



# Your Weekly NEWS

## Focus on our new maternity unit...skills lab

You will have heard us talking our brand new £12m Maternity Unit at FGH. It is due to open in early February 2018 so we wanted to tell you a little bit more about what exactly the new unit is made up of.

It is very important that staff keep up to date with skills and knowledge – especially in conditions and situations that they might not experience regularly. The new unit has a dedicated skills lab which enables the full multi-disciplinary team involved in the care of women and families to learn and train together.

This skills lab will include a top of the range ‘Sim Mom’ which simulates labour and birth to enable staff to keep up to date with skills and knowledge needed in emergency and uncommon situations.

More information on the new Maternity Unit at FGH can be found at: <https://www.uhmb.nhs.uk/hospitals/furness-general-hospital/your-new-maternity-unit/>.



## Would you like to try Karate?

Karate is much more than a self-defence martial art, with Kendal Chojinkai Karate and our Flourish programme, you will learn a traditional Japanese art, with training sessions tailored to your fitness and ability levels – so that training is comfortable, yet challenging to you. Don't worry you won't be doing head kicks straight away!

Kendal Chojinkai Karate was founded in 1983 and is part of the Wado-Ryu style Chojinkai Karate Association. Led by Matthew Miller, 4th Dan and the female and male black belt instructors, your training sessions will involve traditional and sport based karate – one of the newest sports in the Olympics.

It will help to improve your stamina, strength, speed and flexibility and with intensity, improve your overall fitness and body awareness. It also enriches your mind through concentration and focus and you'll benefit from learning the techniques and routines that karate provides, gaining confidence as your progress.

Most of all, you will have fun in a safe and controlled environment, and developing life skills whilst meeting and training with a variety of people.

With our Flourish programme you can train for free for eight weeks, twice a week from 7.30pm – 9pm on Tuesdays at the Queen Katherine School Gym, Kendal and 7.30pm – 9pm at The Bryce Institute, Burneside. The sessions will start on Tuesday 23 January, but if that date isn't suitable for you, we are flexible – just let us know when you can make it!

At the end of the eight weeks, we hope you will have enjoyed learning karate, if you wish to continue training (we hope you do) and make it part of your lifestyle, you'll get a discounted joining fee – £20 for your first year's licence and karate suit. Each lesson after joining costs £5 but you can save if you join the monthly Standing Order plan.

Please contact the team either by [www.facebook.com/kendalchojinkai](http://www.facebook.com/kendalchojinkai) or email [kendalchojinkai@yahoo.co.uk](mailto:kendalchojinkai@yahoo.co.uk).





## New way of working has given staff greater understanding of ophthalmic conditions

Ophthalmology nurses at the RLI have developed a teaching package for all wards at the hospital to make them better informed of ophthalmic conditions and the needs of patients suffering from conditions such as glaucoma, cataracts, conditions relating to diabetes and macular degeneration.

The team undertook a 20 week journey as part of Listening into Action (LiA) to set up an outreach scheme that the ward staff can ring if they need an ophthalmic nurse to go and assist with medications such as eye drops, enquiries and book outpatient appointments for them.

The Trust has seen 13,185 ophthalmic patients for outpatient appointments in the past six months. Deborah Akrigg, Staff Nurse, who led the project, presented the team's outcomes in front of more than 80 people at the LiA and Improvement Brilliant Bay Day at Castle Green Hotel, Kendal, last year. You can find out more about the scheme and ophthalmic conditions at <https://www.youtube.com/watch?v=U0qYYerF810&t=94s>



## Our 2018 Improvement and LiA Calendars are here!

We have just received delivery of our very popular desk calendars which will be available to all staff in the Trust.



Included in the calendar are all the dates for our LiA waves and Improvement training throughout the year. Don't forget, Wave 11 launches on the 30 January and is open to all staff in the Trust and wider Health Community who would like to make improvements in their area of work. We have a limited number so please contact [listening.ia@mbht.nhs.uk](mailto:listening.ia@mbht.nhs.uk) or **01524 511989 (41989)** if you would like one for your department.

## The Echo Department has been recognised Nationally

The Echocardiography department of UHMBT has been formally recognised for excellence by the national specialist society the British Society of Echocardiography (BSE).

BSE departmental accreditation is a recognised benchmark of quality. It indicates to patients, resource allocators and health professionals that an echo department meets realistic quality standards. The cardiology department has known that our echo department and staff are highly dedicated and professional and that they produce a high volume service with over 9500 echocardiograms performed in 2017. However, being given the opportunity to have the quality of work independently and externally assessed has produced welcome recognition of all the hard work.

Dr Brodison, Consultant Cardiologist and Clinical Lead for cardiology stated, "The process of preparing for the assessment has in itself proved to be a welcome, but onerous activity which has allowed the department to look critically at the process of running and developing an echocardiography service. It has also given us evidence to demonstrate the importance of taking 'time out' to regularly perform Quality Assurance and audit activities.

"This is a phenomenal achievement for the whole department and the chief echocardiographers in particular who have put in an enormous amount of time into the assessment process. It places the department in a rather select group as only approximately 40 NHS trusts across the UK currently have accreditation status."

**Dr Adrian Brodison, Consultant Cardiologist and Clinical Lead for cardiology**





## Happy first Birthday to our Barrow Charity Office

As far as birthday presents go, our charity staff and volunteers couldn't have wished for more when they met on 12 January to celebrate the first anniversary of the opening of Bay Hospitals Charity's Barrow office.

The office, which is in the foyer of FGH, opened on 12 January 2017, one month ahead of the launch of Bay Hospitals Charity's Bayb's Maternity Appeal.

### Bayb's maternity appeal hits £200,000

Over the last 11 months, the appeal, which is being co-ordinated from the Barrow charity office, has been fundraising to equip Furness General's new maternity unit with "extras". These fall outside the remit of what the NHS is able to fund but will ensure a level of clinical safety and comfort designed to make the hospital one of the best places in the whole of the country to have a baby when it officially opens on 14 February – the appeal's first anniversary.

We're delighted to announce that the appeal has now reached the £200,000 mark, meaning it is now just £50,000 short of its £250,000 target.

Bayb's Maternity Appeal co-ordinator Heidi Bowron, runs the Barrow office supported by a team of volunteers. Heidi, who has worked for us since leaving college 30 years ago, said: "This is the best birthday present any of us could have wished for. To have raised this amount of money in just 11 months is quite phenomenal and has exceeded all our expectations.

"It just goes to show the support for what we are doing, which is essentially trying to ensure the best possible start in life for our future generations, within the community. We are extremely grateful.

"It was felt a Furness office would help not just the Bayb's appeal reach its target but also, bring home to people that charity begins at home and with their support, we can help make stays and treatment here at Furness, as well as at WGH and the RLI, more comfortable for patients and their families." Find out more [here](#).

### Get involved in fundraising to support our hospitals

Contact the Bay Hospitals Charity team at [charity@mbht.nhs.uk](mailto:charity@mbht.nhs.uk) or call us on **01229 404473** (Barrow) or **01524 516064** (Lancaster).



## Wound workshops now in February



There are now two wound (prevention and management) workshops booked in February. The first is on Wednesday 14 February in Seminar Room 5, Education Centre, RLI. The second workshop is on Wednesday 21 February in Room 2, Education Centre, FGH. Both workshops start at 8.55am and finish at 12.55pm.

Places can be booked via TMS.

## Welcome and goodbye!

The Medicine Division are saying goodbye to Laurel White, Service Manager in medicine, on Friday 9 February. Laurel's replacement will be Jude Ewing who started with the Trust on Monday 8 January.



## Would you walk 1000 miles for the NHS?

A new challenge has been issued just in time for everyone to get active after a lazy couple of weeks. Kath Evans, a Children's Nurse who leads on improving experiences of care at NHS England, has come up with #NHS1000miles to coincide with the 70<sup>th</sup> birthday of the NHS. All you need to do over the next 12 months is walk, run, cycle or swim to try and get to 1000 miles as your gift to the NHS for its 70<sup>th</sup> birthday. More info can be found [here](#) and if you sign-up don't forget to tweet! The Facebook page is: <https://m.facebook.com/groups/134856837194962>



## LGB and Transgender Awareness Training for 2018

We are pleased to inform you that there are now more sessions for LGB and Transgender Awareness training in 2018. The dates are below:

**WGH – 8 February 2018 - 9am to 2pm**

**RLI – 28 March 2018 - 8.45am to 1.45pm**

**FGH – 12 April 2018 - 9am to 2pm**

Workshop attendees will:

- Gain increased knowledge around LGBT, gender variance, and basic terminology
- Gain a better understanding of how to enhance patient care for LGBT\* and transgender adults, children and young people who access our services
- Gain a better understanding of how to support LGBT\* and transgender colleagues at UHMBT
- Gain knowledge and skills to develop their workplace to become LGBT\* and trans inclusive, and develop knowledge of services and support available locally.



Lunch will be provided for all those that attend. To book a space on the workshop, please visit TMS. For more information about the workshop contact [sally.young@mbht.nhs.uk](mailto:sally.young@mbht.nhs.uk)

## Pay and pension queries- updated SBS contact details

SBS are pleased to announce the introduction of a brand new customer self-service portal. Once registered on the new digital platform employees will be able to raise queries with the specialist support team, and track them right through to resolution, with HR managers able to view queries raised by their employees.



The aim of this is to make it easier for employees to contact SBS and have their queries resolved quickly and efficiently. To access this service please visit <https://nhssbs.microsoftcrmpportals.com/>

For further guidance on registration please see the Trust intranet site or visit the video tutorial link below: <https://www.sbs.nhs.uk/employment-services>

## 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.

<http://uhmb/cs/tpdl/Pages/UploadedDocumentsLast30Days.aspx>



## Personal Fair Diverse drop-in sessions

Are you a personal fair diverse champion? Come along to the drop-in sessions and discuss your role, where you see your role going in the future and how we see your role developing. This will give you the opportunity to see where your role fits into the PFD/Respect family.

The drop in sessions will be your chance to have your say so please come along. We can only make a difference if we all work together to get the right end result of a fully inclusive Trust. The sessions are as follows:

- FGH 24 January 2018 at 10am -12:30pm, Ed centre Room 4
- RLI 25 January 2018 at 9am – 12pm, Ed centre Room 1
- WGH 26 January 2018 at 10am – 1pm, Ed centre Room 1



## Mental Health Variety Show - book your tickets now



On Sunday 28 January, at Lancaster Grand Theatre, there is an evening of superb variety entertainment for an excellent and much needed local cause!

Book today, brighten up a dark January evening and have a great night out, raising funds for local not-for-profit groups which support people with mental health problems alongside NHS teams and help raise awareness of the fact that mental health issues can affect absolutely anyone, from any background, in any profession, at any time. We need to lose the stigma associated with mental health and accept that it's not something that should bring judgement on the sufferer but is an illness which deserves treatment without bias, just the same as any physical condition.

The money raised from ticket sales and the raffle will be distributed to groups working with people suffering with mental health issues in the Bay Radio area. Tickets are £10 and £7.50 for a child. To book call the box office on **01524 64695** or visit [lancastergrand.co.uk](http://lancastergrand.co.uk).

## Over £1000 raised!

The Macular Unit at WGH held a craft fair on Thursday 7 December to raise funds for the unit to enable the service to expand. They had carol singing in the foyer and an official tree lighting in the grounds.

The staff of the unit would like to thank everyone who supported them and helped them raise £750.20 on the day and a further £443 from the raffle!

## Do you want to say thank you to someone?

Do you have a colleague or volunteer who you would like to say a special thank you to? Thank you cards are now available from the Trust, these cards are a little way of recognising the hard work and help of a colleague. The free cards can be collected from:

Communications Office, Springville House, Level 2, Royal Lancaster Infirmary

Communications Office, Level 2, Westmorland General Hospital

Communications Office, Admin level 5, Furness General Hospital





## Spotlight on Integrated Care Communities

There are 12 Integrated Care Communities (ICCs) in Morecambe Bay. Each ICC brings together health and social care professionals, the voluntary sector and the local population who work together to improve health and wellbeing.

Each week we will focus on a different ICC so we can share some examples of their work with you, and this week we look at Barrow ICC and their work on respiratory care. Respiratory conditions were identified as a major concern both within the ICC area and across Morecambe Bay.

Health professionals, consultants and clinicians now meet and discuss a number of patients with complex respiratory needs and determine whether they should stay in the hospital setting or whether they can be safely treated within the community under the care of their GPs. This can potentially reduce the demand for acute capacity with the hospital attendance and enable patients to remain under the care of their GP.

One patient said: "It is great to see the Consultant and all other health professionals at the same place and the same time at Walney Cottage."

In 2018 the ICC plans to go further - establishing Community Respiratory Clinics in 2018 where patients can be seen by the Consultant, the Case Management Team and other health professionals in a "one-stop clinic" approach to reduce numerous trips to the hospital and allow them to be treated in the community and closer to home.

This will also encourage self-care and self-management with the education provided during these sessions. These clinics will be held in the various Wellbeing Hubs run jointly with Public Health which are currently emerging across Barrow.

UHMBT Lead Nurse – Clinical Engagement and Transformation - Alison Scott said: "Providing multidisciplinary care, which includes the hospital specialist in a primary care location, provides this 'patient' focused service and improves the knowledge of all professionals involved."

## Project Management training now available

The Project Management Office (PMO) are pleased to announce new dates for Project Management training. These courses cater to the varied backgrounds and requirements of staff. These are available to book now via the Training Management System (TMS) – listed under the 'Management & Leadership' category.

If you would like more information about the courses, please do not hesitate to contact the PMO on ext 42181/45424 or by emailing [PMO.Mailbox@mbht.nhs.uk](mailto:PMO.Mailbox@mbht.nhs.uk). Course dates are:

**Tuesday 30 January 2018 at WGH**

**Tuesday 13 February 2018 at FGH**

**Tuesday 27 February 2018 at RLI**

## Charity dates for the diary!

**12 May – Keswick to Barrow and Coniston to Barrow**

**7 July – Cross Bay Walk**

**8 July – Piel Island Walk**

**9 September – Great North Run**

Link to find out more: <http://www.bayhospitalscharity.org/our-events/>

