

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 your latest edition of our Health Matters newsletter.



After 40 wonderful years serving the NHS, I have announced my retirement and will miss the fantastic staff I have worked with during my time in the health service.

I have seen amazing examples of passion, innovation and care and it is with mixed emotions that I have taken the decision to retire to pursue other opportunities.

During the last three years I have been very proud and privileged to lead the Trust as Chief Executive and I have been honoured to work with many dedicated, devoted and frankly amazing staff during my career.

I would like to thank all my colleagues throughout the health community for their friendship and support.

I have seen many changes in the NHS, particularly in this locality, and know that with the dedicated and experienced workforce on the Fylde coast the future focus will be on improving the health and wellbeing of the people who live, work and visit this area.

**Wendy Swift,
Chief Executive**

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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



Above: At the Celebrating Success Ball. Top left: marking the opening of the new Outpatients and below left, the opening of Clifton Hospital dementia garden

Wendy's farewell to NHS



Celebrating the NHS 70th with Sooty and presenter, Richard Cadell

CHIEF Executive of Blackpool Teaching Hospitals NHS Foundation Trust, Wendy Swift, has announced she is to retire after 40 years of working for the NHS.

Wendy, who took over as Chief Executive from Gary Doherty, has been a highly respected NHS leader across the Fylde coast for more than 20 years after also serving as Chief Executive of Blackpool Primary Care Trust and Deputy Chief Executive of Blackpool, Wyre and Fylde Community Health Services Trust.

Wendy said: "It was always my ambition to work

for the NHS for 40 years and after reaching that milestone I have, with mixed emotions, taken the decision to retire to pursue other opportunities.

"I have been very proud and privileged to lead the Trust as Chief Executive and before that as Deputy Chief Executive.

I have loved my time in the NHS and have worked with many dedicated, devoted and frankly amazing staff during my career. I would like to thank all my colleagues throughout the health community for all their friendship and support.



Top: With Trust board members Prof Mark O'Donnell and Tim Bennett . Above: Getting the flu jab

Above: With CCG colleagues Dr Tony Naughton and Dr Amanda Doyle. Left: Promoting Dying Week Matters

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It has been a real pleasure to work with everybody.”

She added: “I have seen many changes in the NHS particularly on the Fylde coast where I have worked with some extremely forward thinking people committed to improving the health and wellbeing of the people who live and work in this area.

“I have been privileged to play a part in many major developments including the Lancashire Cardiac Centre, new Primary Care facilities, Clifton Hospital and the Main Entrance at Blackpool Victoria Hospital to name just a few.

“What I will miss most is walking around the organisation meeting our fantastic staff and seeing the wonderful care they offer.”

Pearse Butler, Trust Chairman, thanked Wendy for her service to the NHS and the Fylde coast.

He said: “Wendy has overseen some huge changes in healthcare across the Fylde coast and leaves a legacy she should be proud of.

“We have been very fortunate to have Wendy as Chief Executive and she will be missed. I'd like to express the thanks of the Trust Board to Wendy and wish her well in the future.”

Hospital caterers get 5-star hygiene praise



The catering team at Blackpool Victoria Hospital with their 5-star award

A FIVE-Star hygiene certificate has been added to the list of awards bestowed on Blackpool Victoria Hospital's catering team.

The kitchens, which serve up more than 2,500 meals a day, have already been presented with a Healthier Choice award and named in the national top 25 per cent of hospitals for providing a good environment and enhanced non-clinical patient services.

They were also praised in the national Health Business magazine which highlighted Blackpool Victoria as a hospital "excelling in healthy catering."

The Five Star hygiene certificate was presented after an unannounced visit by an Environmental Health inspector from Blackpool Council who checked the kitchens, food preparation areas and hygiene systems and temperature records.

Every year since the ratings were introduced, the hospital restaurant has received this highest possible award.

Senior site services manager for Blackpool Teaching Hospitals NHS Foundation Trust, Yvonne Widdows, said: "As a hospital, it is imperative that we have a five star rating to ensure the best possible service to our patients, visitors and staff.

"We pride ourselves in providing wholesome, tasty and nutritious meals in a clean and safe environment.

"Our staff are hardworking and dedicated and ensure a high standard of preparation and service for each and every meal provided."

Yvonne added: "After his visit the inspector commented on how impressed he was at the standards of hygiene."

Kitchen manager, Darren Cadwell, said: "Anything less than five stars would not be acceptable to me or the staff. The recognition this award gives makes all the hard work we do worthwhile."



Staff testing the system are; from left, Jennifer Cryer, Catherine Henshaw, Katie Lee, Hannah Foxcroft and Chris Lewis

Getting the message!

IN A bid to stop people smoking on site, Blackpool Victoria Hospital has installed an anti-smoking tannoy system which can be activated by staff, visitors or patients.

Pre-recorded messages will be played through loud speakers reminding smokers that the hospital is a smoke-free site and that smoking is not allowed anywhere on the hospital grounds.

The system has been installed outside the hospital Main Entrance and the Women and Children's Unit where people have been seen regularly smoking cigarettes.

The messages can be activated by pressing buttons situated at the Main Entrance reception desk, on the outside wall near the car parking office and on the internal wall within the Women and Children's Unit.

Healthier workforce manager, Hannah Foxcroft, said: "The messages are designed to inform smokers that they should not light up on site and alert them to positive ways in which we can help them quit for the sake of their health and that of those around them.

"People sometimes have to pass through cigarette smoke when accessing the hospital which is unacceptable," she added.

Blackpool has one of the highest smoking prevalence rates in the country and the highest number of hospital related admissions for smoking related illness in the North West.

Deputy Chief Executive of Blackpool Teaching Hospitals NHS Foundation Trust, Tim Bennett, said: "This is another step being taken to ensure the message that our Trust is a smoke-free organisation is loud and clear to all.

"We ask everyone to get behind us and if they see a person smoking outside one of these entrances that they push one of the buttons to activate the messages to remind the smoker that smoking is prohibited on the Trust site."

For information on local stop smoking services please see the below links or call the free national helpline number on 0300 123 1044: Blackpool Service Information; <https://www.blackpool.gov.uk/Residents/Health-and-social-care/Public-health/Stop-Smoking.aspx> Fylde, Wyre, North Lancashire Service Information; <http://www.quitsquad.nhs.uk/index.php>

Students get insight into hospital careers



A student learns about podiatry while, left, the Extensive Care Service promote their work

SIXTH form students have been given the opportunity to learn about careers which may be open to them at their local hospital.

Staff from Blackpool Teaching Hospitals NHS Foundation Trust attended a recruitment event at Blackpool Sixth Form College to highlight the varied clinical roles on offer in the community.

Sarah Critchley, Clinical Improvement Lead at the Trust, said: "This was the first event the Adult Community Services and Long Term Conditions division have been asked to do.

"We welcome any way to promote the excellent work that is undertaken in the community!

"We were represented by learning disabilities, mental health, community nursing and integrated roles. We also had podiatry, Extensive Care, occupational therapy and apprentice ambassadors teams attending.

"Our staff took stands bursting with information and resources, along with practical activities to

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increase the awareness in the varying roles. "We saw more than 100 students who were on the Health and Social Care course.

"Some had a clear idea of the career path they wished to follow and others were still unsure," Sarah added.

"They asked lots of questions and we were pleased to be able to provide them with the information they needed and suggest suitable roles to consider.

"The students were able to make relevant contacts and identified opportunities for work experience in the appropriate settings within the community.

"Feedback from the students was really positive and we are looking forward to holding more events and working with the college."

Laurissa Morrison, Sixth Form tutor, added: "The students have been talking about how much they enjoyed the event and they are looking forward to new work experience opportunities."

Car park baby dad in bid to

find life-saving couple



The Ibrahim family; April, Isaac, Magdi and baby Eliana

IT WAS a week of unexpected arrivals for babies in Blackpool.

From deliveries in car parks to unforeseen home births, Blackpool mums and dads are wanting to thank the kindness of strangers who helped bring their infants safely into the world.

Baby Eliana Ibrahim was so eager to make an appearance that she was born in the car park of Blackpool Victoria Hospital.

Mum, April, went into labour so quickly there was no time to call an ambulance so dad, Magdi, ran into the street outside their home and flagged down a passing car.

"We are so grateful to the couple who stopped and took us to the hospital," said Magdi, a doctor at Blackpool Victoria. "I do not know who they were, but their kindness will stay with me forever. They pulled up and got us all into the car and to the hospital. I hope to find out who they were so I can thank them for helping us. If they had not stopped something serious could have happened."

When the family arrived at the hospital car park the drama took a new turn as baby Eliana started to arrive. Student nurse Chloe Doherty and her colleague, Dalton Cunliffe, heard the cries for

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help as the car screeched to a halt. They called out to A&E nurses, Sasha Ronson and Alix Green, who were just passing through the main doors and the nurses worked as a team to ensure the baby was safely delivered in the car park.

Mum and Eliana, who weighed 7lbs 4oz at birth, are both doing well and have been discharged from hospital.

Also grateful for help in their moment of need were Leigh Robinson and Daniel Ayrton whose beautiful baby Willow was born unexpectedly at home.

"We had just gone to bed when my waters broke and I went into full blown labour," explained Leigh, who is mum to two other children.



Daniel and Leigh with Willow

Dad Daniel said: "We were not expecting her to be born for another month. I called 999, but baby was coming rapidly and I had to play more of a role in her delivery than I expected."

Daniel, a tree surgeon, thanked the 999 operator, who talked him through what to do and helped keep the situation calm, the paramedics who took over delivery and staff at Victoria Hospital.

Mum and baby, who weighed 5lbs 10oz, have now been discharged.

Plan ahead to keep safe during holidays



LOCAL people are urged to be ready for Easter by planning ahead for repeat prescriptions and using NHS services appropriately.

GP surgeries will be closed during the Easter weekend, including Good Friday, April 19 and Easter Monday, April 22.

By re-stocking medicine cabinets if needed, knowing when their GP surgery is open and planning ahead for any necessary repeat prescriptions, people can ensure they make the most of the Easter holiday.

Dr Ben Butler-Reid, a Blackpool GP who is clinical director for the Fylde Coast CCGs, said: "The Easter holiday period can be a very busy time for NHS services.

Ordering and collecting a repeat prescription in a timely way not only ensures you keep well but

could also help keep staff free to deal with serious or life-threatening emergencies.

"Making sure you have the right medicines could make all the difference," added Dr Butler-Reid. "Taking daily medication is an important part of treatment for those with long-term health problems such as asthma and diabetes and they are at risk of suffering serious attacks or hospitalisation if they run out of medicine."

It is also worth checking your general medicine cabinet prior to the Bank Holiday to make sure it is well stocked with essentials such as paracetamol, cough and cold remedies, antihistamines and plasters and bandages.

These can all be bought cheaply from supermarkets or pharmacies and your local pharmacist can also provide free, confidential, expert advice and treatment for a variety of common complaints.



Ward 34 and 35 staff; Louise McGuinness, Hayley Pochodaj, Natalie Middleton and Natalie Parr, advertise their Easter fundraiser

Fundraising to build a garden for patients

KIND hearted staff at Blackpool Victoria Hospital are looking to raise money for a garden area for their patients.

Staff from Wards 34 and 35 at the hospital have set up a campaign to raise £5,000 to develop a dementia friendly garden close to the ward.

They have already raised £1,000 through a Halloween fundraiser and are planning a number of events including an Easter-themed fundraiser and a fun day out while Sister Louise McGuinness is taking things a step further by getting sponsored to have her hair shaved off.

Natalie Parr, Ward Sister on Ward 35, said: "As an orthopaedic ward we do have people who are with us for quite a while and it would be nice to be able to take them outside in a safe environment and give them some fresh air.

"We are also hoping it could be an area where

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our physios could take suitable patients for some gentle rehabilitation too.

"The staff really do see the benefit of this and have got right behind the fundraising as well which has been fantastic to see."

As part of the fundraising appeal the team is holding an Easter themed fundraiser at Blackpool Victoria Hospital on April 16.

At the same event Louise McGuinness is getting her hair shaved by Ben from the Huntsman Barbers.

She said: "It was one of the first ideas I thought of and although people think I'm mad, I'm sort of looking forward to it in a strange way."

If you would like to contact the ward and help with their fundraising efforts you can email them on bthorthopaedics@gmail.com

THE BIG BOWEL IS COMING TO TOWN!!!

Roadshow...

"Experience the Journey through the bowel"

Bowel Cancer
Screening
Programme



Wednesday 24th April

(10am - 4pm)

FREE
GOODY BAGS
ON THE DAY

Venue:

Sainsburys,
Talbot Road, Blackpool,

- FREE HEALTH ADVICE
- MORE INFORMATION ON SIGNS & SYMPTOMS
- HELP & ADVICE ABOUT THE TEST KIT
- CHAT TO A CANCER AWARENESS NURSE