



Your Weekly NEWS

More tea and talk sessions announced...come and share your views and ideas

I can't believe it's been five months since I launched my Tea and Talk sessions! They have been really valuable as they have allowed me to spend some dedicated time talking to colleagues from across our hospitals and community services and hearing about their experience of working here – the good and the not so good!



If you are new to the Trust or haven't yet been to one of the sessions, they take place at all three of our main hospitals at various times of the day, and colleagues can drop in and have a chat with me over a brew about anything they want to....and they have definitely been doing that! Some of the issues we have discussed over recent months include: issues with car parking at all of our hospitals; what we should be focusing on in the future; issues with our payroll service; the behaviours of some staff; recruitment; and how we work with our health and social care partners. We've even had colleagues coming to see how the sessions work so they can introduce them in their own teams, which is a great idea! All the feedback, ideas, and suggestions have been extremely helpful, and I assure you that I am acting on each and every one of them. I will be sharing feedback on what we are doing with some of the ideas and suggestions so please look out for that.

WGH Tea and Talk session - 22 October

I was due to hold a Tea and Talk session at WGH on Monday 22 October from 2pm – 3.30pm but due to unforeseen circumstances, I am unfortunately having to cancel this session. Please accept my apologies for any inconvenience. If you were planning to come to this session and can't make a future date, please share your ideas and feedback with me via email or Twitter, with the details at the end of this article.

New Tea and Talk sessions announced!

We still have a session left at the RLI this month but following feedback regarding notice - especially for our clinical staff - I wanted to release the next round of dates as early as I could to allow as many of you to attend as possible...only if you want to of course! I know there isn't a time or day that suits everyone given we run 24/7 hospital and community services but I have tried to mix the times around to accommodate as many colleagues as possible – including early mornings, evenings and weekends. To view the upcoming sessions please [click here](#) or visit the News section of the staff intranet.

To make sure as many of your colleagues as possible are aware of these sessions and are given the opportunity to attend, I would appreciate it if you could display the [poster](#) in any staff areas in your department and discuss at your next team meeting. I hope to see you at one of the sessions. If you can't make it – especially our colleagues that work in the community - but would like me to come and visit you and your team or you want to share any feedback, ideas or views with me, please continue to email me on aaron.cummins@mbht.nhs.uk or tweet me [@aaroncumminsNHS](https://twitter.com/aaroncumminsNHS).



PCAS becomes an Urgent Treatment Centre

The Primary Care Assessment Service (PCAS) at WGH is being renamed as Urgent Treatment Centre (UTC) with new signage going up shortly. The change of name follows the introduction of the new Urgent Treatment Centre National Standard which aims to remove the understandable confusion faced by many patients about which part of the NHS offers which service. This confusion often means that people go to A&E unnecessarily and therefore may not be treated in the best place for them. This then puts unnecessary pressure on parts of the urgent and emergency care system. To find out what the service will continue to offer and for more information please [click here](#)



Put patients at the
centre of all we do



Blackpool Tower, Ashton Memorial and our hospitals go pink for North Lancashire and South Cumbria Breast Screening



This Friday (19 October), Blackpool Tower (and its heart!) will be turning pink on behalf of the North Lancashire and South Cumbria Breast Screening Programme to help raise awareness of the importance of regular breast screening for this month's Breast Cancer Awareness Month.

Thanks to our colleagues in Estates, we'll also be lighting up the South Lakes Birth Centre at FGH, the Women's Unit at RLI and the entrance to Helme Chase at WGH in pink from Friday for a full week. From Monday 22 October, Williamson Park's Ashton Memorial building in Lancaster will also be lighting up in pink. Well done to Carly Taylor, Breast Screening Navigator, and to Glyn Davies and Tristram Reynolds in Estates for making this happen. Great team work!



Staff Focus Groups for CQC Inspection announced

As you will be aware, the Care Quality Commission (CQC) will be visiting our hospitals in the coming months. As part of the inspection, a number of focus groups have been organised to allow the inspectors to meet with staff from a wide range of roles in the Trust and hear their views. To find more details click here:

<http://uhmb/trustnews/Lists/Posts/Post.aspx?ID=1655>

We are also holding a second series of staff briefing sessions to provide an update on the CQC inspection process that will take place across the three main hospital sites at the beginning of November. To find more details click here:

<http://uhmb/trustnews/Lists/Posts/Post.aspx?ID=1657>



We have produced a leaflet for all staff to provide you with information and guidance on the upcoming Unannounced CQC Inspection, and how you can be part of it. You can read this electronically [here](#), or please keep an eye out for hard copies in your ward or department. Any questions, please contact The Governance Hub team on 01539 715091 / 715093, or at uhmb.governancehub@mbht.nhs.uk

Waste management update

Further to the recent updates regarding the correct handling of clinical waste. As of Tuesday 16 October please can all staff ensure that clinical waste is double bagged. This covers orange, yellow and tiger/ offensive waste bags. This is to reduce the risks posed to our staff as they handle the bags on a number of occasions.

If you require any further advice on the correct disposal of any waste, please do not hesitate to contact Clare Grootendorst, Waste and Compliance Manager on 07813 454 159, who will be only too happy to advise you. For reference the attached guidance covers the correct disposal of clinical waste and I would ask that everybody familiarises themselves with this important information. A lot of domestic waste - such as packaging - is still being disposed of incorrectly, so please ensure you are following correct guidance at all times.

Foluke Ajayi, Chief Operating Officer



Keeping your baby safe from flu

It's recommended that all pregnant women have the flu vaccine, whatever stage of pregnancy they are at, as it will help protect both you and your baby. The flu vaccine is also safe for breastfeeding mums. You can book your flu vaccine with the Occupational Health team by calling ext. 42290

The team are continuing to visit wards, departments, and work areas, and have been overwhelmed by the positivity they have received from colleagues who are eager to get vaccinated. Future sessions are listed and available to view on the calendar [here](#) or by visiting the staff intranet. If you'd like a member of the Occupational Health team to visit your work area then please contact them on 01524 512290, ext. 42290, or email occhealth.referrals@mbht.nhs.uk. Thanks once again if you've already had your vaccine for this year and please remember to let the team know if you have received your vaccine from your GP.



Put patients at the
centre of all we do

The search for our Health Heroes is on!

The search for our [Health Heroes awards](#) continues. Do you know an individual or team that is extra special, and who really go out of their way to make life a little bit better for patients and colleagues? If so, we want to hear about them! It isn't just UHMBT staff that can nominate - we want to hear from patients, visitors, and members of the public as well. There are nine categories in total, two of which are below:

Student / Trainee of the Year: Celebrating the great work and commitment undertaking by a student or trainee in our hospitals, this award is looking for a clear demonstration of the person leading by example and putting their learning into practical use for the benefit of others. Open for all students/trainees studying a recognised qualification.

Going the Extra Mile Award: Open for nominations from patients and the public. The award recognises those staff (clinical or non-clinical) or volunteers, or governors that have gone the extra mile. We know that our teams right across the Trust work extremely hard, and for this category judges are looking for examples where nominees have provided exceptional levels of care to support the recovery of patients. We want to hear about where our staff have made a difference in the eyes of our patients.



**DEADLINE FOR
ENTRIES:
FRIDAY 16
NOVEMBER**

The full nomination pack, including further information on all the categories, can be found [here](#). Hard copies can be obtained from the Communications team on ext. **46642** or sarah.jones1@mbht.nhs.uk.

It's almost time...

Don't miss your chance to be a part of making UHMBT the best place to work. Come and share your ideas at our Big Conversations. Book on TMS and contact us at listening.ia@mbht.nhs.uk or on ext. 41989 for more information.

- **Friday 26 October, Moor Lane Mills, Lancaster**
- **Friday 9 November, Auction Mart, J36, Kendal**
- **Monday 12 November, Furness College, Barrow**





Share your Lorenzo EPR experience

Since 2010, University Hospitals of Morecambe Bay NHS Foundation Trust (UHMBT) has significantly invested in the Lorenzo EPR system. The investment has not only supported higher quality and safer care for our patients, but it has also helped to reduce avoidable costs. We have now reached the stage where we need your help as regular users of Lorenzo. We would appreciate it if you could take the time to share with us your thoughts and insights into your current Lorenzo EPR experience. Your feedback will help us to continue to improve and refine your EPR user experience in the future. This research is supported by KLAS Research and will provide detailed feedback to UHMBT. It will also provide anonymized information that will allow us to benchmark with over 100 hospital organisations around the world in the Klas Arch Collaborative. We would really appreciate your contribution via the web link below. Thank you in advance for your time and feedback. https://klasresearch.az1.qualtrics.com/jfe/form/SV_7a17ZntmrbfvXCZ



Value the contribution
of everyone

Colin Brown, Chief Clinical Information Officer, Sue Smith, Executive Director Nurse, David Walker, Medical Director

Pharmacy team nominated for prestigious award

Laura Healey, Senior Clinical Pharmacist, and colleagues Sarah Hamer, Pharmacy Audit Technician, John Wilson, Clinical Governance, have been nominated in the **'Impacting clinical and performance targets'** category at the Allocate Awards 2018. The team has been nominated for transforming the way they do their auditing. The Pharmacy department at the Trust was the first in the UK to stop using the old paper process and start using the online MyAssurance by Allocate for their Safe and Secure storage of medicines audits. The new system has saved the team between two and four hours per audit, has streamlined the process, and improved the safety and quality of results. The team will find out if they have been successful at a gala dinner on Wednesday 17 October at the Old Trafford Cricket Ground, Manchester.



Waste Amnesty Days –17 and 19 October

Waste Amnesty Days will take place on Wednesday 17 October at the RLI and WGH and on Friday 19 October at FGH. Do you have old chairs, cabinets, televisions, desks, fridges, beds drip stands, chemicals, and aerosols cluttering your ward/department? Why not have a clear out on the waste amnesty days. Let the Patient Environment Team know what you have and they will visit your ward/department on the amnesty days and collect your old equipment. Please ensure all waste is decontaminated where applicable. Click [here](#) to find out who to contact on your site

Oral Health Champion Training Day

Thank you to all our colleagues that have come forward and volunteered to be oral health champions. We really do appreciate it and we now have an Oral Health Champion training day to be held on the 7 November 2018 at FGH Education Centre. Please check your emails and respond soon. For further information please contact stephanie.gillies@mbht.nhs.uk or find us on twitter [@ohestephie1](#)



Mouth Care
Matters

Goodbye Sophie!

The Maxillofacial Department at FGH would like to say a little goodbye to their colleague and Dental Nurse Sophie Jackson, who will be leaving the Trust on the 19 October. Sophie has been in the department only a year, but has made a big impact with her bubbly personality and infectious laugh. Sophie has been very caring and always puts the patients first; she will be missed by the whole department.





Don't forget! Wear pink this Friday for Breast Cancer Awareness Month

Don't forget to wear something **pink** to work this Friday (October 19) for Breast Cancer Awareness Month. Ward and clinical staff can join in too, but please remember that you must be 'bare below the elbows'.

All proceeds raised from the day goes to the **North Lancashire and South Cumbria Breast Screening Fund** (which is administered by Bay Hospitals Charity) to help make our breast screening units across our hospitals the best they can possibly be for local women, ensuring women receive the very best care and treatment.

Text **MBHC18£1** to **70070** or you can collect **£1** from everyone in your team who wears pink this Friday and contact Lisa Roberts, Breast Screening Administrator on: lisa.m.roberts@mbht.nhs.uk to arrange dropping your donations off.

Wear pink

on October 19th 2018
And show your support
for Breast Cancer
Awareness Month

All proceeds to North Lancashire and
South Cumbria breast screening fund

Suggested donation £1

Clinical staff wishing to take part must be bare
below the elbows

New Research and Development webpage

The Research and Development service is now listed as one of the services on the Trust website. The new page can be found on the Trust's website under 'Services', available at www.uhmb.nhs.uk/our-services/research-and-development/. The service is looking for other departments and their patients who might be interested in participating in one of their studies. Please contact the service on 01524 512133 or email R&D@mbht.nhs.uk

#FlourishAtWork 70 stone challenge

A few weeks ago we launched the #FlourishAtWork 'Nourish' challenge which encourages 100 staff members to collectively lose 70 stone by using free Slimming World membership vouchers. The challenge, which also marks the 70th anniversary of the NHS, is now in week 6, and many of you have told us how much you are enjoying learning more about food and healthy eating! Here's a quote from one of our slimmers:

"So far I have lost 6.5 lbs, very pleased with the result! Keeping motivated is the thing, and keeping the cupboards/fridge stocked with food/ingredients to make meals is very important. I have also tried walking as much as possible, and feel better already!"

If you are taking part in the challenge, please remember to email your progress to Flourish@mbht.nhs.uk.

As part of #Nourish the catering team would like to share their recipe to make your own healthy muesli bars. You will need...¼ pint of sunflower or rapeseed oil, 1lb oats, 800 grams dates, 4 mashed bananas, and one teaspoon vanilla essence. Simply mix the bananas, oil, chopped dates together, and add the oats and vanilla together. Place in a tin and leave to set. Once set, cut into pieces and enjoy!



FGH Pharmacy raises £200

During Macmillan Week, the Pharmacy team at FGH have raised £200 between the department. They have decided to share the funds between the Macmillan nurses and to a local lady called Briar Butler. Briar has been a patient at FGH and is a young mum with inoperable brain tumours who is currently raising funds for her four year old son to be able to take him away to Lapland for Christmas. Well done to our Pharmacy team for supporting this worthwhile cause.

Value the contribution
of everyone



Ambulance coming soon to BBC One

Crews from North West Ambulance Service were filmed for series four of BBC One's Ambulance documentary in early summer 2018. Filming took place with control staff and with ambulance crews in Greater Manchester as well as the air ambulance. We are pleased to tell you that the first documentary of series four will broadcast on BBC One on Thursday 18 October at 9pm, with further transmissions following weekly. Please tune in to see our dedicated staff caring for patients and dealing with the challenges of ever increasing demand. Ambulance captures the stories behind the sirens. Filming simultaneously with the crews out on the ground, in ambulances, and the control room, each episode will provide a unique 360 degree insight into the service.

Improving outcomes for cancer patients conference

The Trust's 6th annual cancer conference will take place on 14 November at the Globe Arena, Morecambe. The theme will be improving outcomes for cancer patients and will discuss treatments and strategies for better lives. There are two million people living with or beyond cancer in the UK. This figure is set to rise to four million by 2030. Keynote speakers include;

Professor Chris Harrison, National Clinical Director for Cancer. Hazel Brodie, Project Manager at Southampton University. Professor Sheila Payne, Division of Health Research, Lancaster University, and Dr Steve Milan, Partnerships Development Manager at Lancaster University.

For further information and to register for this free event please contact Pauline Robinson via email Pauline.robinson@mbht.nhs.uk View the full programme [here](#).

Share learning
with others

Our Chief Executive leading by example at Cumbria Pride

This September, colleagues from across the Trust celebrated both Rainbow Day and Cumbria Pride in style by dressing in fabulous rainbow colours, flying the flags at each hospital site, and eating amazing multi-coloured dishes in the hospital restaurants prepared by our very own catering teams. On the day Aaron Cummins, Chief Executive, joined his colleagues and took part in the march through the city of Carlisle to lead the way and celebrate networks across the county. To find out how you can get involved with our LGBT network and for more information please contact LGBT.network@mbht.nhs.uk



Trust Procedural Document Library

The link below lists the documents that have been uploaded to the Trust Procedural Document Library in the last 30 days. This information can be accessed at any time on the Trust Procedural Document Library [home](#) page.

[Documents uploaded in the last 30 days](#)

