

Tier system

02

Breast
screening

06

Critical care
in hospitals

10

Coronavirus update

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

Over the past week, you will have heard that cases of coronavirus are rising across Morecambe Bay in our hospitals and in the community. The following [restrictions](#) that were placed on the region on Tuesday 13 October 2020 still apply:

- Lancashire is in **tier three** – with the tighter restrictions in place
- Barrow is in **tier two** – with cases still remaining high, the area has enhanced restrictions in place
- The rest of Cumbria remains in **tier one**.

It is more important than ever that we do what we can to protect our staff, patients and loved ones from the increasing infection rate. We cannot emphasise enough the importance that in the workplace staff follow all the Infection Prevention and Control measures throughout the day, including at lunchtimes and breaks. If you can work from home, then please do so. By following these measures you will protect yourself and others from the virus and reduce the risk of multiple staff having to self-isolate.

When you are not at work please do follow the restrictions that cover the village, town or city that you live in to protect yourself, your loved ones and your community and help combat the spread of the virus.



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.

What is the Coronavirus tier system for my area?

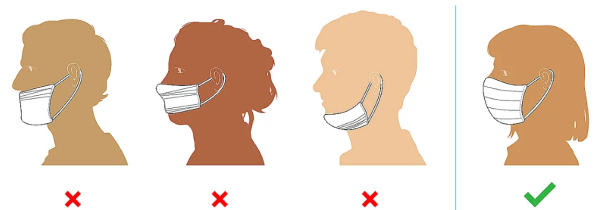
The following [restrictions](#) that were placed on the region on Tuesday 13 October 2020 still apply:

- Lancashire is in tier three for areas with very high levels of infections. Measures are: that pubs and bars must close and can only remain open where they operate as if they were a restaurant; wedding and receptions are not allowed; people must not meet with anybody outside their house or support bubble in indoor or outdoor settings, whether at home or in a public space; the rule of six applies in open spaces like parks and beaches; travel restrictions and staying overnight in another part of the UK apply ([you can see the full restrictions for tier three here](#)).
- Barrow is in tier two for areas with a higher level of infections. Measures are: that people must not meet with anybody outside their household or support bubble in any indoor setting, whether at home or in a public place; people must not meet in a group of more than six outside, including in a garden or other space; people should aim to reduce the number of journeys they make where possible ([you can see the full restrictions for tier two here](#)).
- The rest of Cumbria remains in tier one where national restrictions continue to be in place. Measures are: all businesses and venues can continue to operate in a COVID secure manner, other than those that remain closed in law, such as nightclubs; certain businesses selling food or drink on their premises are required to close between 10am and 5am; businesses and venues selling food for consumption off the premises can continue to do so after 10pm as long as this is a delivery service, click-and-collect or drive-thru; schools, universities and places of worship remain open; people must not meet in groups larger than six, indoors or outdoors ([you can see the full restrictions for tier one here](#)).

The importance of face masks

It is a legal requirement that all NHS staff wear a face mask at all times in public areas of our hospitals, GP surgeries and healthcare centres. As soon as you walk through the door, please ensure you are wearing a surgical mask (not a face covering). They are available at all entrances if you forget to bring your own (please sanitise your hands before taking a mask). Face masks should be worn over the nose and mouth as right.

DOs and DON'Ts of WEARING A MASK



Face masks must also be worn in our restaurants until you are seated at a table. Both colleagues and contractors must also sign in before entering the restaurants.



Wear a mask or face covering in public areas

Try and avoid car sharing with people who are not part of your household or social bubble if possible, but wear a mask if you do.

As members of NHS staff, we need to set an example to others both in and out of work so please wear a mask in other settings where it is required, such as shops, public transport, taxis, shopping centres, post offices, banks, and pubs and restaurants except when seated to eat and drink.

LOCAL COVID ALERT LEVEL

VERY HIGH

Social Contact



1 household / bubble in most locations, indoors and outdoors. Rule of six applies in some outdoors settings like parks, public gardens and sports courts.

Weddings and Funerals



Up to 15 guests for weddings and up to 30 guests for funerals. 15 for wakes and related ceremonies. Wedding receptions not permitted.

Overnight Stays



Those in area advised against overnight stays in other parts of UK. People outside area advised against overnight stays in area.

Working from home guidance



Work from home where possible.

Shopping and Retail



Open.

Leisure and gyms



Any closures or additional restrictions subject to consultation.

Hospitality



Pubs and bars must close except where they operate as a restaurant, meaning they can only serve alcohol with a substantial meal. Further closures subject to consultation.

Entertainment and tourist attractions



Any closures / additional restrictions subject to consultation. Nightclubs and adult entertainment remain closed.

Education



Schools, FE colleges open. Universities must reflect wider restrictions with option to move to greater online provision.

Healthcare Services



Open.

Residential Care



Closed to external visitors other than in exceptional circumstances.

Travel and Transport



May continue to travel to open venues, but reduce number of journeys where possible. Avoid travel where possible in or out of the affected area with exceptions including work and school.

Sporting Activity



Organised sport / licensed physical activity allowed in outdoor settings. Indoor organised sport must follow social contact rules (other than youth or disabled sport).

Worship



Open, subject to social contact rules.

Childcare



Registered and wraparound childcare. Supervised activities permitted in private homes. Children's groups permitted. Childcare bubbles for under 14s.

Youth Clubs and Activities



Permitted.

There are three simple actions we must all do to keep on protecting each other:



Wash hands
keep washing your hands regularly



Cover face
wear a face covering in enclosed spaces



Make space
stay at least 2 metres apart - or 1 metre with a face covering or other precautions

For more information and detailed guidance visit:
gov.uk/coronavirus

UHMBT Frailty Service trials seven-day Frailty Patient Pathway

The UK's population is ageing and, in the North West, it is estimated that our over 75s population will increase by 25.4% over the next 10 years.

Without change, this increase will place significant strain on our health services both in and out of hospital.

To look at solutions to this problem, the Inpatients Transformation team at the Trust with support from Neil Smith, Deputy Associate Director of Operations for Medicine, Mel Woolfall, Associate Director of Nursing for Medicine and Mark Taylor, Consultant and Clinical Lead for Frailty, have proposed a 'Think Frailty' month where service changes will be trialled and their effectiveness evaluated.

The aim of the Think Frailty trial is to demonstrate the benefits to frail and older patients of early assessment and intervention from an extended Frailty Service. The trial will look to understand how different patient pathways work in practice and what staffing is required to provide a more effective service.

This is an ambitious test being carried out during uncertain times with increased demands on acute services due to COVID-19 and requires support and co-operation from teams across the pathway of care for our frail patients.

The trial of the Frailty Patient Pathway will be at the Royal Lancaster Infirmary (RLI) for the four-week period starting on Monday 19 October to coincide with the national [FAB Change Day](#) that took place on Wednesday 21 October. You can read more about the pathway [here](#).



A big thank you to Ripley Academy

Ripley St Thomas Church of England Academy in Lancaster is being thanked by the Trust for the fantastic support it provided to hospital staff during the first few months of the coronavirus (COVID-19) pandemic.

Ripley was wonderfully accommodating when the Trust needed more space during the coronavirus crisis. The Trust's Clinical Skills team, which provides training for staff across the Trust, had to vacate its usual base at the UHMBT Education Centre on Ashton Road in Lancaster so that the building could be used by a team working directly on the emergency response to the pandemic.

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

VERY HIGH

HIGH

MEDIUM

LOCAL COVID ALERT LEVEL

HIGH

Social Contact



1 household / bubble indoors. Rule of six outdoors.

Weddings and Funerals



Up to 15 guests for weddings and up to 30 guests for funerals. 15 for receptions, wakes and related ceremonies.

Overnight Stays



Overnight stays permitted subject to social contact rules.

Working from home guidance



Work from home where possible.

Shopping and Retail



Open.

Leisure and gyms



Open.

Hospitality



Open with some restrictions including 10pm closing time and table-service only.

Entertainment and tourist attractions



Open, except nightclubs and adult entertainment.

Education



Schools, FE colleges open. Universities must reflect wider restrictions.

Healthcare Services



Open.

Residential Care



Closed to external visitors other than in exceptional circumstances.

Travel and Transport



May continue to travel to open venues, but reduce number of journeys where possible. Avoid travel into Local COVID Alert Level Very High areas where possible.

Sporting Activity



Organised sport / licensed physical activity allowed in outdoor settings. Indoor organised sport must follow social contact rules (other than youth or disabled sport).

Worship



Open, subject to social contact rules.

Childcare



Registered and wraparound childcare. Supervised activities permitted in private homes. Children's groups permitted. Childcare bubbles for under 14s.

Youth Clubs and Activities



Permitted.

There are three simple actions we must all do to keep on protecting each other:



Wash hands
keep washing your hands regularly



Cover face
wear a face covering in enclosed spaces



Make space
stay at least 2 metres apart - or 1 metre with a face covering or other precautions

For more information and detailed guidance visit:
gov.uk/coronavirus

Wash your hands regularly

Hand hygiene is really important at all times in a healthcare setting. During a pandemic, we should all be leading the way for the public. Use the [World Health Organisation Five moments of hand hygiene](#).

Wash your hands when you:

Entering building
Entering new room
Entering clinical area
Before and after clinical contacts

You can watch [this video](#) which shows you how to wash your hands correctly.

Wash your hands at hand basins which are available on all wards. If you cannot access a basin use the hand sanitiser which is available throughout our hospitals.

Always use the hand sanitiser as you enter or exit the building - it is available at each entrance.

Breast screening saves lives - don't miss your appointment

Routine breast screening services are fully operational in Lancashire and South Cumbria. Local people are being assured that it is safe to attend this quick but vital appointment if invited.

One in eight women in the UK are diagnosed with breast cancer in their lifetime. The risk increases with age, which is why all people between the ages of 50 to 70 who have breasts, due to either naturally occurring oestrogen or oestrogen hormone therapy are invited for screening every three years.

Breast cancer can affect anyone with breasts, so some trans or non-binary people are also eligible for screening – talk to your GP or Gender Identity Clinic about this.

Breast screening aims to find breast cancers early. In the meantime, if you are worried about breast cancer symptoms such as a lump or an area of thickened tissue in the breast, or you notice that your breasts look or feel different, do not wait to be offered a screening appointment, talk to your GP.

Georgia Argent, Programme Lead at University Hospitals of Morecambe Bay NHS Foundation Trust, said: "Breast screening involves having an X-ray (mammogram) at a special clinic or mobile breast screening unit. You will have the chance to talk about any problems or concerns you have. As you will need to undress to the waist, it may be easier to wear trousers or a skirt – rather than a dress.

"Usually two X-rays of each breast are taken – one from above and one from the side. A plastic plate will be gently but firmly pressed onto your breast so that they can get clear pictures. The X-ray test can spot cancers when they're too small to see or feel. The mammogram will be checked for any abnormalities, and the results will be sent to you and your GP within two weeks."

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

VERY HIGH

HIGH

MEDIUM

LOCAL COVID ALERT LEVEL

MEDIUM

Social Contact


Rule of six indoors and outdoors, in all settings.

Weddings and Funerals


Up to 15 guests for weddings and up to 30 guests for funerals. 15 for receptions, wakes and related ceremonies.

Overnight Stays


Overnight stays permitted subject to social contact rules.

Working from home guidance


Work from home where possible.

Shopping and Retail


Open.

Leisure and gyms


Open.

Hospitality


Open with some restrictions including 10pm closing time and table-service only.

Entertainment and tourist attractions


Open, except nightclubs and adult entertainment.

Education


Schools, FE colleges open. Universities must reflect wider restrictions.

Healthcare Services


Open.

Residential Care


Open to external visitors with additional precautions, subject to individual care provider guidance.

Travel and Transport


No travel restrictions within area. Avoid travel into Local COVID Alert Level Very High areas where possible.

Sporting Activity


Organised sport / licensed physical activity allowed in outdoor settings. Indoor organised sport must follow social contact rules (other than youth or disabled sport).

Worship


Open, subject to social contact rules.

Childcare


Registered and wraparound childcare open. Supervised activities permitted in private homes. Children's groups permitted.

Youth Clubs and Activities


Permitted.

There are three simple actions we must all do to keep on protecting each other:



Wash hands
keep washing your hands regularly



Cover face
wear a face covering in enclosed spaces



Make space
stay at least 2 metres apart - or 1 metre with a face covering or other precautions

For more information and detailed guidance visit:
gov.uk/coronavirus

Coronavirus symptoms and testing

Look out for one or more of the key symptoms – high temperature, new persistent cough or loss of sense of taste or smell – and only then get tested, or if advised to by a health professional.

Book tests at nhs.uk/ask-for-a-coronavirus-test.

When is a cough a COVID cough?

With common coughs, colds and sneezes around it's tricky to know when and if you should get a COVID-19 test.

The current guidance is, whether or not you have common cold symptoms first, if you develop a high temperature or a cough it must be treated as a possible COVID-19 symptom, and you must isolate and get tested.

The NHS provides more detailed definitions for each of the three COVID-19 symptoms:

- **a high temperature** – measured as 37.8°C or above. If you don't have a thermometer, feeling hot to the touch on your chest or back is a good indicator of a high temperature.
- **a new, continuous cough** – this means 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** – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal.



Does your child have symptoms?

If you are not sure about school and what to do if your child has coronavirus symptoms, you can download a quick guide from Cumbria County Council [here](#).



'We are very concerned about the rising infection rates in Lancashire and South Cumbria. We all need to be aware of this worsening local situation, our hospitals are under a huge amount of pressure. As the number of Covid-19 admissions are rising steeply, it is important we take action now to protect our hospitals.'

Dr Amanda Doyle OBE, Chief Officer
Lancashire and South Cumbria Integrated Care System

Guidance on upcoming faith and community events in Lancashire

The Lancashire Resilience Forum has issued guidance on restrictions around upcoming faith and community events for the remainder of 2020 due to coronavirus. As we are now in Tier 3 of the local coronavirus alert level which prohibits most social mixing, the decision has been taken to prohibit large scale events to mark these occasions in Lancashire.

The restrictions relate to upcoming events including:

- **Navratri – Hindu festival** (17-25 October) - No household mixing/public events
- **Prophet Muhammad's birthdate** (28-29 October) - No processions - No events in private houses other than private and individual household worship (people who live in the house) - No visiting people's homes - No Naat (Hymn) singing /audible group recitation/ chanting
- **Halloween** (31 October) - No household mixing/public events - No trick or treating
- **Bonfire celebrations** (5-7 November) - No household mixing/public events
- **Remembrance Sunday** (8 November) - Reduced to small scale civic/faith ceremony socially distanced - No public event/march past/parades
- **Diwali - Hindu Festival of Lights** (13-16 November) - No household mixing/public events - No processions - No dance and singing gatherings - No public or community firework displays
- **Hanukkah – Jewish Festival of Lights/Dedication** (10-18 December) - No household mixing/public events/processions
- **Christmas period** (December) - No major public events - No Christmas light 'Switch On' events
- **New Year's Eve** (31 December) - No major public events e.g. firework displays.

These decisions have not been taken lightly and we want to thank people for their support. By following this guidance we will all limit the spread of coronavirus and help keep people safe. If national or local regulations change further guidance will be issued.

We are working with various faith and business groups as well as charitable and community organisations – such as the British Legion – and making alternative arrangements to mark some of these occasions. More information will be issued about these alternative arrangements in due course.

Small scale or civic events, such as a ceremonial wreath laying, will be permitted providing permission has been sought from the relevant local authority.

Any agreed event will have to be COVID secure with no more than 15 people present, and no households mixing. Worship in places of worship is not impacted by this events guidance - [Existing government COVID safety guidance for places for worship continues to apply.](#)



Advice for managers and potential contacts of COVID-positive individuals

Morecambe Bay Testing Team is aware of the impact caused when the national track and trace team identify widespread contacts of a COVID-19 positive individual and therefore offer [the attached guidance](#) to help with managing this. The guidance explains how the process works and the issues that this can cause and also includes information about regional Public Health (PH) team reviews and the further risk assessments that can be undertaken to downgrade the contact status where appropriate.

The document also explains who to contact if you would like a case within your setting to be flagged for further review. Please note, the national instruction should stand until local PH guidance overrides and the confirmation of a downgraded contact status has been received. You can also find below some additional guidance on PPE and social distancing to minimise the risk of individuals being identified as a contact. [Infection Prevention and Control \(IPC\) - 09.10.20](#)

Don't let reasonable adjustments delay access for people with Learning Disabilities

We are aware of the increasing pressure on services to see people quickly. For additional support for people with a learning disability accessing primary care, contact your local community learning disability team. If you are referring individuals with a learning disability who require a reasonable adjustment, please highlight this on the referral form. Additional support for people with a learning disability accessing secondary care can be provided by the hospital acute liaison nurse.

Lancaster and Morecambe team - 01524 550330
South Cumbria team - 01229 404531
UHMBT - 01229 406793

Improvements to critical care in hospitals across Lancashire and South Cumbria

As NHS services are seeing growing numbers of patients being admitted to hospital, and more of these people are needing treatment in intensive care, hospitals in Lancashire and South Cumbria have benefitted from an additional £12million to expand the number of critical care, specialist respiratory and enhanced care beds. Patient safety remains of the highest importance and this will help support resilience during any increased COVID demands.

Blackpool Teaching Hospitals NHS Foundation Trust, East Lancashire Hospitals NHS Trust, Lancashire Teaching Hospitals NHS Foundation Trust and University Hospitals of Morecambe Bay NHS Foundation Trust have worked together to enhance critical care facilities ahead of the winter period to support people across Lancashire and South Cumbria. Read the full story [here](#).

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/>



Report highlights policing response to COVID-19 in Cumbria

A report assessing the policing response in Cumbria to the Coronavirus pandemic has shown how the Constabulary supported the response and maintained its vital proactive policing service.

The report, presented by Assistant Chief Constable Andrew Slattery, states that overall crime has reduced by 13.9% and incident numbers are down by 5% compared to the same period in 2019. However, these reductions mask the type of demand police have faced in recent months, which has included seven of the busiest days for recorded incidents in the past three and a half years. You can read the full report [here](#).



New respite service for October and November in North Lancashire and South Lakes

St John's Hospice has announced a new respite service throughout October and November that may help some of your palliative patients to avoid unplanned hospital admissions and associated winter pressures, to stay safely at home. During October and November, the hospice can offer placements for the following:

- day respite sitting
- twilight respite sitting
- night sitting.

This is in both North Lancashire and South Lakes. To discuss a patient or referral simply contact dee.riley@sjhospice.org.uk or call 01524 382538 to chat with a member of the St John's Hospice at Home team. You can find out more about the service [here](#).

Kendal Community Hub

The launch of a new website across South Lakeland is set to embark on gathering organisations together virtually, for the greater community good. Kendal Community Hub has been created to help support a happier, healthier place to live and work by sharing all the charities and groups in our area. You can read the full story [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).