CHRISTMAS?



ENSURING EVERY PATIENT WAKING UP ON CHRISTMAS MORNING
IN A HOSPITAL IN BLACKPOOL, FYLDE & WYRE GETS A GIFT

WE NEED YOUR HELP. CAN YOU SPARE AN UNWRAPPED GIFT FOR A MALE OR FEMALE (NO ALCOHOL OR FOOD)

DROP OFF POINTS



Nationwide Building Society
Clifton Street Blackpool



Blue Skies offices
Blackpool Victoria Hospital



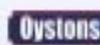
Lidl, Clark Street,
Poulton-le-Fylde FY6 8JW



Morrisons, Amounderness Way,
Thornton-Cleveleys FY5 3TS



HSBC Oxford Square
Blackpool



Oystons Estate Agents
Clifton Street Blackpool