



University Hospitals of  
Morecambe Bay  
NHS Foundation Trust

# Weekly News

## Mums and families at UHMBT share positive and improved experiences in National Maternity Survey 2025

Improvements in the care of mums, pregnant people, babies and families at our Trust are highlighted in the results of the 2025 Maternity Survey by the Care Quality Commission (CQC). Our survey results - which feature the views of mums, pregnant people and families - are now available and can be viewed [on this link](#).

UHMBT has been ranked fourth nationally among 55 participating organisations for overall positive score and most individual survey questions showed either stability or improvement for mums, pregnant people and families.



Compared to 2024, we made notable strides in areas that matter deeply to people, particularly regarding communication, emotional support and postnatal care.

The results reflect our [Maternity Strategy](#), which aims to empower women, pregnant people, families and practitioners to have safe, effective maternity services based on positive outcomes and mutually respectful relationships. Read the full story on the intranet [here](#).

## Flu cases and hospital admissions are rising: Colleagues can have their vaccine to help stop the spread

**NHS England** has warned that NHS trusts face an unprecedented flu wave this winter with “no peak in sight yet”. **Latest figures** show an average of 1,717 patients were in a hospital bed every day last week because of flu, the highest on record for this time of year. Cases were an incredible 10 times higher than in the same week in 2023 (160), and more than 50% higher than last year (1,098).

We are entering an extremely busy period for our Emergency Departments and hospitals and with Christmas and winter just around the corner, it's even more important that clinical and non-clinical staff have their flu vaccine to help protect yourselves, our patients, your colleagues and loved ones.

All UHMBT colleagues, volunteers, students, and One LSC colleagues working at UHMBT are eligible to have their flu vaccines. All colleagues should bring along their NHS number (**this can be found on your NHS account**). If you have any queries, please contact the Occupational Health and Wellbeing Department on [occhealth.referrals@mbht.nhs.uk](mailto:occhealth.referrals@mbht.nhs.uk) or phone 01524 512290 Ext. 42290.

**All colleagues can have their Flu vaccines at the following locations:**

### **Winter Health Boosts sessions:**

- Wednesday 17 December at the RLI in The Ashton Restaurant, at 8.15am - 3.45pm
- Thursday 18 December at WGH, besides the lifts on level 2, at 8.15am - 3.45pm

### **Drop-in sessions:**

#### **RLI Occupational Health and Wellbeing Department:**

- Tuesday 23 December - 8.15am - 5.30pm

#### **FGH Occupational Health and Wellbeing Department:**

- Monday 22 December - 10.30am - 12.30pm

### **Walkaround sessions:**

#### **RLI**

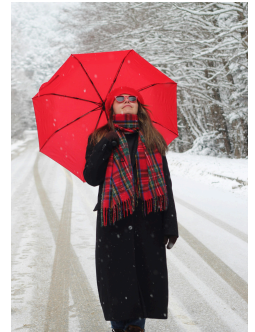
- Monday 22 December - 3.30pm - 5.30pm



## Winter Wellness - Physical health

Whilst the colder, darker nights may make us want to curl up and not do very much, getting outside and finding ways to exercise can really help protect your mental wellbeing.

- **Reduces risk of respiratory illnesses** - Cold and damp weather can worsen conditions like asthma, Chronic Obstructive Pulmonary Disease (COPD), and bronchitis. Staying physically healthy helps your body fight off flu, COVID-19, RSV, and other winter viruses.
- **Supports heart health** - Cold temperatures can raise blood pressure (BP), increasing the risk of heart attacks and strokes. Staying active and warm helps regulate circulation and cardiovascular health.
- **Boosts immune function** - Regular movement, good nutrition, and hydration strengthen your immune system. This helps your body respond better to infections and recover more quickly.
- **Prevents deconditioning** - Staying physically active prevents muscle weakness and joint stiffness. It helps maintain mobility and independence, especially in older adults.
- **Improves mental wellbeing** - Physical activity releases endorphins, which improve mood and reduce stress. Staying active combats Seasonal Affective Disorder (SAD) and the "winter blues".



### Top Tips

- **Move every day** - Light activity like dancing or gardening counts.
- **A brisk walk** - can lift your mood and improve focus.
- **Try home workouts** - Don't let the cold, wet weather or dark nights be an excuse not to exercise. Join a gym, local exercise class or just get your groove on at home by dancing to your favourite songs.

## How our Trust is performing nationally

The Department of Health and Social Care has just published data showing how NHS trusts are performing across the country. It looks at 31 different areas and gives each Trust a score, which is then used to place them into one of four performance groups. The areas looked at include the Trust performance against A and E targets, elective and financial performance, amongst others and replaces the Strategic Oversight Framework (SOF).

Our Trust has remained in Group 3, where it was when the data was first published three months ago. As you will know, our current financial position is behind where we expected to be, which has affected our overall score. The information will be updated every three months, so our position may go up or down depending on how things change.

Thanks for all your continued hard work.

## Team Talk all-colleague briefing to take place on Friday

The next Team Talk all-colleague briefing will take place on **Friday 19 December via MS Teams between 11.30am and 1pm**. You will find the link to join the session in your calendar, or you can [click here](#) to join the meeting. The session will be hosted by Scott McLean, Interim Chief Executive.

## Christmas operating times for Park and Ride Bus Service users (Lancaster)

The Park and Ride bus service from Junction 34 of the M6 to the Royal Lancaster Infirmary will not be running on Christmas Day, Boxing Day and New Year's Day. Between Boxing Day and New Year's Day, the service will be restricted to Saturday operating hours. For any queries, please contact the General Office on ext. 53200.

## University of Cumbria welcomes healthcare leaders to Barrow Campus

The University of Cumbria welcomed key healthcare leaders and regional stakeholders to its Barrow campus for an event focused on the future of community-based healthcare delivery and the growing impact of artificial intelligence (AI) and health technologies on the workforce.

Jointly hosted by the University of Cumbria Institute of Health (IoH) and the Pears Cumbria School of Medicine (PCSM), and attended by UHMBT, the event marked a significant opportunity for collaboration across the region - bringing together local innovation and shared expertise. It also provided a platform to highlight the university's new state-of-the-art facilities, which opened to students in September 2025.



The central theme, 'Workforce Planning: What does the application of health technologies and AI mean for future community-based healthcare delivery for Barrow?' framed a series of presentations and discussions throughout the afternoon. Read the full story [here](#).

## Join the health and sustainable travel rewards challenge

Want to be rewarded for healthy activities and greener travel? Then sign up to BetterPoints! Lancashire County Council has partnered with BetterPoints to use their app to run a free rewards challenge for anyone who lives, works, or studies in Lancashire.

Throughout the challenge, there are thousands of pounds' worth of rewards and prizes up for grabs by choosing to walk, wheel, cycle, car share, or use public transport in Lancashire. Recent prizes have included e-Bikes and European city breaks. Rewards can be traded for vouchers from high-street brands, participating local businesses, or donated to charity, including Bay Hospitals Charity. Find out more and how you can sign up at the intranet [here](#).

## Radiology CT Cologram Centre of Excellence plaque presentation

A CT cologram (also known as CT colonography) is a specialised, minimally invasive CT scan used to examine the bowel for polyps, inflammation, or bowel cancer. It is commonly offered when a full colonoscopy is not suitable, incomplete, or not tolerated, providing a highly accurate and patient-friendly alternative for investigating bowel symptoms and supporting early cancer detection.

The National CT Colonography Academy (NCTCA), established in 2020, sets national standards for training, quality assurance, and best practice in this highly specialised area of imaging, and was created to address variability in CT colonography (CTC) performance across the UK by narrowing gaps in training and improving patient outcomes. Radiology at University Hospitals of Morecambe Bay NHS Foundation Trust (UHMBT) is actively involved with the Academy, which places our service at the forefront of innovation, safety, and excellence, ensuring our patients benefit from the highest standards of care while allowing our team to shape and influence CT colonography practice across the UK.



This plaque was presented on 5 December 2025, by Alexandra Spearritt, Chief AHP at UHMBT, on behalf of the NCTCA, to members of the Radiology Colonography team, to celebrate the fantastic work of our CT Colonography service in supporting the national training programme. Read the full story [here](#).





## Star Allied Health Professional award winners announced

The winners of our Star Allied Health Professional Awards have been announced! This year's winners are as follows:

- **Star AHP Team** - Integrated Community Therapy Team South Cumbria
- **Star AHP** - Gemma Passmore, Physiotherapy Clinical Lead (Paediatrics); Morecambe Bay Clubfoot Service Clinical Lead
- **Star AHP Support Worker** - Charlotte Harrison, Stroke Therapy Technical Instructor
- **Star AHP Educator** - Jane Hackett, Operating Department Practitioner
- **Star AHP Leader** - Karen Donaldson, Respiratory Advanced Clinical Practitioner (Physiotherapist)
- **Star AHP Learner** - Lauren Quinn and Danielle O'Connor, Physiotherapy Assistant Practitioners
- **Star AHP Innovator** - Laura Allen and Kate Brown, Respiratory Physiotherapists Pulmonary Rehab
- **Care and Compassion Star AHP Award** - Jessica Mather, Specialist Occupational Therapist



Thank you to everyone who made a nomination - there were 128 in total! The winners were recently announced during a special celebration event hosted by Alex Spearritt, UHMBT Chief Allied Health Professional. [See more about the Star AHP awards.](#)

## Site briefings postponed due to operational pressures

We wanted to let colleagues know that the upcoming in-person site briefings scheduled for December have been postponed due to current operational pressures across our hospitals and the planned industrial action by resident doctors. Given the demands on services at this time, it is important that colleagues are able to focus fully on supporting patients and teams. Holding the briefing under the current circumstances would not allow for the level of engagement and discussion that these sessions are designed to provide.

## Admin courses on TMS for 2026

### Minute Taking Workshop

This course is an introduction to effective minute-taking for those who administer and minute meetings at all levels across the Trust. The course will cover preparations for the meeting, taking notes during the meeting, along with drafting the notes and actions to ensure the outcomes from the meeting are delivered accurately.

### Who is the training for?

- Those who are new to administering and minuting meetings in the NHS
- Those who administer and minute meetings at all levels
- This course may also be suitable for those who have been minuting for years and require a refresher, or would like to compare their ways of working with others

[Dates and more information can be found on the intranet here.](#)

## Christmas menu

Christmas lunches for this year will run from **Monday 15 December to Thursday 18 December**, and they will be available to purchase on all three sites.

This year's menu includes the option of one, two, or three courses. Starting with homemade vegetable and lentil broth with a bread roll, followed by traditional turkey dinner served with pigs in blankets, sage and onion stuffing, cranberry sauce and gravy, or mushroom and stilton wellington, finishing with traditional Christmas pudding served with vanilla sauce.

Please click on the poster (right) to see a clearer version of the menu with full details.



## Updated story: WGH awarded as a gold level NJR Quality Data Provider for 2025

We are delighted to announce that Westmorland General Hospital (WGH) has received top recognition for achieving excellence in supporting the promotion of patient safety standards through compliance with the mandatory National Joint Registry (NJR) data submission quality audit process.

### The award targets are based on:

- audit compliance
- the percentage of cases with no audit status
- the percentage of audit cases that have failed to be submitted.

Hospitals are also required to have a minimum baseline compliance of 95% to qualify for an award.

*\*\*\*The Pre-Operative Teams at WGH, Royal Lancaster Infirmary, and Furness General, have worked hard alongside Alison Hawcroft, Admin Support for Theatres and the NJR Champion, to help the hospital achieve the gold level standard. Alison (pictured) accepted the award for the site.*



## Ambient Voice Technology (AVT) contract awarded

As we have outlined previously, we have been part of a proof of concept process with other trusts in Lancashire and South Cumbria, using Ambient Voice Technology (AVT). AVT uses speech recognition and AI to securely capture and structure clinical conversations in real time. Instead of typing notes during or after consultations, clinicians can speak naturally, and the technology creates accurate documentation - helping reduce admin time and improve patient focus - giving them more time for patient care.

Following a procurement process involving all five trusts in Lancashire and South Cumbria, Accurx has been selected as the preferred supplier. The contract is not yet signed, but discussions are underway and we expect AVT to integrate with our Electronic Patient Record (EPR), although the exact approach is still being defined. We still expect our implementation to start in the New Year. We'll keep you updated as plans progress and share what this means for teams across the Trust.

## Toilet roll dispensers: project completion

Following a communication published on 20 October 2025, Procurement would like to confirm that the toilet roll dispenser model change has been completed (subject to some very small final areas to be finished). We would like to thank you all for your cooperation in allowing this project to run, assisting the fitters with finding locations within our sites, and bearing with any disruption this may have caused.



This project will result in a 65% reduction in our toilet roll usage, with potential to reduce further based on previous trial results. This reduction will also lead to a cost reduction for the Trust, as well as supporting our sustainability goals on our journey to Net Zero, through waste reduction. Any questions, please contact Hannah Clery: [hannah.clery@mbht.nhs.uk](mailto:hannah.clery@mbht.nhs.uk).

## Bay Trust Radio Secures Grant from BAE Systems Submarines GAYE Scheme

Bay Trust Radio, the local hospital radio station, is delighted to announce that it has been awarded a grant of £438.16 through the BAE Systems Submarines Give As You Earn (GAYE) scheme. This funding will enable the station to purchase four iRig microphone interfaces, allowing volunteers to conduct interviews on location and even deliver live outside broadcasts. These upgrades will help Bay Trust Radio continue to connect with the community and share engaging content beyond the studio walls.



## Awareness days

- **Winter Solstice (21 December 2025)** - 21 December marks the winter solstice - the shortest day of the year in terms of daylight hours, and a time for releasing the dark and welcoming back the light. During winter, it can be harder to get enough sunlight, which is important for both your mood and overall health. Spending some time outdoors in daylight, even on cloudy days, can make a big difference. Find out more about staying well this winter: <https://www.lancashireandsouthcumbria.icb.nhs.uk/goodhealthstarts>.

## Events and training

- **Intermediate Communication Skills Course launches** - The Learning and Development Team is excited to announce the launch of our Intermediate Communication Skills Course. Dates are already available from February 2026! Book your place now via TMS. If you have any queries, contact [LearningandDevelopment@mbht.nhs.uk](mailto:LearningandDevelopment@mbht.nhs.uk). More details can be found on the intranet [here](#).
- **Practice doesn't make perfect – perfect practice makes perfect!** - Pack Three available now! The one where we look at how to find a patient quickly, how to find a document we uploaded, plus - Clinical Charts tips and tricks! Access the i3 DEaTT intranet page [link here](#) for further information and to access the packs. They can also be accessed via LookItUp.
- **Launching today: Enjoy a "Blind Date" with a book** - Our mystery book gifts are available from today, ready to be collected from under the Christmas tree at the RLI library.



## Newsletters

- **Fraud information alert 3 - December 2025** - Your NHS Anti-Fraud Service is drawing attention to identity 'imposters' in the workplace, where fraudsters masquerade as others (usually genuine NHS workers). Read the full update [here](#).
- **Fraud newsflash - The Little Book of Scams 5<sup>th</sup> edition (2025)** - Read the full update [here](#).

## Surveys

- **Developing our digital strategy together questionnaire** - survey closes on Friday 19 December - Find more information [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 12 December 2025

7 6 7 6 1 8

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.

