

Your Hospital News

Summer 2016 Edition

University Hospitals of Morecambe Bay NHS Foundation Trust
Free newsletter for our members

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This publication is delivered free to all public Members of University Hospitals of Morecambe Bay NHS Foundation Trust

News from across the Trust

#FlourishAtWork From “moving more” to eating well

The NHS recommends that by doing 10,000 steps a day, you can make a big difference to your health. They also recommend that to stay healthy, adults aged between 19-64 should do at least 150 minutes of exercise a week, which can include walking.

Research has shown that physical activity can not only help boost self-esteem, but it can also improve your mood, give you more energy, and help you sleep better. It has even been shown to reduce the risk of stress and depression. It sounds like a new wonder pill, we know!

The evidence is clear; improving the health and wellbeing of our staff can improve the outcomes for our patients. But just as important as the evidence, is that it's just the right thing to do – to treat our staff well and help them be the best they can be – it is at the heart of our values.

Flourish is the name we've given to the movement that we've created at UHMBT to support all of our activities to improve employee health and wellbeing.

2016 is the year that we are putting the health of our staff firmly on the map, with four campaigns, starting with 'move more'.

Staff walk around the world in nine weeks!

Staff have laced up their walking boots and risen to the challenge by walking around the world in just nine weeks!

At the beginning of March 2016, our Chief Executive, Jackie Daniel, called on staff to join her and cover 50 million steps in 12 weeks – the approximate equivalent of walking around the world! In just nine weeks, staff smashed the target with 50,228,739 steps covered.

This challenge was part of the Trust's Flourish campaign - aimed at encouraging staff from across the Trust to 'step up' and move more to raise the awareness of the health benefits of physical activity.

Dr David Walker, Medical Director, UHMBT, said: “We launched this campaign because we are committed to supporting our staff to feel at their mental and physical best. A lot of us lead busy lifestyles and sometimes find it difficult to fit in regular exercise but this challenge has

proved that by just increasing the number of steps that you do each day, really does make a difference.

Some staff are telling us that since starting the challenge, they have more energy, sleep better and in some cases, have even lost a bit of weight.

“We all know that regular exercise is good for us, with evidence showing that doing more regular exercise can help reduce the risk of major illnesses, such as heart disease, stroke, type two diabetes, and cancer – as well reducing the risk of early death.

“I am absolutely thrilled that staff have embraced this campaign and a bit of healthy competition has seen them get around the world in just three quarters of the time we set them. Well done to everyone involved!”

In some ways it has never been easier to eat a healthy balanced diet; but in other ways it has never been harder. There is an incredible array of choice about what to eat and it is all very tempting! But despite that, there is some great advice and resources to help us all, it needn't be difficult.

When it comes to a healthy diet, balance is the key to getting it right. This means eating a wide variety of foods in the right proportions, and consuming the right amount of food and drink to achieve and maintain a healthy body weight.

According to the NHS, most adults in England are overweight or obese. That means many of us are eating more than we need, and should eat less. And it's not just food: some drinks can also be high in calories. Most adults need to eat and drink fewer calories in order to lose weight, even if they already eat a balanced diet.

What's next for Flourish?

We've recently announced that we've started to phase out the sale of soft drinks on our premises (restaurants, coffee shops and vending machines) which have a high level of sugar. This is in direct response to government warnings about the negative impact of having too much sugar in our diets.

The next stage of Flourish will concentrate on nutrition. As Jackie Daniel said when we launched Flourish, it isn't intended to be the only game in

town when it comes to improving the health and wellbeing of our workforce. The aim is to support and encourage departments across the Trust to join in and make the change needed to happen. It was as a direct result of feedback that we have asked for the availability and quality of meals for staff working shifts to be looked at. We also want to take a deeper look at the food and snacks that we sell across our hospitals. We have an award winning catering team who we are all very proud of; we want to support them to work with our Dietitians and Occupational Health Experts to go even further!

News from Morecambe Bay Hospitals Charity

Help support your local Hospitals

Morecambe Bay Hospitals Charity is a registered charity that raises funds and supports UHMBT's five hospital sites. Donations received go to providing those little extras that help make the hospital experience better or improve outcomes for patients.

Money is used to fund additional medical equipment, medical research, specialist training and service improvements. It is the generosity of the local communities that enables the charity to enhance and support the hospitals across Morecambe Bay and the lives of the 365,000 people that live here.

If you would like to support your local hospitals and make a donation, please visit:

http://www.mbhcharity.org/charities_donate.asp or email charity@mbht.nhs.uk

Welcome to Paula Richardson – our new Head of Charities and Fundraising

We are delighted to welcome Paula Richardson – our new Head of Charities and Fundraising at Morecambe Bay Hospitals Charity.

Paula has worked alongside Alder Hey Children's NHS Foundation Trust, Lancashire Teaching Hospitals, and more recently Rosemere Cancer Foundation.

Paula also volunteers for the Children of Chernobyl and has raised over £700,000 for various community projects.

Paula said "I'm delighted to be here at Morecambe Bay, I realise that the Trust has gone through some challenging times, but we now have a fabulous opportunity to really raise the bar and make a difference to the 365,000 people who live here."

Phil Woodford, Associate Director, Corporate Affairs said of Paula's appointment: "We are delighted that Paula has joined #TeamUHMBT, Paula brings with her a wealth of experience."

Jayden joins forces with local swimming champ Joe to raise funds for A&E

A six-year-old schoolboy from Barrow completed a sponsored swim, with the help of local swimmer and British Universities' Nationals swimming champion Joe Elwood, to raise money to help renovate the children's play and waiting area at FGH.

Jayden Thomson, a pupil at Dane Ghyll Primary School, swam over six hundred metres in the pool and has raised over £800 so far.

Lyndsey Pratt, Paediatric Clinical Leader and Trainee Advanced Nurse Practitioner in A&E at FGH said: "Jayden managed to swim ten extra lengths more than his original target. We all think Jayden is a remarkable little chap!"

Jayden appeared on BBC Radio Cumbria, alongside his mum, and FGH paediatric nurse, Emma Thomson, who said: 'I'm so proud of Jayden and what he has achieved. He's loved every minute of it!

Paula Richardson said: "Jayden really is an inspirational little boy and took it upon himself to raise money for Morecambe Bay Hospitals Charity, which is just fantastic. We think Jayden must be our youngest fundraiser and are hugely thankful to him for all his great efforts. What a star!

Staff do it 'The Bay Way'

On 11 June 2016, over 300 fundraisers came together to walk eight miles across Morecambe Bay led by the Queen's official guide, Cedric Robinson MBE raising over £3551.00 (so far!) for your local hospitals which is an incredible amount.

Christine Metcalfe, Charity Administrator said; "The cross bay walk is always a great way to raise money while at the same time getting some exercise and keeping fit. Despite the warm weather it was very wet but everyone had a great day."

Dementia Active Minds Activity Packs purchased thanks to RVS

Patients with dementia are benefiting from an innovative 'buddy' programme created in partnership with the Royal Voluntary Service (RVS).

The new dementia support programme includes an on-ward volunteer service, dementia care volunteers, and a recently donated range of

activity packs which aims to help patients to trigger happy memories, as well as provide companionship and seated activity.

The activity packs offer a choice of gentle resistance and sensory workouts suitable for all abilities, and the accompanying DVD helps to demonstrate beneficial exercises using a range of basic movements to carefully mobilise the body.

The packs were donated using funds raised through the RVS shops, trolley service and cafés across our hospitals.

Ben White, RVS Operations Manager, said: “The on-ward volunteer service provides support through a number of activities, including befriending, companionship, reading, support with eating and drinking, supervised mobility, and recreational visits within the hospitals.

“We are still looking for dementia care volunteers at Furness General and the Royal Lancaster Infirmary, so if anyone is interested in these volunteer positions, they should email; CumbriaHub@royalvoluntaryservice.org.uk.”

News from across the Trust

We have been named ‘Inclusive Team of The Year’ by NHS Employers

We are delighted to announce that we have been named the ‘Inclusive Team of the Year’ by NHS Employers. (see photograph on our front page).

The Corporate Team for Inclusion, which includes Karmini McCann, Lynne Wyre, David Wilkinson, Shyam Kumar and Amit Kochhar won the prestigious award for ‘demonstrating an ongoing commitment to personalised care through inclusive behaviour which has helped to either improve patient outcomes or create a more inclusive workplace’.

During 2015/16, the Inclusion and Diversity leads have worked with staff from across the Trust to truly put inclusion and diversity on everyone’s radar. Achievements include:

- Forming a ground breaking initiative with the British Association of Physicians of Indian Origin (BAPIO) to improve employee experience for different groups – the first of its kind in the UK
- Launching Lesbian, Gay, Bisexual and Transgender (LGBT), Black Minority Ethnic (BME) and Disability staff networks across the Trust
- Holding the Trust’s first ‘Towards Inclusion’ conference to allow the Trust to engage with staff about their experiences and where the Trust needs to improve
- Launching a LGBT patient engagement network
- Recruiting over 100 Personal Fair Diverse Champions
- Collaborating with mental health partners to improve mental health provision across the Trust’s Emergency Departments
- Developing a reactive Workforce Race Equality Standard response in partnership with BME staff
- Running external patient engagement events to gather views and showcase improvements as a result of feedback
- Holding a dementia conference which included national leads for dementia
- Working closely with Dianne Smith, Dementia Matron, the Trust signed up to ‘John’s campaign - Carers welcome here’. The idea of John’s campaign is that carers of people with dementia should be able to support their loved ones at whatever time is most helpful to the patient and whatever time is do-able for the carer

- Launching a Listening into action scheme called 'Talk to my Face' to improve services for the hard of hearing.
- Transforming access to translation and Interpretation services

Paul Deemer, Head of Diversity and Inclusion at NHS Employers, said: "The team at UHMBT has shown a collective commitment to the diversity and inclusion agenda within the Trust. They have aligned this with the Trust's values and contributed to either improved access or outcomes for patients, or increased engagement or awareness raising among staff. They really have gone that extra mile to engage and encourage staff across UHMBT and across the region."

Jackie Daniel, Chief Executive, UHMBT, said: "Being inclusive is more than just addressing the BME issues facing current and future employees. It is also about recognising, accepting and celebrating the differences in us all – we are all unique and special in our own way and we all have something to contribute."

"The team has worked incredibly hard over the last year to help us shift our culture with regards to inclusivity and whilst we still have a lot to do, their work has made a huge difference".

Kirkup 'One Year On' Report Published

The Report of the Morecambe Bay Investigation (Kirkup Report) was published in March 2015. It made 44 recommendations - 18 of which were for the Trust to address, with the remainder being for the wider NHS.

Our staff have been working with stakeholders, service users and members of the public, and to date, we have met every timescale stated. We remain on track to deliver the remaining recommendation on time - improving the Labour Suite at FGH by December 2017.

We recently published a special report to provide a summary of the work so far, details of any work that will continue, and how it will be continuously monitored. The report highlights many areas where we have made improvements, including:

Engagement

Services users, members of the public and families have been actively involved, including: reviewing clinical guidelines; sitting on interview panels, and helping to develop plans for FGH's new Maternity Unit.

Governance

Investment in the Patient Advice and Liaison Service has led to a 12.58% reduction in complaints in 2015/16 compared to 2014/15 - against a target of 5%.

Cardiomyopathy conference

We worked with a local mum who tragically lost her daughter to Cardiomyopathy shortly after giving birth to organise a staff study day to raise awareness of the condition in pregnancy and signs to look out for.

Strategic Partnerships

We have set up partnerships with Central Manchester University Hospitals NHS Foundation Trust and Lancashire Teaching Hospitals NHS Foundation Trust, to share best practice and learning.

Training & Development

All staff in the Women and Children's Division and Critical Care teams now have individual electronic training records that clearly sets out required training and learning. All staff will have this by the end of March 2017.

The remaining recommendation and continued monitoring of the improvements to ensure they are sustained will now be done through our existing governance structures and committees.

A tremendous amount of work has taken place in all areas to meet the recommendations so far, and we'd like to thank everyone for their support. A special thanks needs to go to those families who lost loved ones that have supported us throughout - their bravery and commitment to helping us to improve things further have been inspiring.

There is still a lot of work still left to do, and we look forward to sharing further updates throughout the year.

The full 'One Year On - How we implemented the Kirkup Report' document can be found on our website at:

www.uhmb.nhs.uk/about-us/key-publications

Visionary new telehealth link in Millom helping to keep care closer to home

Innovative developments are currently being piloted within Millom as part of Better Care Together and the Millom Alliance with the aim of reducing the number of unnecessary patient journeys to the nearest A&E department at FGH.

The pilot scheme, called Telehealth, involves a triage room in Waterloo House GP Surgery in Millom which is equipped with a High Definition camera and monitor. There is a similar facility within A&E at FGH to allow two way consultations to take place.

The project aims to deliver faster access for people to the most appropriate Healthcare Professional, and where possible reduce the time and effort required for them in order to do so.

Paul Grout, Deputy Medical Director, UHMBT, said: “The purpose of the secure telehealth link is to enable direct communication between the two sites, enabling Nurse Practitioners or GP to call on the expertise of senior consultants in A&E to remotely triage a patient for a second opinion.

“A high definition camera means that wounds or injuries can be seen by the team at FGH, potentially avoiding the need for patients to travel from Millom to Barrow and receive treatment locally.”

Volunteers needed to kick-start home from hospital programme in South Cumbria

Volunteer drivers with their own cars are needed for a brand new service, which will provide discharged patients with additional support once they are home.

We've partnered up with the RVS to provide a Home from Hospital programme in South Cumbria. The service, aimed at older patients' who are discharged from FGH will provide them with regular contact visits from volunteers for a period of up to six weeks depending on their condition. The volunteers will help with tasks such as:

- Driving the patient from FGH to their home
- Making sure patients returning home have a healthy meal
- Collecting shopping and prescriptions

Currently, we have 350 volunteers working across the Trust in roles such as: meet and greet reception information desk, patient support, gardening, hospital radio and chaplaincy.

“We are looking for volunteer drivers with their own car in the South Cumbria area to come forward and help deliver this volunteer-led scheme.”

For more information or to apply to become a volunteer for this scheme please email; CumbriaHub@royalvoluntaryservice.org.uk or telephone 01539 760001. All volunteers will need to be DBS cleared.

UHMBT HALS team and Red Rose Recovery shortlisted for a raft of prestigious national awards

Well done to our Hospital Alcohol Liaison Service (HALS) and the Lancaster-based charity Red Rose Recovery who have been nominated for a number of prestigious awards, including a HSJ Value Award, National Patient Safety Award and a Nursing Times award.

The team have improved clinical pathways for patients and coordinated discharges, which in turn, increases the access and engagement that patients have with primary and community services.

The project has seen 77% of those referred to Red Rose Recovery engage with the service, which is a superb result, and has seen a reduction in attendances in alcohol-related emergencies at the RLI.

Sue Smith, Executive Chief Nurse, UHMBT, said: “I am thrilled to hear that our HALS team has been shortlisted for a number of national awards.

“The strong relationship our HALS team has built with Red Rose Recovery has enabled us to improve the outcomes for local people living in Lancaster and surrounding areas with alcohol dependency, leading to improved quality of life, reduced mortality rates and overall patient experience. Well done to everyone involved.”

The team has also been shortlisted in the Managing Long-Term Conditions category at The National Patient Safety Awards next month. The awards recognise and rewards outstanding practice within the NHS and independent healthcare organisations. Congratulations to everyone involved!

News from the Membership Office

Membership talks for 2016

We have some exciting talks planned for our Members during 2016, and the dates for your diary are below. You can book your place on any of the talks by contacting the Foundation Trust office, or online by visiting www.uhmb.nhs.uk/trust/member-seminars

The Pressures on the A&E Department and how to access urgent care appropriately in the NHS

Talk by: Dr Colin Read, Lead Consultant in Emergency.

Monday 3 October 2016 – Furness General Hospital

Monday 21 November 2016 – Royal Lancaster Infirmary

These talks will start at 1.30pm

This talk concentrates on how A&E has changed from when 'Casualty' departments were first created, through the development of 'Emergency Medicine' as a specialty, to the modern day department that sees less trauma, and many more frail elderly patients with complex needs, requiring the development of a new subspecialty: 'geriatric emergency medicine' and the establishment of 'frailty units'.

The talk will also give general advice about injuries and conditions that members of the public encounter.

Making it Happen - Improvements Across Our Hospitals

We are pleased to announce that the Care Quality Commission (CQC) has confirmed the dates of our next Hospital Inspection. The dates are: **11 - 14 October, 2016.**

We will be holding a series of talks at each site in the lead up to the Inspection, where members will be able to come along and find out more about how the Inspection is carried out, and also the Improvements that have been made.

The Inspections are important as they provide the opportunity for us all to demonstrate how far we have come and the outcome helps to provide a level of assurance to the public, stakeholders, each other and prospective employees of the standards of care they can expect in our hospitals.

Whilst a large proportion of Acute NHS Trusts are now rated as 'requires improvement', we are sure you will all agree, that our level of ambition is much higher than this and together we should continue to work towards 'good' being the minimum.

The talks, delivered by UHMBT Directors will start at 10.00am:

Monday 12 September – Royal Lancaster Infirmary (Foluke Ajayi)

Friday 9 September – Furness General Hospital (John Taylor)

Thursday 8 September – Westmorland General Hospital (Mary Aubrey)

Eat Well. Feel Well.

Talk by: Michelle O'Keeffe and Grace Parker, Specialist Dietitians.

Tuesday 16 August 2016 – Furness General Hospital

This talk will start at 1.30 pm.

Eating a healthy, balanced diet is an important part of maintaining good health and can help you feel better. Our talk will explain the foods you need to include in your diet to meet your requirements for essential nutrients like protein, vitamins and minerals.

Many of us consume too much fat, sugar, salt and alcohol, we will discuss the benefits of reducing these and simple ways you can put the healthy eating messages into practice.

Annual Members Meeting 2016

The Annual Members' Meeting will take place on: **Thursday 15 September 2016** – Ashton Hall, Lancaster Town Hall

Members of the public will be invited from 11:00am to enjoy a performance from Annie Mawsom's Sunbeams, prior to a Q&A session with the Chair and Chief Exec at 11:30pm.

At 12:30pm 'market stalls' will open showcasing services from across the Trust and local community. Member, patients and the public will have the opportunity to visit stands from a cross-section of the services we offer, as well as interact with executive directors, senior clinical staff, non-executive directors and governors. The aim will be to allow members the opportunity to ask questions directly from those providing the services – with support from senior staff within the organisation.

Attendees will include:

- NWAS
- St Johns Hospice
- Healthwatch Lancashire
- UHMB Volunteers
- Listening in to Action
- UHMB Involvement Team
- North West Blood Bikes
- RVS
- Autism Unite
- Surgery and Critical Care

Following this, the Annual Report & Accounts and the Auditors Report will be presented at 3:00pm, closing at 3:30pm.

Want to know more about Membership?

Our Governors would like to come along to your society or club to give a 45 minute presentation about our hospitals, our future plans, and how we can work with your group in the future. If you would like us to come and talk to you, please contact the membership office on the details on page 16.

In Brief...

On Thursday 16 June 2016, the Rt. Hon. Jeremy Hunt MP, Secretary of State for Health took the time out to visit the Royal Lancaster Infirmary and talk with staff on the front line.

Jackie Daniel, Chief Executive said: "I was very pleased, along with the Chairman, to welcome the Secretary of State for Health to the RLI. This was a great opportunity for our staff to spend time with him and discuss the challenges they face and also the improvements that they continue to make".

Membership Office Contact Details

The Membership Office is there to act as the first point of contact for our Members.

For further details of any of the articles in this newsletter, or for any other membership issues, please contact the office at:

**Foundation Trust Membership Office, Furness General Hospital,
Dalton Lane, Barrow in Furness, Cumbria, LA14 4LF**

Telephone **01229 404473**

Email FTmembershipOffice@mbht.nhs.uk

Get more involved

Would you like to be more involved with your local hospital services?
Is there a particular area that interests you most?

We're asking all our members to tell us if they would like to be involved and what area they are most interested in. We will then use that information to contact you when planning changes to services or our buildings, making improvements or seeking views.

If you would like to be involved, please fill in the form opposite and send it to the address shown above.

Please Tick

Men's Health (including bladder and prostate illnesses)

Older People (including strokes)

Outpatients Clinics

Hospital Environment

Children and Young People including Neonatal Unit and SCBU

Women's Health (including breast, gynaecology and maternity)

General Medicine (including heart and digestive system illnesses)

Emergency (including accident and emergency and intensive care)

Ear, Nose and Throat Services

Surgical Services

Orthopaedic Services

General Care

End of Life Care

Eyes

Cancer Services

Name.....Title.....DOB.....

Address.....

Postcode.....Email.....

Your Head Governor writes...

It has been just over three months since my last Head Governor report for Hospital News so I would like to take this opportunity to review the progress on the 10 proposals outlined in that report.

At the Council of Governors meeting held on the 17th March the required revised arrangements were presented and approved by the CoG. For any progress to have been made required the development of a good working relationship between the Executive Board Directors and Non-Executive Directors, the Chairman and CEO, the CoG and many Senior Managers. This has been the case. The Proposals moving forward are:-

1. Governance structure

The new structures are in place with clear alignment to the Board Assurance Committees. The CoG Groups have new Terms of Reference with an appropriate Non-Executive Director aligned to it and the CoG Chairman of each Group attends the aligned Board Committee.

2. Annual Work Planner

An Annual Work Planner is in place which includes the Annual Meeting and Business Schedules. This will be reviewed twice a year.

3. Managing the work of Governors

Annually – Governors are invited to identify their core work programmes built around the Operational Plan, Quality Account, Performance Information and Non-Executive Directors reports. An Annual Report on the achievements of the Council will be produced by the governors.
Monthly – Governors are invited to raise matters of interest or potential items of concern at the beginning of each month and a response will be provided with the input of the Chair, Head Governor or Sub Group Chairs, as appropriate.

4. Other formal working

Governors are represented for example on Infection Prevention Control Committee and the Kirkup Working Sub-Committee.

5. Informal working

The Chairman has met almost weekly with the Head and Deputy Head Governors.

6. Raising matters of concern

A Formalised escalation policy has been approved.

7. Governor development

The Council of Governors have committed to completing an annual evaluation of their collective effectiveness and establishing training needs analysis in order to establish their programme of development.

The CoG have held a joint meeting with Cumbria Partnership CoG to share experiences and common ground.

8. Governor / Member support

Governors are presenting talks to local organisations about the Trust. The AGM is now to be an Annual Members Meeting incorporating the AGM.

The format will allow constructive and better engagement with members and the public.

9. Access to information

Governors now receive relevant Trust information.

10. Third sector working

This valuable resource is more problematic to engage with as there over 2800 3rd sector organisations known to Cumbria County Volunteer Service with probably as many more not recorded with them that we need to engage with. The 12 Integrated Care Communities are inviting active involvement and the Board has also worked with some organisations for example with Delayed Discharges.

Social Media / Trust meetings

Thank you to all our Workforce

I'll declare my position - when I woke up on 24 June 2016, I was shocked by the outcome of the referendum, and I've spent this weekend thinking about how our staff must be feeling, particularly those from other countries within the European Union (EU).

I respect the decision of the public and as a nation, I am sure we will work through it. What I am also sure about is the importance of all of our staff and the incredible job they do for our patients, day in, day out regardless of nationality.

I want to take this opportunity to reassure all of our staff that as an employer, we will not suddenly turn our back on our EU colleagues. I am proud that we have a workforce which is diverse and becoming even more inclusive. We have colleagues that have relocated and travelled incredible distances to join us and bringing their families with them too, and this should be celebrated. I've moved around the country with my job and know how challenging it can be, but I've not had to adjust to a new culture and all of the new experiences that it can bring. I can't thank you all enough.

As a local Trust and as the NHS as a whole, I don't believe we could function without the work of our dedicated EU workforce. You are a vital and valued part of the NHS family.

I can't make promises about national policy in the future, but what I can promise is that we have made a commitment to our workforce from the EU and further afield, and we will continue to support you.

We are also continuing with our international recruitment efforts, including from within the EU.

There is likely to be a period of uncertainty now, and I am sure that will be for some time. As the situation becomes clearer in terms of the NHS and employment, I will ensure that we share the information with you all.

This is likely to be an unsettling time for some, so please do not hesitate to let me or any of my director colleagues know if there is anything more we can do for you.

I have also started to give some thought to how we can more visibly celebrate and recognise the diversity and value of our workforce, so please let me know if you have any thoughts. I hope to share them soon. Once again, a huge thank you to our entire workforce and volunteers - you are all doing a great job in what are often emotional and complex circumstances. Your contribution is very much appreciated and valued by me, and the whole of the Trust Board.

Jackie Daniel - Chief Executive

Social Media

#TeamUHMBT reaching nearly 40,000 Twitter Accounts every week.

Want to know more about what goes on in the Trust?

This newsletter is a very important method for us to keep our Members up to date but that much happens across our hospitals every day that it is hard to fit it all in! If you want to know more about what goes on in our hospitals or want more detail on what you have read in this newsletter, there are a number of ways for you to this:

- Visit our website - www.uhmbt.nhs.uk
- Watch our videos on UHMBTV - www.uhmb.nhs.uk/media-centre/uhmb-tv/
- Follow us on Twitter – www.twitter.com/UHMBT
- Like us on Facebook – www.facebook.com/UHMBT

Trust Board meetings are an opportunity for the Trust Board to receive and discuss updates and performance matters from across our hospitals.

The meetings now take place bi-monthly and are open to the public and staff. They will take place on the following dates:

- Wednesday 27 July 2016, at 10am, Lecture Theatre, Royal Lancaster Infirmary
- Wednesday 28 September 2016, at 10am, Conference Room, Furness General Hospital
- Wednesday 30 November 2016, at 10am, Board Rooms, Westmorland General Hospital

The Council of Governors meetings are an opportunity for Governors to receive information and discuss updates with Trust managers and

clinicians. The meetings are open to members of the public and staff and take place from 2pm on the following date:

- Thursday 16 June 2016, at 1pm North West Auction Mart, Junction 36, Kendal
- Thursday 8 September 2016, at 2pm, Board Rooms, Westmorland General Hospital
- Thursday 3 November 2016, at 2pm, Board Rooms, Westmorland General Hospital

Large print version available

A large print version of this newsletter is available to Members. If you would like a copy of the large print newsletter, you can download it from our website at <http://www.uhmb.nhs.uk/trust/membersnewsletter/> or contact the Membership Office on 01229 404473 or FTmembershipOffice@mbht.nhs.uk.