



# Your Weekly NEWS

## Time to celebrate...Health Heroes nominations are now open!

We are pleased to announce that the time of year has come again for us to launch the search for our Health Heroes 2018/19! Our staff awards are one of the big highlights on the calendar for us. Whilst we do often get to speak to staff individually and thank them for what they do, there is something really exciting and uplifting about getting everyone into one room and celebrating their achievements.

### What are our Health Heroes awards?

The Health Heroes awards acknowledge the excellence and dedication from staff, governors and volunteers across our hospitals and community teams. What makes the Health Heroes really special is that, along with staff, our patients, visitors and members of the public can nominate who they think we should be celebrating.

This is really important because it is these individuals and their families that we all come into work every day to help and serve, so their opinion really matters.

This year, we are delighted to announce a brand new category called 'Team of the Year' to celebrate a team that has gone the extra mile this year to provide an exceptional service to our patients or to colleagues across our hospitals and in the community. Nominations are now open in the following categories:

**Excellence in Patient Safety Award**

**Outstanding Improvement in Patient Experience Award**

**Going the Extra Mile Award (winner picked by patients)**

**Student / Trainee of the Year**

**Leader of the Year (winner picked by Aaron Cummins, Chief Executive)**

**Innovation and Research Award**

**Inclusion and Diversity Award**

**Bay Health and Care Partners – Transformational Change Award**

**Team of the Year \*New for 2018/19!\***

### How do you nominate for Health Heroes?

The full nomination pack, including further information on the categories, can be found on the staff awards page of [the intranet](#) or on [our website](#).

Hard copies of the application pack can also be obtained from the Corporate Communications by contacting **Ext 46642** or [sarah.jones1@mbht.nhs.uk](mailto:sarah.jones1@mbht.nhs.uk). To nominate, simply complete the online form on our Trust website by clicking [here](#) or fill in the nomination form at the back of the nomination pack and post to:  
Health Heroes, c/o Corporate Communications Team, Level 2, WGH.

### Nominations for the Health Heroes close on Friday 16 November 2018.

We really hope everyone will get behind these awards and lets us who goes above and beyond expectations in our hospitals and community teams so we can give them the recognition and thanks they deserve.





## Launch of 2018 Flu campaign

It's time to get ready for winter and protect yourself, your family, colleagues and patients from Flu. Join this year's campaign to make your pledge and share with us your reason for getting vaccinated. Share your story and follow your colleagues by using the #I'veHadMine hashtag on Twitter.

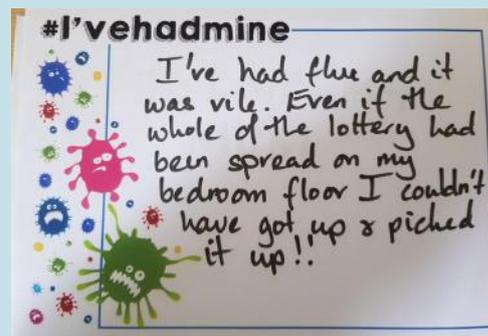
The Occupational Health Team started their walkabouts this week (Monday 24 September) and if you would like your department or ward visiting please contact the team on ext 42290. Two additional drop in flu sessions have been arranged on the following days and times. You don't need to book, just turn up.

2 October 10-12 midday at RLI Occupational Health and Well Being department

4 October 10-12 midday at FGH Occupational Health and Well Being department.

Misconceptions about the flu vaccination are common. For example, some people think that the vaccination can give you the flu, that is not possible as the vaccine given to adults does not contain any live virus!

For more details about the flu vaccine and how you can get yours, visit the Occupational Health department intranet page here or call ext 42290.



## Join me at our Big Conversations!

When LiA launched in September 2014 it became our new way of working at UHMBT and as the new CEO I want to show my continued support by leading a series of Big Conversations focused on what it is like to work here at Morecambe Bay, what is working for you and what could be better.



I have been really delighted at the way you have engaged with me through my Tea and Talk sessions, feeding back your experiences and giving me insight into the changes we need to make for our future. The Big Conversations are a fantastic opportunity for us to take this even further, giving you the opportunity to shape how we can improve colleague experience by letting me know what matters most to you as an employee of UHMBT.

**I look forward to seeing you at the Big Conversations on the following dates:**

- Friday 26 October 2018, 1pm-3pm, Moor Lane Mills, Lancaster
- Friday 9 November 2018, 1pm-3pm, Café Ambio, Auction Mart, Kendal
- Monday 12 November 2018, 10am-12pm, Furness College, Barrow.



Places can be booked via TMS. Transport will be available on request. To find out more information contact the Improvement and LiA team on [listening.IA@mbht.nhs.uk](mailto:listening.IA@mbht.nhs.uk) or 01524511989 (41989).

**Aaron Cummins, Chief Executive**



## Tea and Talk with Aaron Cummins

I will be visiting different departments and wards across our hospitals to share and discuss my priorities with you all, and ask you for your views and ideas. If you want a more informal chat with me - no appointment needed - please come along to one of the sessions on the right and have a brew on me.

### Dates for the next Tea and Talk sessions are:

RLI Skylight Restaurant, Centenary Building. Mon 29 Oct: 6pm - 7.30pm.

WGH Westmorland Bite Restaurant, Level 1. Mon 22 Oct: 2pm - 3.30pm.

FGH Lonsdale Grill Restaurant, Level 3. Thurs 27 Sept: 6pm - 7.30pm and Wed 12 Oct: 8.30am - 10am.

You can also email me with your views and ideas at [aaron.cummins@mbht.nhs.uk](mailto:aaron.cummins@mbht.nhs.uk)

**Aaron Cummins, Chief Executive**

## October Team Talk

Team Talk is an extremely effective way for managers and staff to engage in two-way communication every month. Managers are invited to attend a face-to-face briefing from an executive director with core information on the latest news, performance and strategic information affecting the Trust.

Dates and times for the October sessions are as follows:

**WGH, 1 October 10am-11am in room 1 of the Education Centre**

**RLI, 4 October 10am -11am in room 5 of the Education Centre**

**FGH, 8 October 10am -11am in the Lecture Theatre**

## A DISCO for Dementia - dance the night away and help

### Bay Hospitals Charity support patients with dementia

Mamma Mia! Those Super Troupers at Bay Hospitals Charity Hospitals are holding a 60s, 70s and 80s night on Friday 12 October at 7pm at Barrow Golf Club to raise lots of money money money to support our patients with dementia.

Funds raised on the night will help support our patients with dementia to help us fund those 'little extras' that fall outside the NHS's remit to make small improvements to buy things that will help improve the hospital environment for patients with dementia, resulting in calmer, less agitated patients. This is great opportunity for staff working at FGH (and across our Trust) to enjoy a team night out and, at the same time, help make a difference to the patients we care for. What's stopping you? Come and join us, it's going to be a great evening. Tickets are available online at: <http://www.bayhospitalscharity.org/sounds-of-the-60s-70s-and-80s> and cost just £10. For that there'll be a disco, live music, a pie and pea supper and lots of great raffle prizes to be won on the night. Tickets are also available from Heidi at the FGH charity office on 01229 404473, or by emailing: [charity@mbht.nhs.uk](mailto:charity@mbht.nhs.uk)

## Rainbow day

Show support for your LGBT colleagues and Cumbria Pride by joining our LGBT network at Cumbria Pride on Saturday 29 September, and / or by wearing bright colours to work on Friday 28 September. We will be flying the Pride flag on the three main hospital sites and on the 28 the catering departments are putting on the following special dishes to celebrate: Rainbow Stir Fry at FGH, Rainbow Rice at the RLI and Rainbow Sponge at WGH. For more information contact [LGBT.network@mbht.nhs.uk](mailto:LGBT.network@mbht.nhs.uk)





## UHMBT welcomes over 23 new international recruits

We are pleased to have recruited more international nurses in the first six months of this year compared to the whole of last year. International recruitment has been a key strand of the Trust recruitment strategy for a number of years.

The purpose of this was to complement the local nurse recruitment campaigns. From 2017-18 we had nine international nurses join UHMBT, so far in the 2018/19 financial year we have had 23 international nurses join!

Ervin Jay Evasco, International Recruit at UHMBT said:

“I’ve come from the Philippines, and have lived most of my life in the province of Rizal.

“I hadn’t really given working overseas any serious thought until representatives from the Trust came to my country looking for nurses. I was really pleased that one by one I’ve been breezing through the requirements, although the International English Language Testing System is challenging.

“The amount of learning materials, support and dedication everyone in the Trust gives to the new recruits has been phenomenal. The healthcare is very unique and a complete 180 of what I’ve experienced in my home country. Staff are at the top of their expertise and are always approachable, polite and cheerful.

“I have been sending messages to most of my colleagues who are still working in the hospital setting, but have similar a background when it comes to healthcare to prepare and to watch out for updates if ever the Trust decides to come back and recruit candidates.”

**We wish everyone all new recruits a very special welcome!**



Be friendly and  
welcoming



## Community staff in North Lancashire to join UHMBT

Next Monday more than 300 staff currently working in community services in North Lancashire are set to join the Trust. This is the culmination of a project which saw more than 500 community staff join the Trust who work in south Cumbria on April 1. A number of community diabetes staff in South Cumbria joining the Trust in August.

**The project aims to:**

- Reduce duplication for patients (such as people having to tell their health story to several different people)
- Provide a more integrated –or ‘joined-up’ service –enabling community teams to keep people in their own homes safely and keeping their independence for longer and only going into hospital when specialist care is needed
- Enable hospital and community teams to work together to enable people to be admitted to hospital speedily when it’s needed
- Give people a consistent service wherever they live in Morecambe Bay

Staff will be receiving a welcome pack answering many of the questions they may have on their first day, but we’re sure everyone across the Trust welcomes them to join the UHMBT family.

## Alcohol training session - Book your place today!

**A calling time on Wine O’Clock event will be held at the Lecture Theatre in the RLI Education Centre on Wednesday 10 October from 9am-4.30pm. Book your place on TMS.**



## Your Weekly NEWS

### MHRA Drug Safety Update - Latest advice for medicines users

The monthly newsletter from the Medicines and Healthcare products Regulatory Agency and its independent advisor the Commission on Human Medicines' can be found here [https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/736136/DSU-Aug-18.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/736136/DSU-Aug-18.pdf). Back issues can be found on the following link <https://www.gov.uk/government/publications/drug-safety-update-monthly-newsletter>

### Deadline for Morecambe Bay Medical Journal

you are invited to submit articles for the autumn issue of the MBMJ. The articles can be from any aspect of Medical/ Nursing/Dental/AHP/Primary Care/ Lancaster University. The MBMJ is now fully peer reviewed. Your articles should reach the editor by end of October 2018. Articles can be case reports, reviews, developments in Healthcare or innovation to name a few. Please email your articles to [Shadaba.ahmed@mbht.nhs.uk](mailto:Shadaba.ahmed@mbht.nhs.uk)

### James shares his experience of coming out at work

"I cannot quite imagine how it would of felt to have come out in a different environment from the NHS as I have never worked anywhere else, however I have felt nothing but supported and welcomed throughout my employment and the Trust are very supportive of us as a network." You can read James' full story [here](#).



### Trust staff take part in parade to remember soldiers

On Wednesday 8 August 2018, the Royal British Legion held its largest parade since the original Great Pilgrimage of 1928. Over 1,100 branches were represented by their Standard Bearer and a wreath layer parading through the streets of Ypres to the Menin gate, where after a service the wreaths were lain. The following morning, the wreaths were taken up to the ramparts at the side of the gate where they are now being displayed.



Two Trust employees took part in this event, Janet Eglin, the Trust's Biochemistry Technical Services Manager was the Ulverston Standard Bearer, while Andrew Taylor, a Pharmacy Technician at RLI, was the Lancaster wreath layer. You can read the full story [here](#).

### Sustainability update - September 2018

We had planned to save £3.43m by the end of July through our Sustainability programme. However, we actually saved £4.26m, which is £830,000 better than planned. You can read our full sustainability update [here](#).



### Lord Melvyn Bragg endorses Mental Health Festival

Broadcaster Lord Bragg has show his support for the two-day festival which takes place at the University of Cumbria on 10 and 11 October. The festival hopes to raise awareness of some of the issues individuals face in their life whilst looking towards what individuals can do to maintain their own wellbeing. The festival will raise money for mental health and dementia charities. You can find out more information about the festival here

<https://www.cumbria.ac.uk/about/events/university-events/lancaster/festival-of-mental-health.php>



## Community Physiotherapy - update and job vacancies

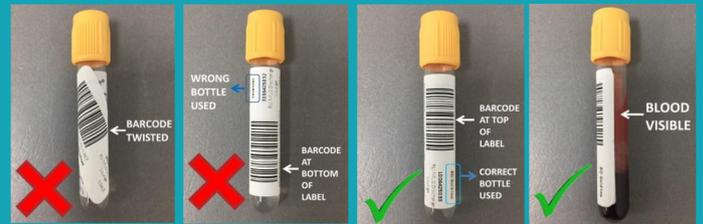
**Community Physiotherapy** joined UHMBT on April 1 2018 following TUPE transfer from Cumbria Partnership NHS Foundation Trust. The service sits in the Integrated Community Care group and covers the whole of South Cumbria from Walney and Millom in the west to Dent in the East. You can read the full story [here](#).

**If you would like to work in the team we currently have vacancies in the Barrow locality, a full time permanent Band 6 post (Job ref 331-C2030618-C) and full-time Band 5 rotational positions are still available (Job Ref: 331-BCC0450717-F).**

If anyone would like to know more about the service or spend time with a community physiotherapists please do not hesitate to contact Becky Wilkinson, Team Lead, on 01539 715222.

## Lorenzo blood sample labelling guidance

The following guidance has been created by Pathology to clearly show the correct way to label bloods using Lorenzo. To view the advice please visit the staff news section on the intranet here <http://uhmb/trustnews/Lists/Posts/Post.aspx?ID=1621>



## Essential Maintenance works at FGH and WGH

Please can all staff be aware that Estate Corporate Services (ECS) will be undertaking essential maintenance works to road and footpaths at FGH (see drawing [here](#)). Work will start on 1 October 2018 for six weeks. Traffic management systems will be in place whilst works is on-going. If you have any queries regarding parking and site security, please contact Ext 52054. For any building related queries, please contact Ext 46351.

Essential maintenance works to damaged drainage at WGH will be commencing Monday 1 October. To enable this work to be undertaken the service road will be closed as indicated on the [plan](#). Also part of the service road will become two way traffic to facilitate this works. Apologies for any inconvenience and disruption this may cause.

## SOS fundraising event

An event to raise money to maintain the SOS (Stomach, Oesophageal & Pancreatic Cancer) support group will be held at the Function Room, Park Hotel, Bowerham, Lancaster, LA1 3AS, on Friday 5 October.

The event will kick off at 7.30pm to late. On the night there will be a buffet with plenty of choice sponsored by local businesses, live Music from local artists 'Double Trouble' and a laugh a minute auction of promises and a raffle with lots of exciting prizes. Tickets are available from Hannah and Sarah, on AMU, RLI and Julie Porter, at Endoscopy, RLI.

## World's Biggest Coffee Morning

A cake sale will be held at the RLI's Skylight Restaurant on Friday 28 September from 11am. Cakes baked by our wonderful catering team. Proceeds will go to Macmillan Cancer Support.

