Are you a Flu Fighter?

If your answer is no, then why not?
We are now in the second week of Flu Fighters vaccinations but only 22% of our almost 5,000 staff members have received theirs so far. But we have a long way to go before we reach our 75% target.

So we need your help to achieve this! We understand that some staff will be apprehensive about the flu jab and so to reassure you we have busted some common myths about the vaccine:

1. **I had a vaccination last year so I don’t need one this year** - **FALSE**
   Each year the Flu virus changes, which means you need a yearly vaccination to combat new strains of Flu.

2. **The flu jab will give me flu** - **FALSE**
   It is impossible to get flu from the flu jab because the vaccine doesn’t contain live viruses. A small number of people experience side effects but these usually cause only minor discomfort. In fact, this year’s flu jab is the safest yet!

3. **I’m pregnant, so I should avoid the flu jab** - **FALSE**
   You can have the vaccination at any stage of pregnancy. The vaccination is beneficial to your baby as it helps protect them from flu over the first few months of life.

So what are you waiting for? Contact your local Occupational Health department today on RLI, 01524 512290, x42290 WGH, 01539 715173, x45173 to book your Flu Fighters vaccination!
Salary sacrifice computer scheme
Now is your chance to join our exciting technology benefit scheme in time for Christmas!

Enjoy significant savings on the latest Apple products, computers, tablets, games consoles, TVs, mobile phones and other exciting products. The scheme enables you to spread the cost of the products over 24 months and, even better, save up to 30% as a result of sacrificing a proportion of your salary.

Am I eligible?
In order to qualify for this scheme you must be:
- An employee of UHMBT
- At least 18 years old
- Contracted to work for UHMBT past 31st December 2016
- Earning in excess of minimum wage after the monthly payment is deducted

For more information on the scheme click here.

Listening into Action update
In just one week, nearly 800 staff completed our first ever Listening into Action (LiA) Pulse Survey, but to make the results even more meaningful, many more need to take part – and you have less than two weeks left to do it! For those who don’t have regular access to a PC, staff from all different parts of the Trust have been armed with iPads and are out and about around our hospitals helping to make it as easy as possible to complete. You can access the survey via the link from the LiA link on the home page of the staff intranet or by clicking on this link: http://ow.ly/CybWt

The survey only has 15 questions and will take about two minutes to complete. This is an important stage in our new way of working as it gives me a starting point for measuring our improvement over the next year. Please take this opportunity to have your say, it really can help make a difference.

Please also make sure you sign up to one of our “Big Conversations” where, working from our Pulse Survey, we will take our next steps in shaping our Listening into Action priorities. Here, staff in all grades and occupations can give their views on a number of areas, not least ‘what gets in the way’ to delivering the very best care for our patients and what changes you think would make the biggest impact.

DATE   TIME   LOCATION
04 December 2014 10am – 12pm  Lancaster – Lancaster House Hotel
08 December 2014 2pm – 4pm  Barrow – Abbey House Hotel
10 December 2014 2pm – 4pm  Kendal – Junction 36 Auction Mart
16 December 2014 4pm – 6pm  Kendal – Castle Green Hotel

Two further dates will follow for Barrow and Lancaster.

To request a place on one of the Big Conversations, please email Listening.IA@mbht.nhs.uk, stating which of the Big Conversation sessions you can attend. If possible, please indicate more than one potential date. A member of the team will be in contact shortly to confirm your attendance.

Please don’t leave it too late to book your place!
Staff celebrate 30 years of FGH

Staff marked 30 years since Furness General Hospital opened its doors to patients with a special high tea.

Many of those who worked at the hospital in 1984 attended the celebration alongside VIP guests including the mayors of Barrow and Millom and the original architects.

There was a party atmosphere with Nathan Tooze from F1 Disco kindly volunteering to play hits from the 80s and delicious food and a birthday cake was provided by the catering team at FGH.
**Job of the week**

There is a current vacancy in the Programme Management Office as a Programme Office Administrator.

The Trust set up a Programme Management Office (PMO) in 2012 to help effectively manage a portfolio of change projects to support the Trust's priorities.

This post will support the activities of our project and programme managers and project teams by providing a full administrative support service to the Programme Management Office. You must be proficient in using Excel and Word, also having experience of SharePoint would be desirable.

For further information please contact Martin Kinley, Programme Manager on 01539 716867. Click here to view the full job advert on our website.

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**Integral upgrade to the Trust network**

Replacing two data switches at Furness General Hospital took an operation akin to some of the most complex surgery to ensure the Trust information systems continued to function without disruption!

The two switches (pictured) were commissioned in 2003 and are the devices that connect all the users and systems at FGH to the network. Almost every piece of data sent and/or received in the trust will pass through these devices. That includes, Email, Lorenzo, Pathology Results, Xray Images and internet web browsing. In addition we also convert all Voice calls into digital data and transmit them around FGH or to other sites using these Cisco 6509’s.

The two switches ran continuously without failure for 4,113 days processing a whopping 25,773,251,493,888 bytes of data in that time. It’s difficult to comprehend how large that number is – if you were to count that high, one number every second, it would take you 817,264 years!

The new switches look almost exactly the same but have a data processing capacity in excess of 20 times more. As well as ensuring appropriate maintenance and support, the upgrade also allows us to ensure the network infrastructure is capable of delivering the increased volume of data we expect the next computer developments to generate.

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**Roaring a message of Breast Cancer survivorship**

June Baker, Occupational Therapy Technical Instructor at RLI, is travelling to Sarasota, Florida to compete in the "PINK" Celebration of Life Dragon Boat Festival. June Baker and her sister Margaret Roberts are both Breast Cancer survivors and they will be joined by their team Paddlers for Life Windermere.

Over 200 Breast Cancer Survivor teams from all over the world will be competing in Dragon Boating to raise awareness of Survivorship and fitness following a Breast Cancer diagnosis.

June said: “It is important that we continue the fight and research into Breast Cancer and it's a great way to meet up with our Pink Sisters across the water”

Click here for more information.

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**www.uhmb.nhs.uk**
Signage improvements

We are improving the way-finding signage across the Trust so look out for James Simpson and Richard Trigg from Allsigns who will be carrying out site surveys at WGH this month with installation planned to commence in December 2014.

Site surveys will be carried out at FGH in November 2014 and RLI in January 2015. Installation at FGH will commence in February 2015 and at RLI it will commence in March 2015.

RLI social club

We are looking for volunteers to join our committee in support of the Social Club, RLI. Do you have some spare time to come and help?

We currently have a small number of volunteers but we need to expand our numbers significantly. There are many ways to help. Please get involved and make a difference. Let's all work together to ensure we keep our Social Club!

For more details, contact Lisa Downham on x46248 or email charity@mbht.nhs.uk

Public lecture - Saving the NHS: Research into practice

On Wednesday 22 October, Professor Mike West will deliver this free public lecture on how research is changing practice in the NHS to ensure a focus on continually improving, high quality and compassionate care right across the country. The event will be an opportunity to hear about large scale research programmes which have influenced both policy and practice from the top to the front line of the NHS.

The lecture will describe how research findings are being used by policy makers and NHS managers and clinicians to change practice. Among the topics touched upon will be NHS values, board functioning, staff engagement, people management, patient satisfaction, team working and leadership.

The event, which is one of a series being held for Lancaster University’s 50th Anniversary celebrations, will conclude by describing the key steps needed for the NHS to be saved for future generations.

Book your free ticket online at here and click here for more information on upcoming lectures.

Changes to Children’s services

Heather Wood, the Children’s Ward manager for Furness General Hospital, is temporarily taking charge of the Children’s Ward at Royal Lancaster Infirmary. This follows the decision of John Gosling to step down from the post.

Debbie Willacy will take temporary charge of the Furness Children’s Ward in the meantime.

Laurel White has been appointed as community paediatric service manager.

Janine Marshall has been appointed Clinical Nurse Specialist for Paediatrics, a cross-bay post for children with respiratory conditions.

Murder Mystery

The Abbey House Hotel, Barrow-in-Furness, is offering £5 NHS discount on tickets to their Halloween Murder Mystery on Friday 31st October.

If you would like to reserve tickets, please contact Abbey House Hotel on 01229 838282.

Click here for the full size invitation.
A view from staff side

At the monthly staff side meeting, there are many issues raised and each month, I’ll be discussing some of the key topics that are happening around the Trust in this column.

I said back in August that the issues I can be involved in can be very varied. At local level in the last few days I have offered advice regarding flexible working and made a suggestion in relation to the security implications of staff leaving the hospital premises after a twilight shift.

While I was on annual leave last month I had the opportunity to meet Andy Burnham the Shadow Health Minister and raise a concern with him, a concern he also shares. This particular concern relates to commercial sensitivity of information. Across the NHS a number health communities are looking at clinical strategies, our own strategy being “Better Care Together”. Clinical strategies will involve significant changes to the way services are delivered and may involve organisations bidding to provide new services. Prior to this organisations need to be able to be completely open so that strategies developed offer the best possible care to patients.

Finally The Times newspaper recently published an article: “Decline of the British Nurse has forced trusts to recruit overseas”. The article goes on to point out that since 2010 training places for nurses have been cut by nearly 3,000 but with eight candidates for each place. Our Trust is undertaking a number of initiatives in relation to nurse recruitment including overseas recruitment but this is not just about nurses, it applies to all the professions in the NHS.

My view is that more needs to be done in relation to workforce planning for the NHS at a national level as there is only so much individual Trusts can do. This is an issue that has been discussed at a number of national conferences I have attended over the years and is clearly still a problem but it is not easy to try and plan workforce needs over ten years in advance, which is the case with some professions.

Kirk Panther,
Staff Side Chair

CDT student of the year

Andrew Tinkler, Senior Orthodontic and Maxillofacial Technologist at RLI, has been awarded Clinical Dental Technician of the Year from University of Central Lancashire. He qualified with a distinction and it was unanimously felt that he demonstrated the highest standards of achievement throughout the course. Well done Andrew!

Parking

All staff are reminded that parking near the helipads is not allowed. The no-parking signs are there for a reason and this is a major safety issue.

On Tuesday October 14, several cars parked on the grass next to the helipad at Furness General Hospital, contravening the Do Not Obstruct Helipad notices.

This put lives at risk as well as risking the stability of region-wide emergency response networks.

New Horizons

The latest edition of our membership newsletter, New Horizons - Autumn 2014, is now available on the Trust website.

Please click here to read it in full.

Clinical audit awareness

HQIP is proud to present its second Clinical Audit Awareness Week, designed to promote audit and quality improvement, leading up to HQIP’s annual conference on 3-4 November.

Find out more here.

Kirk Panther,
Staff Side Chair