

Weekly News

How our Care Groups are fighting the flu!

Please help to keep yourself, and those you care for, safe from getting flu and COVID-19 by getting vaccinated as soon as you can.

We are currently seeing a consistent uptake across each Care Group at UHMBT and would like to thank everyone for their continuing support with getting themselves vaccinated and protecting our patients, our families, and our fellow colleagues at the Trust.

Please can you let the Occupational Health and Wellbeing team know if you have received your vaccines elsewhere. This could be at your local GP surgery, at the pharmacy, or even at your local supermarket. You can let the team know by sending the team an email at occhealth.referrals@mbht.nhs.uk

Click on the following links for the latest dates:

- [Flu vaccination walk around clinics.](#)
- [Flu vaccination drop-in clinics.](#)
- [COVID-19 vaccination drop-in clinics.](#)

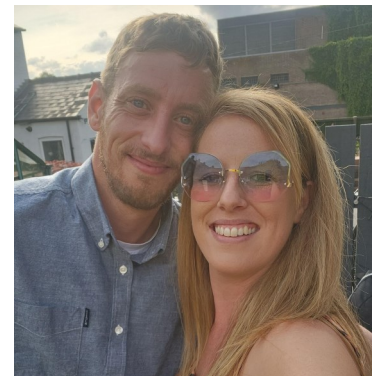


Homestay host welcomes new colleagues

A scheme to help international recruits find their feet in Morecambe Bay by offering a room to rent is 'really easy' and a good way to make some extra income, according to Jessica Christiansen, who's been hosting middle-grade Doctor Marios Ilias Givannakis who's joined the ENT team.

"It's been going really well", said Jessica. "Alma, who supports the international recruits, is lovely. Homestay does most of the work for you, so it's easy to sign up." Now that Marios, who is Greek, has found more permanent accommodation, Jessica is awaiting the arrival of her next guest, who is from India.

Asked why she chose to sign up for the scheme she replied: "Well, it felt safer having a professional colleague coming into the house and you know they're working for the NHS, so you've got something in common. It's a little extra money and you're helping someone get their start here, Marios also liked coming to a hospital colleague it's a stepping stone for them. It's a great way to meet new people too."



[NHS Homestay](#) is a national scheme to offer international recruits a room with a local colleague. Homestay NHS marketplace is not accessible to anyone without an NHS email address or who is specifically invited to join the platform. Hosts are then searchable for all staff in participating trusts. Hosts can sign up to the website securely and Homestay can then be searched by international colleagues who are looking for accommodation. More information can be found [here](#) and on the intranet. The full story is available to read on the Intranet [here](#).

This story reflects our aim to create the culture and conditions for our colleagues to be the very best they can be which is one of our four areas of focus for 2023/2024.



Winter wellness: Check Your Medicine Cupboard

Be prepared this winter by keeping a medicine cupboard stocked with essentials for common health issues. A well-stocked medicine cupboard should include:

- Painkillers (paracetamol and ibuprofen – including child versions if you have children under 12)
- Thermometer
- Plasters, bandages, and sticking tape
- Sunscreen and antiseptic cream
- Rehydration salts and indigestion treatments
- Antihistamines, such as hayfever tablets and insect bite creams.



To manage winter illness symptoms at home, you should keep warm, rest, drink plenty of fluids, have at least one hot meal a day to keep your energy levels up and use over-the-counter medications to help give relief. If you are feeling unwell but are not sure where you should go for help, use the image to guide you (Click on the image for a clearer version).

Lancashire and South Cumbria doctor receives MBE from King Charles at Buckingham Palace

GP and population health lead Dr Andy Knox has been awarded an MBE by King Charles III. The Lancashire and South Cumbria Integrated Care Board's associate medical director for population health travelled to Buckingham Palace yesterday (Wednesday 25 October) for the ceremony.

The medal is recognition for his services to primary care and tackling health inequalities across the region, awarded as part of The King's first birthday honours list.

Dr Knox has been a leading figure in developing Lancashire and South Cumbria Integrated Care Board's (ICB) population health model and the population health equity leadership academy, which launched last year. [This story reflects our aim of working in partnership which is one of our four areas of focus for 2023/2024.](#)



Have you filled in your staff survey?

The NHS Staff Survey is one of the biggest employee surveys in the world and is run every year in partnership with trade unions; it is one of the best ways for you to have your voice heard about your job, your organisation and the NHS so don't miss your chance to share your thoughts.

You only have until Friday 24 November to complete this year's NHS Staff Survey. Please do fill yours in and make sure you have your say. As the People Promise says: "We each have a voice that counts". If you have any queries or would like any support to complete your survey please email StaffSurvey@mbht.nhs.uk. Information about the survey is available at www.nhsstaffsurveys.com.

IMT Clinical Skills Day

I would like to share that we at the Education Centre have successfully completed the IMT Clinical Skills Day Workshop. We have covered all clinical skills required for the IMTs with very positive feedback. IMTs from RLI and BVH have joined the workshop in addition to two of the LED Trust juniors.

Dr Hamzeh AL-Arqan, Consultant Diabetes and Endocrinology and Trust Speciality Training Lead



Speak Up Month 2023

As our Freedom to Speak Up month comes to an end, we would like to thank everyone who has contacted us, and we hope everyone continues to speak up and raise concerns about anything that affects patient care and colleague wellbeing.

Freedom to Speak Up Guardians are here, not only to support colleagues who raise their concerns, but we are here to support everyone who works within the Trust. We firmly believe that creating an environment of psychological safety is a shared responsibility, that is demonstrated by the actions of our leadership – this culture of openness and transparency is one that each of us can contribute to.

The Trust's "vision and values" is to make UHMBT "a great place to be cared for, and a great place to work." We believe that through fostering a culture of openness and transparency, this vision can be achieved.

We are always open to invitations to meet with teams, share information, and inform colleagues about speaking up. Together, we can create an environment where every colleague feels empowered to speak up, knowing that their concerns will be welcomed.

If you have concerns that you wish to raise, regarding patient safety, and/or colleague wellbeing in the first instance please contact your line manager, if appropriate, and speak up at the time.



Heather
Bruce



Wesley
Blondell



Kara
Mallonga



If you feel that your concerns are not being welcomed or addressed, then please do not hesitate to contact us at - FreedomtoSpeakUp@mbht.nhs.uk, or contact us individually. You can find out more on the FTSU Intranet page [here](#).

Your concerns are our concerns and the FTSU Guardians are here to ensure that they are escalated to the right people so they can be addressed effectively.

Freedom to Speak Up Guardians

Heather Bruce, heather.bruce@mbht.nhs.uk, 07890587013.

Wesley Blondel, wesley.blondel@mbht.nhs.uk, 07818468363.

Kara Mallonga, kara.mallonga@mbht.nhs.uk, 07974857931.

Cubs help transform WGH garden

1st Holme and 1st Sedgwick and Crosscrake Cubs spent a morning in the WGH hospital garden on Saturday 7 October. They enjoyed topping up the beds with soil, planting herbs, creating a succulent bed, pruning and started de-weeding some of the paving slabs. The Cubs, Lions and volunteers worked hard, but have made a huge difference to the garden. The Cubs are hoping to return to the garden to help do some more clearing. We still need volunteers to help clear the garden, if you can spare two hours on a Saturday 10am-12pm please email elizabeth.axten@mbht.nhs.uk.



Getting items disposed of compliantly

Disposing of waste is tightly controlled and regulated and as a Trust, we should only be utilising routes approved by the waste manager. This ensures thorough checks on the companies have been completed and the Trust has assurance the waste is not going to be disposed of correctly and not e.g. fly tipped. Therefore please do not ask any companies to dispose of waste items, no matter how large or small, on site or off site without speaking to the waste manager first. This includes local companies whom we may have used previously. Please send any queries to waste.queries@mbht.nhs.uk. **This story reflects our aim to make the best use of our financial and physical resources which is one of our four areas of focus for 2023/2024.**

Clare Grootendorst, Waste and Compliance Manager



Breaking Barriers, Moving Forward

UHMBT FGH's Celebration of Positive Transformation

At Furness General Hospital staff did something entirely unexpected on Wednesday 18 October 2023, turning hospital corridors into echoes of laughter and camaraderie. Doctors, nurses, Allied Healthcare Professionals, and even administrative and clerical staff members, took part in an unconventional activity outside of the hospital routine, attempting to land a bouncing ball into a cup. A game reminiscent of beer pong, yet with a light-hearted bounce that reverberated with shared amusement, creating a sense of unity among UHMBT colleagues. This innovative initiative did more than showcase the hospital's commitment to fostering a positive workplace culture but also demonstrated the creativity of the Freedom to Speak Up and the Culture and Organisational Development Teams in infusing a sense of fun into an otherwise serious environment. The full story can be read on the Intranet [here](#).



Improving how we engage and involve patients, families and colleagues following Patient Safety Incidents

Colleagues will be aware that we are currently rolling out the new Patient Safety Incident Response Framework (PSIRF). The new framework is a national initiative that has the aim of promoting more effective learning and improvement following patient safety incidents and events.

To support the transition to PSIRF, the Trust is providing a range of training to equip staff with knowledge and skills covering each of these aspects. Our training course focusing on compassionate engagement and involvement is now available to book via TMS.

Once you are in TMS, use the course search box to find the 'compassionate engagement through patient safety learning response processes – One day course'. The one-day course is delivered by James Titcombe and covers the principles for compassionate engagement and involvement as well as a number of key areas. [Get more information on the staff intranet.](#)

PSIRF—Learning Response Awareness All Staff Briefings

All staff are invited to attend a briefing session to discuss the different 'Learning Responses' which are available for staff to use to respond to Patient Safety Events. Get more information and links to join [on the intranet](#). *This story reflects our aim to deliver outstanding care and experience which is one of our four areas of focus for 2023/2024.*

Outpatients Department Sponsored walk for Myeloma UK

On 22 October 2023, colleagues from the Main Outpatients Department at the RLI completed a sponsored walk from Heysham Village to Happy Mount Park and back to raise money for Myeloma UK.

The weather was perfect, the team spirit great and a fantastic £1,000 target was reached. Not all those who attended are in the photo but a big thank you to everyone who took part.



Morecambe Bay Medical Journal Autumn 2023

Dear Reader,

The last of the summer wine as they say; the last issue for 2023 of the Morecambe Bay Medical Journal (MBMJ). The Autumn issue is bursting with information, articles, case reports and book reviews. Please read and circulate. Peer reviewers, articles and feedback are kindly requested.

You can read the latest edition of MBMJ [here](#).

Ms Shadaba Ahmed, Editor.



New e-referral pathway available in Strata

Home Oxygen Service

I3 Digital Team has been working closely with the Community Respiratory Rehabilitation service to develop an electronic referral pathway into the Home Oxygen Service. This referral form is available for UHMBT users who use Strata as their electronic referral platform.

The referral form can be found within the Community Care Type, once in the care type, please navigate the fields across the top of the screen. When in the Community Service Selection tab, the service required will be Home Oxygen Assessment, this will then provide a Home Oxygen tab that can be completed. All red fields are mandatory. Once completed the referral will arrive with the service as an email for triage.

As a Strata user, the pathway is now available for you to refer people who you would feel would benefit from this service. Simply log into Strata via Lorenzo selecting Community Referral Care type.

If you have any issues accessing the care type or need a Strata account set up, please contact UHMBT i3 Service desk at 01524 516000 or servicedesk@mbhci.nhs.uk available 24 hours per day, seven days per week.

Alternatively, please contact Strata Support at strata.support@mbht.nhs.uk, Monday to Friday 9am to 5pm.

Charity dinner to raise funds for Oncology

A charity dinner is being held at the Abbey House Hotel in March next year to raise money for Bay Hospitals Charity in support of Furness General Hospital's Oncology team and the Rosemere Cancer Centre in Preston in memory of Linda Johnson (Lindy to most) - an adored wife, mother and grandmother who passed away earlier this year from cancer.

Linda Johnson, who lived in Dalton Lane, was 70 when she passed away in March. Linda was first diagnosed with breast cancer in 1998 and was treated and continued to live a healthy and happy life. Unfortunately, the cancer returned in 2017 and this diagnosis was sadly announced incurable. Despite this diagnosis, Linda fought with courage and continued to enjoy her life as much as she was able to. Her passing has left a huge hole in the lives of her family.

Her daughter Vicki Bloomer, along with her family and friends, are organising the event on Saturday 2 March 2024 to raise money for the two organisations.

The event will feature Voce and a DJ as well as a raffle, a silent auction and a game of bingo, which was one of Linda's favourite pastimes. Representatives from both charities will also be in attendance.

Any local business that would like to offer a raffle or auction prize should contact Vicki Bloomer by emailing her at vickibloomer@hotmail.co.uk. Tickets for the evening are selling fast and are available priced £35 by



Events

Barrow-in-Furness Diwali Bash '23

Saturday 18 November 2023, 6.30pm onwards at Furness Cricket Club, Oxford Street, Barrow (LA145PR). Per head contribution: Adults £25, Children 5-10 years £10, children under five free. (Tickets inclusive of authentic Indian food, soft drinks, fireworks and DJ). The flyer can be downloaded [here](#).

RSVP: Deepanshu: 07404101201, Swati: 07515737682, Sheeba: 07305320618.



Awareness days

For upcoming national Awareness Days please visit the NHS Employers website [here](#) and the Health Awareness Days website [here](#). In this edition, we are featuring World COPD Awareness Day, Black History Month (October 2023) and UK Radon Awareness Week.

Black History Month (October 2023)

Black History Month is an opportunity to recognise and celebrate the invaluable contributions of black people to society and to the NHS. It also serves as an opportunity to inspire and empower future generations. The 'Yes You Can' project is about celebrating the diverse career journeys of our Black, Asian and Minority Ethnic (B.A.M.E) staff, and the obstacles they have overcome to get where they are now as part of Black History Month 2023. We asked B.A.M.E staff in leadership roles at UHMBT to share their career journeys, challenges and successes with us. We'll be sharing their stories over the coming weeks and here's what the first of them had to say: [Click here to read Perekeme Frank Kendabie's Q&A.](#)



World COPD Awareness Day (Wednesday 15 November)

Chronic Obstructive Pulmonary Disease (COPD) is the name for a group of lung conditions that cause breathing difficulties. To mark the awareness day, colleagues are invited to Lancashire Teaching Hospital's COPD educational event on Wednesday 15 November 2023 from 5pm-8.30pm in Royal Preston Hospitals Education Centre. You can book your place for the session [here](#) and a full agenda is available [here](#).

UK Radon Awareness Week (6-12 November 2023)

To mark UK Radon Awareness Week, the Trust's Health, Safety and Risk team is raising awareness of Radon in the home. A blog including the risks of Radon, who should monitor for Radon and how to monitor for Radon can be found on the Intranet [here](#).

Latest training opportunities

For the Trust's latest training opportunities, please visit the Learning and Organisational Team's Intranet page [here](#). **Training opportunities featured this week:**

- **Focus 2 Leadership Programme - Me as a Leader** - More information [here](#).
- **RLI Lunchtime lecture "Bad Bugs and Biofilms"**, Wednesday 8 November. More information [here](#).

Find your dream career in the NHS & Care

We want all of our colleagues to feel inspired and be supported into their dream career working in the NHS and Care sector - whatever their skills, qualifications or interests.

Whether you want to work directly with patients in hospitals or community settings, within an Ambulance Service, in non-patient facing roles such as Digital, IT or Engineering, or complete work experience placements or volunteering - there is an opportunity to suit you! We currently have a number of job vacancies available. Get more information and apply [here](#).

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 27 October

7 9 7 7 4 4

Play the Bay Hospitals Charity Lottery online now!

Visit www.bayhospitalscharity.org/lottery/

and help make a lotto difference across
Morecambe Bay Hospitals.

