

Weekly News

Roving Influenza campaign is now live! Look out for our Occupational Health and Wellbeing Team



The Occupational Health and Wellbeing team (OH) will be carrying out 'roving' vaccination clinics at our three main hospitals (RLI, WGH and FGH) and at community sites including Moor Lane Mills, Queen Victoria Hospital, Carnforth District Nurses, Grange Health Centre, Fairfield lane, Ulverston Health Centre, Milnthorpe District Nurses, Ambleside District Nurses & Heysham Health Centre.

You do not need to book an appointment, please look out for our OH team as they move around the sites.

As well as offering the influenza vaccination, they will also be offering the COVID-19 booster so you can get both at the same time. However, if you are able to, we do encourage you to get your COVID-19 booster as soon as possible through your local sites such as:

- GPs
- Primary Care Network centres
- Pharmacies



NHS colleagues may need to show some ID as proof you are a healthcare worker for eligibility reasons.

New date and venue for Annual Member's Meeting

Due to recent events the Trust took the decision to postpone its Annual Member's Meeting (AMM). The event will now take place in-person in the function room at Cafe Ambio, Junction 36 on Tuesday 22 November, 2.30 - 4.30pm.

The meeting will provide an opportunity for Trust Members and everyone with an interest in local health and care services to find out more about the work of the Trust.

Speak Up Month Week Two - Speak Up for Civility



'Speak Up for Civility' is the theme of week two of national 'Speak Up Month' which is taking place throughout October. This week we are focusing on being kind to colleagues and not forgetting to be kind to yourself.

The 'Civility Saves Lives' organisation says: "Almost all excellence in healthcare is dependent on teams, and teams work best when all members feel safe and have a voice." Please use this week to connect with your colleagues and check out this video: [Videos | Civility Saves Lives](#)



The quality and safety of patient care is inextricably linked to people's behaviour and if behaviours fall outside of the expectations of our new Values and Behaviours Framework, then this is something to speak up about. [Read the full story on the intranet here.](#)



Are you a bank-only worker?

We want to hear from you!



This year, eligibility to participate in the NHS Staff Survey is being extended to bank-only workers.

For the first time, a tailored version of the Survey has been created, with questions that have been adjusted and thoroughly tested to better reflect your experiences at work.

Your feedback in the NHS Staff Survey will help to improve the working experience of bank-only workers and will help influence positive changes that will ultimately improve patient experience and outcomes.

What you need to do: You will receive an email with your own unique link to the survey. It takes roughly 15 minutes to complete and you can ask your manager for some time to complete it within work hours. You can also forward the survey from your UHMBT account to your personal email if you wish to complete on a different device.

As with previous years, we have chosen an external company called Picker to collate and analyse responses on our behalf, and they won't share individual responses with the Trust. This means that your responses in the NHS Staff Survey are **entirely confidential**.

If you have any queries or would like any support to complete your survey please email

StaffSurvey@mbht.nhs.uk

Stay Well this Winter



Winter is coming and it often sees an increase in a range of viruses including colds and flu alongside other respiratory infections and gastrointestinal infections such as, noroviruses. Looking after ourselves during these months can help to keep us strong and fight infections.



Click here to view the 'Well Calendar'

Looking after our mental and physical health is also important at this time of year.

Read this months 'Well Newsletter' for our 5 ways to winter wellness to help you during the cold season which includes information and resources on, vaccinations; Mental health; Sleep and rest; Wellbeing; Getting active and much more.

This months 'Well calendar' is also now available for download.

NHS Staff Survey

Are you a bank only worker?
The NHS Staff Survey is now open to you.
Don't miss the chance to have your say.

People Promise

The survey is aligned to the People Promise. This sets out, in the words of our NHS people, the things that would most improve our working experience.

NHS

We each have
a voice that
counts



Click here to view the
'Well Newsletter'



Helen Cobb appointed as new Director of Finance for UHMBT

Helen Cobb has been appointed as our new Director of Finance and will be joining us on Friday 14 October.

Helen will support Chris Adcock in his role as Chief Financial Officer and Deputy CEO by leading all of the day-to-day activities and operations of the Finance function, the provision of support and advice to Care groups, Corporate Departments and to the Trust Management Group, and will deputise for Chris in his CFO role supporting our work to drive better financial collaboration and performance across the wider system.

We're sure everyone will extend a warm welcome to Helen, and we look forward to working with her on our strategic objectives and on driving forward our continuous improvement programmes.



On a Ward? Where's the Board?



You may or may not have noticed a selection of our Wards have Hive Improvement Boards that look like this (pictured right).

What are they?

The Improvement Board is designed to help a Ward or department break down the current improvements they are embarking on; helping to work through an improvement journey, communicating and involving the whole team along the way.

Where are they being used currently?

The Improvement Boards have been used successfully in conjunction with the Ward Improvement Hives; training and support for selected inpatient wards with their Harm Free Care improvement journeys to reduce Falls and Pressure Ulcers in the Trust.

Get your own Board

If you think an Improvement Board like this would benefit your team, then please get in contact with The Hive by emailing us at thehivebhcp@mbht.nhs.uk.

You would like an Improvement Board but are unsure how to use it? We have a video that goes through step by step how to use them which you can access by [clicking on this link](#). If you have any remaining questions after watching the video we would be happy to answer them.

The Hive is passionate about making Improvement as straight forward as possible and for it to be everyone's business; therefore, we would like to encourage as many wards, teams, and departments to have an Improvement Board so we can Improve Together for a Shared Purpose.



Training sessions to become an FFP3 mask fitter available

Colleagues can book onto the new course by searching for 'FFP3 Mask Fit Tester Training (Emergency Preparedness) course' on TMS. The next available course dates are:

- Thursday 13 October 9:30am-4pm at Moor Lane Mills
- Thursday 27 October 9:30am-4pm at Furness General Hospital

This is a comprehensive course to train staff to be able to competently fit FFP3 masks, and is suitable for anyone who would like to be a mask fitter for the Trust - there are no pre-requisite requirements. Delegates must be medically fit to wear RPE (this includes wet shave that morning) and perform the fit test and test exercises. Delegates must inform the trainer of any physical condition which may affect the test including all known allergies.

If you would like more information, please contact the Clinical Commander, "Covid Coordination Centre (UHMB)", Covid.Cc@mbht.nhs.uk, 01524 551249.

BSF - Focus on our 'we will' actions

Last week, we explained how our new Values and Behaviours Framework would bring our values to life and create a more positive approach to our everyday working lives.

Our values and the 'we will' actions will continue to provide a framework that sets out the experience we should expect to when working in our organisation or as a patient or visitor.

You may recognise a lot of the 'we will' actions from our previous 'Expectations at a Glance' part of our old Behavioural Standards Framework even though some are worded slightly differently. We also have some completely new actions such as:

- We will not be afraid to be challenged
- We will act professionally at all times
- We will go beyond traditional boundaries
- We will be positively receptive to change and improvement
- We will work with colleagues and system partners to improve services for our patients, families and carers



Our values and the 'we will' actions which sit underneath are all so important in our ongoing journey to creating a great place to be cared for and a great place to work. They form the foundations of a number of key pieces of work which are underway across the Trust and which we will start to update you about next week.

Please take some time to read through the values and familiarise yourselves with the 'we will' actions. You identified these as essential to you and it's therefore important that we all strive to bring these to life through our daily actions.



Leukaemia patient Jacob, 13, raises more than £4,000 with sponsored cycling challenge

A leukaemia patient who took on a cycling challenge during August has raised nearly £4,500 for a number of health causes, including Bay Hospitals Charity.

Jacob Walker, who was diagnosed with Acute Lymphoblastic Leukaemia in 2020, is still receiving treatment for his condition but did not let that stop him from setting the target of cycling 200 miles in a month.

Jacob, 13, was joined for his daily rides by mum Anja and various friends and family members.



Full story: <https://www.bayhospitalscharity.org/News/leukaemia-patient-jacob-13-raises-more-than-4000-with-sponsored-cycling-challenge>

Lancaster Ironman competes in world championships for Bay Hospitals Charity

A Lancaster athlete competing in the Ironman World Championships in Hawaii at the weekend, was raising funds for Bay Hospitals Charity

As well as taking on the epic challenge of a 2.4-mile swim, 112-mile bike and 26.2-mile run, Paul Smith used the event as opportunity to raise funds for UHMBT.

Paul became hooked on triathlon after his first event in 2012, and qualified for the world championships by placing in the top five for his age group at Ironman UK in Bolton last year.

He said: "I am very excited to be racing in the World Championships which will be even more challenging due to the conditions of the heat, humidity and strong winds associated with the volcanic island of Hawaii. I would very much like it if you could sponsor me for the event and help inspire me for when the going gets tough and raise money for our local hospital."

You can donate to Paul's fund-raising total here: <https://www.justgiving.com/fundraising/paul-smith444>

Health and wellbeing event to be held in Kendal in November

A 'Common Health Day' is due to take place at Kendal Leisure Centre on Sunday 6 November 2022 between 10am and 4pm.

The free event is aimed at children of a primary school age and their families but everyone is welcome to attend.

There will be a range of fun health and wellbeing activities including games, sports, information stands, demonstrations from local clubs and health and wellbeing checks.

The event is a Kendal Integrated Care Community (ICC) and Kendal Leisure Centre initiative supported by a range of partners.

You can find out more about the event at the Bay Health and Care Partners website [here](#).



Wishing Jayne Denney a happy retirement

Jayne has had a 35 year career in nursing and over 20 years dedicated to specialist palliative care.

She was the Lead nurse for the Specialist Palliative care team for the past 10 years and has been an inspirational leader. Colleagues from her team said:

Emma Miller "We all wish her a fantastic retirement."

Sharon Granville "Emma presented Jayne with her presents bought by the team, a lovely bird bath, an inscribed Bee Hotel. An Amazon voucher and a Beauty Voucher for a massage etc. The whole team were invited to say a words to describe Jayne and a very short goodbye message to her. It was absolutely lovely to hear how much Jayne meant to them.

"Jayne is now having a holiday in Canada and also has the recent arrival of her first grandchild to keep her busy.

"I would like to wish Jayne a very happy retirement and thank her for all of her commitment to the team, patients and service over the year."



CTRS Macmillan coffee morning success

Community Therapy & Rehabilitation Service (CTRS) colleagues held a Macmillan coffee morning at Moor Lane Mills on 28 September and raised an incredible £214.08!

The team said 'We would like to say thank you to everyone who baked and bought to support the event, so much cake was provided it was available for 3 days!'



New accommodation pilot launched with North West Trusts

Homestay is an initiative to help staff looking for accommodation find rooms to rent from their NHS colleagues.



Homestay
.com

NHS & Homestay

A group of NW Trusts are working together on a 12-month pilot with NHS England and Homestay to support their employees in finding suitable accommodation close to their place of work at affordable prices.

An NHS to NHS Homestay service is free for hosts to sign up to the site, with a 7% booking fee for the guest (capped at £250). This pilot project is aimed at supporting all NHS staff who are looking for affordable accommodation, including international nursing and other clinical staff.

A webinar about the scheme, with an opportunity to ask questions and find out more, will be held on **Wednesday 19 October at 1pm** and you can join using this link [Click here to join the meeting](#) or QR code



Homestay.com is a global accommodation booking site that allows you to book a room in another person's home. The company have been operating since 2013 and have over 63,000 rooms in 176 countries. Interested hosts or guests can look at the accommodation offers available at this link: <https://north-west-nhs.homestay.com/> The benefits for hosts with a spare room include additional income, with [a £7,500 threshold before any income becomes taxable](#). Unlike other accommodation agents, there are no fees for becoming a host and you will share your home with like-minded NHS colleagues.

Guests will be able to rent quality private rooms at an affordable price, close to your place of work, sharing the home of an NHS colleague.

Trusts involved across the North West include: Southport & Ormskirk Hospital; NHS Trust Lancashire Teaching Hospitals; University Hospitals of Morecambe Bay NHS Foundation Trust; Tameside and Glossop Integrated Care; The Christie NHS Foundation Trust; Lancashire and South Cumbria Foundation trust.




This year we will be highlighting inequalities in care for children and young people with asthma and how these can be addressed

#AskAboutAsthma
12-16 September 2022
[healthylondon.org/ask-about-asthma](https://www.healthylondon.org/ask-about-asthma)

#AskAboutAsthma

We are proud to support #AskAboutAsthma. Every child and young person with asthma – and their parents/carers – should be supported to access the right asthma care to manage their condition so they can live full, active lives. The four asks are:

1. Get an asthma action plan in place
2. Understand how to use inhalers correctly
3. Schedule an asthma review – every year and after every attack
4. Consider air pollution and its impact on lung health.

Find out more about the campaign here: www.healthylondon.org/ask-about-asthma



Direct Health Care Rental Catalogue on Oracle

In an effort to streamline the ordering process when it comes to the rental equipment the Trust hires from Direct Healthcare Group, all the items that currently get hired have been placed on a catalogue system. This eradicated the need for a non-stock request, cutting down on both the processing time for end users and the purchasing support unit alike in processing time. The approval process is also quicker and once authorised, the Purchase orders get sent out automatically, regardless of the time of day they are approved. These codes are now live on the ordering system. [Click here](#) for the rental catalogue codes.

Receipting- Please note that the person that who raises the requisition is also the person who must receipt the purchase order once they have off hired the items and know how many days to receipt.

[Click here](#) for the user guide for receipting.

Are you a Health and Safety Representative or Champ - Or would you like to be?

Come along to our Health and Safety Rep recruitment stall in the restaurants at FGH, WGH and RLI on Friday 14 October 2022 from 11.30am – 2.00pm to find out more about the role, training and the Health and Safety Reps and Champs network.

Throughout the day Health and Safety Team and Staff Side Reps will be visiting Wards and Departments to promote the role and attract new Reps and Champs to join our existing network of approx. 200 across the Trust. Read more about the exciting things going on, on the [intranet here](#).

MHRA Drug Safety Update October

Please see this link for the [MHRA Drug Safety Update - Latest advice for medicines users](#).

The monthly newsletter from the Medicines and Healthcare products Regulatory Agency and its independent advisor the Commission on Human Medicines.



Worried about winter bills?

Wanting to know how to save energy at home?

Pop in for free, impartial advice!

- **Arndale Centre Morecambe**

14 September to 15 October

- **Marketgate Lancaster**

18 October to 29 October





We're hiring

JOIN OUR FRIENDLY EMERGENCY DEPARTMENT TEAM

Registered Nurses



Contact: Jen Molloy or Vicky Squires



The Royal Lancaster Infirmary Emergency Department is looking for Registered Nurses to work with this fabulous team on a daily basis. These shifts are special shifts to provide compassionate, fundamental nursing care to patients who have been assessed in the Emergency Department and are waiting for a medical and surgical bed and need a kind, friendly and caring nurse to ensure that their nursing needs are met. You would be supported by the team and welcomed to the department. We have a team of staff that will coach and upskill you and we welcome Registered Nurses with any experience across the Trust to bring their unique skillset to the department.

Shifts available:

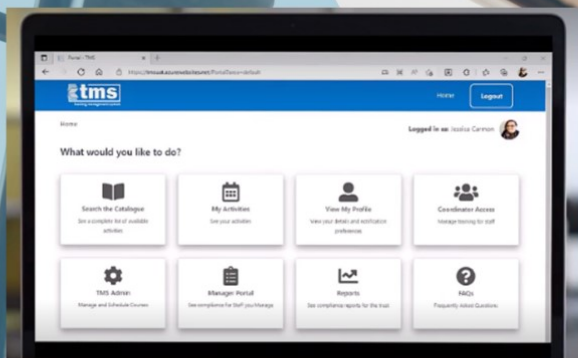
Early/Late or Long day, Night shift, Weekend or week day, 10am-6pm,
9.30am-2.30pm (school hours)

Or any time that fits with your availability and other commitments

Block booking/Bank shifts/single shifts/fixed term contracts

Busiest days are Monday-Wednesday





TMS 2 is now live!

Welcome to your improved
training system

*Watch our
video preview
[here](#)*

Benefits of TMS 2:

- more modern and dynamic
- an easier to use, streamlined system
- clear catalogue of courses to choose from and thorough list of categories available
- access the full version of TMS at home or on your phone
- employee details linked to ESR for more accurate data
- add reflections after completing a course - make your voice heard!

For more information
contact:

tms.admin@mbht.nhs.uk



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



Grange and Lakes ICC October newsletter

You can now view the digital Grange and Lakes ICC October newsletter on this [link](#).

Strategic Recruitment October Newsletter

You can now view the Strategic Recruitment October Newsletter on [this link](#). This edition includes topics such as Work Experience, Engagement with Primary Schools, IRPB update and much more.

Have your say on the draft priorities for Lancashire and South Cumbria Integrated Care Partnership

A short survey has been developed, asking participants to rank the priorities in order of importance, propose what issues within each priority are most important and offer any other feedback based on the draft priorities. [Complete the survey here](#).

The closing date for the survey is Monday 24 October. The ICP will review the results of the engagement to inform the final integrated care strategy, which will be launched in early 2023.

Find out more about the engagement and the draft priorities [here](#).



Photo of the Week

This weeks Photo of the Week is from Ms Elizabeth Smalley :

"This is a picture of Valentine my parrot. He makes me smile everyday, I love him to bits.

"He steals shiny things, sometimes I think I bought a magpie! Although he'll steal anything, jigsaw pieces, toothpicks, false eyelashes, scraps of paper."

If you'd like to be featured, send a photo that made you smile, your name and a short description to Weekly.news@mbht.nhs.uk.

***Please note:** Weekly News is shared with the public via the trust website and on notice boards across the sites.*

Trust Procedural Document Library

Please see the link below for procedural documents updated in the last 30 days. If you have any queries contact policy.coordinator@mbht.nhs.uk. [Trust Procedural Document Library - Documents Updated in the Last 30 Days](#)

Have you won the Bay Hospitals Charity Lottery this week?

This week's winning numbers are:

Draw date: Friday 7th October

6 9 0 7 9 4

Play the Bay Hospitals Charity Lottery online now!

Visit www.bayhospitalscharity.org/lottery/

and help make a lotto difference across
Morecambe Bay Hospitals.

