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Coronavirus update

Welcome to the fourteenth bulletin providing you with an update of what has been taking place across Morecambe Bay to tackle the current Coronavirus (COVID-19) pandemic. Across Morecambe Bay, additional measures have been implemented and in Cumbria it is recommended that the rule of six should consist of no more than two households. As cases continue to rise in hospitals and the community across our region and the rest of the UK, it is more important than ever that we follow the Government's guidance of [Face; Hands; Space](#).

- **Hands:** We need to wash our hands using the [correct hand-washing technique](#) and using the World Health Organisations' [five moments of hand hygiene](#)
- **Face:** Wear a face covering in public areas and if you are taking a break at work, in a meeting or in a group.
- **Space:** The best way to beat the virus and continue to protect ourselves, colleagues and patients is to keep two metres away from others, unless they are part of your household.



We have sadly seen a number of people die in our communities and hospitals after testing positive for Coronavirus and we have others being treated at both the Royal Lancaster Infirmary and Furness General Hospital. We would encourage staff and the public to get a test if they have any symptoms of Coronavirus and once you have had a test, self-isolate until you receive the

Every one of us has an important part to play in halting the spread of Coronavirus and it is clear from the additional measures that have been put in place recently that we all need to take things more seriously and follow the guidance of the government carefully in order to keep ourselves, our families and our colleagues safe.

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.

Health Infrastructure Programme (HIP2)

HIP2 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 HIP2 funding will help 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.

You may have seen news reports recently suggesting that the Royal Lancaster Infirmary (University Hospitals of Morecambe Bay NHS Foundation Trust) and Royal Preston Hospital (Lancashire Teaching Hospitals NHS Foundation Trust) are merging. I'd like to assure everyone that nothing has changed since we made an [announcement a few weeks ago](#) that our two trusts were working closely on plans as part of the Health Infrastructure Programme (HIP2), and we would be pooling our seed funding (£5million each) to make it go further.

The Government made an [announcement on Friday 2 October](#) confirming that money will be made available and that the two trusts were working together on solutions. In fact, I am part of the group looking at this work and I'd like to assure you that there are no designs or plans for what the hospitals might look like in the future. What we do know is that the Royal Lancaster Infirmary and Royal Preston Hospital need significant investment to bring them up to modern standards. We confirmed a few weeks ago that we plan to work with our communities on the plans on how hospital services will be shaped in the future and that has not changed. We don't anticipate any plans being ready to discuss with the public until around November 2021, and any building won't start until 2025. We are delighted that the Government has reconfirmed the investment will be made available and will continue to include colleagues and our local communities in the way that services could potentially be provided in the future.

Aaron Cummins, Joint Chief Executive Officer, BHCP

Black History Month

In October, the NHS will be celebrating Black history: from [the nurses](#) who came over from the Caribbean to establish a post-war NHS to the scientists, mathematicians, writers and leaders whose action and ideas helped shape the modern world. Nationally, the NHS will look to mark the month in three distinct ways:

Celebrate

- Profile and shine a light on BAME NHS staff at every level
- Highlight the work that's taking place across the country to address health inequalities, including local BAME networks and the individual contributions of staff

Recruit

- Showcase the diversity of both roles and workforce
- Inspire others to consider a career in the NHS

Reflect

- Acknowledge some of the events that have taken place this year, including Black Lives Matter, as well as historical contributions of prolific healthcare leaders and event
- Remember the loss and sacrifice of staff during COVID-19.



Engagement Community of Practice

The latest meeting of the Engagement Community of Practice took place virtually on the 16 September with 32 representatives of local teams and partners with an interest in engaging communities coming together.

Participants shared what they are doing currently to engage with people and overcome the restrictions around COVID-19. Participants had the opportunity to share good and innovative practice and work through any difficulties with other members during breakout sessions.



The agenda included a talk by Peter Yarwood from Red Rose Recovery who talked about how the Lancashire User Forum went online in response to COVID-19 and how it has been able to maintain contact and support in this way. A summary of the outcomes of the event will be shared with those involved and engagement teams across the system.

If you're interested in becoming a member of the Community of Practice please use the following link to register your details <https://bit.ly/3n6uGQ7>. Whilst there are opportunities to attend meetings, this is not the only way members are able to receive information. Members will be able to access the Community of Practice portal which is currently under development, where information and examples of work taking place will be held. They will also be able to gain support and advice from other members directly.

PPE supplies

Colleagues across Morecambe Bay are working together to ensure that personal protective equipment (or PPE) is available wherever it is needed as we start to see the number of Coronavirus cases rise in our local hospitals and across our communities. Since the pandemic began in our area, the Bay Health and Care Partners have been working across health and care settings to ensure those who need it have access to PPE - whether that be a hospital ward, a GP surgery or a patient's own home.

Stocks are in much better shape than they were before the pandemic started with organisations planning ahead and working together to try to predict where usage may be highest. In addition, the Government has now published its [PPE strategy](#) - which is available here - and provides a framework to ensure resilience across the health and care system.

Free PPE extended to primary care

Through conversations with the Department for Health and Social Care (DHSC), the department has notified the NHS that the forthcoming arrangements for providing free PPE [to social care](#) will be extended to primary care. Full details of the arrangements for primary care can be found in the DHSC strategy link above. All NHS primary care providers, including community pharmacy, must ensure they have registered on the PPE portal in order to receive PPE supplies free of charge.

Further information on the portal supply can be found on the [DHSC guidance page](#). If providers have any queries or have not received an email invitation, please contact the DHSC PPE portal customer services at 0800 876 6802.

Lancashire Resilience Forum strategy refresh

The overarching goal of the Lancashire Resilience Forum (LRF) throughout the pandemic has and continues to be, to save lives, protect livelihoods and recover well.

LRF has updated its strategy to ensure it continues to dynamically respond to the changing environment.

It focuses on three key principles:

Protect the vulnerable

Deliver a strong provision of locally sourced and managed community hubs. The vulnerable are considered as those who are more susceptible to infection and/or because of their wellbeing and personal circumstances.

Disrupt the transmission

This will be achieved through an effective test, track and trace programme. Working with the national system to identify those that need support so they can isolate effectively and not spread infection.

Engage and enforce

Ensure Lancashire's businesses are COVID-secure and able to remain open. LRF will communicate the standards expected of businesses, engage and enforce when these are not being met and share good practice and behaviour.

These principles are underpinned by an effective communications strategy that aims to send clear, consistent messages to our residents, businesses and visitors in Lancashire that enable them to make good decisions to keep themselves and others safe.

This refresh reflects the changes in the national policy framework and the underlying epidemiology evidence in Lancashire. LRF is now quantifying the implications of the proposals and subject to the resources available from both local and national sources it will review the balance of risk so it can finalise its updated action plan.



Virus watch study: help to stop the spread

A study is being run by University College London in conjunction with the NHS.

This is to help understand more about COVID-19 as the more that is understood about the virus the better equipped we will be to stop its spread and save lives.

The best way to do this is to learn from people in every community within the UK. Volunteers are being asked to join the study and report back each week whether they are well or have any symptoms.

Chosen participants will also receive antibody tests to see if they have had COVID-19. As the results are gathered from the study, they'll be updated on the below website.

For more information about the study and how to take part click [here](#).

Discharge process

Updates to the Discharge to Assess policy have been issued nationally. This follows learning during COVID-19 that the earlier we can safely discharge patients and facilitate their ongoing rehabilitation and/or care needs (in their own home or home of choice) the greater chance patient's will maintain their independence and that we will reduce the risks of deconditioning for our patients.

This is not a completely new policy for Morecambe Bay as we have had discharge to assess pathways in place since 2018 however, the latest policy supports the need to continue to use and develop the good work that has allowed patients to leave hospital and be assessed in more appropriate settings.

The updated policy is now enabling people who no longer require an acute hospital bed but have new or additional care needs to have **up to six weeks** funded care to support their discharge from hospital.

Within Morecambe Bay, we maintain the [Home First](#) principle in all cases we will always consider how we can get the patient home. If this is not achievable then other options such as discharge to a community bed for rehabilitation or to a care home for further assessment for longer-term care are considered.

It is important to note that there are some **action cards** for professionals across the hospital teams to read and adhere to. Please click [here](#) to see how it affects your role.

To find out more about the changes please click [here](#). There are also leaflets available for patients; these can be obtained from the Discharge to Assess team.

Cumbria COVID-19 response fund: The first six months

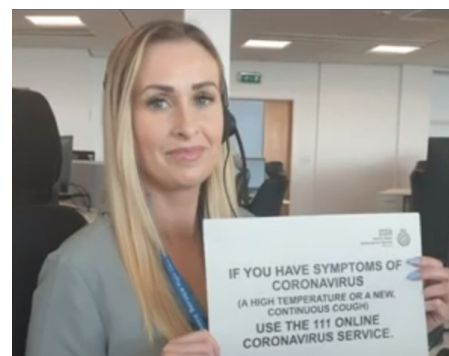
The scale of financial help provided by Cumbria Community Foundation during the pandemic and lockdown is highlighted in a report published this week. 165 organisations have received 219 grants worth more than £1,450,000 with 58,000 vulnerable people helped, more than 10 per cent of the county's population.

The Foundation launched the Cumbria COVID-19 Response Fund on March 17, exactly two weeks after the county recorded its first case of Coronavirus and six days before the UK went into a national lockdown. You can read the full story [here](#).

NWAS COVID-19 journey

The last few months have been a challenge like never before. Watch North West Ambulance Service's (NWAS) COVID-19 journey as it pays tribute to the dedication of its staff and volunteers as well as the support of its community.

You can watch the film by clicking on the image to the right.



Resilience Hub reminder

A psychological resilience hub has been established to co-ordinate support for people who have been affected by COVID-19 across Lancashire and South Cumbria. Lancashire and South Cumbria NHS Foundation Trust has led on this on behalf of the system.

The purpose of the hub is to ensure psychological support and resilience is provided for NHS and social care staff, patients and anyone in the wider population who feels they have been affected by the pandemic.

This project is being created in recognition of the intense effort made by everyone across health and social care settings and emergency services and represents a real opportunity to make sure those who have been affected psychologically are supported. The Hub will offer help to anyone in need, whether that is with some extra support and guidance on wellness, urgent psychological help or just advice if people aren't sure what support is available. It also offers support for those who are managing and leading during the pandemic as well as the family and friends of those who are struggling.

It will have three distinct offers:

- screening/triage of people accessing the hub to signpost to least intensive intervention in a timely way
- timely offer of specialised psychological intervention where needed
- a bespoke workplace trauma support model to embed staff as peer support within their own teams supported by psychological professionals using a cascade and train the trainer model.

Anyone who would like some support can access the Resilience Hub by visiting the website here, telephoning 01772 520228 or emailing lschub@lancashirecare.nhs.uk

Please promote the Resilience Hub and encourage people who you feel may need support to access it.



Do you know the signs and symptoms of breast cancer?

October is [Breast Cancer Awareness Month](#) and due to COVID-19, there is a bigger emphasis than ever to make sure we're all aware of the signs and symptoms. Breast cancer is the most common cancer in the UK, with over a quarter of cases being preventable.

According to Breast Cancer UK, one in seven women will get breast cancer at some point in their life. However, studies suggest that if you make changes to your lifestyle, your risk of getting breast cancer could be significantly reduced.

The earlier breast cancer is diagnosed, the better the chance of successful treatment. So it's important to check your breasts regularly and see your GP if you notice a change.

Read more about signs and symptoms of breast cancer [here](#) and if you need advice on how to check your breasts, [watch this video](#) by Breast Cancer UK.

NHS Test and Trace app

The NHS COVID-19 Test and Trace app is now live. The following documents have been provided to enable hospitals, GP practices and care homes set up their estates infrastructure for local use of the app on their premises.

There is also some promotional material provided which you can access below or via the GP COVID-19 Portal at <http://uhmb/community/coronavirus/Pages/CovidTesting.aspx>

Further information will be added to the COVID-19 testing section in due course including the most up-to-date guidance documents.

[Introducing the NHS COVID-19 App](#)

[Advice for healthcare organisations](#)

[GDPR](#)

[How to create a QR code poster](#)

[NHS COVID-19 app features overview poster](#)

You can find out more about the NHS Test and Trace app here <https://www.gov.uk/guidance/nhs-test-and-trace-how-it-works>



Trialling a community grants fund

Neighbourhood Watch knows that for many of the local groups the effects of COVID-19 have been very challenging on their ability to raise funds, especially over summer when some hold street parties, family days, etc. One of the ways Neighbourhood Watch hopes to support local areas through these difficult times is with the trial introduction of its new Community Grants fund.

Groups will be able to apply for up to £500 to deliver their Neighbourhood Watch work locally by filling in an application form.

The fund is limited and Neighbourhood Watch will need to make decisions on what it can fund. Please read the guidelines on the Neighbourhood Watch website carefully.

You can find out more information and how to apply at <https://www.ourwatch.org.uk/communitygrants>



Youth focused social media animations



Public Health England has launched a series of youth focused animations which we would encourage the Bay Health and Care Partners and local organisations across the Bay to share across your social media channels.

The animations can be found [here](#)




Barrow windfarm supports COVID-19 training in local hospitals

Global renewable energy firm, Orsted, has funded two sets of COVID-19 resuscitation training equipment for Bay Hospitals Charity, which will help to train clinicians at University Hospitals of Morecambe Bay NHS Foundation Trust (UHMBT).

The equipment, named 'Resusci-Anne', is designed to look and function like a person and can be programmed to simulate different situations such as breathing problems or cardiac arrest, providing the opportunity for clinical teams to practise their skills for emergency or uncommon situations.



The Resusci-Annes will be used daily to support colleague training and retraining of colleagues, allowing them to upskill, particularly where colleagues have been redeployed from their own areas of specialty to support COVID wards. Following COVID-19, the equipment will continue to be used across the Bay to provide training for all clinicians, presenting with different health conditions and situations.



Help us help you get the treatment you need.

Important information about your endoscopy appointment

Our commitment to safe care during COVID-10


In response to COVID-19, we have put in place additional measures to help keep you safe, when you attend your appointment.

- Social distancing measures across the hospital
- Hand hygiene and frequent surface cleaning
- All staff wear PPE and visitors wear face masks (unless exempt)
- Treatment rooms are regularly deep-cleaned
- All patients are contacted before they attend an appointment to make sure they don't have COVID-19 symptoms
- Hand sanitiser is available in all areas of the hospital
- We regularly and extensively clean throughout the hospital

Early diagnosis enables treatment of serious conditions like bowel and stomach cancer.

So it is very important that you attend your endoscopy appointment.

Contact your Endoscopy Team ➔



Be clear about your treatment

As a result of COVID-19, there may be a few changes to how you would normally attend an endoscopy appointment:

- You may be asked to attend a different location for your appointment. This is to help as many people as possible be seen across the region
- Routine referrals may take longer than usual due to the additional measures we've put in place for your safety. But if your symptoms worsen or become more frequent, please contact your GP
- If you need to move or cancel your appointment, or have any further questions, please contact your Endoscopy team on the contact details below:

“Assessment first” from GP practices open and providing services

The threat of infection from COVID-19 still exists within our communities and locally patients are being asked to continue to follow the guidance, stick to any restrictions in place and take the necessary precautions such as wearing face coverings and practicing good hygiene.

GP practices are open to patients and continue to provide services, as they have done throughout the pandemic.

GP practice buildings are public buildings and as such must be kept COVID-secure. Your GP practice will already have a process in place for managing entry into the premises to help minimise the risk of anybody spreading the virus. Please continue to follow this.

New ways of providing GP services have been introduced in order to maintain access to your GP practice team whilst protecting you, others and staff. Triage (making an assessment of your condition and prioritising care accordingly) is an important part of how GP practices work. This has always been in place but has been vitally important during the pandemic.

The use of these digital technologies has been shown to improve patient experiences thanks to the convenience and increased access that they provide. GPs want to make sure that these new ways of working and the benefits they bring are not lost. COVID-19 has changed many aspects of our daily lives, with lots of positive changes. These new ways of accessing your GP and receiving care or treatment are just one of those.



‘GP practices are open and have been providing GP services throughout the covid-19 pandemic. The majority of common conditions can be assessed and diagnosed by your doctor by telephone or video consultation.’

Dr Amanda Doyle OBE
GP and Chief Officer

Lancashire and South Cumbria Integrated Care System

Find the latest advice for Lancashire

You can find the latest Government advice for Lancashire, information about COVID-19 outbreaks and council services at

<https://www.lancashire.gov.uk/health-and-social-care/your-health-and-wellbeing/coronavirus/>



Festival of celebration

Lancashire and South Cumbria NHS Foundation Trust celebrated and thanked staff across the organisation as part of a Festival of Celebration. The initiative marked the significant achievements in 2019 – 2020. The events were held on Microsoft Teams, hosted by the Chief Executive, Caroline Donovan with colleagues from the Trust Board and were really well received with great feedback from staff. Each one included a highlight video, some fun, games and goodies and lots of reasons to feel hugely proud of the success of the organisation.

Everybody right across the Trust was encouraged to attend to ensure we recognised:

- The huge and significant improvements made since the Care Quality Commission (CQC) inspection last year
 - The dedication and commitment of all staff in response to COVID-19
 - Those nominated as part of the Staff Awards which had to be cancelled in June due to restrictions on holding large events
 - The end of our network system, which is being replaced by locality working later this year
- Everyone received a special Trust commemorative pin badge as a 'Thank You' (pictured above).



Each network within the Trust hosted a celebration event, which you can watch here <https://www.lscft.nhs.uk/news/837>

Dementia wellbeing in the COVID-19 pandemic

A [resource](#) has been developed to highlight the needs of people with dementia in the COVID-19 pandemic. It complements the existing dementia wellbeing pathway and identifies specific actions to be taken at each stage.

In addition to identifying key considerations, it also provides links to a wide range of resources, including those developed by NHS England and NHS Improvement, regional dementia clinical networks, the voluntary, community and social enterprise (VCSE) sector and the Department for Health and Social Care.



To access further information, please click [here](#).

To access the PowerPoint presentation, please click [here](#).

Find the latest advice for Cumbria

You can find the latest Government advice for Cumbria, information about COVID-19 outbreaks and council services at <https://www.cumbria.gov.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 (NWS).