

# Weekly News

## Calling all Trust mobile phone users - confirm your details!

For some colleagues, having a mobile phone is essential to their role - for example, if they are on call or working in the community. However, following a review of active mobile phone contracts we have across the Trust, we have over 4,000 sim cards registered. This equates to a spend of more than £200,000 a year (and rising) when it is highly unlikely that they are all required or being used.

We are in the process of reviewing the criteria and process for allocating mobile phones to colleagues to ensure that those that need one to do their job have access to them but that we also reduce the number of active contracts and the associated costs. A new policy and process will be shared with colleagues in the coming months.

As part of this review, we are looking to confirm the details we have associated with Trust mobile phone numbers. You may have received a text message asking you to confirm your contact details so we can ensure our records are up to date and accurate.

We would appreciate it if all colleagues with a Trust mobile phone assist us by confirming their details. Where we do not have confirmed details, we may look to end those contracts, so it is important that you take the time to respond.

**You can confirm your details (name, phone number, work email address, etc) by simply filling in this [intranet e-form](#). If you did receive a text message, you can also follow the link in the message.**

If you no longer need your work mobile phone or have any unused Trust mobile phones / sim cards in your work area (it doesn't matter how old), please fill in the intranet form here to return it to us.

We all have a responsibility to ensure that public funds are used effectively and appropriately so we would appreciate your support. **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.**



## People Plan focus groups for underseen or minoritised colleagues

As part of the development of the new People Plan, we have set up focus group session for underseen or minoritised colleague groups

The inclusion team are running focus groups for underseen groups of colleagues to listen to your thoughts to help develop the new UHMBT people plan.

These sessions are a safe space for those who identify or belong to these groups. The sessions are supported by our colleague support networks. The meetings will be held on Teams and the links for the meetings are below. If you have any questions please email [inclusion@mbht.nhs.uk](mailto:inclusion@mbht.nhs.uk)

- **Colleagues with caring responsibilities** 15 March 4pm to 5pm [Click Here](#)
- **Armed Forces or veteran colleagues** 20 March 3pm to 4pm [Click Here](#)
- **Black, Asian, and other ethnic minorities' colleagues** 20 March 1pm to 2pm [Click 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.**

[Click here to find out more about our areas of focus 23/24](#)



## New drop-in clinic's available from Smokefree Lancashire

For those that don't know me my name is Anthony Scott-Leach, and I am the trusts inpatient Stop Smoking Practitioner based at the RLI. I offer support to our patients for temporary abstinence and quit attempts, providing information and offering Nicotine Replacement Therapies (NRT).

A little over seven years ago I attempted to give up smoking myself. On a few occasions I tried to see how long I could give up for without any support. This was very challenging and I relapsed every time lasting no more than a day. I would not tell anyone about my attempts as I was afraid of failing and disappointing anyone, especially myself. I had not considered nicotine patches before as I had been told mixed reviews and I considered them an expensive risk. It wasn't until I tried them whilst flying that I realised they worked for me. Like many people, flying triggered my anxiety and would lead to strong nicotine cravings. The patch harboured the cravings by safely supplying me nicotine as I distracted myself with music and a puzzle book. After arriving at the airport, I forgot I was wearing a nicotine patch and explored my destination for a good few hours before realising. This completely changed my perspective on the effectiveness, and I decided to investigate this further when I returned home.



On return to Lancaster, I discovered that support was available locally and that patches could be made on prescription. Furthermore, to reduce costs I purchased a 3x month pre-paid prescription that covered all costs for patches. I referred myself on a free 12x week programme that consisted of behavioural support and NRT. Every two weeks I would have a face-to-face meeting to discuss my progress and get advice on how to manage challenging situations. After 10x weeks I was no longer using patches. Since stopping smoking, I have noticed that my health has improved and saving money is much easier. In the years that have passed I have taken up hiking and started running, both activities were not attempted when I was a smoker.

I am pleased to announce for the first time in this Trust, the same offer will be available to UHMBT staff from this week. Smokefree Lancashire will be based in the Occupational Health Department at the RLI and will initially be running as a drop-in clinic for those staff living in Lancashire wanting to make a quit attempt. Appointments can be made during works time and we encourage all managers to support staff with this as recommended in the NICE guidelines. Success rates of quitting smoking cold turkey are low, only 5% of those remain abstinent. With behavioural support and NRT you are three times more likely to succeed. As we aim to become a smoke-free hospital, this creates a perfect opportunity if you are feeling ready or considering a quit. This will be encouraging for our patients to learn about your journey and give them the confidence to ask you about NRT whilst in hospital.

If you have any questions, I am more than happy to be approached whilst out on the wards. Alternatively, you can drop me an email on [uhmbstopsmoking@mbht.nhs.uk](mailto:uhmbstopsmoking@mbht.nhs.uk) for any concerns you may have that you may not want to ask in person or if you work weekends/night shifts for example.

Dr Chris Chiswell, our Consultant in Public Health Medicine said "When you quit smoking, good things start to happen. You can begin to see almost immediate improvements to your health, and you'll also save money. It is never too late to stop, even if you've tried before. You are far more likely to succeed with support, and you can now get that here at UHMBT."

Jo Rose of Smokefree Lancashire added, "I'm a Stop Smoking Advisor at Smokefree Lancashire. From 21 March I'll be at Occupational Health on Thursdays 8.30 – 12 offering support, guidance and nicotine products to help you quit. Drop in to book an appointment for your first step to a smokefree you!"

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## Is home no longer a safe space?

UHMBT has recently signed up to a "Working With" agreement with the Cavell Trust, which offers additional support to our nurses, midwives and healthcare assistants.

Our Nursing and Midwifery colleagues who are experiencing domestic abuse at home and need to leave suddenly can find support through the Cavell Trust.

Full resources available through our "Working With" agreement can be found on the members pages of the [Cavell website](#). Colleagues must use the following password to access resources: cavellwwlogin. Click on the poster for a better quality version.

**Lorna Pritt, Associate Chief Nurse**



## MMR vaccinations offered to colleagues with incomplete vaccination history

Following on from the increased cases of measles around the country, the Occupational Health and Wellbeing Department is inviting colleagues for their MMR vaccine who have been identified as working in high risk areas who have an incomplete vaccination history of MMR.

There has been a high rate of DNAs for the colleagues that have been recalled and we want to encourage all colleagues who have been invited for an appointment to attend Occupational Health. If you are unable to attend, please contact the Occupational Health and Wellbeing Department on 01524 512290 or [email Occupational Health](#) to rearrange so valuable clinic time is not wasted. [Also see the intranet on this link.](#)

## March's team Talk is out now!

Our monthly Team Talk presentation was held on Friday 15 March via MS Teams.

Thank you to everyone who joined the session. The recording and presentation slides are available on the intranet: [March 2024](#)

## Whole System Flow - Directory of Services for Same-Day Urgent care services in Morecambe Bay

As part of the Whole System Flow programme, we have created a directory of same day urgent services available to patients around Morecambe Bay. The directory is aimed at health care colleagues who can direct patients to alternative services which means that patients are seen in the right place, by the right clinical team more quickly; and ensures that hospital A&E departments are used by those who really need them.



Redesigning urgent care is one of the key projects in the WSF programme, and following engagement with system partners, it became clear that clinical teams in Primary care, Community and Acute services, working across physical and mental health services, were not fully aware of all the same day urgent health care services available in Morecambe Bay.

The Directory of Services has been compiled with service leads and provides a brief overview of the services, locations, opening times and contact details for services all across Morecambe Bay and the directory is being shared with our GP partners & NWS colleagues.

Karen Kyle, Integrated Care Director, said "This directory provides all the key service information in one convenient location, so that colleagues don't have to search through different websites or news bulletins to find out what's available and who to contact. The directory will be reviewed regularly and new versions will be shared with colleagues as needed." [This story reflects our aim of working in partnership which is one of our four areas of focus for 2023/2024.](#)







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## Security information

Over the last few weeks in the Lancaster and Morecambe district, there has been a large increase in thefts of motorbikes and mopeds/scooters. The mopeds and scooters seem to be a target for joy riding, whilst the motorbikes have generally been abandoned near where they are taken from after the suspects have attempted to start them. The stolen bikes generally have extensive damage to the electrics and the front cowling.

Over the last two weeks, we have arrested five people, two of whom were arrested yesterday morning and all have bail conditions and curfews. However, we believe there are many more offenders that are still actively targeting bikes and scooters.

[Get advice on preventing your bike from being stolen.](#)

When leaving your vehicle at your home address please lock it in a garage or shed whenever possible. If this is not feasible, try to cover it with motion detection CCTV. Even when leaving it for short periods of time, ensure it is locked as securely as possible.

### Security advice:

- 1) Use a disc lock on both discs. If you only have one, place it on the front disc. These should ideally have an alarm incorporated.
- 2) Set the immobiliser, alarm or tracker. Ideally all three.
- 3) Consider a small tracking device (from some phone manufacturers). These can prove a cost-effective alternative but they do need to ping off other mobile devices so aren't always as effective in rural areas.
- 4) Invest in motion detection home CCTV and a well-light outside area.

### Lancashire Police

## Supported internship programme with DFN Project Search

We are very proud to host a supported internship programme at all three of our main hospital sites with DFN Project Search. DFN Project Search helps to provide employment & education opportunities for individuals with learning disabilities and autism spectrum conditions.

Our interns take part in placements across the Trust in a range of different departments and teams.

Take a look at what some of our lovely interns Jordan, Ibby and Megan have been up to recently [in this short video](#). This story reflects our aim of working in partnership which is one of our four areas of focus for 2023/2024.



DFN  
Project | SEARCH

## Morecambe Bay in top 10 Homestay searches!

Homestay lets you earn some extra spending money by renting out space in your home. Unlike other services, Homestay is exclusively for NHS colleagues who are looking for short-term accommodation. However, there are not enough hosts to meet demand and Morecambe Bay is proving popular!

Lancaster is the 3rd most searched location, Barrow In Furness is 8th and Morecambe is 18th. So if you're interested in becoming a host simply visit the [Homestay website](#). There is also an [FAQ available](#) to help.

To register as a host, please visit the website. However, if you require more info please contact Alma Paule at [alma.paule@mbht.nhs.uk](mailto:alma.paule@mbht.nhs.uk). This story reflects our aim to work in partnership, which is one of our four areas of focus for 2023/2024.



## Improving Together to Enhance Discharge

Monday 26th February kick-started an intensive week for therapies in their improvement journey. Their aim is to reduce to number of patients waiting to be discharged due to a perceived delay in therapy assessment or treatment.

Following the UHMBT 6 Improvement Steps, in-patient and community therapy team members spent time on Ward 7 at FGH, and on Ward 23 and the Acute Medical Unit (AMU) at RLI. They observed the 'current state' (what is happening now – in reality) and the potential for Community Therapy input to facilitate discharges. Identifying some tests of change and starting some Plan-Do-Study-Act (PDSA) test cycles. Sara Fisher, Deputy Associate Director of Allied Health Professions for the Integrated Community Care Group led the group with support by the QI team during the week, test cycles will continue to Friday 22nd March.



Improving together on this shared purpose has enabled all involved to identify areas with improvement potential and to test if change ideas are indeed improvements before adopting them. An update on the outcome of the Therapy Teams' efforts will be shared at the end of their four-week journey.

A huge thank you goes to all those working in the areas where improvements are being tested, both in this improvement journey and the Improving Discharge Event Action (IDEA) week commencing on Monday 18th March which is focussing on all areas that support discharge from RLI's AMU as part of the Whole System Flow Transformation Programme. If you and your team would like to Improve Together, head to the [Hive Improvement Centre](#) for guidance, resources, support, and training opportunities.



## Clinical investigations gain Echocardiography accreditation

The Trust's Clinical Investigations Unit have achieved the British Society of Echocardiography (BSE) accreditation for echocardiography for the second time. This accreditation ensures that the highest standards of clinical echocardiography are met and maintained for the benefit of patients, and means our highly skilled team are working to gold standards - one of the few centres in the country to have this achievement. The framework informs how the team triage patients based on the referrals they receive from colleagues via email, ALF, or Lorenzo. Find out more about the accreditation on the BSE website.

## UHMBT Research & Development First in Europe!

We are so excited to share that UHMBT is the first Research and Development institution IN EUROPE to both open AND recruit a patient to a new and important breast cancer study! The study is working to compare alternative treatments for TNBC and HR-low/HER2-negative breast cancer, against treatments that have already been approved. We are so proud of the hard work of our team and the study sponsors that have made this great achievement possible.

To keep up to date with all the exciting news from the UHMBT Research Dept, follow us: Facebook: @researchUHMBT, X: @ResearchUHMBT

## ARJO CARENDO chair found abandoned



This ARJO CARENDO chair was found abandoned at the lifts near ward 6 in RLI early in the New Year.

It is brand new and has no asset number and it was also missing its battery.

Could any ward managers who are in possession of the charger and batteries please contact Nick Burrow in Medical Engineering RLI on Ext 46472 and we will return the chair.





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## Newsletters

- [Infection Prevention & Tissue Viability News](#)
- [Pressure Ulcer- Reviewing Prevention and Practice Events](#)
- [February Learning 2 Improve Bulletin](#)

## Awareness Days

- Monday 18th March - [Child Exploitation Awareness Day](#)

## Events

- The Friends of the RLI are holding a **Quiz night** on Wednesday 17 April between 7pm and 10pm at Greaves park, on Bowerham Road, Lancaster. [Get more information on the intranet.](#)
- **Medical Unit 2 Charity Champion Easter Fun**—The Medical Unit 2 Charity Champion will be at the entrance to The Ashton Restaurant at the Royal Lancaster Infirmary at lunchtime on Tuesday, 19 March 2024. Come along and join in with the fun games eg Name the Giant Bunny and an Easter Egg Lucky Dip. The bunny's name will be drawn at 7 PM on Wednesday, 27 March 2024, at The York, Morecambe. Any monies raised will go towards Christmas presents for patients who will be in Hospital on Christmas Day 2024. Your support in our fundraising efforts is very much appreciated.



## Latest training opportunities

For the Trust's latest training opportunities and courses available, please visit [TMS](#). For further wider training visit the Learning and Organisational Development Team's Intranet page [here](#).

- **GMC National Training Survey, Tuesday 19th March to Thursday 2nd May.** The GMC National Training Survey will be open for all our doctors in training and trainers to complete from **Tuesday 19th March to Thursday 2nd May**. This is a fantastic opportunity for us to hear the views of our doctors in training and named clinical and educational supervisors to ensure that the highest standards of learning are being met. You will have been sent a unique link by the GMC or you can access the survey using the following link: [GMC Online \(gmc-uk.org\)](https://gmc-uk.org)

## Find your dream career in the NHS here at UHMBT

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. We currently have a number of job vacancies available here at UHMBT. You can find out more information and apply [here](#).

### Library and Knowledge Service

Please see the link below for access to the Library and Knowledge Service website and online resources. If you have any queries contact us via e-mail at [library@mbht.nhs.uk](mailto:library@mbht.nhs.uk). [Library and knowledge services :: University Hospitals of Morecambe Bay NHS Foundation Trust \(uhmb.nhs.uk\)](#).

### 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 15 March

3 3 5 7 9 9

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.

