



supporting  
life's journey  
together



University Hospitals of  
Morecambe Bay  
NHS Foundation Trust

Summer 2022

# Membership Newsletter

For the Members of University Hospitals of Morecambe Bay NHS Foundation Trust



Latest CQC  
inspection  
reports

New local  
Health  
Academy

Bay Hospitals  
Charity  
update



"Creating a great place to work and a great place to be cared for"



# Message from the Chair

Welcome to the Summer 2022 edition of our membership newsletter! A lot has happened since our last edition, and none are more surprising than finally getting to experience some of the warmer weather and sunshine!

One of the biggest changes in our Trust recently has been a further review by a number of our departments to look at visiting restrictions and social distancing in our hospital and community settings.

Although surgical face masks are still needed in all public areas of our hospitals, I'm pleased to say that social distancing is no longer required in most areas, and visiting is permitted across Furness General Hospital, Westmorland General Hospital and the Royal Lancaster Infirmary between 2-8pm, apart from areas in a declared infection outbreak.



Reaching this milestone has often felt very distant at times over the last two years, and is a huge step towards a working and living environment more similar to what we were used to pre-COVID. This is a true testament to the hard work of colleagues across our services and Partner organisations, as well as the people in our local communities who have followed the guidance throughout the pandemic to keep our patients, families, friends and each other safe.

Words cannot adequately convey our appreciation to you all but, on behalf of the Trust Board, I would like to take this opportunity to express our immense gratitude and thanks to all of you for your commitment, dedication and sheer tenacity during these difficult times.

We will continue to keep you updated on any further changes but in the meantime, please keep staying safe, [follow the guidance](#), and keep taking care of yourselves and each other.

**Professor Mike Thomas**  
**Chair of UHMBT**

## Efforts of teams across UHMBT recognised in regulator reports

The hard work and dedication of teams across University Hospitals of Morecambe Bay NHS Foundation Trust (UHMBT) has been recognised in two reports published by the Care Quality Commission (CQC) - alongside some areas where further work is needed.

In March 2022, a team of inspectors from the Care Quality Commission (CQC) carried out an unannounced inspection of the Trust's emergency and urgent care (UEC) services at Furness General Hospital (FGH) and the Royal Lancaster Infirmary (RLI). This was as part of a system wide inspection around urgent and emergency care services that took place across Lancashire and South Cumbria Integrated Care System between March and April 2022. Whilst they were at the Trust, inspectors also inspected medical services at FGH as this was not assessed in the Trust's last inspection.



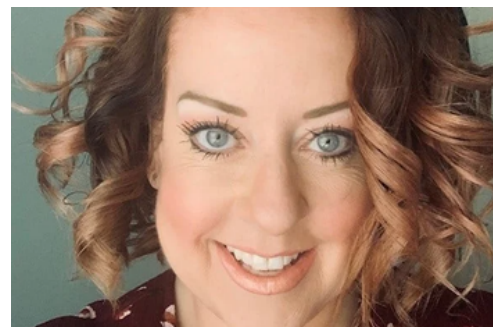
The [full CQC inspection reports](#) are available on the CQC website. [Our response to the report](#) can be found in the news section of our website.



# New UHMBT appointments

## Director of Midwifery - Heather Gallagher

Heather trained as a nurse in Leeds at the School of Healthcare in 1998 and as a midwife in 2000 at Hull University. She spent her first 15 years in the north region working in maternity services, where she undertook her first MSc in Health Services Research at the University of York in 2005, which led to a research joint nursing and midwifery post within clinical trials.



Following a range of clinical, operational and senior leadership roles within midwifery and nursing, including Consultant Midwife, Deputy Head of Midwifery, and Associate Director of Midwifery. She also undertook a further MSc in Healthcare Leadership in 2017. Heather moved into the London region in 2019 as a Head of Midwifery/ Lead Nurse for Women's Health but moved back to the North to take a Director of Midwifery post- COVID-19 to be closer to family. [Read more on the Trust website.](#)

## Consultant Midwife - Chantelle Winstanley

This is a new and exciting role within the Trust and will see an expert midwife leading on strategic initiatives to promote and facilitate personalised midwifery care in all clinical settings across Morecambe Bay.

Chantelle will be responsible for providing professional leadership and role modelling in best practice models to offer choice and evidence-based practice, with a strong focus on listening to the experience of women (and birthing persons) and their families in order to ensure women and their families remain at the centre of care. She will also lead and support midwives clinically enhancing midwifery care for women and their families. Read more on the [Trust website.](#)



## Chief Medical Officer - Miss Jane McNicholas



Jane joined the Trust as Interim Medical Director in November 2021 on a 12-month secondment from East Lancashire Hospitals NHS Trust (ELHT) whilst recruitment for a permanent post holder was carried out.

During her time at ELHT, Jane worked as a Consultant Breast and Oncoplastic Surgeon, and was Clinical Director for Cancer Services until 2019, when she became the Medical Director for the Lancashire and South Cumbria Cancer Alliance and Deputy Medical Director for Performance and Service Development. Read more on the [Trust website.](#)

## Chief Operating Officer - Scott McLean

Scott trained as a nurse in 1992 in Fife, Scotland, and then spent 15 years working in Cardiology in Fife, Edinburgh and Dublin. Having completed his PhD in the pre-hospital care of acute coronary syndromes, Scott moved to London in 2010 to take up post as Divisional Director of Nursing at Barts Health NHS Trust.

In 2013, Scott moved back to NHS Fife and was Executive Chief Nurse there before becoming Chief Operating Officer. Scott then moved to Cardiff where he was initially Director of Children and Women's Services and then Managing Director of the University Hospital of Wales. Read more on the [Trust website.](#)



# UHMBT Nurse wins two prestigious national awards

Cherish Otoo, a recent University of Cumbria graduate, who qualified as a nurse at University Hospitals of Morecambe Bay NHS Foundation Trust (UHMBT) in February 2022, has been awarded the 'Most Inspirational Nurse', and the 'Mary Seacole Award' for her outstanding contributions to diversity and inclusion in this year's Nursing Times Student Awards.

Cherish, who had previously worked for the Trust in a non-clinical role, was one of the first people in the UK to enrol and qualify as a nurse through the University of Cumbria's Registered Nurse Degree Apprenticeship programme, which was the first of its kind in the country when it launched in 2018.



The Student Nursing Times Awards winners were announced at a ceremony at London's Grosvenor House Hotel on Friday 27 May.

Cherish Otoo said: "I'm so grateful and extremely overwhelmed to receive these prestigious awards. It was a wonderful day, and to be asked by several universities and hospital trusts to connect and work alongside them to promote the nursing apprenticeship and to connect with nurses and students from diverse backgrounds is an honour and a privilege.

"I am especially excited to work alongside the Mary Seacole Trust to promote diversity and I look forward to becoming a part of this.

"I'd really like to thank the University of Cumbria for nominating myself for these awards, and to UHMBT in particular my colleagues at RLI Emergency Department and the BAME Network for all of their encouragement and well wishes". Read more on the [Trust website](#).

## UHMBT Organ Donation Committee supports refurbishment of Relatives' Rooms at Royal Lancaster Infirmary

Welcoming and peaceful Relatives' Rooms have been created in the Intensive Therapy Unit (ITU) at the Royal Lancaster Infirmary.

The project to create calm and private spaces for relatives with loved ones in the ITU has been kindly funded by the UHMBT Organ Donation Committee.

After more than 12 months of planning and design work, the new Relatives' Rooms are now open, providing invaluable facilities where family and friends can talk, rest and even stay overnight. Read more on the [Trust website](#).



# New 'Member Portal' and managing your Membership

We would like to improve how we communicate with you as a Member of our Foundation Trust (FT) and provide you with more regular and relevant information about our services, which as you know cover community and hospital care in Morecambe Bay.

If you have an email address and are happy to receive information this way, please support us by adding an email address to your Membership details, if you haven't already, by:

- Visiting: <https://secure.membra.co.uk/updateemail/UniversityHospitalsOfMorecambeBay>
- Entering your Member ID: [member ID] and [post-code]
- Inputting your valid email address. Your member record will be automatically updated

## **Our new 'Member Portal' - manage your Membership and keep your details up to date**

You can now manage your membership data via our new 'Member Portal'. Register by visiting: <https://secure.membra.co.uk/memberportal/MorecambeBay> and inputting the email address you provided as part of your Membership application or via the process detailed above. You will then be asked to input your first name and set a password. To complete the registration process, you will be sent an email with a link to confirm your 'Member Portal' account.

## **Accessing information that we hold about you as an FT Member**

You have a right to see or be provided with a copy of the information we hold about you in the Membership database. You can view our privacy statement at any time from our website:

<https://www.uhmb.nhs.uk/privacy-policy>

## **How to contact the FT Membership Office**

Should you no longer wish to be a Member, you can contact us to ask for your details to be removed by email on: [ftmembership.office@mbht.nhs.uk](mailto:ftmembership.office@mbht.nhs.uk); by phone on 01229 404473 (please leave a voice mail message if the administrator is away) or by post at the address above.

# UHMBT awarded gold award in the defence employer recognition scheme

We are thrilled to announce that UHMBT is one of 156 companies across the UK - including 23 in the north west - who have received the Employer Recognition Scheme Gold Award for outstanding support towards the Armed Forces community.

Representing the highest badge of honour, Employer Recognition Scheme (ERS) Gold Awards are awarded to those that employ and support those who serve, veterans and their families.

This year's awardees brings the total number of Gold holders to 649. To win an award, organisations must provide ten extra paid days leave for Reservists and have supportive HR policies in place for veterans, Reserves, and Cadet Force Adult Volunteers, as well as spouses and partners of those serving in the Armed Forces.

Organisations must also advocate the benefits of supporting those within the Armed Forces community by encouraging others to sign the Armed Forces Covenant and engage in the Employer Recognition Scheme. [Read more.](#)



EMPLOYER  
RECOGNITION  
SCHEME

GOLD AWARD 2022



# Amanda J Carswell, Public Governor - enhancing the FGH Courtyard for colleagues

Amanda J Carswell, Public Governor said "When I was interested in becoming a Public Governor at FGH in August 2019, I had to write a statement indicating why voters should vote for me in the forthcoming election. My answer stated, "...I'm a local voice to improve the patient and employee experience at FGH. I have the skills and attitude to achieve this."

"I was determined to be useful. The Covid-19 pandemic six months later severely limited opportunities to live up to my words, but their intention remained true.

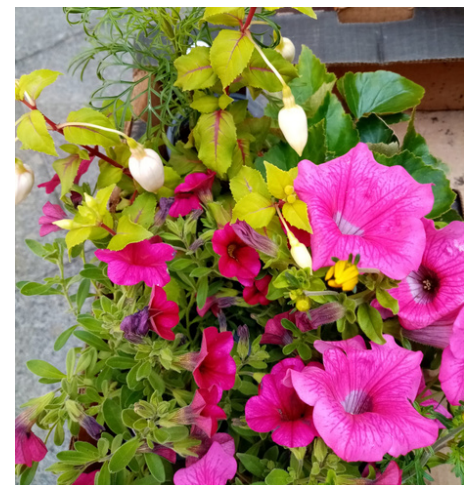
"I yearned to make a difference, and began thinking of colleagues, our most valuable asset and in particular their wellbeing, which had undertaken a huge burden in Covid times. Nature was being enjoyed by many of us in the quiet of lockdowns and eventually I came up with the idea to improve a colleague environment, by introducing some nature into their working day. Thus, the idea of cleaning up the courtyard all colleagues can use, was born. This also fits in line with our Trust's focus on "Colleague psychological and physical wellbeing."

"From there, sustainability and harnessing the community goodwill towards the NHS lead me to involve local schools and community groups. Everyone I approached was very keen to take part. Seven thousand emails, telephone calls, zoom meetings and an introduction into Health and Safety in the NHS - so just one year later - I had spoken to many people and departments and I was cleared and ready for action!

"I am an enthusiastic, but largely ignorant gardener. Adam at the local Green Den was a valuable source of advice and realism. Charlie Dimmock, with a large team and matching wallet I wasn't, so scale was matched to practicality and reality. At long last I could go on site and begin weeding and clearing the area. An old podium tower was removed too and thank you to our Estates colleagues who agreed to repaint the rusty manhole covers. Bay Hospital Charity agreed to a small budget, to be reclaimed on completion and our local B&Q very kindly donated £100 worth of compost and plants. I was off, with my trowel in hand, to begin planting.

"Containers of every size, gravel, compost and more plants were purchased and transported to the courtyard, with kind assistance from Steve and his Carparks team. An impossible job without them.

"A staff member and pupil from the Pupil Referral Unit came and cleaned up the old lion fountain. Dane Ghyll Primary School Gardening club and helpers came and did a terrific job planting many of the tubs up and weeding. They showed their artistic talents too, producing colourful pebbles and signs with inspirational words, to show our appreciation of our valued NHS colleagues. I painted the old wooden tables, giving them a refreshed look with a lick of paint. It was all coming together.





"Tracy Litt and her Team in the Catering Dept were also a great source of support and help, they undertake the regular watering the containers require, which is invaluable for the scheme's success. They also make visits a friendly and pleasant experience for all, supplying numerous watering cans for us, even though they are often busy with their own work. A water butt is being sought to free up this frequent request, they'll be pleased to hear.

"Vickerstown Primary School, The Dropzone and Green Den also wished to be involved. Timings didn't work out this summer, but in September they will come along and help out, ensuring the long-term success of this project.

"So now, lots of colourful tubs and troughs filled with beautiful blooms and fragrant lilacs and heathers now enhance the area and the wooden tables have been spruced up with a lick of paint. The efforts will continue, with replanting and tidying to ensure the colleague area is a colourful, pleasant and relaxing place to take a break in the good weather.



"I am really pleased with the results that all this combined effort and goodwill has produced and hope the care and effort taken is reflected back to its users, our much-valued colleagues.  
"Of course, feedback is always appreciated; and gardening tips too of course."

Colleagues can visit the new garden space off the canteen at FGH.

# NHS Staff honoured with George Cross presentation

The head of England's NHS has praised the exceptional efforts and skill of health service staff across the country, after being presented the George Cross by Her Majesty The Queen at Windsor Castle.

In an audience at Windsor Castle, NHS England chief executive Amanda Pritchard was joined by May Parsons, a matron for respiratory services who delivered the world's first Covid vaccination in December 2020, to receive the award.

The George Cross, awarded to the four National Health Services of the UK, is in recognition of over 74 years of service including the exceptional efforts of NHS staff across the country during the Covid-19 pandemic. The presentation came exactly one week after the NHS' birthday.



# Bay Health and Care Partners Stakeholder Newsletter Issue 13

Bay Health &  
Care Partners  
delivering

bettercare  
together

Welcome to the thirteenth edition of our Bay Health and Care Partners (BHCP) newsletter where we will update you every month on the collaborative work that is taking place in Morecambe Bay's Place-Based Partnership and the outcomes and benefits for communities.

You can read the latest edition of the newsletter at the [BHCP website here](#).

## Breathe Easy groups offer people with long-term respiratory conditions advice and support

People living with long-term respiratory conditions across Morecambe Bay can now access 'Breathe Easy' groups based in the community. The groups are an Integrated Care Community (ICC) initiative supported by volunteers and are affiliated with Morecambe Bay Respiratory Network and Asthma + Lung UK.

They will offer people with respiratory conditions such as asthma, Chronic Obstructive Pulmonary Disease (COPD), bronchiectasis and Interstitial Lung Disease advice and support from health and care professionals.

The groups are open to anyone aged 18 and above, giving them the chance to share their experiences and learn from others who are living with the same or a similar long-term respiratory condition. The sessions are free, no appointment or referral is needed and friends, family and carers are also welcome. Find out more on the [BHCP website](#).

## People with musculoskeletal conditions will have better access to holistic care

Morecambe Bay's Integrated Musculoskeletal (iMSK) Service has moved its Kendal base from Westmorland General Hospital to Kendal Leisure Centre in the community.

This will give approximately 3,500 people per year with complex musculoskeletal conditions better access to holistic care, closer to home.

A holistic care approach means 'treating the whole patient' including advice on lifestyle, fitness and psychological issues and the iMSK team will work collaboratively with lifestyle, fitness and wellbeing professionals from the leisure centre to support and signpost patients with chronic pain. Find out more on the [BHCP website](#).





# Bay Hospitals Charity update

## Homebirth kits will help mums under the care of UHMBT midwives

A donation of 12 specialist kit bags will help UHMBT midwives to support homebirths more efficiently.

Bay Hospitals Charity helped to secure the supply of Baby Lifeline Bags for use by teams working from Royal Lancaster Infirmary, Westmorland General Hospital and Furness General Hospital.

The kits, produced by the charity Baby Lifeline, contain everything a community midwife needs to give the safest and best care during homebirths.



## Former hospital patient plants tree to mark the Platinum Jubilee



Grateful former hospital patient Steve Trainor planted a tree at Royal Lancaster Infirmary to mark the Queen's Platinum Jubilee.

Steve was treated for COVID-19 at the RLI in late 2020 and was inspired to plant the tree to say thank you for the care he received.

He said: "I can't praise the staff at the hospital enough. It's down to their dedication that I'm still here and am continuing to recover."

## Family funds equipment for Barrow's Special Care Baby Unit in memory of Noah

A family from Barrow has funded a new piece of equipment to say thank you to the Special Care Baby Unit at Furness General Hospital.

Rebecca Round and Russ Dodd began fundraising in memory of their son Noah, and have donated nearly £5,000 for a BiliCocoon phototherapy system, which uses light to treat neonatal jaundice without compromising the relationship between mother and baby.

Noah was born eight weeks early in August 2021, and passed away when he was just a few weeks old after developing a respiratory condition. The family, including Noah's four-year-old brother Caleb, began fundraising in his memory, with a number of events and activities that have so far generated around £7,500.



***Thousands of people come through the doors of our hospitals every year, every one of them deserves the best possible care. By making a donation to Bay Hospitals Charity, you could help 'make it better' for local people. [See how your donation could help.](#)***

# New Health Academy launched in Lancashire and South Cumbria

A new health academy has been launched to improve the health and wellbeing of people living in Lancashire and South Cumbria.

The Population Health and Health Equity Academy will see health and care partners across Lancashire and South Cumbria come together to develop a consistent approach to reducing the differences in people's health.

The academy is a partnership between NHS Lancashire and South Cumbria and The King's Fund, a charity that works with the NHS to shape health and social care policy.

Dr Andy Knox, associate medical director for Lancashire and South Cumbria, said: "I am so excited as we launch our population health leadership academy for Healthier Lancashire and South Cumbria." [Read more on the Trust website.](#)

## 'HOPE' course to help people get life back on track after cancer treatment

Barrow-in-Furness residents living with and beyond cancer can sign up for a free course to help them get their lives back on track after treatment.

Macmillan Cancer Support's Information and Support Service at University Hospitals of Morecambe Bay NHS Foundation Trust (UHMBT) is relaunching its HOPE (help overcome problems effectively) course in the town later this year.

The six-week self-management programme, which was developed by Macmillan Cancer Support and Coventry University, is due to start on Wednesday, 21 September, and will be held at CancerCare on Duke Street.



The HOPE course helps people to rediscover their strengths, manage the day-to-day impact of their treatment and make the most of the positive things in life. [Read more on the Trust website.](#)

## How does the NHS in England work and how is it changing?



Watch the animation to discover the key organisations that make up the NHS and how they can collaborate with partners in the health and care system to deliver joined-up care.

[This animation](#) has been developed by The King's Fund with the support of [www.carnallfarrar.com](http://www.carnallfarrar.com)



# Partners work with young people in Barrow to raise awareness of knife crime

Forty-eight Year 8 pupils from Furness Academy in Barrow have taken part in a pilot programme to raise awareness of the seriousness of knife crime. The initiative aimed to educate young people about the effects that carrying a knife can have on potential victims, the perpetrator, families, medical staff, peer groups and the wider community.



The interactive programme was set up in May 2021, after several serious crime incidents in Barrow and concerns that some young people felt the pressure to carry a knife as a means of protection.

The initiative is led by Cumbria County Council's South Cumbria Pupil Referral Unit (PRU) and Drop Zone Youth Projects and is supported by Cumbria Police, Walney Community Trust, Child Centred Policing, Barrow Integrated Care Community (ICC) and UHMBT. Find out more on the [BHCP website](#).

## Aaron Cummins on what the New Hospitals Programme means for the future of healthcare in our region

Once completed, the brand-new facilities that the Lancashire and South Cumbria New Hospitals Programme will bring will be a huge boost to the region. As UHMBT's Chief Executive Aaron Cummins explains [in this blog update](#), it's about more than just new buildings though.

Lancashire & South Cumbria  
**New Hospitals**  
Programme

### Become a Member

Signing up to become a Member means you will be able to stand as or vote for your representative on the Council of Governors, get the opportunity to give your views and opinions about your local NHS services, receive invitations to exclusive events and meetings, and access to Health Service Discounts.

*If you are not already a Member, or know someone who would like to become a Member of UHMBT, please email: **FTmembership.Office@mbht.nhs.uk** or call **01229 404473**. If you're reading a digital version of this newsletter, just [click here](#) to register.*



"Creating a great place to work and a great place to be cared for"

