



Your Weekly NEWS

Trust receives £2million to upgrade Emergency Departments

The Trust is set to receive £2million to upgrade Emergency Department facilities in the run up to winter.

Kate Maynard, Chief Operating Officer at the Trust said: "I'm pleased for our local communities and colleagues that UHMBT has been informed it will receive an allocation of £2 million, as part of the Prime Minister's announcement that 117 NHS Trusts will be allocated a share of £300 million to upgrade A&E facilities.

"These funds are part of the NHS' preparation for winter and the risk of further outbreaks of coronavirus.

"Our plans include improving the capacity at our two Emergency departments at Furness General Hospital and Royal Lancaster Infirmary.

"This investment will also help to further improve the experience for both patients and colleagues, as well as removing patients waiting on corridors which is not something that any of us want to see in our hospitals."



Finance Director thanked as he moves to new North West role

Keith Griffiths, our Director of Finance, will be leaving the Trust later this year to take up a new role in the North West.

Keith will be leaving at the end of October 2020 to take up the Director of Finance and Resources role with Cheshire and Merseyside Health and Care Partnership.

Aaron Cummins, Chief Executive, said: "On behalf of the Trust, I would like to thank Keith for his support and leadership since joining the Trust in April 2018.

"Amongst other responsibilities, Keith has led our cost improvement programme which last year (2019/20) saved an impressive £22 million thanks to his direction and the hard work of teams across the Trust. This not only met our nationally agreed financial control totals but also reduced our deficit from £70m in 2018/19 to £41m in 2019/20.

"We will now start the process of recruiting a new Director of Finance. In the interim, the finance team will continue to be led by Janet Higgs and Tim Povall. We wish Keith and his family all the best for the future."



National updates on coronavirus pandemic

You can read the latest government advice regarding coronavirus by clicking [here](#)



Your Weekly NEWS

Student Midwife encourages A-Level recipients to apply for Midwifery

A student midwife at the Trust, who is grateful for the experience of working during the coronavirus (COVID-19) pandemic, is encouraging students who have recently received their A-Level results to apply for Midwifery courses.

Emma Clayton, 31, from Morecambe, has had a work placement at the Royal Lancaster Infirmary (RLI) over the past few months and is now in the final year of her studies at the University of Cumbria in Lancaster.

Emma said: "One moment that I'll always remember and take away from this is when a woman held my hand and said: 'Thank you for making this experience feel normal for me in a time that's not normal'."

Emma has a huge passion for midwifery and feels lucky to be able to support women through what can be an extremely vulnerable time: "Pregnancy and birth fascinate me," she said. "I think the strength and courage women have is just amazing. To be in a position to be with women and supporting them when they can be going through what can be a vulnerable time is just an extremely lucky position to be in. I like to be able to be a part of helping women to feel supported and empowered." To read more please click [here](#)



Temporary road and staff car park closures at RLI this week

The Trust is this week preparing to temporarily close an on-site road, a large staff car park, a smaller staff car park, and a small public car park at the Royal Lancaster Infirmary (RLI) due to building work on a new operating theatre.

From Friday 21 August to Sunday 23 August, a large crane will be brought onto the RLI site which will necessitate the temporary closure of the site road leading off Ashton Road and down to Medical Unit 2. The Trust will also be temporarily closing the large staff car park at the back of Medical Unit 2, a small car park at the rear of the Pharmacy and a small public car park at the front of Medical Unit 2.

Staff, the public, and any other drivers will not be able to access the road leading from Ashton Road down to the car parks. Ashton Road itself will not be affected by the closure of the road. As the road will be closing at 8pm on Friday 21 August, Capital Services and Car Parking staff will be on site from that time to make sure that nobody attempts to drive down the road and park.

Staff and members of the public who want to park will be directed to the pay and display car park on Ashton Road opposite Medical Unit 1 and can use the pedestrian access routes [marked on the map of the site](#). Access to adjacent wards and buildings is not affected as the building work is self-contained. When the crane is on site the North West Air Ambulance Service (NWAAS) and other services will be temporarily redirected to other hospital sites.

For more information, contact Paul Kershaw from the Capital Services Team at paul.kershaw@mbht.nhs.uk. Any patient transfers or body movements that are required over the weekend will be carried out by North West Private Ambulance Liaison Services (NWPALS). Trust colleagues can access this service from NWPALS on: 01524 752441 or 07767168675.

Reminder about sending samples to Pathology and Microbiology

It is important that all samples sent to Pathology or Microbiology are treated as COVID-19 positive to protect all colleagues. The correct processes to follow for sending samples to Pathology or Microbiology are attached. Please share with any colleagues who may send samples.



Your Weekly NEWS

Big 5 campaign: Be Kind

Over the past few months we have been running our 'Big 5' campaign to help improve quality and safety by ensuring that you have all the information and tools you need to protect your health and wellbeing and flourish at work.

This week we are taking another look at the 'Be Kind' element of the campaign. It seems such a simple thing to say but being kind can have a huge impact on the people around us. There are times when we all feel stressed and under pressure and this has been amplified during the current pandemic. However, no matter what is going on, it has never been more important to be kind and treat others as we would expect to be treated.

Being kind means different things to different people. It doesn't have to be anything huge - it can be as simple as a smile, saying thank you, asking how someone is or someone making you a nice cup of tea. No matter what is going on, we're all in this together. We are all facing similar challenges so we need to remember that and look out for each other. To read more about 'The Big 5' campaign and how kindness can make life better for everyone, please click [here](#)



Trust promotes Workforce Disability Equality Standard survey

A new survey for NHS staff with disabilities has been created to gather people's experiences during the COVID-19 pandemic.

The survey by the national Workforce Disability Equality Standard (WDES) team will enable the WDES and the Trust to reflect on the challenges that disabled colleagues may have experienced. Working alongside NHS England and NHS Improvement, the WDES team is keen to learn lessons from the experiences of disabled staff from March 2020 to July 2020. The EDES team is looking for contributions from disabled staff, line managers, disabled staff network chairs, equality leads, occupational health professionals, HR professionals, and any others with an interest in disability.

The survey takes around ten minutes to complete and all responses will be anonymous. It will close on 18 September 2020. By participating in the survey you will help the NHS to gain a better understanding of the challenges faced by disabled staff. You can access the survey [here](#) Further information on the work of the WDES can be found [here](#) For further details please contact the WDES team on england.wdes@nhs.net.

New video offers top tips on how to work well from home

Donna Bush, Lead Physiotherapist from the Trust's Occupational Health and Wellbeing Service, has created a new short video offering top tips and advice for colleagues when working from home. The video is a checklist to make sure we are doing all we can to ensure our work stations are positioned correctly, we are taking regular breaks, and most importantly making sure we are looking after both our physical and mental health whilst working from home. You can view the video [here](#)

Earn cashback at stores including Sainsbury's and M&S

Did you know NHS Staff can save even more and earn cashback when shopping for the essentials and more at favourite stores? From supermarkets to high street favourites, see how much you can save with the Health Service Discounts Cashback Card. To get your card, you must first be signed up to Health Service Discounts. NHS Staff can sign up for free to get access to hundreds of exclusive discounts and cashback savings. Go to: www.healthservicediscounts.com



Your Weekly NEWS

Warm welcome for five new Chaplaincy Team volunteers

Five highly experienced and caring volunteers have joined the Chaplaincy team at the Trust.

Reverend Tony Ford, vicar at St Mark's Church in Barrow and chaplain for Barrow Raiders rugby league team, and Reverend Philip Dorling from Cumbria, who was furloughed from his job as Lead Chaplain at Scargill House Christian Community in North Yorkshire earlier this year, have both spoken of their eagerness to volunteer with the UHMBT Chaplaincy team.

Reverend Ruth Crossley, Carol Kelly, and Reverend Aimee Lynch have also joined the Chaplaincy team as volunteers.

You can read the full story [here](#)

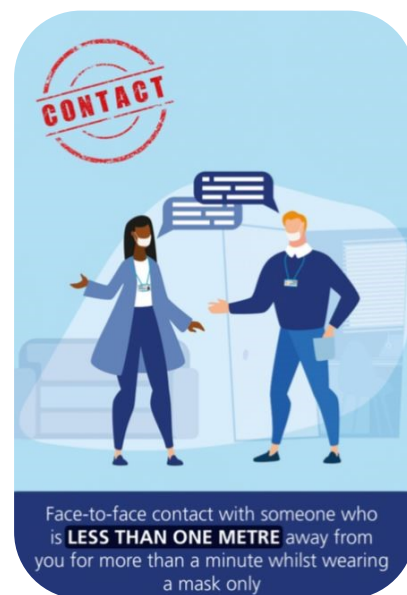


Test, Track and Trace posters explain what makes you a 'contact'

New posters illustrating what makes you a COVID-19 'contact' are being shared to support the Government's Test, Track and Trace system.

Anyone with symptoms will be tested and their close contacts will be traced. If you have been in close contact with someone who tests positive you must isolate for 14 days even if you have no symptoms. The posters show various scenarios and clearly explain what you need to do.

The Government is introducing this service to help return life more to normal, in a way that is safe and protects our NHS and social care. The service will enable us to trace the spread of the virus and isolate new infections, and will play a vital role in giving us early warning if the virus is increasing again, locally or nationally. To view all of the posters please click [here](#)



Getting ready to fight influenza — do you have a fear of needles?

As we approach the autumn months, it's that time again where we need to think about protecting ourselves from the Influenza (flu) virus.

Getting vaccinated not only protects ourselves but also our loved ones and, importantly, our patients. Each year the Trust's Occupational Health and Wellbeing Service is here to help you keep healthy and Influenza-free.

However, for some of us a fear of needles known as 'trypanophobia' can often prevent us from getting vaccinated. Trypanophobia is defined as an extreme fear of medical procedures involving injections or hypodermic needles. A person with needle phobia usually finds it very difficult to have an injection or contact with anything associated with injections.

To try and help colleagues who suffer from trypanophobia we have created an informative leaflet which provides steps to help overcome your fears. This can be found on our Share Point Page, under Health & Wellbeing, [Resources](#)



Your Weekly NEWS

'Pulse Check' survey is designed to support colleagues

Listening and responding to your concerns is as important as ever and your health and wellbeing remains a top priority for us, so as we enter the next phase of our response to COVID-19 (coronavirus) and safely restore NHS services, we want to continue to provide the support our colleagues deserve and need.

That is why, in partnership with NHS England and Improvement, we have launched a new staff 'pulse check' which is entirely anonymous and voluntary.

The survey is now open until January 2021 and you can share your views and tell us how you feel by [clicking here](#). Thank you to colleagues who have already responded to the survey but if you are yet to complete the survey we have received some helpful feedback to help to locate the name of your place of work. To find University Hospitals of Morecambe Bay please type 'Morecambe' in the search box and the name of the Trust should appear.



The survey is only available online with no paper alternative. There is an option to complete the survey by phone; please contact Gillian Day, Inclusion and Diversity Workforce Advisor, on gillian.day@mbht.nhs.uk or 01539 716605 / Ext 46605; or AskSami on ask.sami@mbht.nhs.uk or 01524 519700 for further information.

COVID Check-in Appraisal: hints and tips

If either or both of you involved in the appraisal conversation are working from home, you can do the appraisal this year via Teams. If so, here are a few suggestions to help: discuss this option with each other beforehand; agree a mutually convenient time; find somewhere private away from other household members and avoid distractions; if only one person has a VPN access, ensure the other has seen the questions beforehand; and make sure your microphone is un-muted and camera is on so you can see and hear each other.

When having your COVID Check-in Appraisal don't forget to save as you go along, ideally after each question. E-appraisal will time out after an hour and will say: "An inconsistency occurred while saving your responses - some responses may not have been saved". The work-around for this is to copy your answers into an email/document and then go back into your appraisal and paste them back in.

This year our focus for the appraisal discussion is around our experiences of COVID personally and professionally. We have therefore designed a new tab in the e-appraisal document for this. The two tabs to be used this year are 'COVID Check-in Appraisal' and 'Sign off' - this includes getting feedback from your appraiser.

To complete the documentation you need to add information into each box, even if it is simply N/A, as without doing this it won't let you 'sign-off'. The remaining tabs/sections can still be completed if you wish, although this is not essential.

Don't forget to complete your COVID Check-in Appraisal. The focus this year is on three core areas:

- Checking in on your physical and psychological wellbeing
- Listening to, and learning, from your COVID experiences
- Ensuring that you understand the core organisational priorities for this year.

We would like every colleague to have an appraisal conversation where they can talk freely about their experience and their wellbeing. We want to make sure that no story goes untold and that no learning is lost. It is important to remember that all our experiences are real for us and may be different for other people. Using the appraisal discussion to listen and provide support where required is really important and can be very powerful. Reliving what has happened may also bring out a range of emotions. While this may be difficult, it is very 'normal'.



Your Weekly NEWS

Dr Braima builds hospital in Sudan and supports street children

Dr Osama Braima, a locum paediatric consultant who works at Furness General Hospital (FGH), is currently in the Sudan where he is building a hospital for local people.

Osama has sent back these great photos of Sudanese street children wearing new t-shirts that he bought for them as gifts.

Heather Wood, Matron for Children and Young People at FGH, said: "What a truly kind, inspirational and caring man he is.

"He's a pleasure to work with too."

Colleagues at FGH contributed to a collection for the children. Keep reading your Weekly News for an update when Osama returns from Sudan.



Two new bladder scanners funded by Bay Hospitals Charity

Bay Hospitals Charity is funding two new bladder scanners and trolleys costing £13,590. These scanners will be hugely welcomed by staff on Ward 20.

Having their own equipment will be a real advantage and will mean that elderly patients can be scanned quicker. More efficiency can lead to a reduction in serious infections which will benefit patients.

The BioCon-700 automatic bladder scanner delivers accurate bladder volume results within seconds. It is more robust than ever, reliable and simple to use. It's mobile so it is suitable for use on the ward or in the community.



The scanner's new enhanced features have taken bladder scanning to a whole new level. New scanners provide comfort to the patients in a timely manner.

Judith Read from Bay Hospitals Charity said: "The donations you give enable us to buy equipment that has a positive patient impact.

"If you have identified a way in which we could offer support please contact us and if we are able to help, we will."

To contact the Bay Hospitals Charity team, please email: charity@mbht.nhs.uk.

Have you won the Bay Hospitals Charity Lottery this week?

This week's winning numbers are:

Draw date: Friday 14 August

3 5 6 2 1 2

Play the Bay Hospitals Charity Lottery online now!

Visit www.bayhospitalscharity.org/lottery/

and help make a lotto difference across Morecambe Bay Hospitals.

