

# Weekly News

## Nominations are now open for UHMBT Council of Governors Election 2023

Are you interested in representing the views of your colleagues? Why not put yourself forward to become a Governor? We are looking for three Public Governors and two Staff Governors who will play a vital role as part of the Council of Governors.

The elections formally began on Wednesday 2 August 2023, and there are vacancies in the following constituencies:

### Staff Governor seats

- Nursing and Midwifery (2 vacancies)

### Public Governor seats

- One seat in Barrow and West Cumbria (1 vacancy)
- Two seats in South Lakes and North Cumbria (2 vacancies)

No specific qualifications are required for the roles, other than a genuine enthusiasm to make a difference. You should care about patients, staff and the services the Trust provides, and you should wish to bring the knowledge and experience of members and staff into discussions and decisions about the direction of the Trust. The level of commitment required will greatly depend on how involved you choose to be. We envisage that it will take a maximum of two days per month to fulfil this role effectively. Being a Governor is not a paid role, but it is extremely rewarding and you will be reimbursed for reasonable expenses incurred. Governors will be chosen through an independently run nomination and election process.

If you would like to represent your colleagues' views, the **deadline for the receipt of your nomination forms is 5pm on Friday 18 August 2023**. The results will be announced on Friday 29 September 2023. If you have any further queries or require more information about becoming a Governor, the Trust is holding some informal drop-in sessions over Microsoft Teams. The sessions are an opportunity for interested individuals to find out more about the role and ask any questions. **The sessions will take place on:**

- [8 August 2023, 1pm-2pm](#)
- [10 August 2023, 5.30pm-6.30pm](#)
- [14 August 2023, 2pm-3pm](#)

You can also contact the Office of the Company Secretary on: 01539 716684 or Paul.Jones4@mbht.nhs.uk. To find out more and request a nomination form please [click here](#).

**Prof. Mike Thomas, Chair**



## Barrow MP visits Furness General Hospital to view progress of maternity, A&E and stroke services

The MP for Barrow had a tour of Furness General Hospital on Friday 28 July to meet staff and find out about improvement work within the hospital.

Simon Fell MP, was impressed with the amount of improvements and the dedication that colleagues showed in terms of patient care and treatment.

Miss Jane McNicholas, Chief Medical Officer and Phil Woodford, Director of Corporate Affairs, hosted Simon for the afternoon and gave him an overview of the huge amount of work that is underway to improve and sustain excellent and safe services at UHMBT.

Simon's first visit of the day was to the South Lakes Birth Centre where Tamsin Cripps, Head of Midwifery, and Dr Mark Davies, Clinical Director for Obstetrics and Gynaecology, showed him how the centre had been designed in partnership with the local community. He also met staff and a patient in the Special Care Baby Unit and had a look at the birthing suite and bereavement suite. [You can read the full story at the Intranet here.](#)



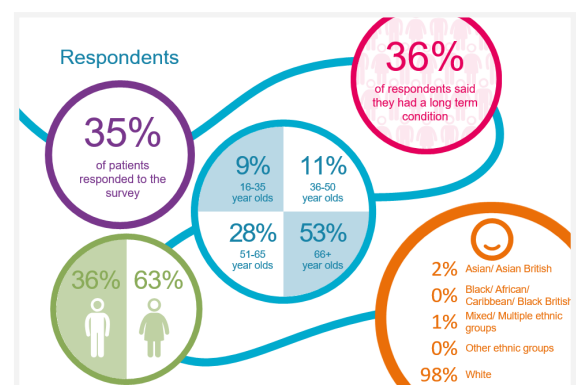
## Care Quality Commission announces UHMBT Urgent and Emergency Care Survey results for 2022

A national survey has highlighted excellent communication with patients at accident and emergency services run by University Hospitals of Morecambe Bay NHS Foundation Trust (UHMBT).

The Urgent and Emergency Care Survey 2022 was carried out by the Care Quality Commission (CQC) with a sample of patients using the Emergency Departments (EDs) at Furness General Hospital (FGH) in Barrow and the Royal Lancaster Infirmary (RLI), and the Urgent Treatment Centre (UTC) at Westmorland General Hospital (WGH) in Kendal.

In total, 236 patients completed the survey of UHMBT services and 75% of patients rated their experience as seven out of 10 or more. Highlights include the fact that 96% of patients said they were treated with respect and dignity and 96% of patients said they had confidence and trust in the doctors and nurses who were treating them.

[You can read the full story at the Intranet here.](#)



## Congratulations Dr Richard Leadbeater

We are delighted to announce that RLI Clinical Skills Educator Dr Richard Leadbeater has been awarded the Lancaster Medical School Clinical Staff Prize for 2023.

This award is voted for by this year's graduating medical students and is a testament to Richard's hard work and dedication to providing the very best teaching and support to the students.

### Feedback from the students included;

- 'So friendly all the time'
- 'Always cheerful and supportive'
- And our favourite ... 'LEGEND!'

Well done, Richard. All your friends and colleagues are very proud of you!



## Provider Collaborative Colleague Briefing - Monday 4 September

You are invited to attend the next Provider Collaborative Colleague Briefing on Monday 4 September between 1pm - 2pm on Microsoft Teams Live. The event, led by Chief Executives from across the system, will provide an update on the work we are doing together to improve health and care across Lancashire and South Cumbria.

**Attendee link:** You will find the link to join the session in your calendar, or you can join at the following link: [Join the Provider Collaboration Colleague Briefing 4 September, 1pm - 2pm](#)

An agenda for the event will be provided soon. For those of you unable to attend, the session will be recorded and uploaded to the Intranet. More information is available on the Intranet [here](#).

## Morecambe Bay Medical Journal - summer student edition

The summer 'student edition' of the Morecambe Bay Medical Journal is out now! You can read the latest edition on the Intranet [here](#).

## Dr Polly Weston on Radio 5 Live

Dr Polly Weston, Chair of Association for Continence Advice and Team Lead Bladder and Bowel Service, appeared on Radio Live 5 to talk about male incontinence. The interview appeared on the Nicky Campbell show on Tuesday 2 August 2023 between 10am and 11am. You can listen to Dr Weston's interview by searching for the Radio 5 Live app.





## North Lancashire medical practice supports Long COVID research project

Long COVID remains a relatively new condition and research has an important role to play to identify how to effectively manage and support people with the condition and the impact of particular treatments, medicines and vaccines.

One current research project, looking at the potential of a traditional herbal remedy to alleviate symptoms of the condition, is being supported in north Lancashire by Morecambe-and Heysham-based Bay Medical Group.

The Ayurveda for Promoting Recovery in Long COVID (April) Trial, led by the London School of Hygiene and Tropical Medicine, has been set up to investigate the potential benefits of Ashwagandha, a popular form of traditional Indian 'Ayurvedic' medicine, to support Long COVID patients.

Bay Medical Group is assisting with recruitment for the study, which aims to work with up to 2,500 patients who will be given either a course of Ashwagandha or a placebo medication.

GP Susie Hartley, who is part of the research team at Bay Medical Group, said: "We hope that research projects like this will help to find treatments that can help patients to find some relief from the additional symptoms they are experiencing." Find out more [here](#).



## Let's Keep Talking

NHS Lancashire and South Cumbria Integrated Care Board has launched a brand-new mental health campaign aimed at children and young people. The campaign encourages young people who may be feeling anxious about school, finding it hard to fit in, or having negative thoughts about how they look, to find help and support on the [Healthy Young Minds Website](#).

It also encourages parents and carers to talk more to their children about mental health concerns. The campaign, which features young people from the Blackburn Youth Zone, will mainly be seen on social media channels TikTok, Snapchat and Instagram. You can find out more on the campaign page of the Healthy Young Minds website: [www.healthyyoungmindsisc.co.uk/campaign](http://www.healthyyoungmindsisc.co.uk/campaign)



## AI technology project launches to cut suspected skin cancer waits in Morecambe Bay

A pilot project launched at the Trust this week is using artificial intelligence (AI) and teledermatology to offer faster diagnoses to patients with suspected skin cancer.

Through the pilot, which has been supported by Lancashire and South Cumbria Cancer Alliance, patients who are referred by their GP to the Trust's dermatology department with possible skin cancer first have their lesion photographed by a healthcare assistant. You can read more on the Intranet [here](#).



## What actually is Quality Improvement? And how do 'WE do it'?

Improving quality is about providing high-quality, person-centred care for all: making healthcare safer, more clinically effective, empowering patients, and delivering great patient experience. It also needs to be well-led and use resources in a sustainable way.

Sometimes, the understanding of 'quality' within healthcare is tied up with 'quality assurance' – that is 'using regulation and inspection to improve the delivery of care'. However, the applied science of quality improvement (QI) differs significantly. QI was mostly developed within the industry sector and has since been adapted for healthcare with various approaches. Whatever the approach used, however, the core components of QI are:

- a change (an improvement), and
- a method (a framework, techniques, and tools).

You can read the full article on the Intranet [here](#).

## Road closure to take place at WGH

The one-way road at WGH will be closed outside Outpatients from 8am on Saturday 12 August 2023 to allow the delivery of contractor cabins for works commencing on the hospital's new CT/MRI Diagnostic Centre. Please note diversions will be in place. All works should be completed by 2pm. Any queries in relation to these works should be directed to Simon Feather, Capital Services, on 07721 539271. A map can be found on the Intranet [here](#).

## ActivHeal<sup>®</sup> Academy poster

A poster detailing how to find ActivHeal<sup>®</sup> Academy on TMS, the course catalogue and other resources is available on the Intranet [here](#).

## Royal Lancaster Infirmary Cycle Route

The opening hours for the cycle route at the Royal Lancaster Infirmary are reducing by 20 minutes from Monday 7 August. From this date the gate will be locked at 8.40pm.

## Charity website accepts regular donations

Did you know that regular donations in aid of our hospitals can now be set up online? The Bay Hospitals Charity website now has the facility to set up regular direct debit payments from anyone who wants to support care in UHMBT hospitals. Visitors to the website can also make one-off donations. If you know anyone who would like to make a contribution, please direct them to <https://www.bayhospitalscharity.org/donate/donate-online>.



## A simple way to support Bay Hospitals charity is to donate the spare change from your pay packet each month

Bay Hospitals Charity funds the latest equipment for University Hospitals of Morecambe Bay NHS Foundation Trust to help make patients more comfortable and ensure they get the best possible care and treatment. The charity is part of the Pennies from Heaven scheme, which allows people to donate the pennies from their payslip to charity each month.

### How it works:

- Fill in the online form with your name, employer and payroll number. It takes less than a minute!
- Your information will be passed to the payroll team, who will process your application
- The pennies from your pay packet will be sent to Bay Hospitals Charity – the most you'll pay each month is 99p
- Bay Hospitals Charity will use your donations to continue the amazing work they do for our staff and patients

Sign up at: <https://www.penniesfromheaven.co.uk/joinin>

## Photo of the Week



This week's photo of the week was sent in by Ms Elizabeth Smalley - 'Valentine has been in the Weekly News before but here he is again :). Helping me taste the fresh bread. He's a nosey parrot who like to get involved in everything!'

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](mailto: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](mailto: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 4 August

1 8 7 8 1 5

Play the Bay Hospitals Charity Lottery online now!

Visit [www.bayhospitalscharity.org/lottery/](http://www.bayhospitalscharity.org/lottery/)

and help make a lotto difference across Morecambe Bay Hospitals.

