

11 January 2021

Bay Health &
Care Partners
delivering



COVID
Vaccine

02

Patient
charter

08

Mental health
support

10

Coronavirus update

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

Firstly we must praise our local GP colleagues and practice staff who have done a fantastic job of delivering the vaccine to people in the community as well as coping with the pressure of carrying out other services. Thanks to our GP colleagues, our colleagues at University Hospitals of Morecambe Bay NHS Foundation Trust (UHMBT) and all of the volunteers who continue to support, our vaccination programme in Morecambe Bay continues to go from strength-to-strength. By 11 January 2021, a total of 2,333,764 people had received an NHS vaccination for COVID-19 in England.



Another proud moment for Bay Health and Care Partners was when UHMBT became one of six trusts in the country to start vaccinating using the Oxford AstraZeneca vaccine. Hilary Birch, a Clinical Operations Manager, became the first person at the Trust to be vaccinated with the new vaccine at the Royal Lancaster Infirmary. We are incredibly proud of the hard work and leadership of all the teams involved in our vaccination programme across our partners and that we have been recognised nationally – a big thank you to you all.

Although our vaccination programme continues to move at pace, we must all remain cautious about feeling like things have gone back to 'normal'. The Prime Minister [announced on Monday 4 January 2021](#) that the country would begin another lockdown on Wednesday 6 January 2021 with these new restrictions not being reviewed until mid-February. The new lockdown reiterates the message of stay at home to control the virus, protect the NHS and save lives. A full list of restrictions can be found [here](#).

The next few weeks are going to a challenging time but please don't feel like you are on your own. In this edition, we have included information on some of the support that is on offer locally including mental health support and virtual physical exercises which you may find useful. It's really important that we all do our bit and continue to adhere to the guidance the government has set. This is the only way forward which will help us to get back to what feels like a more normal daily life for us including seeing our families loved ones and friends.

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.

Morecambe Bay vaccination programme moves at pace

The COVID vaccination programme in Morecambe Bay is moving at pace since the initial go-live of Primary Care Network (PCN) designated sites on 14 December 2020. By 11 January 2021, a total of 2,333,764 people had received an NHS vaccination for COVID-19 in England.

Patients have commended the Morecambe Bay vaccine programme including Eric Bevan, 92, from Lancaster who had his COVID-19 vaccine last month. He said: "it was easy and he didn't feel any pain at all." Eric has found it hard not seeing his daughter often but understands why. He said this vaccine "brings real hope" and wanted to thank all NHS staff.

GP practices across the Bay are collaborating to vaccinate people at a number of venues with more PCNs coming on board by the end of the week. The Morecambe Bay vaccine programme is working towards vaccinating all care home residents with the vaccine by the end of the month.

Local GP Dr David Wrigley said: "GPs around Morecambe Bay are working tirelessly to implement the vaccination programme. Vaccinating so many people across Morecambe Bay in such a short period of time is a fantastic achievement and shows once again how services in our area can adapt quickly."

UHMBT became one of the first trusts across the country to start vaccinating using the new Oxford AstraZeneca coronavirus vaccine on Monday 4 January 2021, with [Hilary Birch being the first person to receive the vaccine](#) at the Royal Lancaster Infirmary (RLI). The vaccination was featured on North West Tonight, [Granada Reports](#) and on BBC Radio Cumbria. The [BBC Radio Cumbria](#) interview can be accessed at three hours and 47 minutes.

The Oxford AstraZeneca vaccine was rolled out to General Practice-led services in Lancashire and South Cumbria on Thursday 8 January 2021.

Royal Lancaster Infirmary was an early active vaccination centre, representing the North West. Unlike the Pfizer vaccine, the first to be approved, the Oxford vaccine does not need to be stored at ultra-low temperatures and is much easier to move, making it easier to use in care homes and to vaccinate the housebound. The first of a number of larger-scale vaccination centres planned for the area will be among many more sites coming online over the next few weeks.

Those eligible to receive the vaccine will receive an invitation to book their appointment. For most people, this will be a letter, either from their GP or the NHS. This letter will include all the information people will need to book appointments, including their NHS number. Residents are asked not to contact the NHS to get an appointment until they have received this letter.

Information on the COVID-19 vaccines is available on the [NHS.UK website](#).



Eric Bevan receives his vaccine.



Hilary Birch receives the Oxford AstraZeneca coronavirus vaccine from Matron Clare Hill.

Clinical guidance on second vaccine doses

Following a review of clinical evidence and latest public health data, the Joint Committee on Vaccination and Immunisation and the UK Chief Medical Officers (CMOs) have also updated guidance for the NHS on the second dose for both vaccines, meaning they can be safely offered up to 12 weeks apart.

The four UK CMOs have said that, 'Prioritising the first doses of vaccine for as many people as possible on the priority list will protect the greatest number of at risk people overall in the shortest possible time' and 'will have the greatest impact on reducing mortality, severe disease and hospitalisations and in protecting the NHS and equivalent health services'.

Patients still need to receive their second vaccine, and it is important that they attend their second appointment once scheduled. It is also important that anyone who has had the vaccine continues to follow government guidance on social distancing and wearing a mask as well as the additional measures in place where they live.

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](#).

Updated information on visiting

Due to the ongoing risks associated with coronavirus (COVID-19), visiting at hospitals across Lancashire and South Cumbria will remain temporarily suspended.

In exceptional circumstances, one visitor (an immediate family member or carer) is permitted to visit if:

- the patient is receiving end-of-life care
- the visitor is a parent or appropriate adult visiting their child
- the visitor is supporting someone with dementia, a learning disability, autism, or something similar - where not being present would cause the patient to be distressed.

The latest information for birthing partners accompanying someone in labour is available on the visiting pages of each of the trust websites. For this and more detailed local information about visiting, go to:

[University Hospitals of Morecambe Bay NHS Foundation Trust - information about visiting](#)
[Lancashire and South Cumbria NHS Foundation Trust - information about visiting](#)
[Lancashire Teaching Hospitals NHS Foundation Trust - information about visiting](#)
[Blackpool Teaching Hospitals NHS Foundation Trust - information about visiting](#)

Visitors for the above must be agreed with the nurse in charge of the ward before attending the hospital. Visitors and patients coming to hospital for any urgent, planned and outpatient care will need to wear surgical face masks on entry to the hospital to reduce the risk of spreading coronavirus to other patients and staff. You will be provided with a surgical face mask upon arrival, which should remain in place covering your mouth and nose for the duration of your attendance in the hospital. If you are wearing a cloth-based or homemade face covering, you will be required to change to a surgical mask on entry to the hospital. This is in line with national NHS guidance as a surgical mask provides greater protection than cloth-based or homemade face coverings. People who do not bring a face covering with them when attending hospital will be provided with one at the entrance.

You can read more [here](#).

New lockdown restrictions

Coronavirus (COVID-19) cases are rising rapidly across the country. The Prime Minister announced on Monday 4 January 2021 that a third national lockdown would come into force on Tuesday 5 January 2021. Restrictions are expected to stay in place until mid-February. The new restrictions mean that people in England will have to stay at home and only go out for essential reasons. The main points are:

- Stay home - only leave for work, essential shopping, exercise or medical appointments
- Exercise is allowed outdoors once a day, in your local area. You can exercise with your household, support bubble or one other person
- Schools closed except for vulnerable children and children of critical workers. Universities and colleges closed
- No household mixing indoors or outdoors unless in your support or childcare bubble
- Non-essential shops, leisure and entertainment venues closed. You can find the full restrictions and guidance [here](#).

All non-urgent operations postponed at Furness General Hospital

University Hospitals of Morecambe Bay NHS Foundation Trust is postponing all non-urgent surgical operations at Furness General Hospital (FGH) with immediate effect.

The Trust is reluctantly postponing appointments for planned non-urgent surgical procedures (operations at the hospital) due to the current pressure facing the hospital, and in particular the Intensive Care Unit, because of increasing numbers of patients with COVID-19.

A similar measure is being put into place at the Royal Lancaster Infirmary (RLI) from Monday January 11. Outpatient appointments will be unaffected, as will appointments for patients who require clinically urgent operations or procedures, such as surgery as part of their cancer treatment.

Dr Shahedal Bari, Medical Director, said: "It is with a heavy heart that we take this action as we know that many people have waited patiently for their appointments following the postponement of some services at the start of the pandemic. However, it is essential that we ensure we have the right amount of beds and staff to safely care for our sickest patients.

"It isn't a decision we have taken lightly and we apologise to all those affected. Our clinical teams are currently reviewing all patients awaiting a non-urgent procedure to assess whether the risk is greater to those people if their appointment is postponed. If we do need to postpone your appointment, we will contact you directly. If you are not contacted and have an appointment with us for a procedure, operation or outpatient appointment, please do keep it. We have put a number of measures into place to ensure that our services are safe so please do keep your appointments, unless we contact you.

"We will reschedule the appointments we postpone as soon as we are able to do so whilst keeping those patients that need critical care safe. Please do not attend if you have any symptoms of coronavirus such as a persistent cough, a fever or a loss or change in your taste or smell, but stay at home, and let us know by contacting the contact centre on 01539 732288," added Dr Bari.



UHMBT Estates Team praised as first COVID-19 vaccinations are given out at Kendal hospital

An Estates Team at University Hospitals of Morecambe Bay NHS Foundation Trust (UHMBT) has been praised for moving swiftly to set up a COVID-19 vaccination hub at Westmorland General Hospital in Kendal.



Ian Cummings, Estates Maintenance Services Manager at UHMBT and his team, received news of the imminent arrival of the Oxford AstraZeneca vaccine on Friday 8 January and made a monumental effort to transform a former hospital ward into a vaccination hub in just 48 hours. The Estates Team went above and beyond the call of duty to ensure that everything was ready for the first Oxford AstraZeneca vaccinations at WGH on Monday 11 January.

Clive Cwaczko who is from Lancaster and now lives in Kendal, is an Electrical Tradesman for UHMBT at WGH who worked tirelessly with his colleagues to get the hub up and running. Clive was also among the first members of staff to be vaccinated. You can read the full story [here](#).

Lancashire County Council's Winter resources

The latest information and resources about Winter can be found at Lancashire County Council's website [here](#).

Gritting information for Lancashire and Cumbria

Local council gritters and snow ploughs will be working hard this winter to keep our roads moving. You can find the latest information about gritting and grit bins in Lancashire [here](#) and in Cumbria [here](#).

Clap for heroes

Clap for heroes returned on Thursday 7 January with people across Morecambe Bay braving the cold to clap for everyone who is working so hard to keep the country going during this lockdown. It is important that if you do decide to join the applause please do so at your home and avoid congregating at any of our hospitals, GP, mental health or community sites - or out in public - remember to keep to the government's guidance particularly on social distancing, but also wearing of face masks and showing good hand hygiene.

Trust assists partners

University Hospitals of Morecambe Bay NHS Foundation Trust has offered a variety of mutual aid to partners during the pandemic including carrying out 19 Intensive Care Unit (ICU) transfers for other partners. It has also carried out 263 COVID PCR swab tests for colleagues in the police (80), fire service (2), North West Ambulance Service (57), Prison Service (19) and education (105).

Case study featured in Nursing and Midwifery COVID-19 Catalogue of Change

A case study titled "[No turning back – Supporting education and skills for care home staff](#)" supported by Gill Speight, Associate Director of Nursing has been published in the Nursing and Midwifery COVID-19 Catalogue of Change. The catalogue forms part of the Chief Nursing Officer for England's Shared Professional Decision-Making: Putting Collective Leadership into practice programme of work. of our community services care group COVID-19 response on Fab change day.

PPE update

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.

Over the past four weeks, University Hospitals of Morecambe Bay NHS Foundation Trust has issued 2,559,065 (127,953 daily) PPE items including aprons, clinical waste bags, FFP3 masks, gloves, hand gels, hand hygiene, IIR masks, spectacles and visors.

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

Five Year Plan consultation workshops

Active Cumbria has been working with its Advisory Board to shape a five-year plan for 2021 - 2026, which will be launched in April 2021.

Active Cumbria wants to get the views of as many partners and stakeholders as possible and is holding four consultation workshops that will each focus on a key theme of the plan. Workshop details can be found here:

[Thursday 21 January - Reducing health inequalities through physical activity](#)

[Thursday 28 January – Diversifying the workforce](#)

[Tuesday 2 February Creating movement for movement](#)

[Thursday 4 February - Increasing sustainability of the sport and physical activity sector.](#)

Volunteer-led transport service in Lancaster supports patients

Community Cars, the volunteer lift-giving service, is supporting the region's COVID-19 Vaccination roll-out by providing transport to vaccination centres for older and disabled people without access to their own car, or who need support travelling.

The first booking was for a married couple aged 90-years-old and 100-years-old whose Lancaster-based volunteer picked them up and took them to the Vaccination Centre on the Lancaster University campus.

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

HRH The Duke and Duchess of Cambridge wish partners the very best with their initiatives

The Duke and Duchess of Cambridge have wished Lancaster Integrated Care Community (ICC) and Partners “the very best” with their initiatives in 2021.

Prince William and Catherine were invited to Lancaster ICC’s December meeting and were unable to attend but sent their warmest thanks to the ICC: “*The Duke and Duchess of Cambridge would have me send you their warmest thanks and wish you the very best with your initiatives in 2021.*”

Lancaster ICC and Partners have worked hard to support the most vulnerable and isolated people in the community during the coronavirus (COVID-19) pandemic. Initiatives have included:

- issuing a community support bulletin which reached thousands of people during lockdown in 2020
- making 2,100 welfare calls to people who were shielding in the community in 2020
- supporting the Voluntary, Community, Faith Sector by developing new referral pathways into supportive services
- working with partners to develop a sustainable Voluntary, Community, Faith Sector Bay Volunteer Service which has 200 volunteers
- working with partners to develop a North Lancashire online digital directory of services
- held the third Lancaster Health Festival Conga which was this year held online to adhere to COVID guidance and to encourage people to get active, get connective and to have fun.
- Held weekly, virtual alcohol support clinics
- created a new pathway with housing colleagues at Lancashire County Council which has seen approximately 35 homeless people housed.

Sarah Baines, Development Lead for Lancaster ICC, said: “I can't thank the people of Lancaster District enough for the support they have shown to those most vulnerable and isolated in our community, particularly this year. All our ICC partners, volunteers and residents have worked so hard supporting on another, it has been truly inspirational.”



DRY JANUARY® ?

Double your chance of a dry month when you download the free **Try Dry** app.

Click on the image for resources

GET YOUR YOU BACK.

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/>

Waiting list patients offered support to get ‘Set for Surgery’ as their New Year resolution

A new initiative between GPs and hospital services aims to help patients waiting for surgery in Morecambe Bay to improve their general health before their operation. Patients seeking a new referral will also benefit.

This far-reaching initiative, involving community and hospital site staff, has been captured in a Patient Charter, which invites patients to set goals for themselves, to both improve their own health and to support the NHS by helping the maximum number of patients become fit and well more quickly. It supports patients to make positive health changes – and underpins the correct treatment choices.

Many patients will be aware of ‘rehab’, where people are supported after surgery or treatment. Support before surgery is known as ‘prehab’ and ensures patients are in the best condition to face and recover from, surgery.

Studies show that smokers are at almost double the risk of non-smokers of dying following an operation; obesity doubles your risk of blood clots, infections and heart complications; and diabetic patients often stay in hospital for longer than non-diabetics due to complications.

Support services offered across Morecambe Bay include: stopping smoking; alcohol and drug use reduction and increased physical activity. GP practices and surgical teams across Morecambe Bay will be able to signpost patients to local services including access to health and wellbeing coaching.

A small number of patients already on a waiting list for a procedure who are assessed as being most at risk of poor outcomes while they wait for a surgery date are being ‘fast-tracked’ into the Set for Surgery programme.

Dr Rahul Keith, a GP at Lancaster Medical Practice and part of the team developing ‘Set for Surgery’ welcomed the new approach, saying: “New Year is a time when we all think about positive changes we can make in our lives. For those waiting for an operation or treatment, or who might need this soon, here is a great opportunity to begin to make changes that will help you face and recover well from whatever treatment lies ahead for you. You will be given as much support as you need to reach your goals.”

Dr Wendy Craig, Lead Consultant General Surgeon, at University Hospital Morecambe Bay Trust, added: “We know many patients have been disappointed this year that their planned operation hasn’t gone ahead and some will now be waiting for many months. Patients can also wait longer to see their GP and in turn, come to our clinics. As we start a new year with hope for better times, I’d urge all patients to take up this opportunity to improve their general health. When they do finally get their appointment, they will be in the best possible health to recover well from their treatment. There is support there for you.”

The Patient Charter has been developed through consultation with more than 1,000 previous patients, local Healthwatch partners in South Cumbria and in Lancashire, as well as key individuals from the Surgical and Anaesthetic care group in the Trust and GP practices across Morecambe Bay.



Mum-of-three Mel Bunting, from Garstang, recently had surgery to treat breast cancer. She describes how she sought to improve her health before surgery: “I did it for my kids. When I was diagnosed with triple-negative breast cancer, it was a massive shock to us all. I am a mum to three young children who needed me fit and well. I knew I had a mountain to climb in terms of treatment and that surgery was the first part I had to conquer. It felt like I had lost control of my health, and then, I realised there were some things I could continue to do and some things I could do more of, in order to prepare my body for what it was going to have to endure. I was able to take back some positive control.



“In the run-up to my surgery date, time seemed to slow down, but going for daily walks really helped me manage my stress from the waiting, and the target I set myself of hitting 10,000 steps each day gave me a little challenge to keep my focus.

“Eating more fruit and veg and cutting out alcohol also felt like a sensible way for me to ensure I was fully fuelled and doing everything I could to reduce risks and speed up recovery time, meaning I could be back home with my family as soon as possible.

“The "Set for Surgery" initiative wasn't live when I was preparing for my surgery, but I certainly would have welcomed it. Having support is so very important and I firmly believe that having been able to positively contribute to my health needs prior to surgery helped me recover quicker and taking control in terms of my overall health also gave me the strength and determination to get well. I'd urge other patients who are preparing for surgery to grab hold of this offer of support and go for it – get set for your surgery!”

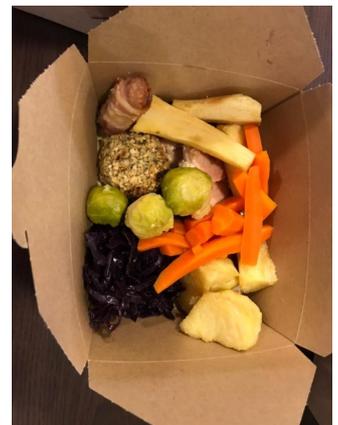
You can find out more about the Patient Charter [here](#).

Residents in Kendal praise Christmas dinners

More than 40 of Kendal's most isolated residents received a free home-cooked Christmas dinner on Christmas Day. Kendal People's Cafe prepared and cooked the healthy meals using donated ingredients from local supermarkets and suppliers.

Kendal Integrated Care Community (ICC) delivered the healthy meals to the residents to bring some Christmas cheer to them. A colleague from the ICC also took their dog to visit the residents (adhering to the government's distancing guidelines) to raise their spirits.

Residents also received a gift. The gifts were generously provided by Home Instead Carers, Kendal Urgent Treatment Centre staff and donations from the Kendal community.



A resident whose parents received a Christmas lunch from the ICC said: "My parents aged 95 and 93 really enjoyed their Christmas meals. The food was very high quality. A big thank you to the ICC team."

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/>



Look after your mental health at home during coronavirus

If you need help, no matter what it is, Lancashire and South Cumbria NHS Foundation Trust is here to support and signpost you. You can find more information [here](#) including how to look after your mental health at home during coronavirus.

every mind
matters

Click on the
image for
resources

Mental health support resources in Lancashire and South Cumbria

To support local people and organisations wanting to signpost people to help and advice, Healthier Lancashire and South Cumbria has listed some of the mental health support resources available across Lancashire and South Cumbria. These resources include Healthy Young Minds, Togetherall, Kooth, Samaritans, NSPCC, Mind and Age UK.

There is also information about debt support, help and advice. You can find out more [here](#). HL&SC has also produced a helpful [interactive map of mental health services](#).

Seven tips for Mental Health

Dr Andy Knox, GP and Director of Population Health and Engagement, has created a helpful video - 7 tips for mental health.

The video can be viewed [here](#).



Active at Home

With the new restrictions that have come into force including the closure of indoor gyms and sports facilities, people may be looking at new ways to exercise. You can find a wealth of resources which will help you to exercise safely at home at [Active Cumbria's website](#).

Free PE, physical activity and sports resources

Whether you're a teacher in school, teaching remotely, or a parent or carer supporting home learning, here you will find our free PE, physical activity and sports resources for Primary, Secondary and Special Educational Needs and Disabilities. You can find these resources at [Youth Sport Trust's website](#).

Strength and balance exercises for older adults

The Chartered Society of Physiotherapists has created a short film of six simple exercises for older adults widely used by physiotherapists. You can watch the [video here](#).

Please take care when outdoors

Under the government's latest restrictions exercise is allowed outdoors once a day, in your local area. You can exercise with your household, support bubble or one other person. Please take care when exercising outdoors once a day or leaving your home for work, essential shopping, exercise or medical appointments as many areas across Lancashire and Cumbria are still icy and slippery underfoot.

North West Ambulance Service reported last week that slips and falls due to ice and snow in the North West have resulted in more than 150 calls in a week. There were 31 incidents involving ice and snow (excluding RTCs) in Cumbria and 43 in Lancashire. Additionally, there were more than a dozen sledging and even snowboarding incidents as the public tried to enjoy recent flurries. You can read the full story [here](#).



Pregnant women urged to get flu vaccinations this winter

Health leaders across the Lancashire and South Cumbria are encouraging pregnant women to get their free flu vaccination as soon as possible to protect themselves and their babies.

Each year, flu kills on average 11,000 people and hospitalises thousands more. It's not 'just' flu. This year it is even more important people who are most at risk of flu have their free flu vaccination. All clinics will run in line with infection prevention control and social distancing measures will be in place ensuring the safety of both mum-to-be and baby. You can read the full story [here](#).



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).