

Weekly News

Trust's Catering Team supports Nutrition and Hydration Week (13-19 March)



This week, the Catering Team across the Trust will be participating in Nutrition and Hydration week.

To mark the national awareness week, there will be a hydration station in all three restaurants where colleagues will be able to refresh themselves with a glass of cordial.

Today (14 March) colleagues who buy a drink from the restaurants will be offered a free piece of fruit. This will be on a first-come, first-served basis.

Tomorrow (15 March) all three restaurants will be offering healthy smoothies and on Thursday (16 March) there will be recipe stalls, including free healthy recipes.

On Friday (17 March) the restaurants will be serving delicious and healthy fish dishes.

More information on Nutrition and Hydration Week can be found [here](#)

Results of the NHS National Staff Survey

Results of the NHS National Staff Survey were released last week and are available to view in full at <https://www.nhsstaffsurveys.com/results/local-results/>

The survey is one of the largest workforce surveys in the world and is carried out every year in the Autumn to improve staff experiences across the NHS. It is aligned with the [NHS People Promise](#) and links to the seven NHS People Promise key areas, plus staff engagement and morale



In the 2022 survey we chose to take part in the first ever 'bank-only workers' survey to help us understand the experiences of those colleagues as we strongly believe all colleagues have a voice. Overall, 3,011 colleagues from all care groups and corporate departments took the time to provide feedback – that's 44% of our staff. Thank you!

On **Friday 17 March** at 12.30, all colleagues are invited to attend a virtual briefing session led by Ali Balson, Chief People Officer, who will let us know the next steps to improve your experiences at UHMBT.

You can join the virtual briefing session by [clicking this link](#)



New Hospitals Programme update



I would like to take this opportunity to update colleagues on how the New Hospitals Programme is progressing.

We are currently awaiting further announcements from the national New Hospitals Programme team regarding capital funding for our programme, which will help determine what is possible. We should soon hear more which will really help us to plan effectively for the future. In September 2022, the NHS in Lancashire and South Cumbria stated its preferred option for the Royal Lancaster Infirmary (RLI) – a new state-of-the-art hospital on a new site, providing an opportunity to significantly improve patient experience, the quality of services provided, and improve the environment for patients, visitors and staff.

The alternative option is an improved RLI in the current location to include a new urgent and emergency care village, together with reprovision of critical care, maternity and neonatal, and some inpatient accommodation and diagnostics.

Each of the shortlisted proposals for new hospital facilities in Lancashire and South Cumbria also includes investment in Furness General Hospital.

Further detailed work on the shortlist of proposals is underway to assess the viability of potential locations for new hospital builds for the RLI to develop the required business cases. There is still further work to be completed in this area and additional sites may emerge over the coming period. Colleagues can find more information about the New Hospitals Programme [here](#).

I look forward to updating colleagues over the coming weeks when further information is available.

Aaron Cummins
Chief Executive

New Admiral Nurse Service launched during Dementia Experience Day

A thought-provoking and uplifting Dementia Experience Day was held to launch the new Admiral Nurse Service within UHMBT.

Dianne Smith, Consultant Admiral Nurse for UHMBT based at the Royal Lancaster Infirmary (RLI), opened the launch event for colleagues which was held at the Junction 36 Auction Centre on Tuesday 7 March.

Dianne also introduced the Trust's two new Admiral Nurses, Marina Woodburn and Sarah Doughty, who are based at Furness General Hospital in Barrow. A second Admiral Nurse for the RLI is in the process of being recruited.

Many different aspects of dementia were explored throughout the day and there were fascinating talks by a host of speakers, including specialists from UHMBT.

[Continue reading on the intranet.](#)



Claire Granato on staff involvement in shaping the New Hospitals Programme

Alongside engaging with the public, the Lancashire and South Cumbria New Hospitals Programme is seeking views from colleagues across the health and care system to ensure that their needs will be met by new hospital facilities.

[In this new blog on staff involvement in the New Hospitals Programme,](#)

Claire Granato, Allied Health Professionals Lead for the Lancashire and South Cumbria New Hospitals Programme and substantively Chief Allied Health Professional at Lancashire Teaching Hospitals, discusses the topics of conversation at the recent webinars held to update colleagues about the programme.



UHMBT Professional Nurse Advocates are here to help

The 2017 NHS Staff Survey showed 35.1% of UHMBT staff reported feeling exhausted and unwell due to work-associated stress (over a 12-month period). However, the result of the 2021 survey during the pandemic revealed that 46.2% of Trust staff were not feeling well due to stress and 53.1% attended work despite feeling unable to fulfil their responsibilities (in a three-month period).

In March 2021 The Professional Nurse advocate (PNA) programme was launched nationally to deliver training and restorative supervision for colleagues.

The programme was the start of a critical point of recovery: for patients, for services and for our workforce.

PNA's are trained to support colleagues by:

- Providing restorative clinical supervision sessions for: 'Restorative clinical supervision' includes time to listen to you, support with personal development, improving stress management and mitigating burnout or share feelings in a "safe place"
- Supporting nurses to undertake personal action for quality improvement
- Promoting the education and development of nurses.
- Advocating for the Nurse, healthcare staff and the patient

This can be for individuals or Ward groups; Nurses, Student Nurses and CSWs.

At our Trust we have 14 trained PNA's with more being trained. If you are looking for support with any of the above, or would like to have a chat please contact us ProfessionalNurseAdvocates.Trust@mbht.nhs.uk

If you are interested in becoming a PNA yourself please contact Lorna Pritt; to complete this you should be a trained Nurse with a degree. This is a Level 7 course.



Space & Property Requirements



Available Space across the trust is very limited, and in order to maximise the use of our available properties and space, a new group has been formed to oversee all requests, the space utilisation group will be chaired by the Deputy Chief Operating officer, with membership from all key areas.

The group will work to allocate available space to departments through a new process, to ensure we are making best use of our available resources, using the principles of agile working and Clinical space for clinical activities and considering adjacencies, purpose, funding and value for money.

Any Teams or departments needing space or additional property should complete the application form for consideration by the group, and get support from their senior management prior to submitting, a new dedicated email address has been provided for all requests and questions - PropertyandSpaceRequests@mbht.nhs.uk

Link to application Form -  [Property& space requests application version 1.docx](#)

All applications will be responded to from the group.

TMS Tuesday Tips #2 - Booking onto a course

Welcome to another TMS tip. This time, we look at how to book onto a course on your To Do list.



If the course is already on your list of activities, don't click on Add New Course - if you try to re-add the course, it will just tell you that you're already on the waiting list. This is because the course is already on your account.

Instead, click the name of the course on your TMS list to bring up the course info. Click on the Make a Booking dropdown menu to choose from the available sessions. TMS will by default show sessions taking place on your site, so if you cannot see any available sessions, please tick the Show All Venues button. This will reveal any online sessions and workshops taking place on other sites, including any external venues. If you still can't see any sessions, it means none are available. If that's the case, let us know in TMS Admin and we'll point you towards the course owner to see if any future sessions will be added.

NHS Stop Smoking Service Bollard Covers

Connect and Quit with Quit Squad: Have you spotted Quit Squad's latest campaign outside the RLI?

We encourage you to take a look, and you will find advice and support on the best ways to help you quit smoking.



Lancaster's Communities – Truly Together, Heart and Soul

The 9th Lancaster Festival was held recently at Lancaster University's LICA building. The event included a full-size Arabic tent, Afro-Brazilian dance, poetry, song and music.

You can read the full story on the [intranet](#).



Congratulations to the Theatre 4 Team, RLI

Following our Patient Safety Awards that took place on the 17 February, the Theatre 4 Team (Ortho Revision Hip and Knee Surgery Team) at the RLI was awarded the 'Learning from Excellence Patient Safety Award'.

The Team was praised for reducing length of stay for patients following revision hip replacements. This has helped to reduce morphine consumption and has reduced the time it takes for patients to bear their own weight after surgery.



Here is a team photo of the winners with their certificates and well-deserved trophy.

Save the date for UHMBT Removing the Barriers conference on Tuesday 9 May

Our UHMBT Removing the Barriers conference will be held on Tuesday 9 May to mark Equality and Human Rights Week 2023. The conference will be a face-to-face event with opportunities to join virtual sessions for those who are unable to attend in person.

All colleagues are welcome to join the day and hear from our speakers on how you can make a positive difference for colleagues of all backgrounds in your role at UHMB - from how to create a fair and inclusive recruitment process to welcoming colleagues from overseas; practical tips in creating an accessible workplace; and how you can support colleagues who need it on a wide variety of equality and human rights issues including menopause, gender transition and neurodiversity.

More details about the event and a link to join the virtual sessions will be shared in the coming weeks.

Bright Horizons Barrow & Lancaster's 'Hop into Spring' Open Days!

Saturday 25th March, 10am - 2pm

You are invited to celebrate the start of Spring with our fantastic nursery team and join us for our 'Hop into Spring' Open Day! Spend some time with your Bright Horizons Family and have some springtime fun with your little one.

Bright Horizons Barrow: Situated in the grounds of the Furness General Hospital, directly opposite the helicopter landing pad from the Abbey Road entrance.

Bright Horizons Lancaster: Situated in the grounds of the Royal Lancaster Infirmary.

To book scan the QR code, call 0330 828 9445 or use the form on our website [here](#)



Awareness Raising sessions

Pharmacy Technician Ali Reynolds works on the Priority Assessment and Discharge Unit (PADU) at the RLI. She is responsible for the discharge medicines and for counselling patients before they go home.

The discharge unit provides a calm and comfortable space in which patients can await their discharge medicines and transport home. Because patients can sometimes spend many hours with us, it is an ideal opportunity to raise awareness and promote various health issues, particularly in relation to medicines.

Therefore, we are running a series of awareness raising sessions, linked in with the national NHS campaign days and started with World Kidney Day, last Wednesday 9 March.

The unit was decorated with lots of information relating to kidney care and kidney medicines, plus leaflets designed by the Pharmacy Technician for patients to take home.

It is hoped that these sessions will raise patient awareness, improves patient safety and ultimately, enhance the patient experience.

Other events coming up in 2023 -

- Make May Purple - Stroke Awareness
- Diabetes Week (June)
- Know your numbers week (Blood Pressure UK) (September)
- Cholesterol month (Heart UK) (October)
- COPD Day (November)



Book your tickets for Freya's fundraising ball

A charity ball takes place next month to raise funds in honour of a little girl who is being treated for a brain tumour.

Freya Duckworth is a regular visitor to the Children's Ward at Royal Lancaster Infirmary, and her family has organised the charity ball to say thank you to UHMBT colleagues by supporting Bay Hospitals Charity, along with Team Reece, which has provided additional support.

The ball takes place at Morecambe Football Club on Saturday 1 April. Tickets, at £65, are available by contacting mum Gemma via Facebook at <https://www.facebook.com/gemma.cornthwaite>



Change to completion date for Basic Life Support on TMS

All colleagues that require face-to-face Basic Life Support (BLS) training will need to complete this **every 12 months**. This training will be added to colleagues TMS accounts by Thursday 1 June 2023

During the COVID pandemic, the completion requirement for BLS training was changed to 18 months. This is set to be removed by Thursday 1 June 2023 and the BLS completion requirement will revert back to 12 months on the TMS system.

Please be aware that this change may suddenly increase the number of colleagues being non-compliant with their BLS. Please can managers send colleagues to a BLS session as soon as possible to prevent non-compliance. All [Resuscitation Course dates](#) are available on the intranet.





supporting
life's journey
together

Issue 829 14 March 2023



University Hospitals of
Morecambe Bay
NHS Foundation Trust

People struggling with technology encouraged to get online and get set for surgery

Residents in Lancashire and South Cumbria who are waiting for NHS treatment or surgery are being offered support to get online.



Age UK Lancashire is working with Lancashire and South Cumbria Integrated Care Board (ICB) to offer digital support to patients aged 18+, so they can use online services to get them set for surgery.



Lancashire and
South Cumbria
Integrated Care Board

This will allow patients to manage their health and wellbeing using a smartphone, tablet or computer, and to stay as fit and healthy as possible while they wait for their treatment. It will also allow people to find out more about their condition, what to do if their condition deteriorates, and get extra support online if they need it.

The ICB's digital culture and transformation clinical lead, Linda Vernon, said: "We know that some people have less knowledge, skills or confidence to use digital services that might improve their access to care, and support with day-to-day activities. To improve patient access, choice and experience we are working in partnership with Age UK Lancashire to include a holistic digital offer for people who are referred to hospital services."

Age UK Lancashire's elective recovery digital inclusion manager, Jason Barlow, said: "The service is there for patients before and after treatment, offering digital tools to help with recovery, including finding information about impacts of surgery and the recovery process, and accessing the many digital services and apps that can help with recovery."

Patients looking to sign up to this service can call 0300 303 1234 or email digital-inclusion@ageuklancs.org.uk

Off site parking at FGH

Due to limited parking spaces at FGH, some trust staff have had no option but to park on nearby streets when coming to work in their vehicles.

Sadly, some staff have experienced harassment by local residents, particularly on Dane Avenue - close to the footpath cutting that leads to the main car park. Some incidents have included personal confrontation, verbal abuse, vehicle damage, traffic/road rage incidents, and dog excrement left on NHS staff vehicles.

Cumbria Constabulary have been informed and there is an ongoing investigation.

We kindly ask that all staff please continue to obey traffic law, and be respectful of local residents' property. Also, and most importantly, if anyone experiences or witnesses abuse of trust staff, we ask that you report it to us immediately.

FGH Estates Department - Contact: Shaun Downing at shaun.downing@mbht.nhs.uk.

UHMBT Job Application Support

The Careers and Engagement Team are running staff job application help sessions. We want to support and advise anyone looking to progress to the next banding or looking for a change.

For more information on dates and venues look on the Intranet [here](#)



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



The SMART Aim Statement Builder



One of the many tools to help YOU to improve YOUR Services

The Hive has a range of improvement tools to help you tackle your problems and improve your workplace in the Trust. Take a look at the: [Aim Statement Builder Video by clicking this link.](#)

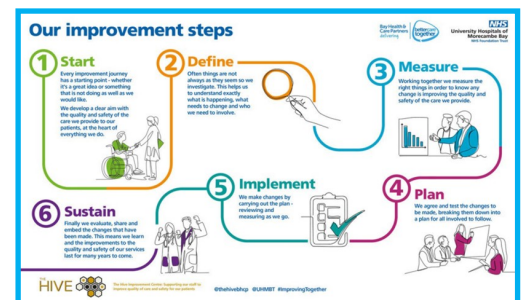
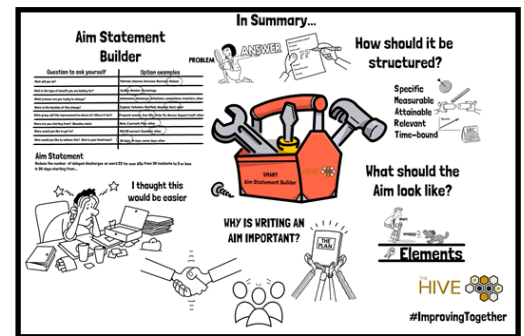
The Aim Statement Builder is a great quality improvement (QI) tool to help you start your improvement project; it will help you to be clear on what you aim to achieve and ensure that your aim is specific, measurable, attainable, relevant, and time-bound (SMART).

Your aim should focus on the problem, not the solution, and answer: what you are trying to achieve, for whom, by how much, by when, compared to what, and why.

The short video provides an overview how to write your aim using the Aim Statement Builder to then share your goal with others, so everyone is clear on what you're aiming to achieve. Creating your aim is the **Start** of your improvement journey ([see our improvement steps](#)).

It, like many other QI tools available on the [Hive intranet](#), will help you not to jump to solutions, but to understand the problem you're trying to solve and help you identify change ideas you and others believe will have an impact on your problem focussed aim (theory of change).

The Hive - Improving Together for a shared purpose.



'Learning from Deaths' to help deliver the best possible care for Patients with Learning Disabilities at UHMBT



The Better Tomorrow external peer review team reported their findings on a defined cohort of 62 deaths which they reviewed as well as a comparative review of 39 cases, including 13 Urology and 10 Trauma and Orthopaedics deaths at UHMBT, which showed many areas of good practice as well as areas with room for improvement.

The report from June 2022 suggested that there is an opportunity for the Trust to learn and follow best practice processes for care of patients with a learning disability at the end of their lives.

As a direct result of the findings within the report, Brian Evans, Matron for Learning Disability, Autism and Complex Needs, is supporting further work to help ensure that all patients with learning disabilities at the end of their lives are quickly identified. This is to help ensure that the nursing teams and the doctors caring for the patient get rapid access to Brian's specialist expertise and support.

[Read the full story on this link.](#)



Governor opportunities at Central Lancaster High School

Central Lancaster High School (CLHS) is looking to appoint a number of new governors to its local governing body.

CLHS is offering local people the opportunity to attend a face-to-face event on Thursday 30 March at the school on Crag Road, Lancaster, LA1 3LS.

Continue reading [here](#)

Calling all carers! Why it's a good idea to register as a carer on ESR

Carers UK estimates that one in five adults in the UK are providing unpaid care – that's a staggering 10.6 million people.

As a Trust, we want to support colleagues who are carers in their home lives, so we have ensured that members of staff can now self-record their carer status on the Electronic Staff Record (ESR).

In this article, we explain why it may be a good idea for you to register if you are a carer and how it may help your fellow carers.

The UHMBT Carers Staff Network helping to raising awareness of this new option which can be accessed via self-service using the 'My Personal Information' portal on the ESR dashboard and then clicking on the 'Update My Information' button. For full details of how to fill in your carer status on ESR, please [click on this link](#).

The NHS England definition of a carer is anyone who looks after a family member, partner or friend who needs help because of their illness, frailty, disability, a mental health problem or an addiction and cannot cope without their support. The care they give is unpaid. [Read the full story on the intranet on this link](#).



Happy retirement

The Discharge Team at RLI would like to wish Alison Mulligan all the best in her upcoming retirement.

Alison has worked in the NHS for over 35 years and has worked tirelessly within discharge for the best outcome for the patients she has cared for.

Alison will be missed by her whole team and leave a large void for us all.

Alison is venturing into her retirement with many plans including mother moon and cycling down the prom - if you see us Alison make sure to wave.



Annual Health and Safety Reps Seminar - Places still available!

Thursday 30th March 2023 at Kendal Rugby Club - Book your place now on TMS



Apprenticeship Awards

There's still time to nominate an Apprentice in the Lancashire and South Cumbria NHS Health and Social Care Apprenticeship Awards - **nominations close Friday 17th March!**

Details can be found on the Intranet [here](#)

HALS Seminars – Dates for your diaries!

The Hospital Alcohol Liaison Team hold a Lived Recovery Seminar each month. [View this poster](#) for the dates and topics of our first 5 Seminars of 2023.

The first seminar is about Homelessness and Addiction taking place on 17 March 2pm—3.30pm at the Lecture Theatre, Education Centre, RLI. [Find out more.](#)

To book a place, please email Health.earlyaction@mbht.nhs.uk

Cumbria Police launches new survey on personal safety of women and girls

Cumbria Police have launched a new survey so officers can hear more from women and girls on how they feel about their own personal safety in Cumbria.

Officers are aiming to use this information to better inform policing services as part of ongoing work to address the national issue of Violence Against Women and Girls (VAWG). The survey, which is anonymous, is here: <https://www.smartsurvey.co.uk/s/LSYSYC/>

For more on the work carried out and what police are aiming to achieve, click here for their news page: [News - Cumbria Constabulary](#)

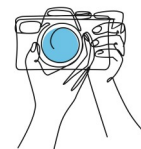
Photo of the Week



This weeks photo of the week was sent in by John Bowe,. “Having a great time looking after our 7 cockapoo pups, who are all looking for new forever homes”

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 March

2 6 3 7 4 6

Play the Bay Hospitals Charity Lottery online now!

Visit www.bayhospitalscharity.org/lottery/

and help make a lotto difference across
Morecambe Bay Hospitals.

