



Your Weekly NEWS

South Lakes Birth Centre welcomes its first baby

Arriving a week early, little McKenzie Kirkland became the first baby to be born at the brand new South Lakes Birth Centre at FGH, when he arrived at 8.10am on Wednesday 7 February 2018, weighing 7lbs 8oz.

Born to parents Keith and Ann-Marie Kirkland from Barrow, McKenzie is a little brother for five year old Malachy and three year old Leo. Originally due on Valentine's Day, McKenzie decided he couldn't wait to meet his new family and made an appearance seven days early.

Ann-Marie, said: "The whole experience has been brilliant. The new unit is beautiful – much better than the old unit. It is so much more open and the beds are really comfy. The staff have been great and looked after us really well."



Staff and women officially moved over to the new unit on 6 February, following an intense four week induction and orientation programme.

The teams have also been celebrating the last baby born in the old Maternity Unit that opened back in 1984. Little Pippa Rae Strefford was born at 10.31am on Tuesday 6 February 2018, weighing 8lbs 14oz. Born to mum Gemma Miles and dad Nathan Strefford from Walney, Pippa is a little sister for two year old Isobel.



The first baby to be welcomed into the brand new Special Care Baby Unit was little Louis Elias Pearson. Born on 26 January 2018 at 35 weeks, Louis is a baby brother for 22 month old Daniel Vincent Pearson and a new bundle of joy for mum Gemma Spurr and dad Darren Pearson from Dalton.

Gemma, said: "I think the new unit is lovely. It's bigger than I expected and the facilities are great for local people. It's amazing to be in here and experience it all. I work at FGH and in my opinion; our hospital doesn't get enough praise. From mine and my partner's personal experience with both our children, the staff are fantastic – they're absolute angels."

NHS 70 - Engagement sessions

As part of the Trust's NHS 70 celebrations we will be holding display and questionnaire sessions to gauge what staff would like to see in the run up to and on July 5 2017. Please come and speak to us on one of the following dates:

- Tuesday 20 February, FGH restaurant 11-12pm & FGH lift area level 5/6 3-4pm
- Wednesday 21 February RLI restaurant 11-12pm & Centenary main entrance 3-4pm
- Thursday 22 February WGH restaurant 11-12pm & main entrance 2-3pm

We will be holding more engagement events w/c 26 February. Please see next week's Weekly News for more details.

Parliamentary Awards

To find out more about categories and the application process click [here](#).





Facilities staff open up on mental health

“Hello, my name is Bonnie Brocklebank, and I have been with the Trust for almost 10 years. I started my new role as Assistant Patient Services Manager in September 2017. My principal role is to manage and develop the provision of Domestic and Portering services at the RLI. I assist in the management of around 130 staff members; this includes planning and organising staffing and rotas, managing sickness and absence, managing environmental audits and undertaking risk assessments.



“I’ve not always been open about my mental health: I thought of it as something to be ashamed of, a sign of weakness. I didn’t want to talk about it with others and burden them with my problems. During a recent period of ill mental health I started recognising tell-tale signs in other people and it got me thinking about how many others were hiding their real feelings so I set up a mental health drop-in session for my staff, invited Occupational Health to give information on services that they provide and offered leaflets containing further information for staff to take away with them. I chatted with staff and it became clear that they wanted more, that they didn’t feel that counselling was right for them, but that they needed support – and so the PES Wellbeing Group was born!

“Our first session was an ice breaker, an opportunity to chat about the things we struggle with over a coffee and a cake. In that first session we decided to take an active role in developing our mental wellbeing and since then the Wellbeing Group has conducted a number of activities including a long walk along the canal, some colouring and origami on a soggy day before Christmas and most recently spent some time making miniature terrariums in coffee jars.

“The Wellbeing Group - which meets for an hour every month - and the Flourish campaign have been instrumental to my mental wellbeing. Medication and talking therapies can only take you so far, and I have found that without eating well, exercising and practising mindfulness it’s all too easy to let your mental health slide. Doing these things as part of a group helps to keep me on track and it’s given me a great support network.”

Comments from my fellow members of the wellbeing group:

#FlourishAtWork



“I find that since going to the Wellbeing Group I can express my feelings better and know that there are others that are feeling similar things; it’s good to hear how we all deal with things in different ways. It’s warming to know that I have someone to talk to other than family. I have benefited from the group in the sense that I can offload some of the stresses that I have. They are a lovely bunch that goes to the group and they make me laugh so much, it’s a great idea to have the group, it also gives us a chance to express any work related problems we may have”. – L Hartley.

“I enjoy going to the Wellbeing Group as we can express our feelings no matter what they are. The group always listens and are ready to give advice on how to deal with different situations. I always feel better and always have a good laugh. I don’t think we can thank Bonnie enough for setting up this group, it’s been a really welcome support for me these last two months”. – B Beaton.

“The Wellbeing Group helps you find your peace of mind and you’ve got time with people that also want theirs. With being a new starter at the RLI this group had helped me find new friends who are all amazing! Hats off to Bonnie for organising the group, listening to our problems, and turning our frowns into smiles”. – T Moreland.

“I’m a Domestic at the RLI, I have two children and one of them has autism which can be really stressful. I find the Wellbeing Group really good as I get to share any of my troubles and get to let off a bit of steam. The team leader is absolutely fantastic and shows a caring nature to everyone in the group”. – K Lloyd.



Three weeks to go to Maternity go-live

As part of our Electronic Patient Record (EPR) Optimisation Programme, the Maternity Department are due to go -live on Thursday 1 March with their Optimised Maternity System. Did you know you need a Smart Card to be able to use Lorenzo? In advance of the Maternity Go-Live, users are encouraged to test their Smart Card.

I.E. find a computer, insert the Smart Card, enter your PIN and Lorenzo should launch. In the event that you think you may have a problem with your card, please call the service desk on Ext. **46000** or email ServiceDesk@mbhci.nhs.uk. Useful information to provide when logging calls includes your name, contact number, location and smartcard number. Forgotten your PIN or locked your smartcard? You can now register to unlock your own. Please see click [here](#) for instructions.

Do you know about the courses Occupational Health provide?

The Occupational Health department offer a wide range of courses and discounts for all staff members, they have provided an overview of the ones currently available and how to find out more.

Slimming World

They now have vouchers available for a Slimming World membership at a discounted price of £40 for three months membership (£69 value). They also provide Slimming World Online Memberships, for more information, please email ellen.wilkinson@mbht.nhs.uk. Please note that this offer is for new members only.

Yoga

The next five week block of Yoga classes begin at the RLI and FGH on Wednesday 21 February 2018. The cost of the five weeks is £20. There are limited places, book now to avoid disappointment.

Menopause course

There are still places available for our Menopause course at the RLI, WGH and FGH. They take place in March, April and May. For more information on dates and times, please visit your TMS and book your place.

Using resilience to manage stress and change workshop

This course will help you understand and identify the impact of stress on others and yourself, to understand how to manage your own issues and gain skills in times of change. We aim to build your confidence and resilience to deal with difficult situations. They have limited places available for RLI, FGH and WGH so please book on TMS.

Mindfulness taster course

New dates have been added to the widely popular mindfulness course – you can now book via TMS.

It's a woman's world

After the success of the first ever Women's Health Course at the RLI, we are pleased to announce that we have added new dates for Barrow and Kendal. These are at the end of February and April. For more information on dates and times, please visit your TMS and book your place.

If you have any enquires about the above courses, please call ext. **42290** or **01524 512290** or email: occhealth.referrals@mbht.nhs.uk

Calling all health and care innovators!

£8,000 Innovation Fund available. Do you have a great idea for an innovation and would like some funding to implement or adopt and spread it? Join us at the next Dragons' Den on 23rd March 2018 at WGH. Application form and further information [here](#).



Update on CQC Local Area System Review for Cumbria

This week a team of Care Quality Commission inspectors will be carrying out a Local System Review of Health and Social Care in Cumbria.

They will be visiting services and talking to staff, patients, as well as health and social care professionals. If you are approached please support their requests. As usual CQC inspectors may ask to review records or data which we would ask you to support. Any requests to take information away must be requested formally by the review team. They will:

- Interview members of the teams who commission and provide health and social care for older people
- Analyse data about the quality of care services and outcomes for people, including reviewing patient records
- Visit hospitals, community hospitals and residential homes talking to staff, patients and residents.

The scope of the review is limited and is looking specifically at how people move between health and social care, including delayed transfers of care, with a particular focus on people over 65 years old, including those with dementia. There are three main areas that the CQC review team are focusing on:

- Maintaining the wellbeing of a person in usual place of residence
- Crisis management
- Step down, return to usual place of residence and / or admission to a new place of residence

It's one of 20 being carried out nationally. As well as a local report assessing how we are doing, the findings will also form part of a national report. The review teams are checking whether the services that we provide are:

- safe
- effective
- caring
- responsive
- and whether the whole health and care system in Cumbria is well-led

This is an opportunity to learn and improve as well as share some of the improvements we have worked hard to achieve. If you have any questions relating to this review please email: cqcssystemreview@cumbria.gov.uk



Find out more about Sugar Free February

Oral Health Education Dental Nurses Sophie Jackson and Stephanie Gillies are supporting [#SugarFreeFebruary](https://www.instagram.com/sugarfreefebruary/) in the MaxilloFacial Unit at FGH with a display in the waiting area. Come and say hi and find out how cutting down your sugar intake can improve your health! They are both very passionate about Oral Health and would like to be able to use the skills they both have around the hospital to give patients better care while they are not well.

Your Development Matters

Your Development Matters will spotlight innovative training, resources and research that may help with your professional development. This month we'd like to draw your attention to a free resource on reducing your risk of dementia, The Edward Jenner Programme – a free online leadership course for **all** healthcare staff and hundreds of free online courses run by Futurelearn. For more information click [here](#).

If you have any ideas for training or if you have followed up on any of these links then we'd like to hear from you. Please email helen.o'neil@mbht.nhs.uk



We are going to launch a Leadership and Management Academy



Do you have line management responsibilities? Do you hold a formal qualification? Would you like to further develop your leadership and management skills? this opportunity could be for you!

We are proud to announce the launch of our Leadership and Management Academy in partnership with Kendal College and Lancaster University through an apprenticeship within the coming months. Applications will soon be invited for employees within our hospitals who would like to complete a leadership and management qualification via an apprenticeship pathway, whilst in their current role. We will be offering level three and level five qualifications delivered by Kendal College and, later in the year, a level seven qualification delivered via CETAD at Lancaster University.

This opportunity is open for existing employees at UHMBT on a permanent contract who have line management responsibilities, regardless of banding and area / department. This opportunity will be led by Vocational Services within Learning and Organisational Development.

You will need approval and full support from your own line manager in relation to the requirements around mandatory study time either attendance at college / university or protected self-directed study. More details will follow in the near future so watch this space!

Join Team Bay Hospitals Charity – get fit and raise funds!

We've got events for everyone - from a lovely picturesque walk to a half marathon. You and your friends and family can keep fit whilst raising funds for our hospitals.

- 12 May – Keswick 2 Barrow and Coniston 2 Barrow walks
- 7 July – Cross Bay Walk
- 8 July – Piel Island Walk
- 9 September – Great North Run (only a few charity places left!)



Find out more and sign up online at: bayhospitalscharity.org/our-events/. Or have a chat with the team on **01524 516066** or **01229 404473**, email: charity@mbht.nhs.uk.

Celebrating LGBT History Month

Every year in February, across the UK we celebrate LGBT History Month, which was founded in 2005. Celebrating LGBT History Month is a great way to raise awareness and understanding of LGBT people and issues. This year's theme is geography. For more information, below are some links to local websites -

LGBT History Month : <http://lgbthistorymonth.org.uk/>

LGBT Lancashire : <http://lancslgbt.org.uk/>

OutREACH Cumbria : <http://www.outreachcumbria.co.uk/>

Out in the Bay : <https://oitb.co.uk/>

Stonewall : <https://www.stonewall.org.uk/lgbt-history-month-workplace> (includes manager's resources)

UHMBT LGBT Network : <https://www.uhmb.nhs.uk/about-us/inclusion-and-diversity-matter-uhmb/lgbt-network>



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ANTI-TRANS
ABUSE
WHENEVER
YOU SEE IT,
IF SAFE TO
DO SO.**

**COME OUT
FOR TRANS EQUALITY.**
Find out more: www.stonewall.org.uk/trans

**Stonewall**
Acceptance without exception



Would you like to be a Respect Champion?

The Trust is expanding its Personal, Fair, Diverse and Respect family by recruiting more respect champions in our aim to be effortlessly inclusive. You will need your manager's consent as this is a voluntary role and will involve attending meetings as well as meeting staff. The role is not confined to your own departments; you may be required to speak to colleagues from other departments and sites.



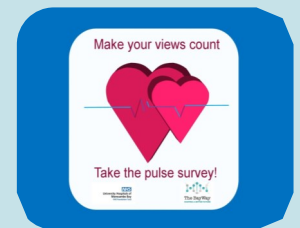
A full training package will be delivered and all Respect Champions will be given the chance to gain their level two NVQ in Equality and Diversity. For an application form and managers' consent form email the PFD/Respect lead at karl.hinchliffe@mbht.nhs.uk or phone **01539 716655 (ext 46655)**. The closing date for applications is **28 February**. Interviews will be held across all three sites in March.

Take the Pulse

It's time for the quarterly organisational pulse survey! This is the last in the series of pulse surveys looking at engagement. Divisions have been using the results to develop different ways of engaging and listening to you, so your answers are important to them.

It's simple to complete and takes only a couple of minutes. You can access it through the link below or paper copies will be provided at ward department level. <https://www.surveymonkey.co.uk/r/WQL2DBL>.

Starts Monday 5 February and runs until Wednesday 28 February 2018.



Behavioural Standards Framework training - coming soon!

As we told you last week, we are launching our BSF training soon. As a Trust we really believe in the framework being at the heart of everything we do and so we want to ensure everybody has access to the standards and understands how they can apply it in everyday situations.

We are launching in March where it will become available on your TMS accounts. It is a fun, interactive session which you should find really helpful!

7th ENT study day

The 7th ENT study day is taking place on Wednesday 14 March at Lancaster House Hotel. The invitation is open to all primary and secondary care staff and is free for everyone to attend. To find out more and to book a place, please email Emma Sparks emma.sparks@mbht.nhs.uk.



Thousand Voices celebration



To mark the opening of the South Lakes Birth Centre at Furness General Hospital, the Thousand Voices group and John Woodcock MP are having a small party inside Hawcoat Memorial Hall on Wednesday, February 14 from 6pm to 8pm.

If you would like to attend and want more information, please contact Cassie Curtis-Smith on **01229 431204** or by emailing curtissmithc@parliament.uk