

Flu vaccine

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NWAS
response

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Thank you to
volunteers

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Coronavirus update

Welcome to the thirteenth bulletin providing you with an update of what has been taking place across Morecambe Bay to tackle the current coronavirus (COVID-19) pandemic. Last Tuesday (22 September), the Prime Minister announced the government's next steps in responding to COVID-19 and key points from his speech included that the national COVID-19 alert level has moved from Level 3 up to Level 4 which means transmission is high or rising exponentially. The Prime Minister laid out some new restrictions that came into force across England last Thursday (24 September):

- Work from home if you can. If you can't, your workplace must be assessed and designated as COVID-Secure
- All bars, pubs and restaurants will be required to operate on a table service only basis and will have to close at 10pm
- It is mandatory to wear face coverings in taxis, private hire vehicles and all indoor hospitality except for when sat down at a table to eat or drink. Retail workers will also be expected to wear a face covering
- COVID-Secure status will become a legal requirement in the hospitality industry
- The 'Rule of 6' will be tightened with no more than 15 people allowed at weddings although up to 30 people can still attend a funeral. The 'Rule of 6' will also be extended to all adult indoor sporting clubs
- Plans to allow fans to sporting events have been paused
- You do not need to shield unless you are in a local lockdown area that requires you to shield. This will be kept under review.

If you live in one of the locally [affected areas](#), in order to help prevent the spread of coronavirus you must not:

- host people you do not live with in your home or garden, unless they're in your support or childcare bubble
- meet people you do not live with in their home or garden, whether inside or outside the affected local areas, unless they're in your support or childcare bubble. Your household is defined as the people you live with and any support or childcare bubble.

The Prime Minister made it clear that if the 'R' rate does not fall below 1, these or more severe restrictions could be in place for up to six months. It is clear from the new restrictions that coronavirus is very much still with us and we must do all that we can to prevent 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.

Help to stop the spread

As you will be aware we are starting to see numbers of cases rise across the Morecambe Bay area. The Prime Minister's announcement last week added to additional measures which were outlined across the Lancashire area recently.

We are seeing figures for positive cases rise across the whole of the area and in the last week have seen cases in our hospitals begin to rise as well. Latest figures show that we have 18 cases in Furness General Hospital and 24 cases at the Royal Lancaster Infirmary.

We want to remind everyone of the measures you can take both in our healthcare premises and out and about in our community. Wash your hands for at least 20 seconds with soap and water, and if you haven't access to a basin, use hand sanitiser.

Keep two metres away from anyone not part of your household.

Use a facemask in shops, hospitals and other areas inside.

Recommendations for Primary and community health care providers can be found [here](#).

Please do everything you can to help limit the spread of coronavirus - as part of the NHS and Care services across Morecambe Bay we should all be setting an example to our population.



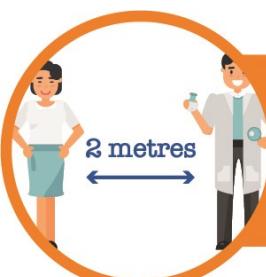
Wash your hands regularly



Please use the hand sanitisers provided



Wear a mask or face covering in public areas



Maintain social distancing

NHS COVID-19 app launched

The NHS COVID-19 app is part of the NHS large scale coronavirus testing and contact tracing programme. The app will be used alongside traditional contact tracing to notify users if they come into contact with someone who later tests positive for coronavirus.

The app allows people to report symptoms, order a coronavirus test, check in to venues by scanning a QR code and it helps the NHS trace individuals that may have coronavirus. Our own hospital sites will be displaying QR codes from Friday so visitors and contractors can check in. Many venues are now required in law to display the QR code. These new QR codes only work with the new NHS COVID-19 app.

The app will help the NHS understand if the virus is spreading in a particular area, and so local authorities can respond quickly to stop it spreading further and save lives. The app does this while protecting a user's anonymity. Nobody, including the government, will know who or where a particular user is. The app has been launched today and is free to download to your smartphone device. More information about the app and links to the sites to download it are available at <https://www.covid19.nhs.uk/>

Staff testing for COVID

If you or anyone you live with develops symptoms of COVID-19, you can access a test via our University Hospitals of Morecambe Bay NHS Foundation Trust (UHMBT):

- a high temperature - meaning you are hot to touch on your chest or back (you do not have to take your temperature)
- a new, continuous cough - coughing a lot for more than an hour or three or more coughing episodes in 24 hours. If you usually have a cough, it may be worse than usual
- a loss or change to your sense of smell or taste.

If you or a member of your household (including children) are symptomatic

If you or a member of your household (including children) are showing one or more of the above symptoms, you can access a COVID-19 test by contacting our Occupational Health and Wellbeing team on 01524 512290. Please note that only one symptomatic person per household will be tested

If you are asked to get a test for a household member without symptoms

If you are asked to have a member of your household tested (for example if your child's school asks you to have them tested) and they are not showing symptoms, you would need to contact the national 119 service - by dialling 119 or [online](#)

Tests for non-UHMBT colleagues or household members

We do not provide testing for family members and friends who do not live with UHMBT colleagues or members of the public. Non-Trust employees and their households (including children) can access testing using by the national 119 service - by dialling 119 or [online](#)

Some of our health and care partner organisations can access testing via the Trust's swabbing team and they should do so via their established routes.

#noexcuseforabuse

The Lancashire Resilience Forum's (LRF) COVID-19 domestic abuse campaign, #noexcuseforabuse reached its interim review point last month. The review has enabled LRF to assess the impact of the campaign to date and make any adjustments necessary to continue to support those experiencing domestic abuse across Lancashire.

The initial findings are positive and have highlighted that social media activity has generated significant engagement across the county, resulting in an increased number of visits to the campaign site and/or to related domestic abuse support websites. However, to ensure the campaign reaches those who do not have access to digital resources, LRF has developed a number of other tactics that will support the campaign to reach those people who are excluded from online support.

These include additional airtime with Rock FM; lip balm giveaways with helpline information displayed in the bar code; window/bumper stickers.

There is further information and support resources on the campaign website
www.noexcuseforabuse.co.uk

Partners supporting people with rehabilitation

People across Morecambe Bay who have been treated in hospital or in the community for coronavirus (COVID-19) have been supported in their recovery by a post-COVID rehabilitation pathway. The new way of working, which was introduced in April, offers this group of patients a full holistic assessment of their physical, psychological and social needs after being in hospital. Treatment is offered where possible or they are referred to another service which can best treat their needs.

The pathway is supported by the community and hospital physiotherapy and respiratory teams at University Hospitals of Morecambe Bay NHS Foundation Trust (UHMBT), frailty leads and Occupational Therapy staff from the Integrated Care Communities (ICCs), Cumbria County Council, Lancashire County Council, Morecambe Bay Clinical Commissioning Group (MBCCG), Primary Care Networks (PCNs), local GPs, Morecambe Bay Respiratory Network, Age UK, The Cumbria Neurological Alliance and Lancashire and South Cumbria NHS Foundation Trust.

The first area of the new way of working has supported over 200 patients who have been treated in hospital and suffered moderate to severe respiratory complications. Long-term rehabilitation is being provided to 40 of these patients. By August clinical staff had carried out the following with patients who had been treated in hospital for coronavirus:

- over 400 clinical consultations (telephone/virtual/face-to-face where COVID secure)
- 53 initial home visits
- 168 follow up calls
- 84 follow up home visits.

The second area of this new way of working addresses the ongoing rehabilitation and recovery needs of people who had COVID-19 which was managed in the community and people with long-term conditions who have deteriorated in physical ability and independence.

The third area of this work sees the Integrated Care Communities (ICCs) and Primary Care Networks (PCNs) across the Bay working hard to normalise the COVID situation by focusing on people's individual needs. The teams are promoting the Population Health approach (improving the physical and mental health outcomes and wellbeing of people, whilst reducing health inequalities within and across a defined population) which means that teams signpost people to appropriate physical and social wellbeing services to help build their confidence again.

The work of the ICCs and PCNs has included supporting people with: up to 300 online interactions at rehabilitation/exercise classes in Millom; thousands of home welfare checks via telephone calls across the Bay; supporting outdoor exercise facilities such as Pilates in the Park in Barrow; offering chair-based exercises via Zoom with support from Age UK, local fitness instructors and local gyms and issuing a community support bulletin which includes information about foodbanks, Third Sector and faith organisations along with wider community support.

Patient Sue Boulton said: "When I first came home, I couldn't walk my dog or even the length of the living room without getting out of breath. I can now walk a bit further thanks to the exercises and support the team has given me. Everything the staff said they would put in place was there when I got home including the oxygen I needed. I can't thank the team enough for everything they have done."

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



**The number of COVID-19 cases in Barrow is increasing.
Follow the new guidance to help stop the spread and keep your community safe.**



No more than 6 people

Barrow



No more than 2 households

STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES

cumbria.gov.uk/stopthespread

Opportunity to transform healthcare in the region takes a step forward

University Hospitals of Morecambe Bay NHS Foundation Hospital Trust (UHMBT) and Lancashire Teaching Hospitals NHS Foundation Trust (LTHTr) are moving forward as part of the second phase of Government's flagship Health Infrastructure Plan (HIP).

LTHTr and UHMBT have agreed to work collaboratively to maximise seed funding and healthcare opportunities to develop infrastructure plans which will range in scale across the region.

This initial funding comes to around £10m and is a substantial investment to enable a business case to be created to access significant 'final funds' which will include a new build hospital upgrade. The transformation will also provide residents and other service users with access to up-to-date facilities.

HIP sets out a long-term, rolling five-year programme of investment in health infrastructure, including capital to build new hospitals, modernise primary care estate, invest in new diagnostics and technology, and help eradicate critical safety issues in the NHS estate.

The funding identified in the HIP has been allocated to schemes in two parts, with LTHTr and UHMBT included within the second phase:

- HIP1 (2020-2025) includes six new hospital projects that are sufficiently developed in order to get the full go ahead now, subject to business case approvals
- HIP2 (2025-2030) includes 21 more schemes for 34 new-build hospitals, with seed funding provided now to kick-start schemes and allow Trusts to proceed to the next stage of developing their hospital plans (and related business cases)

Whilst unconfirmed, the final funding is likely to be in excess of £1bn, to transform the health and wellbeing of everyone in the area, not just within hospitals.

Primary and community care buildings must also be fit to meet current and future demands, reflecting the commitment made in the NHS Long Term Plan to boost out of hospital care.

Aaron Cummins, Chief Executive, UHMBT, said: *"The NHS is much more than buildings; it's about people - those that work within it and those that are cared by it. Both of our Trusts, like the rest of the NHS, are blessed with having an incredible talent pool of professional colleagues, providing leading edge, innovative, life changing care and it is to their credit that they do this in what are often less than ideal conditions. Some of our facilities are no longer fit for the 21st century even if upgraded with some of them needing to be demolished and re-built rather than just repairing. Our staff, patients and communities deserve much better."*

Karen Partington, Chief Executive at Lancashire Teaching Hospitals, said: *"We agreed earlier in the year that to maximise the seed funds and healthcare opportunities, our trusts would work collaboratively.*

"It's also important to make clear that this isn't just about building hospitals. We want to use the final funding to transform the health and wellbeing of everyone in the area. Ultimately, we want to help people stay healthy and well and remain out of hospital wherever possible."

Plans will be developed in partnership with each Trust workforce, local communities and partners over the next 12 months with the aim of having outline initial proposals to consult on later in 2021. More information about the HIP can be found at: <https://www.gov.uk/government/publications/health-infrastructure-plan>.

Health leaders across Morecambe Bay urge people to get ready for the flu vaccine

Morecambe Bay's flu vaccination programme is a vital part of keeping people in our communities safe this winter; having a flu jab doesn't just protect you; it also protects those around you.

This year there is likely to be a change to the way you receive your flu vaccine as health teams have to factor in social distancing and infection prevention measures to keep people safe. Some surgeries will be offering drive through options, using local community centres or calling people for time specific appointments, rather than the traditional drop-in clinics.

Practices are now contacting eligible patients and calling them for their flu vaccine – this could be by letter, text or phone. Doctors are urging patients who usually get called for the flu jab to be ready and to be clear about how and when they will get it this year.

Dr Geoff Jolliffe, lead GP at Morecambe Bay Clinical Commissioning Group, explained: "This year it's even more important than usual to have a flu jab, with the risks that we already face from coronavirus – and so we are asking you to have your flu jab on behalf of everyone else in your community, if you are eligible."

As well as GP Practices, local pharmacies, school nursing teams and other health professionals will be delivering the annual vaccination programme. You can read more [here](#).

Pharmacists across Lancashire are also urging at risk groups to get a flu vaccination.

You can read more [here](#).

**Be a
flu
fighter
this
winter**



Public testing for COVID

Tests can only be booked on the national online booking portal or by calling 119 if you do not have access to the internet. You cannot book a test in any other way.

Anyone who tries to book a test and is unable to do so, or who is offered a location or time which is not convenient, should wait a few hours and then try again. More tests are available each day and are allocated based on areas of greatest need and the prevalence of the virus. As the service is very busy you may have to try more than once to access the service and be offered the location you need.

You should not go to A&E or your GP Practice to get a coronavirus test as you may spread the virus. Both A&E and your GP Practice are unable to assist you in booking a COVID-19 test and cannot provide COVID-19 testing.

Booking a test if you have symptoms is vital to the control of the virus and the saving of lives, so please continue to self-isolate and come back to the [COVID-19 online booking portal](#) or the 119 service if you have not been successful.

Carnforth community supports the most vulnerable during COVID-19

Carnforth Integrated Care Community (ICC) which includes third sector groups, local councils and GPs, has rallied to help support some of the most vulnerable people in Carnforth and neighbouring villages during the coronavirus (COVID-19) pandemic.



During the height of the pandemic, residents Liam Law and Andrea Wren set up the 'Carnforth and surrounding areas COVID-19' isolation support group on Facebook and along with the support of Carnforth Town Council, Carnforth Free Methodist and a group of volunteers, have supported residents by doing their shopping, collecting prescriptions, walking their dogs and offering advice and support.

The volunteers have also referred people most in need to the Salvation Army. The charity has recorded more than 500 records of assistance including helping people with foodbank parcels in conjunction with Morecambe Bay Foodbank. The Salvation Army has assisted people who are homeless or rehoused and families trapped by self-isolation. Volunteers at the charity have driven people to various hospital and GP appointments in conjunction with the Carnforth Community Response Team.

Volunteer Andrea Wren added: "We have helped people in Carnforth, Holme, Silverdale, Warton and Bolton Le Sands. Everyone we have met has been really lovely and very grateful - it's brought out the good in people."

Carnforth ICC has worked closely with partners such as Carnforth Town Council and Lancaster City Council wellbeing partnership and the rural communities group to look at how it can support the community holistically. Monthly multi-disciplinary team meetings have helped to identify those residents who may need more support such as those with dementia or mental health conditions. Lancaster Integrated Care Community has also produced a community support bulletin for Lancaster, Carnforth and Bay ICCs which is updated and distributed to the community regularly and includes information about foodbanks, third sector organisations and community support.

GP leads have refocused their ICC management time to care for patients. Link Workers for Carnforth and Milnthorpe Primary Care Network have been instrumental in securing transport for patients to Park View surgery in Milnthorpe for routine appointments and to Ash Tree Surgery in Bolton-Le-Sands for weekly blood tests.

Emma Paul, Carnforth ICC & East ICC Development Lead, said: "Between May-August, Jayne Crowther, Carnforth ICC Care Coordinator, has made 160 referrals/signposts for people living in the local communities to services such as Age UK Lancashire, Citizen's Advice, Fire Service for Home Fire Safety checks, Carer's Support and Community Therapy.

"Carnforth ICC has also reinstated the monthly steering group meetings which bring together a wide range of health and social care representatives, town and city council and a wide range of community and voluntary groups and organisations. These meetings allow all attendees to give a brief update and reduce reduplication in offers of support and identify innovative ways of working and building solid partnerships between organisations to ensure that our local communities receive the best joined-up care."

Carnforth GP Dr David Wrigley said:
“When COVID hit it was all hands on deck and our GPs turned their attention to their most vulnerable patients, refocusing our Integrated Care Community management time to ensure people got the care that they needed. Our Link Workers Sam White and Sue Birchall have done a fabulous job of using their skills to reach out to people and proactively find support for patients.

“COVID has meant we have had to look more closely at supporting those patients in the community who are frightened or unsure as well as those who are vulnerable and unwell – having the ICC in place and strong connections with our partners gave us a really solid base to build on and I would say our relationships with partners are now stronger than ever.”



Dr David Wrigley

Volunteer Liam Law said: “We started the group to help those most in need during what has been such an uncertain time. By having the service it has given everyone a sense of continuity and really built up trust in our community.

“We’ve had fantastic support from so many people including Gay Tonks, Malcolm Watkins, councillor Liz Jones and Bob Bailey.”

#Team NWAS working together during COVID-19

In response to the COVID-19 pandemic, around 150 patient transport service (PTS) colleagues volunteered to support paramedic emergency service (PES) colleagues, helping to expand and sustain frontline resources and enabling emergency responses for those in life threatening situations.

EMT1 Steve and Ambulance Care Assistant Lou, share their experiences of working together during the pandemic – from attending a heart attack as their first job together, to making the most of Lou’s mental health skills to give patients the very best care .



Lou: “I volunteered for the experience really, it seemed like a once in a lifetime opportunity and only right that we should offer to help out. Training was intense, hard work and very mentally challenging with so much to absorb in a short space of time, a little daunting really. On scene we assist with taking observations, moving patients and providing reassurance to the patient, family or carers on scene which really harnesses our years of experience on PTS, chatting to people from all walks of life.”

Steve: “On our very first shift together Lou was driving to an incident which escalated very quickly with the patient experiencing chest pain. We pulled over quickly, swapped seats and I drove us there on an emergency response. When we arrived Lou was the first one through the door; it was quite obvious that the patient wasn’t very well at all.”

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

Mindsmatter

Mindsmatter, a talking therapy service run by Lancashire and South Cumbria NHS Foundation Trust for sufferers of anxiety and depression has launched online.

The IAPT (Increasing Access to Psychological Therapies) service helps people 16 and over in Lancashire. It offers a range of therapeutic approaches, including computerised Cognitive Behavioural Therapy (CBT), guided self-help, wellbeing groups, and one-to-one therapy with either a psychological wellbeing practitioner, CBT therapist or counsellor.

For further information on Mindsmatter or to refer into the service, please visit the website here <https://www.lscft.nhs.uk/Mindsmatter>



Millom ICC Community fund

We are delighted to announce that Millom Integrated Care Community (ICC) will be launching a new Community Fund for Millom and the surrounding area (from Waberthwaite to Duddon Bridge). We are inviting voluntary groups or community organisations to put in bids for Health & Wellbeing projects up to the value of £500.



An application form will be required to be completed with a full description of your proposed project and a panel will decide which projects will be taken forward.

An application form can be obtained from Jenny Riley at jenny.riley@mbht.nhs.uk and the closing date is Wednesday 30 September 2020.

Organisations say thank you to Kendal volunteers for their support during pandemic

To all the wonderful volunteers in Kendal,

We cannot thank you enough for all the support you offered throughout the COVID-19 pandemic. When we were faced with all the unknowns a few months ago, we were bowled over with how you all stepped up to enrol as volunteers. Your bravery and selflessness meant that those who were vulnerable and shielding were supported, which has proven invaluable for the community.

We all know that we still have some time to go before this is all well and truly over so we urge you to stay vigilant and don't forget your 'Hands. Face. Space'. We want everybody to remember: wash your hands regularly, use a face covering when social distancing is not possible and try to keep your distance from those not in your household.



You can watch our thank you message [here](#).

Here are some quotes from people who benefitted from your time and goodwill, they were too shy to speak on camera.

"We want to thank you for your kindness in collecting our prescriptions for us these last few months. We do hope your family keep well. Hopefully, we can get our medications ourselves now. Our very best wishes and grateful thanks."

"I really appreciate what you have done for my mum and dad and the care you take to get them the food they want. They aren't too well and they would have found it difficult to cope in the current situation if it hadn't been for your help. So thank you so much!"

Thanks again from all of us working in Kendal, we really appreciate your kindness.

Kendal Community Emergency Planning Group, Kendal Integrated Care Community, Gateway Church, Kendal Fire and Rescue Service, Mayor Alvin Finch, Cumbria County Council and Cumbria Neighbourhood Watch.

Getting Cumbria to Work

A South Cumbria training business is playing its part to help people facing multiple and complex barriers to move towards employment.

Skills Shop Limited has been running courses for participants in The Building Better Opportunities Getting Cumbria to Work project, which supports people in the Barrow and South Lakes area aged 18 and above, who are either unemployed or economically inactive and are furthest removed from the labour market. This project is funded by the European Social Fund and the National Lottery Community Fund. You can read more at <https://www.gettingcumbriatowork.org.uk/>

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).