

14 September 2020

Bay Health &
Care Partners
delivering



Visiting
restrictions

02

Let's Talk

05

#Ok2Ask

07

Coronavirus update

Welcome to the twelfth bulletin providing you with an update of what has been taking place across Morecambe Bay to tackle the current coronavirus (COVID-19) pandemic.

From today (14 September), the Government has imposed restrictions on social gatherings of no more than six people. This will affect groups gathering socially indoors and outdoors but does not apply to schools, workplaces or COVID-secure weddings, funerals and organised team sports.

This decision comes after recent reports which have shown that the number of potential positive cases of COVID-19 is starting to increase again including cases in the younger 15-29 year old age group and small clusters that have been put into local lockdown restrictions.

Last Monday, Professor Jonathan Van Tam, Deputy Medical Director for England expressed his concern at the latest "big change" in coronavirus infections across the UK, that people have "relaxed too much" over the summer and that "we have got to start taking this very seriously again". You can read this report [here](#).

This action shows that coronavirus is still very much with us and as a health and care system we have to continue to follow the advice and guidance from the Government at work and in our personal lives to help stop the spread.

Aaron Cummins

Jerry Hawker

Joint Chief Executive Officers - Bay Health & Care Partners

Tackling the pandemic

Within the following pages you'll find out more about how we are continuing to respond to the pandemic.

Temporary suspension of visiting reintroduced

The temporary suspension of visiting across the hospitals ran by University Hospitals of Morecambe Bay NHS Foundation Trust has been reintroduced with immediate effect due to a rise in COVID-19 cases locally. This follows the reintroduction of limited visiting arrangements across the Trust at the beginning of last week.

Lynne Wyre, Deputy Chief Nurse, said: “We are extremely sad to have to make the decision to temporarily suspend visiting at our hospitals again but given the rise in COVID-19 cases locally, it is necessary to keep our staff and patients safe. We understand that visiting is very important to our patients and their loved ones and as soon as we are able to lift the suspension, we will. In the meantime, we would ask for the public’s help in respecting these rules to help us all stay safe.”

Until further notice, visiting across Furness General Hospital, the Royal Lancaster Infirmary, Westmorland General Hospital and Millom Hospital is only permitted if:

- Teams across the Trust are encouraging patients to keep in touch via their smartphone or tablet if they are able to - using the Trust’s free WiFi
- Relatives and friends can share messages with loved ones in hospital by filling in the form at: <https://www.uhmb.nhs.uk/get-in-touch/staying-connected-your-loved-ones>. The message is then delivered direct to the patient
- A small supply of iPads is available in each hospital to allow patients to video call their family and friends.

Lynne concluded: “The support we have had from our patients and the local communities has been second to none and we would like to thank everyone for their understanding during this incredibly difficult time.

“I’d like to reassure patients that we have lots of measures in place to keep everyone safe whilst they are in our hospitals or community settings, and we would encourage them to still attend any planned appointments they have unless they are told otherwise.

“We will, of course, keep these restrictions under review and update everyone when we are in a position to safely lift the restrictions.”

The public should not visit any health and care settings if they are unwell (especially if they have a high temperature; a new, persistent cough; or a loss or change to their sense of smell and taste). If they do feel unwell, they can use the NHS 111 online service at <https://111.nhs.uk/> for advice.

Charity shops in Cumbria virtual meeting

A virtual meeting will be held on Friday 18 September from 11am-noon.

The session will bring together charity shop managers in Cumbria to network, share ideas and best practice with supporting re-opening and involvement of volunteers during COVID-19.

The session will be hosted by Judith Smale, County Volunteer Support Officer for Cumbria CVS. For invite details please contact info@cumbriacvs.org.uk



Pressures facing primary care

Aaron Cummins reminds colleagues to consider NHS 111 as a first port of call.

"I know there isn't a part of the Health and Care system that isn't under pressure, however, some are feeling it more than others and, in our roles in secondary care, it is sometimes hard to see that. It is important that we all think about how any actions or decisions we make in caring for our patients may impact on those around us - both within our Trust and outside in other organisations.

"I'd appreciate it if we could all be mindful of the pressures facing primary care - especially our GP colleagues - and do whatever we can to work with them to reduce any unnecessary additional pressure on them. This, of course, goes both ways but today I'm asking for us all to think how we can each assist our primary care colleagues, especially when communicating with patients (in writing or in person) by trying to avoid any default phrases such as 'see your GP if you feel unwell', etc.

"We all know that the NHS is much wider than acute hospitals and GPs and rather than asking people to contact their GP, we need to be asking them to use NHS 111 as the first port of call where we can, as well as pharmacies who are trained to handle patient queries."

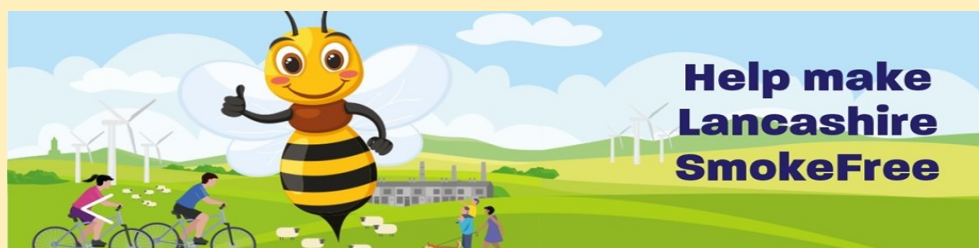
Aaron Cummins, Chief Executive, UHMBT.

Quit Squad's smoke-free challenge for September

Quit Squad is asking smokers to ditch cigarettes in their home and car throughout SmokeFree September. The month-long initiative aims to encourage and support smokers to make a positive change by reducing exposure to smoke for those around them. More than 80 per cent of second-hand smoke is invisible and odourless meaning that smokers are endangering those around them significantly when smoking inside the home and car. Smoke lingers in the air for hours, and opening windows cannot reverse the harmful effects of the fumes.

Second-hand smoke increases the risk of lung cancer and heart disease for adults. In the UK, around 2,700 deaths of people aged 20-63 and 8,000 deaths among people aged 65 years and older every year, are a result of exposure to second-hand smoke. Furthermore, during the COVID-19 pandemic, the importance of having good respiratory health has become increasingly well-recognised.

Around two million children in the UK are also regularly exposed to second-hand smoke which increases their risk of asthma, colds, ear problems and chest infections. Pregnant women are at risk of miscarriage, stillbirth and birth defects from being exposed to second-hand smoke, and pet health can even be affected too. If you want to quit, make a positive change or find out more about the SmokeFree initiative, click [here](#).



BHCP ask for your views on service changes during COVID-19

Over the past few months, there have been a number of temporary changes to services in our hospitals, GP surgeries and in the community across Morecambe Bay in response to the risks posed by the coronavirus pandemic.

To ensure local health and care services across the Bay remain safe for our staff and patients, BHCP moved services to COVID-safe sites and introduced safer and more efficient ways of working.

BHCP want to hear how patients, carers and the public have found these changes and have set up a new BHCP Let's Talk online space to explain what's happened, hear people's experiences and answer their questions (see above for more details).

Changes during the pandemic have included:

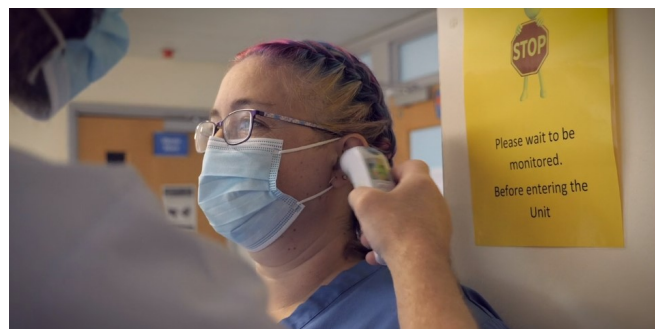
- introducing virtual consultations and appointments in our GP surgeries and hospitals, though still offering face-to-face appointments where safe and appropriate
- Morecambe Bay Clinical Commissioning Group (MBCCG) offered care homes additional support including psychological support for care home staff through St John's and St Mary's hospices
- the relocation of the Surgical Emergency Ambulatory Care Unit at the Royal Lancaster Infirmary (RLI) to Westmorland General Hospital (WGH) to increase capacity for the Intensive Care Unit
- deploying staff on the Langdale Ward at WGH to other areas including supporting patients in their own homes or in residential settings. This is a temporary closure while the patients who have been waiting for elective surgery (planned procedures that patients need, but do not have to be done right away) receive the treatment they need and it will be reviewed every three months
- the Oncology Unit at the RLI was moved to the Grizedale Ward at WGH to create more space for the Emergency Department at the RLI. The Trust had designated WGH as a COVID-free site which seemed the ideal location to continue providing chemotherapy treatment and care for its vulnerable cancer patients. Works are ongoing to move the RLI Oncology Unit back to the RLI site
- stepping-down home births across Lancaster, Barrow and Kendal in March to ensure the safety of patients and staff at University Hospitals of Morecambe Bay NHS Foundation Trust (UHMBT). The decision was also taken to suspend some of the Trust's service at Helme Chase meaning women could not give birth there. In June home births were reinstated
- developing recovery centres at Furness Academy and Kendal Leisure Centre for patients with COVID-19. Even though these centres were not used they were an important asset during the height of the pandemic and the Integrated Community Services team is now looking at developing Seacole Centres which are rehabilitation beds for patients who are medically fit for discharge but need that extra support that they would not have at home.



"Faced with the coronavirus (COVID-19) pandemic, the BHCP had to make a number of changes to services across our hospitals, GP surgeries and primary care, and health and care services in the community including in the third sector. We made these changes to ensure our patients, staff and the public remained safe during the pandemic.

"Whilst these changes were made temporarily as part of our response to COVID-19, they have brought about a lot of positives so as we plan the reinstatement of those services we had to change or stop, we want to take the opportunity to find out what our patients and local communities think of the actions we have taken – your views really do matter to us,"

Aaron Cummins, Chief Executive, UHMBT



"The response from staff and patients to changes during the pandemic has been phenomenal and the hard work and dedication has not gone unrecognised.

"It is really important that we gather as many views as possible from our patients, carers and the public too. By sharing your views you can help to shape your local health and care services for the future,"

Jerry Hawker, Chief Officer, MBCCG

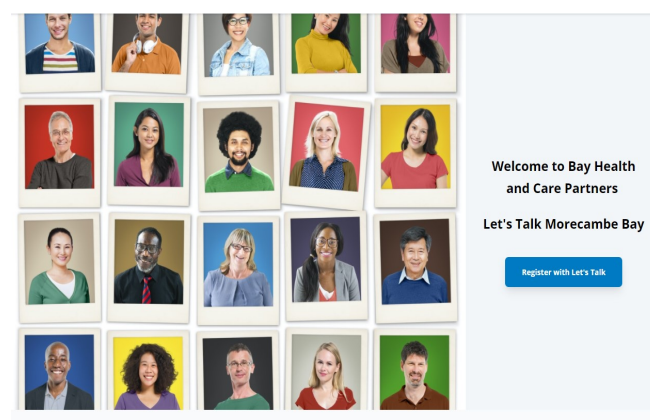


BHCP launches Let's Talk

Bay Health and Care Partners (BHCP) has launched Let's Talk - an online space to give people the opportunity to share their experiences and help to shape health and care services across Morecambe Bay.

From Monday 14 September to Monday 19 October 2020, people will have the chance to have their say at Let's Talk about a number of temporary changes that have taken place in our hospitals, GP surgeries and in the community during the coronavirus (COVID-19) pandemic.

Films about these changes, questions and more information can be found at www.letstalkmorecambebay.uk



Children's Ward returns to Ward 32 at RLI

The Children's Ward at the Royal Lancaster Infirmary (RLI) has moved back to Ward 32 in the Centenary Building after temporarily moving to Ward 16 during the coronavirus (COVID-19) pandemic. Everyone was delighted to move back to Ward 32 over the weekend of August 29 to 30.

The Children's Ward was temporarily moved so that the Trust could make the best use of its estates and create increased capacity for patients with COVID-19. Estates work was carried out on Ward 16 to ensure that all the usual children's services ran as normal. The Trust wishes to thank all of the members of staff who worked on the move and made sure that services continued to be provided. Restrictions on visiting will continue as one parent per child until further notice. This is to reduce any risks associated with COVID-19 and to keep everyone as safe as possible.

Get back to school safely

As children and young people are preparing to go back to school or college – in some cases for the first time since lockdown – health and care organisations across Lancashire and South Cumbria are reminding them of the mental health support available. Parents, carers, and children may be anxious about returning to school and college for the new academic year. To protect students and staff from coronavirus (COVID-19), a range of protective measures will be in place, and a lot of things will probably be different.

Your child's school or college will be able to give you more information about the specific measures they have put in place, but the government has also released [information and practical guidance](#) to reassure parents, carers and students that schools and colleges are ready for their return.

Peter Tinson, Executive Lead for Out of Hospital Services at Lancashire and South Cumbria Integrated Care System, said: "If you are struggling with your mental health, it is important to remember that you are not alone, and support is available. If you need urgent help, there are a number of different helplines you can call at any time.

"Developed by partners across Lancashire and South Cumbria, the [Healthy Young Minds](#) website contains some really helpful information about coronavirus, and self-help tools for if you're feeling anxious or overwhelmed." You can find out more information [here](#).

Pregnant women encouraged to complete online referral to access maternity services

UHMBT's maternity services team are encouraging pregnant women to self-refer into maternity services online. All pregnant women are required to complete [the online referral](#) to access UHMBT maternity services. If you are not able to do so, you can call the referral numbers below, which will guide you through your referral and complete it on your behalf:

Barrow and Kendal areas: 01229 403838

Lancaster areas: 01524 584130

Take a look at the [poster for self-referral](#) for more information.

#Ok2Ask campaign

Self Care September encourages people to ask for help when needed, take a look at the latest videos from our Integrated Care Communities and partners across Morecambe Bay to support the #Ok2Ask campaign. Please click on the images below to access the videos.



ACTION CALENDAR: SELF-CARE SEPTEMBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Remember that self-care is not selfish. It's ok.	2 Be willing to share how you feel and ask for help when needed.	3 Free up time in your diary by saying no to any extra commitments.	4 Forgive yourself when things go wrong. We all make mistakes.	5 Plan a fun or relaxing activity this weekend and make time for it.	6 Focus on the basics: eat well, exercise and go to bed on time.	
7 Remember it's ok not to be ok. We all have difficult days.	8 Notice the things you do well today, however small.	9 Avoid saying 'I don't know' or 'I can't do it'.	10 Give yourself permission to say No to requests from others.	11 Aim to be good enough, rather than perfect.	12 Let go of being busy. Allow yourself to take some breaks today.	13 Make time today to do something you really enjoy.
14 Talk kindly to yourself the way you would talk to someone you care about.	15 Find a caring, calming phrase to say to yourself when feeling low.	16 Notice what you are feeling today, without any judgement.	17 Leave positive messages for yourself to see regularly.	18 Don't compare how you feel inside to how others appear outside.	19 Get active outside and give your mind & body a natural boost.	20 No plans day - make time to slow down and be kind to yourself.
21 Remind yourself that you are loved and worthy of love.	22 Look at photos from a time with happy memories.	23 Let go of other people's expectations of you today.	24 Ask a trusted friend to tell you what they like about you.	25 Release yourself from inner demands and self-criticism.	26 Find a new way to use one of your strengths or talents today.	27 Take your time. Make space to just breathe and be still.
28 Accept your mistakes as a way of helping you make progress.	29 Write down three things you appreciate about yourself today.	30 You matter. Remember that you are enough, just as you are.	<p>Self-care is not selfish. You can't pour from an empty cup</p>			

ACTION FOR HAPPINESS

Learn more about this month's theme at www.actionforhappiness.org/self-care-september

www.actionforhappiness.org

Keep Calm · Stay Wise · Be Kind

Flynn's Barn- counselling and family support project in Cumbria

Please see below details of [Flynn's Barn](#) - a short-term project to provide a telephone and online counselling service for young people in Cumbria, who are living with cancer or other health conditions and whose mental health is being adversely affected by the pandemic:

[Flynn's Barn information leaflet - including referral criteria](#)
[Flynn's Barn poster](#)

Keep up to date

We are keeping staff, stakeholders and the public up to date in various ways, including a daily email bulletin for staff, this e-update for stakeholders and regular information for the public.

If you want to keep up to date, you can access recent news on our website:

www.healthierlsc.co.uk/morecambe-bay

Or social media:

Twitter: @MorecambeBHCP

Facebook: UHMBT



This newsletter has been created by the Bay Health and Care Partners:

University Hospitals of Morecambe Bay NHS Foundation Trust (UHMBT); Morecambe Bay Clinical Commissioning Group (MBCCG); Morecambe Bay Primary Care Collaborative; Lancashire and South Cumbria Care NHS Foundation Trust; Cumbria County Council; Lancashire County Council; North West Ambulance Service (NWAS).