

Weekly News

It's time for our UHMBT Patient Safety Day 2023 so join us on Wednesday 15 February!

This week we will be hosting our UHMBT Patient Safety Day 2023 and all are welcome to join the event on Microsoft Teams.

The Patient Safety Day will take place on Wednesday 15 February 2023 from 8.45am to 5.15pm, and we'll have a range of patient safety experts speaking on a variety of topics.

Our UHMBT Patient Safety Awards, which will take place in the same week as the Patient Safety Day, is on Friday 17 February from 6.30pm to 10.30pm at The Villa at Levens Village near Kendal. Nominees have been notified that they have been shortlisted.

The Patient Safety Day will be an opportunity for all colleagues to get together and hear a range of external patient safety experts sharing their experience, learning and insight.

The daytime event is being held on Microsoft Teams so that all colleagues can have an opportunity to join in and benefit from the knowledge and experience that will be shared.

You can find the link to join on the day and find out more about each of our speakers [on the intranet here](#).

This is a very exciting event, so please show our teams your support and join in where you can.

The winners of the Patient Safety Awards will be announced at the event on Friday 17 February and will be shared through our Trust communications.

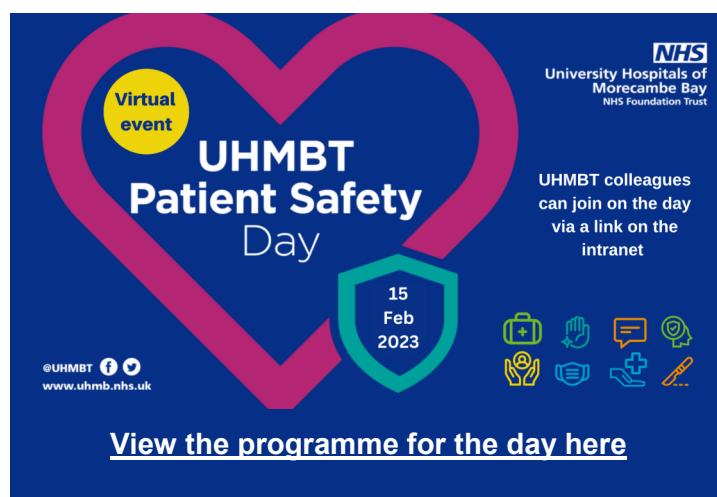
For more information, please contact the Corporate Communications team on communications.team@mbht.nhs.uk

UHMBT hip and knee surgery dashboard recognised as an example of innovation

An innovative project including the development of an electronic dashboard designed to help reduce length of stay for patients at University Hospitals of Morecambe Bay NHS Foundation Trust (UHMBT) is being celebrated as an example of innovation in the NHS.

UHMBT's Surgical and Critical Care Group has been working in partnership with Johnson & Johnson (J&J) to develop a '[Hip and Knee Arthroplasty Safety Dashboard](#)' which optimises patient care and ultimately helps to reduce waiting lists.

Read in full on the Intranet [here](#)



Reflection on LGBT+ History Month



Andrew Thompson is a Matron in Surgery and Critical Care and an active member of the LGBT Network. Andrew kindly wrote the following reflection on LGBT+ History Month.

"For me LGBTQ+ history month, is a time to reflect, not only on a personal level, but also a professional level. I came out when I was 18 and very quickly moved from a small village in the South Lakes to start my nurse training in London. From being 'the only gay in the village' to moving to a city where the gay scene was so

lively, was a dream come true. I was able to be who I wanted to be and didn't have the subconscious feeling that everyone knew my business. I had a fabulous social life and often went out two or three times a week and met some incredible people and made some amazing friends.

The time came to finally calm down and focus on my career, and having been part of the gay scene, I knew instinctively that I wanted to specialise in HIV Nursing. In the early 2000s, HIV care had advanced significantly since the virus's emergence in the early 1980s, however there was still a lot of stigma attached. I often recall people questioning my decision to enter this field of nursing. I spent the first 10 years of my career working with people living with and affected by HIV and I loved every minute of it. I find it difficult to explain the impact that some of these patients had on me and I often think about the patients we lost.

This year I am getting married to my partner, which is a right that many gay men before me, fought for. I can remember when the Civil Partnership Act came into force in 2005; I was nursing on an HIV unit in London and one of my patients desperately wanted to form a civil partnership with his long-term partner before he died. Being able to witness one of the first civil partnerships in a hospital setting, is something I will never forget and knowing that only a few days before he died, we made one of our patients that happiest man in the world is something that will live with me forever.

I am extremely proud of who I am and I recognise how hard people fought to achieve the level of acceptance that we have today. By no means is there the equality that there should be, however, we continue to make significant inroads."



CLAIM THE PAST, CELEBRATE THE PRESENT
AND MAKE A POSITIVE DIFFERENCE
THROUGHOUT LGBT+ HISTORY MONTH!
#UHMTRAINBOWFRIDAY



All welcome to drop-in event at RLI

We are holding a drop-in event at the RLI Education Centre on Tuesday 21st February 2023, 2pm-4.30pm.

All are welcome to attend but please RSVP to lgbt.network@mbht.nhs.uk.

As we embark upon a programme of work to make transformational and sustainable progress on LGBTQ+ inclusion here at UHMBT, we will be introducing our framework at this event and celebrating being awarded one of the inaugural National LGBT Advisor Healthcare Awards.



LGBTQ+ Inclusion 'Lunch and Learn' Sessions

A series of training sessions hosted by LancashireLGBT have been arranged for NHS colleagues in Lancashire and South Cumbria. You can join using the [link in this flyer](#) or email lewist@lancslgbt.org.uk to get an invitation via Outlook.

All will be held virtually on Microsoft Teams and will not be recorded. We've had fantastic feedback so far and these are the final sessions so don't miss out!

LGBT+ Inclusion in the Workplace

March 8th, 12pm-1pm

March 22nd, 12pm-1pm

Supporting LGBTQ+ Service Users

February 1st, 12pm-1pm

March 14th, 12pm-1pm

Supporting Trans and Gender Diverse Service Users

March 1st, 12pm-1pm

March 29th, 12pm-1pm



Share the love and learning from Quality Improvement Projects!



How do we know what improvements are happening across the Trust? Up until now we haven't had a Trust-wide system that all colleagues can access to find out. AMaT, already in use in the Trust, now has a Quality Improvement Project module! We love it and we think you will too!

Within the Quality Improvement Project module, users can register their improvement to be added to the system. Once added, participants of the project are guided through the Trust's 6 Improvement Steps (the Trust's improvement approach, named as stages in AMaT). Where you can document and share progress, adding tasks, risks & issues, lessons and discussions, and uploading documents. Quality improvement tools are advocated for each stage - you just follow links to the Hive intranet to download and use guidance and templates, and your completed versions can be uploaded too.

Do you have a quality improvement project you want to share? Do you need to undertake a Quality Improvement Project as part of training, professional development, or revalidation? Once you have approval from your line manager, clinical lead or care group (dependant on the size of your project) to undertake your improvement - add it to the AMaT system. We want to capture and celebrate all your wonderful improvement efforts.

A useful feature in the system is the reports & certificate function: what you input into the system can be exported as a pdf report, which can be used for reporting, or evidence for you, your team, your care group, and the Trust. Look at some of the Quality Improvement Projects that have started to be added to [AMaT](#) by Ward Managers and Trainee Doctors or click the link for more information on [Using AMaT for Quality Improvement Projects](#) to add your own and share the love and learning! Not sure what quality improvement is all about? Visit [The Hive Improvement Centre](#), the intranet site full of information and resources empowering you to improve your services.





supporting
life's journey
together



University Hospitals of
Morecambe Bay
NHS Foundation Trust

More Music – Music for Health Programme



More Music has released two short films showcasing the outcomes of its Music for Health programme in Morecambe. As part of the programme, two pilot Singing for Health projects 'Sing It Out' and the 'Seagull Café' began in March 2019 to September 2022. The Seagull Café continues to run following investment from Bay Primary Care Network. Evaluation has shown that the music-making projects have helped to improve the health and wellbeing of local people and has highlighted the importance of partnerships between arts organisations and healthcare.

You can watch the films at the More Music YouTube channel [here](#) and [here](#). You can read the full story at the Trust intranet [here](#).

Junior Doctor Wellbeing Programme

All Junior Doctors are invited and encouraged to attend the first session of the Junior Doctor Wellbeing Programme which is being held on Wednesday 22nd February 2023.

This will be led by Mr Thomas Naylor (Surgical ST4) on Burnout 12.00 -12.45. A light lunch will be served along with tea and coffee:

- Seminar Room 5 - Royal Lancaster Infirmary
- Lecture Theatre - Furness General Hospital

Please contact - leanne.brady@mbht.nhs.uk (RLI) or veronika.oleskow@mbht.nhs.uk (FGH) for more Information.

Cleaning products for the cleaning of returned walking aids

The Infection Prevention team have recently been asked to provide clarification on the correct choice of cleaning products for the cleaning of returned walking aids:

- Inpatient areas- walking aids should be cleaned with 'Clinell' or 'Medipal' multipurpose disinfectant surface wipes (in the green & white packets) and allowed to air dry. Gloves should be worn for cleaning (and of course appropriate hand hygiene performed following completion of the task & removal of gloves). Walking aids within rooms where known infectious patients are being nursed will be cleaned with appropriate sporicidal wipes along with all other surfaces and equipment in the room.
- Walking aids returned from the community should be cleaned with a sporicidal cleaning agent such as the 'Clinell Sporicidal' wipes (in the orange & white packet) or 'Medipal chlorine wipes' and allowed to air dry. The rationale for the enhanced cleaning of these aids with a sporicidal product is that there is often no information in respect of any patient infections or environmental contamination to which the aid may have been exposed (e.g. C. diff). Gloves & apron should be worn when using the chlorine wipes and these must be cleaned in a well-ventilated area.

The infection Prevention team are always happy to provide additional support and guidance around appropriate products to be used for cleaning equipment as required.



New ways to support Bay Hospitals Charity with online donations

Did you know Bay Hospitals Charity now accepts one-off donations and regular direct debits through its website?

Please direct anyone who wishes to support our hospitals to the website to find out the latest news from the charity and help our amazing teams. Single donations or ongoing contributions can be set up in minutes at <https://www.bayhospitalscharity.org/donate/donate-online>



Help make it the biggest Keswick to Barrow Walk ever for Bay Hospitals Charity

Have you got your team together for the Keswick to Barrow Walk in aid of Bay Hospitals Charity on Saturday 13 May?

Funds donated to the charity will be used to provide the latest equipment for our hospitals, helping make patients more comfortable and ensure they get the best possible care and treatment.

Walkers and runners get the chance to experience a challenging 39-mile route passing through amazing scenery in the heart of the Lake District. A shorter 21-mile route is also available starting from Coniston.

Find out more and sign up: <https://www.bayhospitalscharity.org/News/tackle-the-keswick-to-barrow-walk-in-aid-of-bay-hospitals-charity>



Barrow Bright Horizons

The wonderful team at Barrow nursery invite you to their upcoming stay and play sessions on Thursday 2nd March, from 2:30-3:30pm. You and your little one can look forward to a range of fun-filled activities, as well as meeting others and making friends! It's also the perfect opportunity to chat to the team about our Bright Beginnings curriculum, fees, availability, and your family needs.

Call us today to book your space on 0330 127 5268 or by emailing Barrow@brighthorizons.com.

Or why not come and say hi to Alison, our Barrow Nursery Manager on **Friday 24th February!** She'll be set up in the canteen at Furness General Hospital from 11am-2pm. This is a great opportunity to meet her and talk about any questions you might have.

[Click here to find out more about our Bright Horizons Barrow nursery!](#)



We're here for you


Colleague psychological and physical health and wellbeing


You can now view the Occupational Health and Wellbeing Teams '[Well Newsletter](#)' and '[Well Calendar](#)' for February. Please click the links to download.

In this month's issue:


- Time to Talk Day & Talking Tips
- Financial Support and Staff Benefits
- Mental Health First Aiders
- Pancake Day Recipes
- It's your heart that matters this Valentine's Day

Don't forget you can also access our Well website for colleagues. Find out more on the [intranet](#).











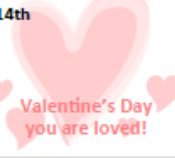




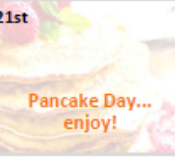
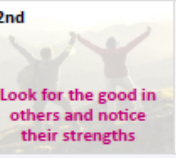
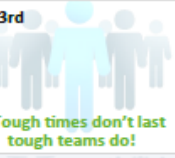
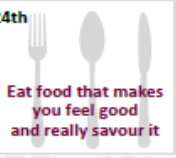
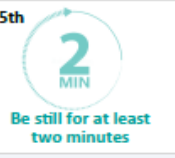






February 2023



Email: occ.healthreferrals@mbht.nhs.uk University Hospitals of Morecambe Bay
NHS Foundation Trust

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>Resilience Hub LANCASHIRE AND SOUTH CUMBRIA</p> <p><i>"You're here for us. We're here for you"</i></p> <p>tel: 01772 520228 • lschub@lscft.nhs.uk</p>	<p>1st</p>  <p>LGBT HISTORY MONTH</p>	<p>2nd</p> <p>time to talk day 02/02/23</p> 	<p>3rd</p>  <p>Choose 5 songs that lift your spirits and play them loud!</p>	<p>4th</p> <p>LET'S DO THIS</p> <p>Get active... nhs.uk/better-health</p>	<p>5th</p> <p>Treat yourself to a small bunch of Spring flowers</p> 	
<p>6th</p> <p>Check out your Health and Wellbeing website today</p> <p>Username: UHMBTWELL</p>	<p>7th</p> 	<p>8th</p> <p>Money Helper</p> <p>Top tools and resources www.moneyhelper.org.uk</p>	<p>9th</p>  <p>Lancashire and South Cumbria Crisis Helpline call: 0800 953 0110 available 24/7</p>	<p>10th</p> <p>Go to bed in good time and give yourself time to recharge</p> 	<p>11th</p>  <p>Start your Spring fitness plan with 'Couch to 5k' www.nhs.uk/better-health/get-active/</p>	<p>12th</p> <p>Couch to 5K</p>
<p>13th</p> <p>Don't wait, hydrate</p> 	<p>14th</p>  <p>Valentine's Day you are loved!</p>	<p>15th</p>  <p><i>"start a thought journal to focus on every day"</i></p>	<p>16th</p>  <p>Make one healthy change this week</p>	<p>17th</p>  <p>Random Acts of Kindness Day</p>	<p>18th</p> <p>Vitality parkrun</p> <p>Join one near you - www.parkrun.org.uk/</p>	<p>19th</p>  <p>Take time to garden or plant pots</p>
<p>20th</p> <p><i>"the best way to cheer yourself up is to cheer somebody else up"</i></p> <p>Mark Twain</p>	<p>21st</p>  <p>Pancake Day... enjoy!</p>	<p>22nd</p>  <p>Look for the good in others and notice their strengths</p>	<p>23rd</p>  <p>Tough times don't last tough teams do!</p>	<p>24th</p>  <p>Eat food that makes you feel good and really savour it</p>	<p>25th</p>  <p>Be still for at least two minutes</p>	<p>26th</p> <p><i>"No plans day - make time to slow down and be kind to yourself"</i></p>
<p>27th</p>  <p><i>"start building three minutes of mindfulness into your daily routine"</i></p>	<p>28th</p>  <p>Finish this sentence "I am good at..."</p>	<p>#FLURISH this winter</p> <p>Check your newsletter for more information</p>				<p>February is the border between winter and spring.</p> <p>TERRI GUILLENETS</p>

“

Rapid treatment from all concerned. Treat with utmost kindness and respect from all staff

”

Read the latest Patient, Carers, Family & Friends Feedback on the [Your Experience Matters](#) platform

Take part and help transform the lives of young people with a learning disability or autism spectrum condition

The story of National Supported Internship Day

The solution to many problems faced by young people with a learning disability, autism spectrum condition, or both is straightforward: **competitive employment**.

Yet only 5.1% of people in England (and 4.1% of people in Scotland) with a learning disability and/or autism who are known to local authorities go on to secure paid employment, compared to 80% of their peers.

We need to work together to change that.

DFN Project is launching the first-ever **National Supported Internships Day** to raise awareness of the huge impact that a supported internship can have, not only on the life outcomes of the interns who take part, but on the host organisation and wider society too.

We are calling on everyone - whether you're linked to the business, education or health sectors, local authorities, national government, the public, private and third sectors - to come together and challenge the everyday misconceptions and pre-set work cultures that all-too-often unfairly shape the lives of young adults with a learning disability and/or autism across the UK. **We want YOU to get Involved! That's why we're hosting a group walk to celebrate**

#NationalSupportedInternshipDay #NSID2023



DFN Project | SEARCH
DFN Project is launching the first-ever ...

National Supported Internships Day!!!

YOU are invited to join us on our expedition into the Lake District exploring 'The Lost Kingdom'

Join our walk on the ghostly paths from **Dunmail Raise** to **Grisedale Tarn**. Then it's on to **Fairfield (853m)** to enjoy the panoramic views of the Lakes.

After that it's on to **Grasmere** via **Great Rigg (766m)** & **Stone Arthur (503m)** (3 Wainwright summit).

The hike will be led by mountain guides taking approximately 4-5 hours over 6 miles with some steep sections.

Join us on **Saturday 4th March 8:30am** at **Travellers Rest pub, Grasmere LA22 9RR** on the A591, for 9am start!

REMEMBER: Please bring snacks/drinks and dress in warm/waterproof clothing with appropriate comfortable footwear.

[View the poster here](#)

HEENW SAS Awards 2023—Nominate now

Nominations are invited for the next round of the SAS Awards. You may submit as many nominations as you wish, but please complete a separate form for each individual you are nominating and each category for which you are nominating them. To nominate a colleague [please complete all sections of this form](#) and return it to your SAS administrator on morecambebay.sas@mbht.nhs.uk by **20th February 2023**.

We're recruiting - Shared Lives Carers

Shared Lives matches people with learning disabilities, physical disabilities or in some cases vulnerable older people to a Shared Lives carer and their family. Once people are matched with a carer, they are integrated into their household, where they are supported to grow, develop their confidence and learn new skills. Shared Lives enables one-to-one person centred support, alongside promoting independence and personal choice. [Find out more in this booklet.](#)

Upcoming events



Lunchtime lectures: Introduction to research for advanced nurses

Two lunchtime lectures are being held for all nurses who have research as part of their work plan to learn more about clinical research and how to get involved.

The events are on the following dates:

Monday 20th February 2023, 12:30pm, Royal Lancaster Infirmary, Education Centre, Lecture Theatre

Thursday 23rd February 2023, 12.30pm, Furness General Hospital, Education Centre, Lecture Theatre

Each lecture will last for approximately 1 hour and a light lunch will be provided.

The events will be opened by Bridget Lees, UHMBT Chief Nursing Officer, and will include presentations from the UHMBT Research and Development department, the National Institute for Health and Care Research (NIHR) and the Applied Research Collaboration - North West (ARC NW).

The subjects covered will range from the research the Trust is currently working on, how people can get involved, opportunities to train further and how to obtain funding to undertake research projects. There will also be an informal Q&A session after the presentations.

Genomic Roadshow Lancaster - speakers confirmed!

Our speakers are now confirmed for our Genomics Roadshow, on 28 February 2023 within the Education Centre, at the Royal Lancaster Infirmary:

- Bill Newman: 'Embedding genomics into routine healthcare including rare diseases'.
- Dr Gavin Galasko: 'The Importance of Genetic Testing in Familial Hypercholesterolaemia'.
- Emma Davies: 'Lynch Syndrome mainstreaming including 5 mins Q&A'.
- Charlotte Knowles: 'Mainstreaming BRCA1'.
- Jessica Keen: 'Pharmacogenomics and the PROGRESS project'.

Places are still available, so please share this information and booking link with your colleagues and network. To book: visit the [Eventbrite website](#) or email contactus@nw-gmsa.nhs.uk

Lunchtime lectures: Rheumatology recap

We are pleased to announce that the face-to-face lunchtime lecture programme is back! Please join us for the first lecture taking place on Wednesday 8th March in the Education Centre Seminar Room 5 from 12:30 to 13:15.

Our first lecture is 'Rheumatology Recap' presented by Dr Marwen Bukhari, Consultant Rheumatologist. [Find out more here.](#) Wesleyan will be sponsoring a lunch in the foyer after the lecture (limited numbers).



Rebuilding lives with Long COVID

In the latest part of our ongoing series on Long COVID, we hear from a frontline healthcare worker who contracted COVID-19 in 2020.

At the start of the COVID-19 pandemic, Emily* was a front-line NHS worker. As a very fit and healthy 24-year-old health care professional, Emily was aware of how COVID-19 could affect individuals – but she was not concerned for her own health.

Emily contracted COVID-19 in April 2020. After the initial 10 days of having COVID-19 Emily was not getting any better. She continued to suffer the expected COVID-19 symptoms and after four weeks, Emily was still no better. In contact with other colleagues who had contracted COVID-19 at the same time – Emily realised that she was one of a few who was not getting better.

After two years of recovery, Emily has just returned to work – in a different role and part-time. [Read more about Emily's story](#) and why she wants people to really understand the impact of Long COVID.

Working in the community as an international nurse recruit: my experience so far



Excerpt from James Mawuli Gawu, Morecambe North District Nurses' Team:

"I immediately knew the option to work in the community was on the table there was no turning back for me. Though I must say working in the community in England as an international nurse is quite tricky and has many hoops one has to safely navigate. I have a rich background in community based health and humanitarian work, and still run a registered charity that offers free medical care on large scale to poor and hard to reach communities in Ghana. I have a unique interest in that field, though district nursing in England is completely different in scope, focus, skill and outlook to what is practised in Ghana."

[Read James' story here.](#)

MBMJ paper wins award—Message from MBMJ Editor

The Lancaster and Morecambe Medical Book Club (LMMBC) committee has awarded the paper entitled "Understanding the impact of the cV19 pandemic on a socially deprived Coastal town " the prize for best paper published in MBMJ 2022. The authors are Dr Maddy French and colleagues.

The award includes a trophy as well as cash prize of £250 to be shared between the authors. The LMMBC committee invites 3 co/authors to attend the prestigious dinner on 3rd March at Morecambe Golf Club.

The President of the Book Club Dr A Gallagher also extends his heartiest congratulations

It is an added honour that on the 3rd of March Book Club event Mr Jonathan Calvert, a leading investigative journalist with the Sunday Times Insight team, will bestow the trophy.

Shadaba Ahmed, Editor MBMJ





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University Hospitals of
Morecambe Bay
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Accessing the employee Assistance Programme

Following on from our recent update regarding the employee Assistance Programme (EAP) we are highlighting over the next few weeks some of aspects of this which, because you work at the Trust, you can access via the VIVUP platform.

The aim of the EAP is to provide additional support to you whether its through accessing information on line or if you feel you wish to talk to somebody outside of the Trust for support for your mental health. By contacting 0800 023 9324 (free from landlines and mobiles) you can access counselling helpline anytime 24 hours a day 7 days a week. You can self refer to access 6 x sessions of 30 minutes telephone short term solution approach counselling. You can find out how to sign up for [Vivup here](#). There is a unique link which will take you through to the portal without going through the main page which you can find [here](#).

You can still self-refer for therapy services and psychological support or your line manager can complete a management referral for access directly to the Occupational Health & Wellbeing service by contacting them directly on 01524 512290 / occ.healthreferrals@mbht.nhs.uk.

Supporting staff's mental health and wellbeing with our dedicated Employee Assistance Programme

Help at any time, available 24/7, 365 days a year

To access this service, simply call: **03303 800 658***

*An extra 24 days free from any co-payment of services are available to staff

Whether you're facing problems at work or at home, you can access impartial, confidential advice from qualified counsellors for many different issues, including:

Anxiety | Bereavement | Stress | Depression | Workplace Issues | Trauma | Relationships | Financials | Family Difficulties

A wide offering of resources is available and includes downloadable self-help workbooks, debt advice, a mental health app and more. The telephone helpline is available 24/7, 365 days a year is completely confidential and free to anyone needing mental health support.

Visit vivup.co.uk

Webinar on nursing and midwifery standards



For registered
professionals
and educators

Standards for Student Supervision and Assessment (SSSA) online webinar

Monday 27 February

11:00 – 12:40

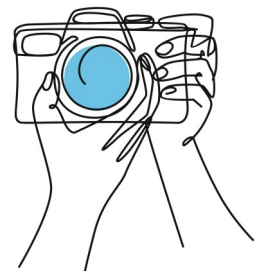
Register today!

The North West Nursing and Midwifery Team is hosting a Standards for Student Supervisions and Assessment and a learning charter event for qualified professionals and students. The event on Monday 27 February will focus on overviewing the standards, charter, future projects and includes an open question and answer session. [For more information and how to register visit this website or contact Gabrielle Cocking.](#)

Photo of the Week

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 10th February

5 1 0 7 4 3

Play the Bay Hospitals Charity Lottery online now!

Visit www.bayhospitalscharity.org/lottery/

and help make a lotto difference across Morecambe Bay Hospitals.

