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Coronavirus update

Welcome to the eighteenth bulletin providing you with an update of what has been taking place across Morecambe Bay to tackle the current coronavirus (COVID-19) pandemic. You will be aware that since lockdown was lifted on 2 December Morecambe Bay like other areas of the UK has entered a tier system. Lancaster is in Tier 3 (very high) along with Lancashire, Blackpool, and Blackburn with Darwen and Cumbria is in Tier 2 (high).

We know many of you will be worried about the effect the tiers will have over the Christmas period when many of us spend time with our family and loved ones. We hope that you will get some comfort from the announcement that you can form a [Christmas bubble](#) with some of your loved ones. Even though the prospect of spending quality time with our loved ones is something to look forward to, we have to remember that the virus is still with us and that you can spread coronavirus to others even if you and the people you meet have no symptoms. Therefore it's important that you and the other people in your Christmas bubble consider these risks carefully before agreeing to form a bubble – especially if any of you are [vulnerable or clinically extremely vulnerable](#). It's important to stress that we do face a long winter and we do not want to risk the health of our elderly relatives and loved ones during what is a busy period of the health and care service. Although it may be hard not to hug or kiss our relatives, we must continue to follow the guidance set out by the government including wearing face coverings, washing our hands and distancing appropriately.

In other news University Hospitals of Morecambe Bay NHS Foundation Trust NHS Foundation Trust is taking part in a new study to assess the efficacy and safety of a novel COVID-19 vaccine. The purpose of this study is to test a new investigational vaccine against COVID-19 (more on page 4). This is a really positive step for Morecambe Bay and we are looking forward to seeing the outcome of the study.



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.

Tier system

The following restrictions were put in place from Wednesday 2 December and will be reviewed every two weeks.

Cumbria –Tier 2 (High) restrictions include:

- you must not socialise with anyone you do not live with or who is not in your support bubble in any indoor setting, whether at home or in a public place
- you must not socialise in a group of more than six people outside, including in a garden or a public space – this is called the ‘rule of 6’
- businesses and venues can continue to operate, in a [COVID-Secure](#) manner, other than those which remain closed by law, such as nightclubs
- pubs and bars must close unless operating as restaurants. Hospitality venues can only serve alcohol with substantial meals. Full restrictions for Tier 2 can be found [here](#).

Latest Regional Figures

NHSE/I release regular national data that show how trusts across the country are performing against a number of measures. You can find the latest figures [here](#).

Lancashire –Tier 3 (Very high) restrictions include:

















- you must not meet socially indoors or in most outdoor places with anybody you do not live with, or who is not in your support bubble, this includes in any private garden or at most outdoor venues
- you must not socialise in a group of more than six in some other outdoor public spaces, including parks, beaches, countryside accessible to the public, a public garden, grounds of a heritage site or castle, or a sports facility – this is called the ‘rule of 6’
- hospitality settings, such as bars (including shisha venues), pubs, cafes and restaurants are closed – they are permitted to continue sales by takeaway, click-and-collect, drive-through or delivery services.
- accommodation such as hotels, B&Bs, campsites, and guest houses must close. There are several exemptions, such as for those who use these venues as their main residence, and those requiring the venues where it is reasonably necessary for work or education and training. Full restrictions for Tier 3 can be found [here](#).

Christmas bubbles and travel

The UK Government and Devolved Administrations have all agreed on the [following to be in place from 23 and 27 December 2020](#):

- you can form an exclusive ‘Christmas bubble’ composed of people from no more than three households
- you can only be in one Christmas bubble and cannot change your Christmas bubble
- you can travel between tiers and UK nations for the purposes of meeting your Christmas bubble
- you can only meet your Christmas bubble in private homes or in your garden, places of worship, or public outdoor spaces
- you can continue to meet people who are not in your Christmas bubble outside your home according to [the rules in the tier where you are staying](#)
- you cannot meet someone in a private dwelling who is not part of your household or Christmas bubble.
- you should travel to meet those in your Christmas bubble and return home between the 23 and 27 December. Anyone travelling to or from Northern Ireland may travel on the 22 and 28 December.

**TIER 3****VERY HIGH ALERT****FROM 2 DEC**

MEETING FRIENDS AND FAMILY  <p>No mixing of households indoors, or most outdoor places, apart from support bubbles. Maximum of six in some outdoor public spaces (e.g. parks, public gardens).</p>	BARS, PUBS AND RESTAURANTS  <p>Hospitality is closed, with the exception of sales by takeaway, drive-through or delivery.</p>	RETAIL  <p>Open.</p>	WORK AND BUSINESS  <p>Everyone who can work from home should do so.</p>
EDUCATION  <p>Early years settings, schools, colleges and universities open. Childcare, other supervised activities for children, and childcare bubbles permitted.</p>	INDOOR LEISURE  <p>Open. Group activities and classes should not take place.</p>	ACCOMMODATION  <p>Closed (with limited exceptions)</p>	PERSONAL CARE  <p>Open.</p>
OVERNIGHT STAYS  <p>We advise against overnight stays other than with household or support bubble.</p>	WEDDINGS AND FUNERALS  <p>15 guests for weddings, civil partnerships and wakes; 30 for funerals. Wedding receptions not permitted.</p>	ENTERTAINMENT  <p>Indoor venues closed.</p>	PLACES OF WORSHIP  <p>Open, but cannot interact with anyone outside household or support bubble.</p>
TRAVELLING  <p>Avoid travelling outside your area, other than where necessary such as for work or education. Further exemptions apply. Reduce the number of journeys where possible. Plan ahead and avoid busy times and routes on public transport. Avoid car sharing with those outside of your household or support bubble.</p>	EXERCISE  <p>Classes and organised adult sport can take place outdoors, but people should avoid higher-risk contact activity. Group exercise activities and sports indoors should not take place, unless with your household or bubble. Organised activities for elite athletes, under-18s and disabled people can continue.</p>	RESIDENTIAL CARE  <p>COVID-secure arrangements such as substantial screens, visiting pods, and window visits. Outdoor/airtight visits only (rollout of rapid testing will enable indoor visits including contact).</p>	LARGE EVENTS  <p>Events should not take place. Drive-in events permitted.</p>

Find out what support you can get

For example, if you're out of work, need to get food, or want to take care of your mental health.

gov.uk/coronavirus

If you have any coronavirus symptoms:

A high temperature • A new, continuous cough
A loss of, or change to, your sense of smell or taste

Get a test and stay at home

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



NHS 111 First in Morecambe Bay

As you will be aware, NHS 111 First went live in Morecambe Bay on Wednesday 11 November. All trusts across England that have not already launched the programme were due to go live on Tuesday 1 December. The new NHS 111 First system, which for the first time enables the NHS 111 service to book appointments for patients in Emergency Departments (ED), had a soft launch for the first few weeks in order to allow the system to bed in.

Since the launch, daily operational calls have taken place Monday to Friday in order to capture any issues and resolve them as quickly as possible. Patient feedback is also being collected via an online survey and has so far shown a positive experience for those who have completed it.

So far appointments have been booked for patients to attend ED at either the Royal Lancaster Infirmary or Furness General Hospital, as well as referrals to the Urgent Treatment Centres at Morecambe and Kendal and other appropriate health services, helping to ensure that only patients who need ED are sent there.

Vaccine study

University Hospitals of Morecambe Bay NHS Foundation Trust is taking part in a new study to assess the efficacy and safety of a novel COVID-19 vaccine. The purpose of this study is to test a new investigational vaccine against COVID-19, and we are looking for volunteers to take part. If you are aged 18-84 and in good health, you could be eligible to participate. The study involves a minimum of six visits over a period of around 13 months and is being conducted across multiple locations in the UK (at the RLI for our Trust). The Trust aims to recruit up to 9,000 volunteers.

This study will highlight if people aged 18-84 years can be protected from COVID-19 with this new investigational vaccine called (SARS-CoV 2 Recombinant (r) Spike (S) Protein Nanoparticle Vaccine (SARSCoV2 rS) with Matrix-M adjuvant). It will also give valuable information on the safety aspects of the investigational vaccine.

COVID-19 self-swabbing testing programme

The NHS has launched regular voluntary COVID-19 testing called Lateral Flow Testing (LFT) for its staff. This was launched in 34 pilot areas a few weeks ago and is in the process of being rolled out to remaining NHS providers. The LFT is a voluntary programme that will help combat the COVID-19 pandemic. The new Lateral Flow self-swabbing tests are much quicker than previous tests, giving a result in less than an hour because they don't have to be sent to a lab to be processed. The tests will help to identify individuals who may be positive for COVID-19 (whether they have symptoms or not) early and enable them to isolate to stop the further spread of the virus.

Clinical and non-clinical colleagues across our hospitals and community services (including bank staff) who are in contact with patients can volunteer to be part of the programme. All colleagues that sign up will be provided with a supply of LFT self-swabbing tests to allow them to test themselves at home twice a week (every three to four days) to fit their shift pattern. If the test returns a positive result, colleagues will be required to isolate and contact their Occupational Health and Wellbeing team to arrange a laboratory test to confirm the result.

Award winning digital system saving time for staff during COVID-19

University Hospitals of Morecambe Bay NHS Foundation Trust (UHMBT) has created digital COVID-19 antibody and swab testing services which have saved staff at its local hospitals 2,000 administrative hours in just three months. The digital system recently won the 'Caring and Sharing' category at the NDL Awards and £500 for Bay Hospitals Charity.

Before switching to the digital services, staff had to manually input information into the Trust's Electronic Patient Record and inform patients of their results via telephone. Patients now fill in their information into an electronic form to book an appointment slot and following their test they will receive an email or SMS text containing their results. If a patient tests positive for coronavirus, a member of staff will follow up with their results.

By switching both processes to a digital platform, UHMBT has increased capacity for COVID-19 antibody and swab tests to over 200 a day. Across two of its main hospitals in Barrow and Lancaster the Trust has been able to process 4,000 tests during a three-month project period, report 100% of positive results, within 24 hours, report 95% of negative results, within 24 hours and roll out the service to the Pre-Operative department to book patients for a COVID-19 Swab test close to their day of surgery.

The antibody test has benefitted key workers from some of our Bay Health and Care Partners (Morecambe Bay Clinical Commissioning Group, UHMBT, GPs, Integrated Care Communities, North West Ambulance Service and local councils) as well as wider partners including Lancashire Police, the local fire service, teaching staff, social care and primary care staff. The swab test is open to key workers and UHMBT preoperative patients. Following the success of the project, UHMBT is now developing the technology to enable care homes across the Bay to have a secure view of results of residents as they become available.

The project has been led by Marc Hadwin, Head of Digital Services UHMBT supported by NDL (a Robotic Process Automation, Mobile Apps and eForms software company).

Marc said: "Patient satisfaction has improved through being able to choose a slot of their convenience and using the booking service at a time of day that suits them – after midnight in many cases."

Laura Neal, Associate Chief Nurse, UHMBT, said: "Our patient experience has been enhanced, improved and supported with digital advancement. People who have used our services, describe the service as wonderful, prompt, and professional, whereby people feel as though they are treated as a person and not a number."

UHMBT is also now on trajectory to be the best performing Trust in the North West (currently in second position) for participation in the SIREN study and has significantly increased coverage and participation in associated research.

Healthwatch survey

Healthwatch Cumbria exists to hear your experiences of health and social care. From hospital appointments to care homes, dentists to day services, we're here to listen to your experiences.

With that in mind, Healthwatch wants to know how you think they're doing. What do you think we're doing well? What could we be doing better? You can take the survey [here](#).

TIER 2

HIGH ALERT

FROM 2 DEC

MEETING FRIENDS AND FAMILY  <p>No mixing of households indoors, apart from support bubbles. Maximum of six outdoors.</p>	BARS, PUBS AND RESTAURANTS  <p>Pubs and bars must close, unless operating as restaurants. Hospitality venues can only serve alcohol with substantial meals. Venues must stop taking orders at 10pm and must close by 11pm.</p>	RETAIL  <p>Open.</p>	WORK AND BUSINESS  <p>Everyone who can work from home should do so.</p>
EDUCATION  <p>Early years settings, schools, colleges and universities open. Childcare, other supervised activities for children, and childcare bubbles permitted.</p>	INDOOR LEISURE  <p>Open.</p>	ACCOMMODATION  <p>Open.</p>	PERSONAL CARE  <p>Open.</p>
OVERNIGHT STAYS  <p>Permitted with household or support bubble.</p>	WEDDINGS AND FUNERALS  <p>15 guests for weddings, civil partnerships, wedding receptions and wakes; 30 for funerals.</p>	ENTERTAINMENT  <p>Open.</p>	PLACES OF WORSHIP  <p>Open, but cannot interact with anyone outside household or support bubble.</p>
TRAVELLING  <p>Reduce the number of journeys you make and walk or cycle if possible. Avoid busy times and routes on public transport. Avoid car sharing with those outside of your household or support bubble. Avoid entering a Tier 3 area, other than where necessary such as for work or education. Further exemptions apply.</p>	EXERCISE  <p>Classes and organised adult sport can take place outdoors, but cannot take place indoors if there is any interaction between people from different households. Organised activities for elite athletes, under-18s and disabled people can continue.</p>	RESIDENTIAL CARE  <p>COVID-secure arrangements such as substantial screens, visiting pods, and window visits. Outdoor/airtight visits only (rollout of rapid testing will enable indoor visits including contact).</p>	LARGE EVENTS  <p>Sport, live performances and business meetings limited to 50% capacity or 2000 people outdoors (whichever is lower) and 50% capacity or 1000 people indoors (whichever is lower)</p>

Find out what support you can get

For example, if you're out of work, need to get food, or want to take care of your mental health.

gov.uk/coronavirus

If you have any coronavirus symptoms:

A high temperature • A new, continuous cough
A loss of, or change to, your sense of smell or taste.

Get a test and stay at home

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



Mayor of Lancaster congratulates High Sheriff Award winners

Recipients of an award presented to organisations that have gone the extra mile to support their communities have been congratulated by the Mayor of Lancaster. This year's High Sheriff of Lancashire Awards recognise community heroes who provided 'exceptional service to the community' during the COVID-19 pandemic.

The Mayor of Lancaster, Councillor Malcolm Thomas, who presented the awards on behalf of the High Sheriff, Catherine Penny, said: "I would like to congratulate all the recipients of this year's High Sheriff of Lancashire Awards and personally thank each and every one of them for the support they have provided to our communities during the pandemic.

"Volunteers are the lifeblood of our communities and the dedication shown by these organisations has been invaluable in ensuring residents receive the support they need. They are worthy winners, each and every one. I would also like to place on record my thanks as a whole to all the community groups from across the district for their continuing excellent work in these difficult times."

Winners of the award in the Lancaster district were Lancaster Integrated Care Community, Carnforth COVID-19 Local Support Group, Morecambe Bay Scrubs, Caton-with-Littledale COVID-19 Helpers & Volunteers, Overton COVID-19 Team and Eggcup.

You can read the full article at <https://www.healthierlsc.co.uk/morecambe-bay/news/mayor-lancaster-congratulates-high-sheriff-award-winners>



NWAS COVID-19 update

NWAS is pleased to confirm that it has taken delivery of lateral COVID testing kits.



NHS
North West
Ambulance Service
NHS Trust

This will be a big step in pinpointing infection, and NWAS hopes it will make a real difference in containing the outbreaks that are currently impacting so many of us.

In addition, NWAS is working hard to look at what it can do differently in-house to mitigate the spread and an internal campaign has been launched to remind staff to help keep each other safe, as well as our patients.

NWAS has also set up a Test, Track and Trace cell for the purpose of tracing any staff who test positive for COVID-19.



Our Helpline is open

Contact us on 030 300 30003

We're here to offer support, for Covid-19 queries or other issues

www.ageuksouthlakeland.org.uk

Prepare yourself this winter

Health and care organisations are asking people across Lancashire and South Cumbria to make a real difference in our community and support health and care services this winter by helping to look out for your friends, neighbours, loved ones and those who are most vulnerable and at risk from flu and COVID-19. Let's do it for Lancashire and South Cumbria.

Dr Andy Knox, GP and Director of Population Health in Morecambe Bay, said: "It is really important that we work together across our communities to support those who are most vulnerable this winter. We can all play an important role in this by looking out for our loved ones and neighbours. Let's do it for our community."

There are some simple actions you can take to stay well this winter:

A - Ask for help - If you're struggling with your mental or physical health, ask for help from your GP or mental health services.

B - Blood pressure - Keep your blood pressure low to protect you from heart attacks and strokes.

C – COVID - Wash your hands regularly, wear your face mask and keep two metres space. Follow the rules and if you've got symptoms, get a test and self-isolate.

D - Diet - Eat a healthy diet – low sugar, low carbs, low salt, low alcohol. Eat lots of vegetables, more protein and vitamin B.

E – Exercise - Try and get out for a 20-minute walk every day, or do some high-intensity training at home or even some chair-based exercises.

F - Have a flu jab - If you're entitled to a flu jab on the NHS, get it done to help you stay healthy and well this winter. You can read the full story [here](#).

Organisations support Carers Rights Day 2020

Organisations across the Bay Health and Care Partners showed their support for carers on **Carers Rights Day** which took place on Thursday 26 November. The annual Carers Rights Day aims to ensure that carers are aware of their rights; to let carers know where to get help and support, and to raise awareness of the needs of carers. Cumbria County Council and Carers Support Cumbria voiced their support for unpaid carers across the county. The theme for Carers Rights Day 2020 was 'Know Your Rights' - a [recent survey](#) of nearly 6,000 carers found that four in five unpaid carers are providing more care for relatives; 78% of respondents reported that the needs of the person they care for have increased during the ongoing coronavirus pandemic, and two thirds (67%) are worried about how they will cope through further lockdowns or local restrictions. You can read the full story [here](#).

There are five independent charitable carers support organisations in Cumbria providing free advice and support to unpaid carers. Research indicates there are more than 62,000 unpaid carers in Cumbria, with that figure likely to have increased during the ongoing coronavirus pandemic.

The Carers Network at University Hospitals of Morecambe Bay NHS Foundation Trust along with Lancashire and Cumbria NHS Foundation Trust, Lancashire Teaching Hospitals NHS Trust, East Lancashire Hospitals NHS Trust and Blackpool Teaching Hospitals NHS Foundation Trust invited staff to a virtual coffee morning to celebrate the day and discuss carers rights and other issues. The virtual event included the following guest speakers: dementia campaigner Tommy Whitelaw, representatives from Carer Voices, Furness Carers, Blackpool Carers, Blackburn with Darwen Carers Service and Lancashire Carers Service.

Macmillan Cancer Information and Support Service offers telephone support

A cancer information and support service is continuing to help people living with cancer across Morecambe Bay during the latest lockdown by providing vital telephone and online support.

Macmillan's Information and Support Service based at the Royal Lancaster Infirmary, Furness General Hospital and Westmorland General Hospital, is once again temporarily closed for face-to-face contact due to the new national coronavirus restrictions. However, the University Hospitals of Morecambe Bay NHS Foundation Trust (UHMBT) team is continuing to support local healthcare staff, self-isolating cancer patients and their relatives by working remotely and speaking to people on the phone and via email.



Lorraine Jones, Macmillan Information and Support Service Manager at UHMBT, said: "Despite going back into lockdown, the Macmillan Information and Support Service team is still on hand to support people living with cancer, their families and healthcare staff at this incredibly difficult time either over the phone, online or by email.



"We are doing everything we can to adapt our services so we can continue to provide essential support to people living with cancer across North Lancashire and South Cumbria during the coronavirus crisis.

"We know people rely on our support now more than ever and we are urging anyone with any worries or concerns about cancer, if they require psychological support or need to speak to their clinical teams, or are lonely and just want a chat, to please contact us; we are still here for you."

Services available over the phone from the Macmillan Information and Support Centre at UHMBT include:

- emotional and physical support
- linking with Macmillan's Welfare Team for financial support
- assistance with completing benefits applications
- help with applying for Blue Badges (subject to certain criteria being met)
- signposting to Citizens Advice Bureau teams who can offer telephone support and advice
- sending out Macmillan info direct to your home
- responding to questions – via email – if further information about a cancer diagnosis or treatment is required
- links with the Cancer Teams for any clinical advice.

Anyone affected by cancer in North Lancashire or South Cumbria can contact the centre on 01524 519578, via mobile on 07972 639424 or email macmillan.info@mbht.nhs.uk Monday – Friday, 9am – 4pm (excluding Bank Holidays).

Macmillan's national support line is 0808 808 00 00 and is available, seven days a week (8am – 8pm). The latest guidance and advice on the impact of coronavirus on cancer care is also available at www.macmillan.org.uk/coronavirus.

Advice and Guidance service supporting patients across Morecambe Bay

Advice and Guidance was developed in 2014 by Dr George Dingle, a GP in Garstang, and Marc Hadwin, Head of Digital Services at University Hospitals of Morecambe Bay NHS Foundation Trust (UHMBT) with support from the Trust's I3 team, as part of the work of the Bay Health and Care Partners. Of the 62,282 requests made since it started:

- only 15, 423 of those patients have subsequently been referred to the hospital for an outpatient appointment
- 24,885 of those patients have continued to be cared for by their GP
- other courses of treatment have included referral to A&E, radiology tests and further investigations.

The service has been adopted by 48 services across the Bay and is used by over 100 GPs locally. This service was expanded for GPs and Consultants to offer specialist advice without the need to refer patients to an outpatient appointment and to support patients with non-urgent conditions during the coronavirus (COVID-19) pandemic.

Since it started in 2014, the Advice and Guidance service has seen approximately 80 GP requests a day but from March-September 2020 the service saw an increase to 140 GP requests a day. Benefits for patients include:

- improved shared decision making and personalised care
- improved access to services
- improved patient experience
- reduced waiting times and a reduced risk of unnecessary hospital visits
- reduced patient journeys, expenses and pressure on hospital car parks.

John Butterworth, Lead Manager for the Advice and Guidance Service, UHMBT, said: "Over the last six years the Advice and Guidance service has grown in importance as more and more local clinicians and over 100 GPs have started to use it and over the last six months it's helped reduce some of the delays caused by the pandemic.

"As part of the plans to further develop the service we are now starting to share secure images with specialists such as photographs of skin problems, which will also help avoid waits for hospital appointments."

Dr Marwan Bukhari, Consultant for Rheumatology, UHMBT, said: "Back in 2010, we started with an Advice and Guidance pilot in Rheumatology. Due to the success of the pilot the system has been rolled out across other departments at the Trust. Advice and Guidance has some fantastic benefits including helping to build better integration of services and stronger relationships between primary and secondary care."

Lancaster GP Dr Tim Reynard said: "Advice and Guidance has some fantastic benefits for GPs including rapid access to specialist advice for individual patients, reduced unnecessary referrals to secondary care, improved knowledge and expertise to support future management of patients and increased opportunities to inform continued learning and professional development."

Suicide prevention campaign

Suicide prevention campaign steps up a gear to encourage talking to save lives through COVID-Christmas.

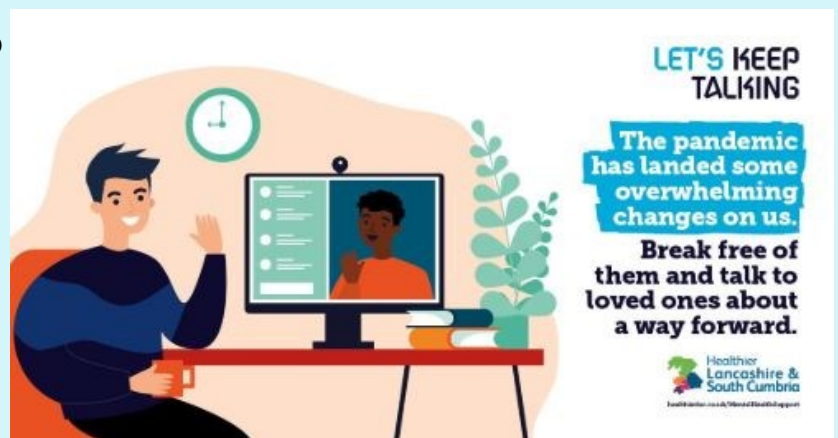
Lancashire and South Cumbria residents are being encouraged to talk to friends and family members, helplines and debt support services on the run-up to Christmas this year.

As the second national coronavirus lockdown comes to an end, and people take stock of their finances on the approach to the festive season, the local health and care partnership has launched the next phase of the Let's Keep Talking campaign.

People furloughed, unemployed or coping with a drop in self-employed work are being asked to start a conversation with loved ones, or reach out to telephone counselling services to address their problems, take practical steps, and get help with their mental health.

The first two phases of the Let's Keep Talking campaign saw more people than ever reaching out to local and national services for help as they battled the effects of the pandemic. New materials have now been developed with different messaging to reflect the current situation.

You can access the materials and read more about the campaign [here](#).



Personalised Care Workforce Offer

The Morecambe Bay Population Health Team are rolling out a workforce training offer to upskill health and care professionals to work in a more personalised way; with a specific focus on Patient Activation, Health Coaching and Making Every Contact Count.

Personalised Care approaches give individuals an opportunity to talk about their needs, and how these can be met in partnership with a healthcare professional. In addition to the direct patient benefits, personalised care has a huge impact on healthcare utilisation due to people being able to self-manage.

You can access [a table](#) outlining the workforce training offer. This document provides details of the different options available including the appropriate staff groups for each option. Teams can benefit from either an individual course or a combination of the different training options.

To date, this training has been rolled out to a number of teams who have provided fantastic feedback and demonstrated new ways of working; benefitting patients, teams and the system. If you would like further information on any of the training opportunities provided within the workforce training offer please contact: Claire.muir@morecambebayccg.nhs.uk

Car parking at UHMBT

Since the start of the coronavirus pandemic in March 2020, parking at hospital and community sites across Lancashire and South Cumbria has been free of charge for patients, visitors and colleagues working for the local NHS.

We hope that it has made things slightly easier and safer for everyone who has needed to come onto the sites run by University Hospitals of Morecambe Bay NHS Foundation Trust (UHMBT).

With services reopening and more people returning to UHMBT sites, our car parks are becoming very busy so we've taken the difficult decision to reinstate car parking charges for patients and visitors. These changes will come into effect on Monday 30 November.

Parking for staff, including volunteers, at NHS hospitals sites in Lancashire and South Cumbria will remain free of charge until further notice.

Staff who have been parking in visitor spaces at the Royal Lancaster Infirmary are requested to stop doing so, but can continue to park free of charge on Lancaster City Council car parks if they display the national COVID-19 NHS badge in their windscreen. These are available from the General Office in Med Unit 1 at the RLI. The council car parks on the eastern side of the one way system all have lots of spaces.

We are extremely grateful to our partners who have worked with us to enable us to offer this support for the last few months.

We are also hugely grateful to their staff for helping to make sure that car parks have been safe for NHS staff to use. Blue Badge permit holders can park for free at UHMBT sites, provided they use the allocated spaces for people with disabilities.

NWAS update - 999 demand management

Following the recent pressures and demand for 999 services, we have put a number of key plans in place to ensure we are fully prepared to respond to the ongoing demand now and into the winter months. Below are some of the key actions:

- maximise our staff resources by stopping non-essential trust activities or roles - eg for non-essential training, quality improvement etc
- redeploying our clinically qualified staff in non-clinical roles (eg training teams) into patient-facing roles
- the Patient Safety Plan (formally known as the Demand Management Plan) has been reviewed jointly with commissioners and now has new lower triggers to manage pressures and improve patient safety
- allocating senior paramedics/advanced paramedics to have more operational time
- working hard with acute trusts to minimise hospital transfer times
- increasing staff numbers in Emergency Operations Centres and NHS 111
- continuing our communications to remind the public to use 999 for only life-threatening situations, and 111 online for everything else.

The trust is working closely with our trade union leads and key stakeholders to keep them updated on developments as we manage this rapidly evolving situation. We will continue to work hard with our NHS colleagues to ensure we continue to deliver the right care, at the right time, in the right place.

COVID-19 virtual ward monitors patients at home in Lancashire and South Cumbria

NHS hospital trusts are working together with GP practices and local providers across Lancashire and South Cumbria to monitor vulnerable patients with COVID-19 from their own homes.

The COVID-19 'virtual ward', also known as 'pulse oximetry at home', is being rolled out across Lancashire and South Cumbria; set up in response to the significant challenges and impact that the pandemic has had on local residents. This at-home monitoring service will be available for those with a positive COVID-19 test result or clinical diagnosis of COVID (within the last 14 days), who have coronavirus symptoms, and are identified as being particularly clinically vulnerable to having low blood oxygen levels due to their age or a pre-existing condition.



New systems are in place that will automatically send COVID-19 test results to GP practices as well as sharing them with the patient. This will give GPs visibility of which of their patients have had COVID-19 tests and whether they have tested positive or negative. A senior clinician will review results daily and, if a patient is at risk from COVID-19, they will determine whether they would benefit from referral to the pulse oximeter at home service or whether alternative care arrangements may be more appropriate. This scheme will also help to ensure that hospital beds are available to those who need them most during the COVID-19 pandemic.

To use this remote monitoring service, patients will be given a pulse oximeter so they can measure the oxygen levels in their blood several times a day. Healthcare professionals will check-in on patients over the phone or through a mobile phone app.

Dr Jim Hacking, GP Executive lead for Mental Health and Urgent Care at NHS Morecambe Bay Clinical Commissioning Group, said: "It is really important that we learn all of the lessons we can from how COVID-19 impacts some patients worse than others. Using these monitors will help us to recognise earlier when patients may be deteriorating and act much more quickly to offer additional treatment, either at home or in hospital. Being able to work in partnership with patients and carers to monitor how things are going will provide reassurance that we are giving the best possible care at this very busy time."

PPE stock levels

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, a care home or a patient's own home. Stocks are in good shape with organisations planning ahead and working together to try to predict where usage may be highest.

Over the past four weeks we have issued 2,221,939 (111, 097 daily) PPE items including: 412,777 aprons; 3,707 clinical waste bags; 30,092 FFP3 masks; 1,499,070 gloves; 1,741 hand gels; 142 hand hygiene; 243,275 IIR masks; 887 spectacles and 26,572 visors.

The Government's [PPE strategy](#) provides a framework to ensure resilience across the health and care system.

Mental Health Family Hour Receives Recognition from Prime Minister

Sam Tyrer, Prevention and Engagement Lead, at Lancashire and South Cumbria NHS Foundation Trust, has received a Points of Light award for 'The Mental Health Family Hour' webinar series he created and developed earlier this year. Points of Light awards, chosen and awarded by the Prime Minister, are given to outstanding volunteers who are leading change within their community. The Mental Health Family Hour Sam co-produced alongside David Cottrell was developed to ensure that children could still access mental health education during COVID-19 lockdowns. A weekly show was launched, streaming live at 10am every Tuesday and uploaded to YouTube. Episodes covered a wide variety of mental health topics including anxiety, depression, coping strategies, suicide, drug use, self-esteem, eating disorders and social media use.



Research update November 2020 - Morecambe Bay GP Collaborative

Take a look at the [research update from the Morecambe Bay GP Collaborative](#), which includes information about being shortlisted as finalists in the Clinical Research Nursing category of the upcoming Nursing Times Awards and how you can support and encourage them; the virus watch study, the PRINCIPLE study and the Vivaldi study.

Mental health at work commitment

This autumn, Mind ran a series of webinars, in collaboration with expert partners, to help bring to life the different standards that form the [Mental Health at Work Commitment](#).



Sessions are now complete, but you can watch them again [here](#).

The first few are available now, and the remaining ones will be available in the next few days.

Are you in mental health crisis?
Call 0800 953 0110
to talk to trained medical professionals
24 hours a day, 7 days a week

We are LSCft

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/>



Birth services reinstated at Helme Chase Maternity Unit

Birth services at Helme Chase Maternity Unit, Westmorland General Hospital, have been reinstated following a temporary suspension due to the coronavirus (COVID-19) pandemic.

University Hospitals of Morecambe Bay NHS Foundation Trust (UHMBT) made the decision to temporarily step down the midwifery-led birthing service at Helme Chase in March as Midwives were deployed to other areas, including helping to support more complex births in hospital and supporting women and families in the community.

Carol Carlile, Head of Midwifery, Obstetrics and Gynaecology, UHMBT, said: "We understand how important it is for women to have the choice to give birth where they would like to, and we really appreciate their patience and support whilst we respond to the COVID-19 pandemic."



"If a woman would like to give birth at Helme Chase Maternity Unit, they should contact their midwife who can discuss this with them along with any additional measures that may be needed to keep our families and midwives as safe as possible. We will continue to keep our website and maternity app updated with the latest information and urge any mums-to-be to contact their community midwife with any concerns or questions."

Boost for walking and cycling scheme in Barrow

Cumbria County Council has now received confirmation that it has been awarded £886,000 to implement permanent measures to cement cycling and walking habits in Barrow. The funding, from the Department for Transport (DfT) Emergency Active Travel Fund, is in place to try and embed walking and cycling as part of long-term habits to secure the associated health, air quality and congestion benefits.

The scheme which funding has now been allocated to is on Bridge Road / Michaelson Road in Barrow. This proposed scheme includes segregated cycleways, enhanced pedestrian crossings and junction improvements for both cyclists and pedestrians. During the height of the coronavirus, people appreciated the cleaner air and quieter streets, transforming the environment in many of our towns and city and in Cumbria, lots of people discovered, or rediscovered, cycling and walking.

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).