Last chance to nominate Your Health Hero!

The deadline to nominate who you think should be recognised for the extraordinary roles carried out by staff across our hospitals, is fast approaching. Over the last few weeks, we’ve featured each category and below are details of the final two awards. You've got until Friday 31 January to get in touch and tell us who's your Health Hero.

Student / trainee of the year
Our students and trainees are the future of healthcare. This special award is to specifically recognise, encourage and raise the profile of training, and of our students, trainees and apprentices. The winner will demonstrate practical ability, effort and determination, a positive ‘can do’ attitude, and contribution to their team or colleagues.

Fundraiser of the year
Our communities are passionate and extremely proud of their local hospitals, and the support we receive from them is second to none. The Fundraiser of the year award recognises an individual or group that has gone beyond all expectations to raise money for good causes at the Trust.

More information on the individual award categories and how to nominate can be found by clicking here or by visiting www.uhmb.nhs.uk. Hard copies of the nomination pack can also be obtained by contacting Rachael Whitaker, on ext 45213 or rachael.whitaker@mbht.nhs.uk.

Join our team to help improve our health and wellbeing

Improving the health, wellbeing and safety of our workforce is a priority for us and as a result, we are setting up a project group with members of staff side, managers, Human Resources, health and safety, and occupational health. We also want staff who are enthusiastic about improving the health, and wellbeing and safety of our workforce to join us, and help us create a great place for us all to work.

In the coming weeks, the project group will be visiting staff areas to speak to you about what health and wellbeing means for you. The group will be asking for feedback about what we currently do, and ideas about things we can improve, such as health promotion, occupational health and wellbeing services, how we support staff with long term conditions, how we manage sickness absence, and any initiatives that would benefit you.

If you would like to be involved in the project, would like further information, or would like to become a wellbeing champion for your area, please let us know by emailing the wellbeing email address - healthandwellbeing@mbht.nhs.uk, or speaking to your Assistant HR Business Partner.

All ideas are welcome, so if you would like to share thoughts or feedback, please email the above address with your comments. We will keep you updated via Weekly News.
There’s still time to become a Flu Fighter

Thank you to all our staff who have become Flu Fighters over the past few months, and also to our Occupational Health team and link nurses who have been working hard to ensure we have vaccinated as many of our staff as possible. Below is a graph showing the flu vaccine uptake by division.

We have vaccinated 64 per cent of our 3,166 front line staff, which is a fantastic achievement, and the highest number of staff we have ever vaccinated. If you have recieved your vaccination at your GP surgery, or anywhere outside of the Trust, this also counts towards our final total. Please let your line manager know today if you have recieved your flu jab outside of the Trust, and ask them to complete and submit the returns template by the end of the week to ensure every staff member’s vaccination counts.

We have seen some fantastic efforts over the last few months to ensure as many of us as possible become flu fighters. This is our last chance to ensure we meet our target of having vaccinated at least 75 per cent of our front line staff. If you haven’t had your flu jab yet, please contact Occupational Health today on ext 42290 (RLI), ext 43570 (FGH), ext 45173 (WGH).

COSHH assessments - Do you know what to do?

We have recently audited our Control of Substances Hazardous to Health (COSHH) Inventory and the COSHH assessments within it. Completing this audit has highlighted the following points, when completing a COSHH assessment:

- Please ensure you use the correct form. Click here for the form, and click here for the guidance note. All assessments must be on the correct form by the end of February 2014, prior to the HSE visit in March.

- To make it clear to users how the substance is harmful and what controls are required, always write out the Risk and Safety phrases in full.

- If the substance requires gloves, a mask or other personal protective equipment, please specify what type is required e.g nitrile gloves, FFP3 mask etc. Click here for a guidance note, or for advice contact the supplier or the Health and Safety Team.

- Some safety data sheets refer to local waste disposal arrangements. To ensure you know exactly how to dispose of the substance correctly, please check with the Waste and Compliance Officer on ext 42235 for advice and specify the correct arrangements on the assessment form.

Thank you,
COSHH Management Group
How can we progress to ensure we meet the challenges of the future?

For the past few weeks, we’ve been telling you about our values and how you can get involved in shaping the behaviour standards that we should all stick to, i.e. what we should, and shouldn’t do. It is essential that you are a part of developing these values and we’d like to thank all our staff and Governors who have attended one of the workshops so far.

Values are an extremely important part of working life. They help each member of staff, volunteer and governor know what is expected of them, and what they should expect from others. To make sure we achieve this, we need your help to tell us what you think.

There are five value themes in total: Patients, People, Partnerships, Performance and Progress. Below is the proposed value about our progress, and examples of relevant behaviour or attitude that we should, and shouldn’t expect from each other, and those that patients should, and shouldn’t expect from us:

Our progress will be enhanced through innovation and technology to meet the challenges of the future.

Do...
- suggest ways that we can use the technology we have now to make things easier for staff and patients, such as filling in timesheets and booking appointments online
- Simplify processes, cut out waste

Don’t...
- get stuck in a rut and think that just because this is how it has been done for years that it is still the best and most efficient way
- see improvement and innovation as someone else’s job

We still have places left on our workshops, which will focus on our proposed values and allow you to help us develop more examples of what we should and shouldn’t be doing. Details of the remaining workshops are below:

Monday 3 February: Lancaster University - 9am - 11.30am and 1pm - 3.30pm
Thursday 6 February: 9am - 11.30am, Parentcraft room, FGH and 1pm - 3.30pm, Paediatric seminar room, FGH

You can book your place via your Learning and Development page, accessed through the ‘Favourites’ in Internet Explorer, or by clicking here. The workshops are located under the Personal Development course type. You can also book your place by calling the Communications team on ext 46675.

Please take this opportunity to get involved. We understand that you are all busy so perhaps you could identify at least one person from your area to bring all your ideas to a session. If you can’t attend a session, there will be other ways you can get involved. Watch this space…
Staff focus groups for CQC inspection announced - get involved

As you will be aware, the Care Quality Commission (CQC) will be visiting our hospitals between Tuesday 4 February and Friday 7 February, as part of its national hospital inspection programme. The inspection team has organised a number of focus groups to meet with staff from a wide range of roles to hear their views on the organisation.

The focus groups have been split into staff groups by the CQC to allow the participants to talk about what really matters to them as a whole. This is another opportunity to speak openly and honestly about your views of our Trust, and we would encourage staff from all areas to take part if they can. Further details of the times of the focus groups for each staff group are below:

**FGH:**

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<th>Date</th>
<th>Staff group</th>
<th>Time</th>
<th>Location</th>
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| Wednesday 5 February | Consultants  
Junior Doctors  
Registered nurses and midwives  
Administrative staff | 9am – 10am  
10.30am – 11.30am  
1.30pm – 2.30pm  
2.45pm – 3.45pm | Teaching Room 3, Education Centre  
Teaching Room 3, Education Centre  
Teaching Room 3, Education Centre |
| Thursday 6 February  | Student nurses  
Allied health professionals | 9am – 10am  
10.30am – 11.30am | Teaching Room 3, Education Centre  
Teaching Room 3, Education Centre |

**RLI:**

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<tr>
<th>Date</th>
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<th>Time</th>
<th>Location</th>
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</thead>
</table>
| Wednesday 5 February | Student nurses  
Allied health professionals | 9am – 10am  
10.30am – 11.30am | Room 6, Education Centre  
Room 6, Education Centre |
| Thursday 6 February | Consultants  
Junior Doctors  
Registered nurses and midwives  
Administrative staff | 9am – 10am  
10.30am – 11.30am  
1.30pm – 2.30pm  
2.45pm – 3.45pm | Room 6, Education Centre  
Room 6, Education Centre  
Room 6, Education Centre |

You can book your place on a session by calling ext 46675 or emailing CQCInspectionComms@mbht.nhs.uk, with your name, job role, and contact phone number. Those members of staff that have already expressed their interest in being part of a focus group will be contacted to book them onto a session.

If you can’t attend one of the sessions but would still like to get in touch with the inspection team before or during the inspection, there are a number of ways you can do this. Further information can be found on the CQC inspection page of the intranet, accessible from the homepage or by clicking here.
New date for Deaf and Disability Awareness training 2014

There has been a new date arranged for the Deaf and Disability Awareness training session. There are no plans to put on any further dates for this session in 2014, so if you are interested please book your place via the Training Management System, through favourites, in internet explorer. The session is taking place on Friday 21 February 2014, 9.00am - 4.30pm, at the RLI.

Interested in taking part in the Great North Swim?

The charity team is looking for more people to sign up to the Great North Swim, taking place on the weekend of 13 June. The challenge involves a 1 mile swim, in Lake Windermere. There are only a limited amount of spaces left, so if you would like to secure a place, please email charity@mbht.nhs.uk quoting ‘Great North Swim.’ You will be asked to pay a registration fee of £20, and raise at least £100 in sponsorship.

Sport Relief 2014

Sport Relief is back, (Friday 21 March to Sunday 23 March 2014) and this year, TV presenter, Davina McCall, is doing her bit climbing Scafell Pike and swimming in Lake Windermere. Sport Relief brings the entire nation together to get active, have fun, and raise life-changing cash.

If like Davina, you’re taking part in this year’s Sport Relief challenge, we want to hear from you. Get in touch by emailing weekly.news@mbht.nhs.uk.

SIRI bulletin out now!

The latest learning lessons bulletin is available now. This month, the Serious Incident Requiring Investigation panel have identified a number of lessons to be learned, including record keeping and working together for our patients. Click here to find out more.

Urodynamic test results

With immediate effect, all Urodynamic Results (including Uroflow and Cystometrygram reports) performed at the Trust will be uploaded to Lorenzo. The results can be viewed by clicking on the results tab in Lorenzo and will be accessible to clinicians from any computer in the Trust. The results are usually available to clinicians within 24 / 48 hours of the test being performed.

Thanks must go to Diane Riach, Helen Akrigg, Eddie McClements, Matthew Page and Dan Farley for a great multidisciplinary team effort. If you need any help accessing these results, please contact the Training Admin team.

Update for Cumbria OSC

On Friday 24 January, the Trust Board met with members of the Cumbria Overview Scrutiny Committee (OSC) at FGH. This was a further opportunity to update the committee on current performance and future direction.

Feedback from the Committee was really encouraging and thank you again to everyone who supported the meeting.

“We will be the best - providing excellent compassionate care to the people of Morecambe Bay.”
Are you a young person interested in healthcare?

Getting it right for children and young people:
Engagement and advocacy for quality healthcare

at Moor Lane Mills, Moor Lane, Lancaster, LA1 1QD
on Tuesday 11th February 2014
from 2:00pm – 3:30pm or 3:30pm – 5:00pm

Each session includes drop in/networking time

Please email PHAdminNL@lancashire.gov.uk by 1st February to book your free place