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Coronavirus update

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

As you will be aware the Prime Minister announced a second lockdown for the UK last week, which will remain in place until Wednesday 2 December. You can read the full announcement [here](#). Due to the increase of coronavirus in the North of England the NHS Nightingale Hospital North West in Manchester was reactivated to take patients who require additional rehabilitation and admitted its first patient on the 29 October. We know that the announcement of a second lockdown may have come as a shock to some of you and we can't reiterate enough the importance of looking after your mental and physical health during this difficult time, especially as we move closer to winter.

A second lockdown was decided because COVID-19 case numbers are rising rapidly across the whole of the UK and in other countries so we must act now to control the spread of the virus. Daily NHS hospital COVID-19 admissions are now higher than on 23 March when the Prime Minister announced the first national lockdown. NHSE/I release [regular national data](#) that show how trusts across the country are performing against a number of measures. The good news is that we have learnt a lot since the start of the pandemic including; new life saving COVID-19 treatments such as dexamethasone; a better understanding of the type of oxygen therapies patients need and the best ways in which to care for them to aid recovery; 14-day NHS survival rates in intensive care have improved from 72% to 85% since the pandemic began; capital investment is helping hospitals boost A&E capacity and treat patients safely by separating COVID and non-COVID general and critical care beds.

In order for this lockdown to be a success, we must follow the latest advice from the government to keep ourselves, our families and loved ones 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.

What are the lockdown restrictions?

COVID-19 case numbers are rising rapidly across the whole of the UK and in other countries. We must act now to control the spread of the virus. The single most important action we can all take to fight coronavirus is to stay at home, to protect the NHS and save lives. When we reduce our day-to-day contact with other people, we reduce the spread of the infection. That is why, from Thursday 5 November until Wednesday 2 December, you must:

- Stay at home, except for specific purposes.
- Avoid meeting people you do not live with, except for specific purposes.
- Close certain businesses and venues.

These new measures will reduce the growth rate of the virus, which will:

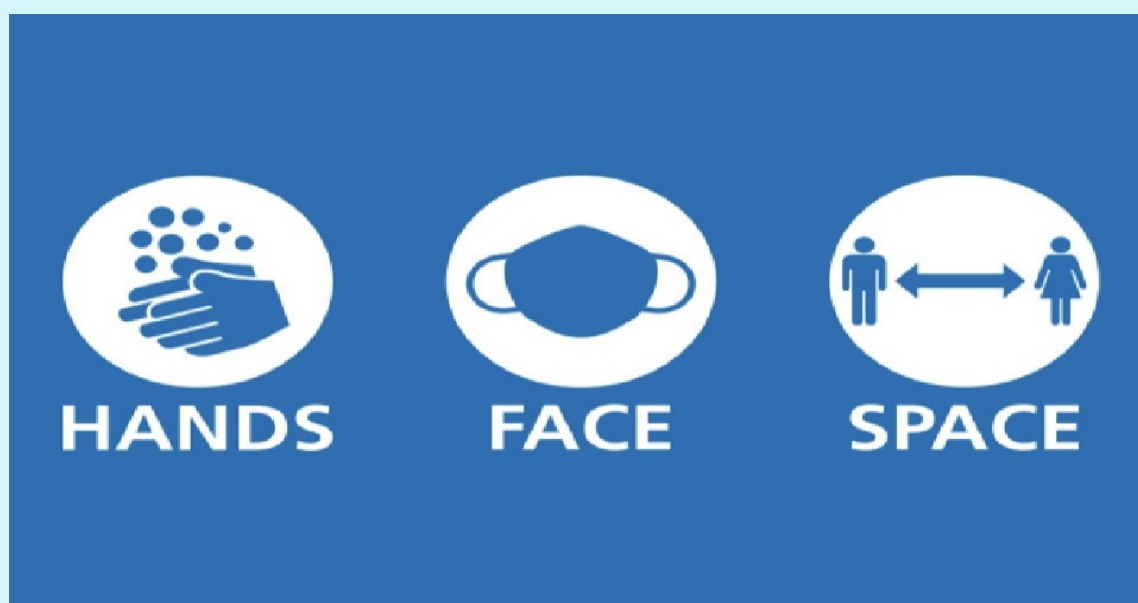
- prevent the NHS from being overwhelmed
- ensure schools, colleges and universities can stay open
- ensure that as many people as possible can continue to work

On Thursday 5 November these national restrictions replaced the Local COVID Alert Level measures. The new measures will apply nationally for four weeks up to and including Wednesday 2 December. At the end of that period, we will return to a regional approach, based on the latest data.

These measures will be underpinned by [law](#). Police and other authorities will have powers to give fines and break up gatherings. You can help to protect your friends and family by downloading the [NHS COVID-19 App](#) to keep updated on the latest guidance from Thursday 5 November.

There is separate guidance for [households with a possible or confirmed coronavirus infection](#).

You can find a full list of restrictions at <https://www.gov.uk/guidance/new-national-restrictions-from-5-november>



Supporting those who are the most vulnerable

Health and care partners across Lancashire and South Cumbria recognise there is a need to act now to support those who are most vulnerable and most at risk in our communities during this winter period and as the pandemic remains a challenge to our daily lives. Andy Knox, GP and Director of Population Health in Morecambe Bay sets out six quick tips for about how to stay healthy and well this winter.

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

We will be working closely with our communities in our local areas over the coming weeks to support some of our most vulnerable groups such as people with learning disabilities, diabetes, respiratory conditions and obesity in how to protect themselves against the COVID-19 virus, flu and their health and wellbeing.

A way you can make a real difference is by sharing this advice with your families, loved ones and neighbours.



Health and care workers and volunteers

The Lancashire and South Cumbria Resilience Hub is now in place to support the psychological strain for those who have worked through the coronavirus pandemic, including:

- healthcare workers
- blue light workers
- council staff
- volunteers,
- care home staff
- all public sector workers and their families.

If you are in one of these staff groups and are struggling, please call [01772 520228](tel:01772 520228) or email lschub@lscft.nhs.uk.

You can find out more about the hub [here](#).



Empowering people to help manage their pain with confidence

A Pain Management Programme (PMP) to give people with chronic pain, including chronic back pain and Fibromyalgia Syndrome, the tools to manage their symptoms has been piloted by the Bay Health and Care Partners (BHCP). PMP is supported by the pain management and physiotherapy services at University Hospitals of Morecambe Bay NHS Foundation Trust (UHMBT), Lancashire and South Cumbria NHS Foundation Trust (LSCft), local GPs and the Integrated Care Communities.

PMP offers people advice on:

- understanding pain
- pacing and activity
- looking at lifestyle factors that affect pain including stress, diet and sleep
- breathing and relaxation techniques
- reconditioning exercises
- understanding flare-ups
- psychological support to manage pain.



The aim of PMP is to provide greater support in the community for people with chronic pain to reduce the need for them to attend hospital and attend GP appointments. The Royal Lancaster Infirmary (RLI) and Furness General Hospital (FGH) see around 400 patients with fibromyalgia every year and between January and May 2019, there were more than 100 non-referrals and patients admitted to the RLI and FGH with acute back pain.

The pilot sessions took place at Castle Street Community Centre, Kendal, before the tier restrictions/local lockdowns were brought in by the government. They were held over four weeks with a small group of two patients (following the government's guidance on distancing for COVID-19).

Pat Newton, of Kendal, attended the PMP sessions. She suffers from severe back pain due to severe spinal stenosis (a narrowing of a section of the spinal column, which puts pressure on the nerves inside) which she was diagnosed with six years ago.

Pat said: "I would definitely recommend these sessions to others who are suffering from severe pain. I feel like the sessions have given me more confidence to do daily tasks and to think more about how I can manage my condition."

BHCP hopes to continue the sessions next year, running them alongside a 1-1 self-management programme which has seen 26 people suffering from chronic back pain, fibromyalgia and complex regional pain syndrome over the past 18 months.

The pilot PMP session included a talk from Mark Mellar who suffers from chronic pain of the leg following a serious motorbike accident in February 2015. Mark has attended the 1-1 self-management programme for his pain. You can read more about the Pain Management Programme [here](#).

‘Help is here’ campaign launched to support people who are struggling in Cumbria

A new campaign has launched from agencies across Cumbria, including Cumbria County Council, local NHS, district councils and the community and voluntary sector, to make it easier for the county's residents to find support if they are struggling with the pressures caused by the COVID-19 pandemic.

People who are struggling should go to Cumbria County Council's website at cumbria.gov.uk to find help quickly. Organisations from across the county have contributed to the online information, which includes a new search tool, and support for people struggling to feed themselves or their families, debt and housing advice, benefits and financial grants, mental wellbeing and more. From next week, the county council will also be distributing a support booklet to every household in the county with key points of contact for people who find themselves struggling.

For residents who need urgent help finding food and essential items, or if they are struggling to cope with their current situation for whatever reason, they are advised to call the county council's Support Helpline on 0800 783 1966 (Monday to Thursday 9am to 5pm, Friday 9am to 4.30pm).

#BrilliantBarrow initiative awarded £25 million

An ambitious scheme to transform Barrow for future generations has secured £25 million from the government's Towns Fund. #BrilliantBarrow included a series of innovative projects designed to ensure the borough thrives as a great place to live, work and visit. The funding - from the Ministry for Housing, Communities and Local Government - was confirmed last week, making Barrow one of the first places in the country to benefit from the scheme.

The seven projects included are designed to help shape development and growth in the town for years to come.

They are:

- a university-style campus facility offering both further and higher education courses
- a network of community resilience hubs
- a programme of bespoke business support provided to residents, entrepreneurs and SMEs to harness economic opportunities in Barrow
- the development of a calendar of events and festivals to draw people to the area
- a programme of housing renewal
- new cycling and walking infrastructure to allow Barrow to become an active travel town
- preparations to allow Barrow's Marina Village to get underway.

You can read more [here](#).

Post-COVID rehabilitation pathway featured on ITV Granada Reports

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. You can find out more about the post-COVID rehabilitation pathway [here](#).

Local GP Dr Patrick Haslam, Sara Fisher, Team lead community physiotherapy South Lakes at UHMBT, and a patient, took part in an interview with ITV Granada Reports on Wednesday 21 October.

If you would like details of how to access this interview please contact Karen Evans, Communication Officer on karen.evans@mbht.nhs.uk

Integrated Care Communities response during COVID-19

Our Integrated Care Communities presented their response so far to the coronavirus (COVID-19) pandemic at this month's Bay Health and Care Partners Fab Change Day.

You can watch the full presentation of all the amazing work our Integrated Care Communities have led by clicking on the below image.



NHS 111 First roll out in Morecambe Bay

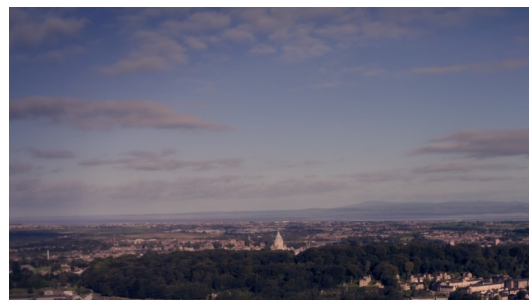
NHS 111 First is a national programme to encourage patients to contact 111 before attending the Emergency Department (unless they have a life-threatening condition). The programme is due to launch in Morecambe Bay in mid-November. The aim is to ensure that patients are treated in the most appropriate setting in a timely way and to reduce waiting times in Emergency Departments and to enable social distancing. NHS 111 will assess patients and identify the most appropriate service for patients. For some patients that will still be an emergency ambulance or immediate attendance at an Emergency Department if they have an urgent – but not serious or life-threatening – medical need .

There is no plan to change the arrangements for the way that patients are booked by NHS 111 into GP practice appointments. Other patients will be passed to a Clinical Assessment Service run by Out Of Hours providers. Patients with less urgent needs can be given a timed appointment at either Lancaster or Furness Emergency Department or one of our Urgent Treatment Centres at Morecambe or Kendal.

We expect that a small number of patients may be assessed as appropriate for primary care and referred to their own practice in hours or to their local out of hours provider during the evening and weekends. These patients would be clinically appropriate for primary care and would not differ in clinical presentation from the cohort of patients currently referred to primary care. Those turning up at emergency departments unannounced will not be turned away. They will be assessed on arrival and may wait until referred patients have been seen, unless they need immediate treatment, or be directed to another, appropriate service. If you have any questions about NHS 111 First, please email: engagement.morecambebayccg@nhs.net.

How we're Building a Better Bay

The Build a Better Bay transformation programme was initiated to support the recovery response to COVID-19. Its focus was on ensuring we captured all the positive learning during COVID-19 with the underlying principle of 'no going back'. Ultimately, it will lead to new clinical models of care being established to support and ensure the delivery of sustainable services across Morecambe Bay.



The programme utilises The Hive approach, which is University Hospitals of Morecambe Bay NHS Foundation Trust's new continuous improvement approach to support transformation and recovery at pace. The three main pathway transformation programmes below are aligned to the Bay Health and Care Partners Transformation programmes for 2020/21:

- **Outpatients**
- **Inpatients**
- **Theatres**

To view the aims of the programmes and for more information please click [here](#).

Lung Cancer Awareness Month

This Lung Cancer Awareness Month (November 2020), residents are urged not to delay contacting their GP about lung cancer symptoms

The NHS is committed to providing essential cancer services during the coronavirus (COVID-19) pandemic. At the beginning of the outbreak, there was a sharp drop in the number of patients referred for investigations and appointments for suspected cancer. This has improved for most types of cancer, as more people are talking to their GPs about their concerns. However, for lung cancer locally, currently less than seven in ten of the expected numbers of patients are contacting their GPs and being referred to hospital. Some are being diagnosed in A&E when they are unwell with advanced disease. If this continues more people will be diagnosed later, resulting in a lower chance of survival. Finding and treating lung cancer at an early stage can save lives.

Urgent care and treatment is still available to help Lancashire and South Cumbria residents, don't risk your long-term health by delaying getting the help you need. NHS services are following strict social distancing and hygiene measures to allow people to access care safely. Hospitals are safe and are continuing to provide care for non-COVID patients. GPs, pharmacies, NHS 111 and hospitals are still open for those who need them.

Dr Neil Smith, local GP and Primary Care Director for the Lancashire and South Cumbria Cancer Alliance, said: "It's a difficult time for patients and GPs to assess and deal with respiratory symptoms. The national message is if you have a cough, stay at home and isolate yourself. However, not all coughing or breathing difficulty is caused by COVID-19. If someone has a cough or breathlessness that has gone on for three weeks, there is a risk of lung cancer. This is especially so for someone with who is a smoker or has symptoms like coughing blood or losing weight.

"The NHS is still here for you. GPs can arrange chest x-rays if they think someone may have lung cancer. Early diagnosis of cancer saves lives. It is essential that people continue to talk about their concerns about cancer. If you have persistent or worrying symptoms, please contact your doctor. Let's talk cancer."

For more information visit: <https://www.healthierlsc.co.uk/latest-news/LungCancerAwarenessMonth2020>



'If you are coughing blood, have a cough for more than three weeks or other worrying symptoms, there is a risk of lung cancer and you should make an appointment with your GP. Don't delay seeking help. Early diagnosis of cancer saves lives.'

Dr Neil Smith

Local GP and Primary Care Director for
Lancashire and South Cumbria Cancer Alliance

Lancashire and South Cumbria Resilience Hub

The psychological strain of COVID-19 has taken its toll on everyone; the people you know, the people you walk by on the street, the people you care for, your colleagues, your people. The Lancashire and South Cumbria Resilience Hub is here to help you find what you need, whether you've been struggling to get by or you just feel you've been feeling under the weather.

Who can use the Resilience Hub?

Provided by [Lancashire and South Cumbria NHS Foundation Trust](#), the Resilience Hub is intended as a support system for all public sector workers and volunteers who have worked through the COVID-19 pandemic and their families. This includes everyone from those who work in the NHS, local councils, ambulance service staff, care home workers, those working in social care and community workers. It is hoped that the Hub will eventually be able to operate as a resource for everyone who has felt the psychological strain of COVID-19. What you can do to support colleagues who are struggling.

If someone you work with seems to be struggling, think about these four tips:

1. Check in

If someone doesn't feel ready to meet face-to-face, picking up the phone, having a video call, starting a group chat or messaging someone on social media let them know you are there to talk and ready to listen.

2. Listen and reflect

Whether you have a mental health problem or not, this will be a challenging time for our mental health and wellbeing. If someone opens up to you, remember that you don't need to fix things or offer advice. Often just listening and showing you take them seriously can help someone to manage.

3. Ask questions

Ask how people are managing and ask again if you're worried they aren't sharing the full picture. Asking again, with interest, can help someone to open up and explore what they're feeling.

4. Tell them about the Resilience Hub

The Lancashire and South Cumbria Resilience Hub is here to help you find what you need, whether you've been struggling to get by or you just feel you've been feeling under the weather.

You can call the Lancashire and South Cumbria Resilience Hub on 01772 520228 or you can email the team on lschub@lscft.nhs.uk. If you are in crisis right now, please contact your GP practices or the Mental Health Urgent Response Line (0800 953 0110).



Support for students at local universities

Lancaster University and University of Cumbria are offering counselling, mental health and wellbeing services for students who may be struggling during the pandemic.

You can find out more about the services on offer at:

Lancaster University: <https://www.lancaster.ac.uk/student-and-education-services/counselling-and-mental-health-service/>

University of Cumbria: <https://my.cumbria.ac.uk/Student-Life/Health-and-Wellbeing/>



It's Not Okay - 12 month campaign

On 1 October 2020 Cumbria Safeguarding Children Partnership (CSCP) in partnership with the NSPCC launched a twelve-month long campaign to tackle child exploitation in Cumbria.

The 'IT'S NOT OK' campaign will have an initial focus on child criminal exploitation, before moving on to topics including healthy relationships and online safety.

Further information and how to support and promote the campaign can be found on the CSCP website [here](#).

Parental mental health training

The Cumbria Safeguarding Children Partnership (CSCP) has spaces available on **Parental Mental Health Training** on Thursday 21 January 2021 between 10am and 1pm.

This course is being delivered virtually via Microsoft Teams.

To book a place please visit the CSCP website [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/>



Remembrance service

A virtual online service of remembrance to provide comfort and support to families that have experienced bereavement since the beginning of the year was held last week.

The service was broadcast live on University Hospitals of Morecambe Bay NHS Foundation Trust's YouTube page. The service was open to all families to remember someone significant in their lives.



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or email

helpline@ageuksouthlakeland.org.uk

Age UK South Lakeland Ltd is a registered charity, No 1141415

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).