

Health Matters

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



Louise
has a
close
shave!

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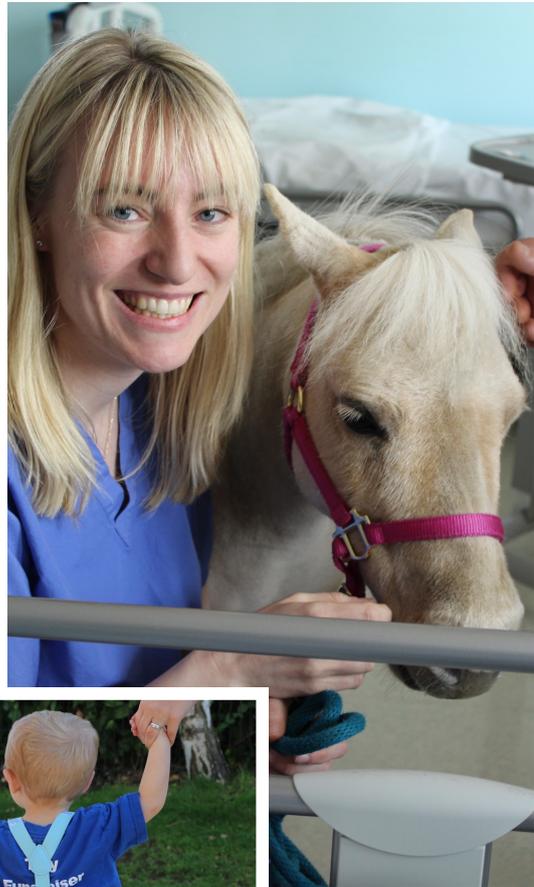
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Health Matters is also available online at www.bfwh.nhs.uk

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 bfwh.trustcommunications@nhs.net

Kevin ready to take helm at Trust



Kevin McGee and below, Wendy Swift and Pearse Butler

BLACKPOOL Teaching Hospitals NHS Foundation Trust has announced an interim replacement for retiring Chief Executive Wendy Swift.

Kevin McGee, Chief Executive of East Lancashire Hospitals NHS Trust, will take over from May 1st with Wendy retiring at the end of April.

The substantive Chief Executive post will be advertised nationally in the next few weeks.

Kevin is a qualified accountant with more than 20 years' experience within healthcare.

Before joining East Lancashire Trust he held a range of roles including Chief Executive at George Eliot Hospital NHS Trust in Warwickshire.

Pearse Butler, Chairman of Blackpool Teaching Hospitals



NHS Foundation Trust, said: "We recognise it may take some time to fill the Chief Executive post so we have decided to secure an Interim Chief Executive.

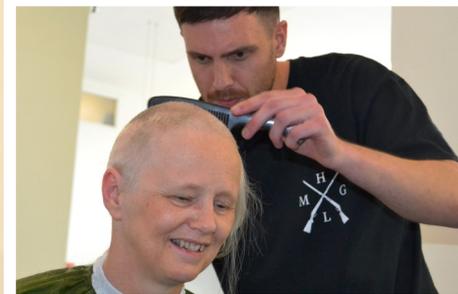
"Kevin is an experienced, well respected and successful Chief Executive and will be with us for up to six months while we recruit to the post full time.

"He will remain Chief Executive and Accountable Officer for East Lancashire Hospitals NHS Trust during this time and I am grateful to the Chairman and Board of East Lancashire for releasing him."

Mr Butler added: "I would once again like to thank Wendy for all the work she has done as a senior figure on the Fylde coast over the years she has been here.

"She has been a great servant to the NHS over the 40 years she has worked in the organisation and we all wish her well."





Why garden appeal is a hair-raising event...

NURSES will go to any length to help and support their patients.

But one nurse at Blackpool Victoria Hospital went to no length at all!

In a bid to raise funds to design and build a garden for elderly and dementia patients, Sister Louise McGuinness showed her commitment to the cause by undergoing a charity head shave.

Onlookers and colleagues watched as brave Louise lost her blonde locks to support the cause; and her efforts raised £300 towards a £5,000 target to build an outdoor area for Wards 34 and 35.

"I was quite nervous," admitted Louise. "But it will

be worth it to raise money and awareness for this appeal. It will make the world of difference to our patients to have somewhere to go to get the benefit of fresh air and lovely surroundings while they are recuperating."

The head shave was carried out by Ben Reynolds of Huntsman Barbers, Layton, who said he was delighted to support the cause.

Fundraising is well underway with a Halloween event and an Easter-themed sale already adding to the cause.

If you would like help the fundraising efforts you can email the ward on bthorthopaedics@gmail.com

VOLUNTEERS from the Blackpool, Fylde and Wyre Branch of Parkinson's UK visited Blackpool Victoria Hospital to mark World Parkinson's Day.

Parkinson's is a serious and progressive neurological condition with more than 40 symptoms that affects people of all ages.

Currently there is no cure.

Parkinson's UK is the leading charity driving better care, treatments and quality of life for those with the condition. Its mission is to find a cure and improve life for everyone affected by Parkinson's through cutting edge research, information, support and campaigning.

The local branch is one of 365 groups in the charity's network that offer a space for people with Parkinson's to meet others in similar situations and access support. They have sessions across the Fylde coast in areas including Cleveleys, Fleetwood, Blackpool and Preesall.

Marjorie Fleming, Chair of the local group, said: "We have had a great day at the hospital talking to staff and visitors about the condition.

"As well as raising awareness we have been able to hand out some valuable resources to help people understand the condition more and give specific advice for certain problems."

Parkinson's UK have launched a national *Parkinson's Is* campaign, which aims to shatter public misconceptions about the condition by

Dispelling myths about Parkinson's



Members of the local branch of Parkinson's UK, Mary Whyham, George Thompson and Marjorie Fleming

highlighting the reality of everyday life for those living with it.

The campaign has been launched in response to frustrations from people with Parkinson's that the condition is viewed as "just the shakes".

According to recent research from Parkinson's UK, 8 in 10 people with Parkinson's believe that awareness and understanding is low because people don't consider it to be a serious condition - and only associate it with one symptom - a tremor.

Steve Ford, Parkinson's UK Chief Executive, said: "Despite the fact that Parkinson's is the second most common neurodegenerative condition after Alzheimer's, many people still don't understand what Parkinson's is or how it affects people.

For more information about the local group contact Marjorie on 01253 868086. For details of Parkinson's UK's new *Parkinson's Is* campaign visit www.parkinsons.org.uk

Leanne's thank you to hospital that saved her life



A YOUNG Blackpool woman who says she owes her life to experts at Blackpool Victoria Hospital says she could think of no better way of repaying them than getting a job there.

Leanne Humphreys, pictured, had life-saving treatment at the hospital after being diagnosed with leukaemia last year.

She was so delighted with the care she received that once she recovered she looked to get a job at the hospital and has recently been appointed as a radiology booking clerk.

Leanne, 24, explained: "In April 2018 I was diagnosed with chronic myeloid leukaemia which came as a complete shock to me.

"This all stemmed from having shoulder pains a few months prior to my diagnosis. I thought I had just pulled a muscle.

"Then a few weeks later I had bad pains in my legs too which was similar to my shoulder pains. This gradually became worse to the point where I became unable to move or sit down.

"After phoning NHS 111, I was advised to come into hospital but I thought I was being overdramatic and worrying about nothing! Shortly after the phone call, I vomited a huge amount of blood and I knew something was wrong."

Leanne attended A&E with her partner, Ashley,

and she had tests completed to determine what was wrong with her.

"I needed an emergency bone marrow biopsy and blood tests," said Leanne. "On Friday the 13th of April I was called in to the hospital and I was told that I had leukaemia and I was to start treatment urgently.

"The causes of this are unexplained and this is why it has been such a huge shock. Especially at my age!

"I have been on my treatment for just over a year and this means I have to take a chemotherapy tablet each day. Leukaemia is incurable but I am controlling it with the medication.

"I want to be cancer free, but I know this just won't be possible so I am being positive and upbeat about moving forward with my journey.

"During my treatment, I developed chronic sepsis and I was in hospital for a week. Again, the medics have saved my life and this is why I want to give something back to Blackpool Victoria Hospital.

"Working here is the best thing I've done!

"I want to raise awareness of leukaemia and share my journey with people. I have started writing blogs and I also support Bloodwise with their campaigns."

Egg-cellent gifts for children



Nurse, Sarah Monaghan; ward manager, Sue Cawley, Claire Laing and Sarah Devitt from the DWP; Dawn Geraghty and six-year-old patient Anthony Tober with some of the eggs

BEING in hospital over Easter was just a little sweeter this year after a massive donation of chocolate eggs for the Children's Ward.

Staff at Blackpool Victoria Hospital were delighted to welcome representatives from the Department of Work and Pensions (DWP) who brought more than 70 eggs for young patients.

"Many of our staff are parents and they know how important the Children's Ward is and what a great job they do," said DWP case worker, Sarah Devitt. "We wanted to do something to help so I put out a staff email asking for chocolate donations."

Sarah said she was overwhelmed by the response from her colleagues. "We have brought lots of eggs and some non-chocolate treats for any children not able to have sweets."

Receiving the gifts on behalf of the ward, play specialist, Dawn Geraghty, thanked Sarah and her colleague, Claire Laing, for bringing the treats.

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"We were very grateful to the DWP, these gifts made all the difference to children visiting hospital over the Easter holiday. We are very lucky on the Fylde coast to have so many companies and organisations that go out of their way to help the hospital."

■ Normoss Round Table Lodge also brought in Easter eggs for children who attended the Children's A&E department during the holiday period.

National self care honour

THE Fylde coast has been recognised with a national award for exemplary partnership working in the promotion of Self Care Week 2018.

The campaign was to encourage local people to 'choose self-care for life' by making health-savvy decisions.

The Fylde Coast Clinical Commissioning Groups (CCGs) worked with Blackpool Council, Fylde Council and Wyre Council, Ash Tree House Surgery, Blackpool Football Club Community Trust, clubs and societies who advertise in the FYi directory, Fylde Community Safety Team, Just Good Friends, neighbourhoods, local service providers, Park View 4U and practice participation groups (PPGs) to promote Self Care Week 2018.

Speaking on behalf of Fylde Coast CCGs, Dr Adam Janjua, acting chair, said: "I am delighted the CCGs and councils have been recognised for their collaborative working. They have been working hard to improve people's knowledge of how to treat and care for themselves, so they rely less on health and social care services."

During the week, the Fylde coast saw more than 70 self-care themed events organised by local charities, organisations and community groups. The events ranged from mindfulness taster sessions, literature afternoons and HIV testing in Blackpool town centre.

As a result of the self-care promotional work, more than 100 people joined the Just Good Friends, a local befriending group.

Promoting self-care from Blackpool Public Health are, from left, Emily Davies, Rachel Swindells and Nicky Turner



NHS Blackpool CCG and NHS Fylde and Wyre CCG have been named joint winners of the award 'Outstanding CCG' from the Self Care Forum and NHS Clinical Commissioners, for their contribution to the week.

Garry Payne, chief executive of Wyre Council, said: "Working collaboratively is at the heart of Wyre Council and we're so pleased that this partnership has been recognised for its work."

A printable self care booklet can be found at: www.fyldecoastccgs.nhs.uk/selfcare

Self Care Forum Board Member, Dr Knut Schroeder, who is also on the judging panel said: "It is heartening to know that so many organisations are realising the benefit of using Self Care Week as a vehicle to help improve people's understanding of how to better look after their own physical health and mental wellbeing.

"I am very much looking forward to seeing what's in store for Self Care Week 2019."

Tiny runners to make a big difference



Little George Lonsdale helps promote the mini run



The smallest of fundraisers can make the biggest of differences this May by signing up to the Blue Skies Tiny Heroes mini run.

The mini run is for children aged up to 5-years-old to kick-start their fundraising efforts. Plus, they can take part wearing their favourite fancy dress costume.

Blue Skies Hospitals Fund, the charity for Blackpool Teaching Hospitals NHS Foundation Trust, is organising the mini run as part of their annual 5k Fun Run on May 8.

The event, which is being held in association with Blackpool Zoo and The Village Hotel, Blackpool, will open for registration at 5.15pm at the zoo. The run will start at 6pm.

The timed and measured 5k Fun Run route will take you around the zoo, Heron's Reach Golf Course and The Village Hotel.

The Tiny Heroes mini run will take place around the dinosaur trail.

All participants are invited to explore the elephant house and dinosaur trail at Blackpool Zoo after the event.

Community Fundraising Assistant at Blue Skies, Paula Wright, said: "We're very excited to get our tiniest of fundraisers involved in our annual fun run and can't wait to see them all in their fancy dress costumes."

The 5k fun run is perfect for anyone, so whether you're a beginner or experienced runner, lace up your trainers and sign up!"

Entry fee for adults is £10, £5 for children and £5 for the Tiny Heroes mini run. Group tickets (up to five people) are available for a discounted price of £40.

A free Blue Skies T-Shirt will be available for participants, subject to availability. Sponsorship forms will be sent out upon completion of online registration.

To register, visit www.bfwh.nhs.uk/blueskies/funrun/ or contact the Blue Skies office on 01253 957904.

New nursing role for Trust



The new nurse associates who have started at Blackpool Victoria Hospital

BLACKPOOL Teaching Hospitals NHS Foundation Trust has welcomed its first nursing associates following a successful pilot programme at the University of Central Lancashire (UCLan).

UCLan was one of the first universities in the country to run the two-year nursing associates foundation degree and now the first cohort of trainees have been offered full time positions across the Trust.

The pioneering role was developed by Health Education England (HEE) as a new support role to bridge the gap between health care assistants and registered nurses. It focuses on delivering hands-on care for patients while at the same time freeing up registered nurses to focus on more complex clinical duties.

Nursing associates are educated in all areas of care including mental and physical health, acute, primary, secondary and community care.

Although a professional role in its own right, nursing associates have the opportunity to progress and complete an 18-month conversion course to become a registered nurse.

Terri Tattersall, a 28-year-old newly qualified nursing associate who will work at Blackpool Victoria, said: "I initially studied geography and it was while working in a nursing home I realised what my true passion was.

"I've been a health care assistant for three years and jumped at the chance to develop my career. I've really enjoyed the course, especially learning on the job and building on my existing knowledge."

Deputy Director of Nursing and Quality at the Trust, Simone Anderton, said: "Congratulations to everyone who has completed the training. This was the first group of people to go through the course and they were pioneers in every way.

"Everyone worked really hard and is now set for the next stage of their career and we are all excited for them."

Head of the UCLan School of Nursing, Professor Karen Wright, said: "All of these students are trailblazers and I am thrilled to see them ready to go into many areas of the NHS and make a significant contribution.

"Being a nursing associate is about being at the heart of the patient journey and taking the time to offer the best care possible."

Professor Nigel Harrison, Executive Dean of the Faculty of Health and Wellbeing at UCLan, added: "This is just the beginning of what will be exciting careers for the nursing associates. It is a pioneering course which we are proud to have developed and delivered collaboratively with our NHS partner provider organisations."

Can you help improve health services?

HEALTHWATCH Blackpool are appealing to the public to help them improve health services in the area.

The independent health and care champions have launched two surveys to encourage people to have their say about the future of the NHS.

Under the heading of 'What would you do', the public are being asked for their views about how local services could be improved.

They will also be asked to share ideas on how people can live healthier lives and what improvements they think could be made to help people access services quickly.

The Government is investing £20 billion a year in the NHS as part of the NHS Long Term Plan and local organisations such as Healthwatch have been asked to work together to develop their own plans which will set out how the national plan will work across local areas.

Healthwatch have compiled two surveys to help collate the views of local residents. The general survey is an opportunity for people to give general feedback about their experiences and ways in which they believe care can be improved. To access this survey please click [here](#)

A second survey deals with specific conditions with questions about how the NHS can support people living with specific conditions such as cancer, dementia and mental health issues. To access this survey please click [here](#)

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THERE were miles of smiles at Blackpool Victoria Hospital as patients got to meet some special visitors.

Three American miniature pets as therapy horses visited the wards at the hospital to interact with patients on a wide range of wards.

This was the latest visit from the always popular horses owned by KL Pony Therapy in Northallerton.

The visit was arranged by doctor and horse rider, Emma Jackson, pictured. She said: "Everyone loves the horses and I love working with them. It is such a great thing for patients of all ages and really brightens up their day."



The **Care Quality Commission (CQC)** inspects health and adult social services in England to make sure they provide safe, effective, compassionate, high quality care. If a service needs to improve, we will take action to make sure this happens.

Tell us about your care

Come to our public listening event, meet our inspectors and share your experience of the services and care provided since our last inspection in 2017 by:

Blackpool Teaching Hospital NHS FT

Thursday 23rd May 2019 4.30-6.30pm

**Brunswick Room - Blackpool Central Library
Queen Street, Blackpool FY1 1PX**

To reserve your place please visit the following:

<https://www.eventbrite.co.uk/e/public-listening-event-about-blackpool-teaching-hospital-nhs-foundation-trust-tickets-60459179032>

If you are unable to book a ticket online using the above, please do not worry and feel free to turn up on the day.

Share your experience anonymously at any time:

Share online: www.cqc.org.uk - enquiries@cqc.org.uk

By telephone - 03000 616161