

Summer 2019 newsletter

Message from Aaron and Jerry

Welcome to the summer edition of the Bay Health and Care Partners (BHCP) newsletter.

This edition will touch on **mental health** – a main focus of BHCP – and some of the work happening locally to improve care and support for patients living with mental health conditions across the bay.

Improving the mental health and resilience of our communities is a priority for clinical leaders across Lancashire and south Cumbria; this is also reflective of the national priorities featured in the NHS' Long-Term plan.

National leaders have pledged that the investment in mental health services will be £2.3billion higher by 2023/2024, with a focus on those people with learning disabilities and autism, adults in crisis, children and young people's mental health provision, community mental health services and revising waiting time standards covering emergency mental health services.

Current statistics show that on average we lose one person a day to suicide in Cumbria, with Barrow being a key area of focus. We are committed to reduce suicides and are working with our partners and local initiatives like Suicide Safer Barrow to ensure mental health provision is the best it can be for the people of Morecambe Bay.

As always this newsletter is packed with exciting news from across the bay and will give you insights into the way local health care is transforming through the work of the eight Bay Health and Care Partners, primary care colleagues and Integrated Care Communities.

Aaron Cummins, Chief Executive of University Hospitals of Morecambe Bay NHS Foundation Trust

Jerry Hawker, Chief Executive of NHS Morecambe Bay Clinical Commissioning Group.



**Aaron Cummins, Chief
Executive of University
Hospitals of Morecambe Bay
NHS Foundation Trust**



**Jerry Hawker, Chief
Executive of NHS
Morecambe Bay Clinical
Commissioning Group**

Morecambe Bay Citizens' Assembly

The Morecambe Bay Citizens' Assembly is an opportunity for staff and members of the public to help shape local health and care services. The assembly came as a result of a BCT (Better Care Together) 2.0 launch event in February 2019, where a gap was identified in public engagement. To tackle this issue we launched the Morecambe Bay Citizens' Assembly in June 2019, so far approximately 350 people have signed up.

The assembly is open to everyone, whether you are a patient, a member of staff or just live locally.

You can sign up at www.bettercaretogether.co.uk/assembly - registering takes five minutes.

Members will receive a regular newsletter, but more importantly, will have a voice on how changes to local health and care services are delivered.

Improving mental health services in north Lancashire and south Cumbria

Following a review of urgent mental health pathways in Lancashire and south Cumbria, we have committed as partners of the Integrated Care System of NHS organisations, local authorities, police and other emergency services, to develop future plans for mental health services for the 1.7million people in Lancashire and south Cumbria. The review of the urgent mental health pathway was commissioned by the Lancashire and South Cumbria Integrated Care System in October 2018, following a significant increase in waiting times for urgent mental health services across Lancashire and south Cumbria.

The review carried out independently by Northumberland, Tyne and Wear NHS Foundation Trust, involved listening to feedback from 100 service users, 105 members of staff, 50 GPs and more than 60 staff from voluntary, community and faith organisations along with analysis of data related to mental health services.

The report includes 27 recommendations for improving mental health services. You can download a copy of the report here: https://www.healthierlsc.co.uk/download_file/2058/797 and you can read more about the review here <https://www.healthierlsc.co.uk/mentalhealth>



Funding to help reduce suicide

Funding was announced in April for innovative community-based Lancashire and south Cumbria projects, led by Healthier Lancashire and South Cumbria, a partnership of local authority, public sector, NHS and health and care organisations, to help reduce the numbers of people taking their own lives. Groups have been offered between £500 and £5,000 to support projects designed to prevent suicide and reduce self-harm. The fund is being overseen by a collaboration of organisations which have produced an action plan, to reduce the risk of suicide in key high-risk groups up to 2020. The plan also includes tailored approaches to improve mental health and wellbeing in the county. A total of £80,000 funding was available to primarily help reduce suicide by middle-aged men and self-harm within local communities. You can read more here <https://www.healthierlsc.co.uk/news-and-events/latest-news/suicide-prevention-funding-community-groupsacross-lancashire-and-south-cumbria>

This initiative forms part of the ongoing work taking place across Lancashire and south Cumbria to prevent suicide and is supported by national funding received as part of the government's commitment to reduce suicides by 10% by 2021. For details of successful funding bids, please see <https://www.healthierlsc.co.uk/suicide/innovation-fund-projects> A local example is **The Birchall Trust**, a specialist trauma-informed counselling service for all people living in south Cumbria and north Lancashire who have experienced rape and sexual abuse.

Supporting people bereaved by suicide

A website has been launched following calls from local people in Lancashire and south Cumbria to be able to easily access help and support for those bereaved by a death by suicide. Acting as a directory of services, resources and information, users are able to filter results by their local area as well as accessing national support. A focus group of local people with lived experience of suicide was formed to understand what would have been helpful to them in the immediate aftermath of a death, as well as ongoing, long-term support. Together with the Healthier Lancashire and South Cumbria suicide prevention team, the group designed how the site looked as well as guiding the layout and content. You can visit the site at <https://healthierlsc.co.uk/suicide>



Updates from our Integrated Care Communities

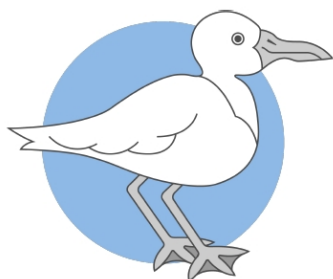


Across Morecambe Bay, there are nine Integrated Care Communities (ICCs), which have been created to help bring together local health and care organisations.

Health and social care professionals, GPs, the voluntary sector, and the community are working as one team in each ICC to improve and support the health and wellbeing of local people. The ICCs are Millom, Alfred Barrow and Barrow Town, Dalton, Ulverston and Askam, Grange and Lakes, Kendal, East, Carnforth, Lancaster; Bay, and Queen's Square.

Below is a snapshot of what is happening in our ICCs.

Bay (Morecambe) ICC supporting mindfulness project



New singing sessions to improve the general health and wellbeing of the local community began in Morecambe last month. The pilot 'Singing for Health' programme is funded by Spirit of 2012 and is being run by More Music, in partnership with Bay Medical group, Child and Adolescent Mental Health Services Morecambe and Bay Health and Care Partners.

You do not need to be a 'good' singer to join, in fact, the opposite is true because it's not a choir! These fun, free informal sessions can help you find your voice, pick up new musical skills and, at the very least, enjoy a few calming deep breaths.

The Seagull Café is for people over 60 years of age, includes a simple afternoon tea followed by a sociable sing along together. From Tuesday 4 June at More Music, Devonshire Road, Morecambe, 3pm to 5pm (10 weeks). Free of charge.

The Chameleons will bring young people together from 11 to 18 years old, particularly those dealing with mental health issues. It offers a safe space to be creative, learn about singing and songwriting together. Refreshments and snacks are included. Fridays from 7 June at More Music, Devonshire Road, Morecambe, 4.30pm to 6pm (10 weeks), Free of charge.

Debbie Lye, Spirit of 2012 Chief Executive, says: "We know that wellbeing and good health is the result of a complex range of factors including good social networks and participation in fulfilling, and fun, activities. Our More Music programme will provide these, while also reducing the demand on local medical services."

Spirit's funding will also enable More Music to conduct research into this social prescribing model, generating learning to inform future planning and practice for local community services and the wider sector. How to get involved: If it's for you, a friend, family member or a patient you are working with, you can give Anna a call at More Music to find out more, 01524 381997 or email anna.daly@moremusic.org.uk

Come and visit the HARRI van at Morecambe Carnival

Lancashire Care NHS Foundation Trust's (LCFT) Health, Advice, Recovery, Resilience and Information (HARRI) van will be visiting Morecambe Carnival in August. HARRI is LCFT's health and wellbeing engagement vehicle, which it uses to travel around Lancashire to talk to local communities and individuals. People can find out more about LCFT's ideas and plans for the future, signposting, advice and guidance. You can find out more about HARRI at <https://www.lancashirecare.nhs.uk/harri>



Grange and Lakes ICC introducing mindfulness into schools

Over the past year, Dr Andrea Baqai of Ambleside Health Centre has been introducing mindfulness into local schools to support mental health, emotional resilience and a sense of wellbeing in young people.

She has run a variety of sessions with teachers in the northern and southern part of the integrated care community.

Sessions have included the Mindfulness-Based Stress Reduction course which helps teachers to develop their own mindfulness practice as a way of reducing their own stress and anxiety to enable them to cope better with life challenges and workload pressure. Teachers have been encouraged to develop their mindfulness practice to be able to teach young people in their schools.



Dr Baqai has also run half-day retreat sessions on Saturdays. Primary School teachers attended a training course called 'The Present' delivered by Sarah Silverton, a well-known mindfulness trainer, at the Ambleside Parish Centre. Teachers left with a very comprehensive 'toolkit' to introduce concepts of Mindfulness into the classroom. Several teachers started delivering sessions the following week and feedback has been very positive.

To date 11 primary and secondary schools in the ICC have engaged in training. As part of the ongoing project, four secondary teachers are shortly due to participate in a further four-day '**.b Mindfulness**' course. Dr Baqai runs 'booster sessions' every half-term for teachers to be able to practice mindfulness together and share great practice.

The project has been made possible through funding from the ICC and Cumbria County Council. While it's difficult to measure the impact, the universities of Exeter and Southampton have published evidence showing the benefits of such a programme in schools.

For more information on Grange and Lakes ICC please contact Georgina Livingstone on georgina.livingstone@mbht.nhs.uk.

Lancaster Health Festival

A collage competition for local pupils and residents will be held as part of this year's Lancaster Health Festival, which takes place from Friday 20 to Sunday 22 September 2019. Please return your entries to Sarah Baines no later than Friday 7 September 2019.

**LANCASTER
HEALTH FESTIVAL**
The Lost Art of Living



The winning entry will be chosen by local school children at a Year 7 schools day on Friday 20 September at Williamson Park. Please ensure if photographs are used, that permission has been gained or that they are anonymised.

For further information please email sarah.baines@mbht.nhs.uk or call 07973 962925.

Barrow ICC supports respiratory group

Carry on Breathing is appealing to people living with conditions such as Chronic Obstructive Pulmonary Disease (COPD) and asthma to come along to its sessions in Ulverston and Barrow.

The group is also looking for more speakers from the health and care sector to give talks at the sessions which take place at The Living Well Centre on Duke Street from 1.30pm to 3pm on the first Wednesday in the month and at Ulverston Health Centre from 2pm to 4pm on the third Wednesday in the month.



The charitable cause runs activities such as chair yoga, singing, joke telling, talks, signposting to other support services and offers advice about how people can best manage their condition.

Fred Hooker, 76, of Askham, who was diagnosed with COPD two years ago and joined the Ulverston group in December 2018, said: "This support group really has been a lifeline and it has opened all of the doors for me. It has introduced me to First Step (a service which provides free, talking therapies to adults in Cumbria), the pulmonary nurse in Dalton, as well as introducing me to other people with the same or similar conditions."

If you are working within the health and care sector and would like to give a talk or practical session or if you have a respiratory condition and would like to come along please **contact Harry on 07709270007**.

Royal visit for St Mary's Living Well Centre

HRH The Earl of Wessex visited staff, volunteers and community groups on Thursday 13 June at St Mary's Living Well Centre, Barrow-in-Furness to officially open the vital centre.

The Earl of Wessex had a tour of the centre to see the types of activities and services that the Living Well building offers the Barrow community. He met with the Stroke Association Group, Neuro Café and the Carry on Breathing Group who are partners in the centre and the centre's dedicated volunteers.

Showcased on the day were living well exercises, art and complementary therapy, family and bereavement support, community neighbours team and the benefits these all bring to attendees.

St Mary's Living Well Centre provides a space for the hospice and other local organisations to provide a range of free activities and services, enabling more people to enjoy a better quality of life and stay independent for longer. The new bespoke facility has been designed to meet growing community needs.



Join us at Cafe Neuro

Cafe Neuro is run each Thursday, 11am to 2pm, at the Living Well Centre, 299-301 Duke Street, Barrow. Anyone living with a neurological condition, their families or support workers are welcome to attend the sessions.

The Earl of Wessex met with members on his recent visit to St Mary's Living Well Centre.



It offers signposting, advice on carer assessments and plans, music for the brain and crafting. The cafe can signpost people to other help and is particularly keen to see that each carer has a carer assessment completed and a plan in place. It is also developing a new session using virtual reality equipment, with support from local GP Dr Farhan Amin.

Cafe Neuro is run under the umbrella of the Cumbria Neurological Alliance. Sessions are led by different neuro charities including Headway, Motor Neurone Disease Association, MS Society and Parkinson's UK. The programme is at <https://cumbrianeurologicalalliance.wordpress.com/new-neuro-drop-in-centre-barrow/barrow-neuro-dropin-centre-programme/>.

If you are a referer or client would like to attend a session please call 07977934337 or email cumbrianeurologicalalliance@gmail.com

Carnforth ICC supports intergenerational project

Carnforth ICC is running a pilot intergenerational project in conjunction with Keer Sands Residential Home and Carnforth Christ Church C.E. Primary School, following the success of Channel 4's Old People's Home for 4 year olds.

The sessions, which started in April and run until the end of July, see groups of Year 1 pupils attend the residential home every Tuesday afternoon for a four-week programme. There they come together with the residents and enjoy a variety of sessions including, attention and listening skills, vocabulary, yoga and exercise, mental wellbeing, self-care, hand hygiene and learning about the changes in health care over the last 100 years.

Carnforth ICC is working with the following organisations on the project: Paediatric Speech and Language Therapy, Children's Hearing Service, Child and Adolescent Mental Health Services, Lancashire Wellbeing Service, Active Lives Lancashire, District Nursing Team, Paediatric Physiotherapy and the Infection Prevention Team.



How Better Care Together is improving care for the local population

Dementia hub opens in Barrow

Residents of Barrow who have dementia and their friends and carers have given a warm welcome to a new support service run by University Hospitals of Morecambe Bay NHS Foundation Trust. The hub is for anyone affected by dementia and will offer support and advice in a relaxed and friendly environment. The 'Barrow and District Dementia Hub' was launched on Wednesday 22 May, at the Living Well Centre on Duke Street.



St Mary's Hospice owns the Living Well Centre and has kindly provided the venue for the new hub. The Barrow hub gives people in the local community an opportunity to meet professionals from organisations including the NHS Memory Clinic, Alzheimer's Society, Integrated Care Communities (ICC), Age UK South Lakeland, Furness Carers, Dignity in Dementia, Barrow Blind Society, Barrow Fire Service, independent care providers and many more. The hubs are held on the fourth Wednesday of every month. To contact the hub please call 07779 436 546 or email barrowcaresaboutdementia@gmail.com

Mental health support for schools in Morecambe Bay

We're delighted to announce that Morecambe Bay Clinical Commissioning Group (CCG) has been successful in its bid to be awarded a trailblazer initiative by NHS England which will see the implementation of Mental Health Support Teams in schools. There will be two teams of six mental health professionals and they will provide support to schools in Morecambe, Heysham, Barrow, Dalton, Ulverston and Millom. The teams will provide support for mild to moderate mental health issues, such as exam stress, to around 16,000 children. The teams will begin their training in January 2020 with the view that full support will be offered to schools from January 2021. You can read more about this initiative at <https://www.morecambebayccg.nhs.uk/>

Engage, Promote, Innovate, Collaborate (EPIC) event

On 1 May 2019, more than 300 staff and volunteers from health and social care organisations across Lancashire and south Cumbria attended the Healthier Lancashire and South Cumbria EPIC event at Preston North End. The aim was to inspire and connect staff to come together and share their contribution to delivering safer, higher quality care for local people, patients, communities and the workforce. The day saw presentations from Lancaster and Morecambe Empowering Families project on the evidence of a reduction in Emergency Department attendances by 62% and a 50% reduction in inpatient stays amongst children and young people. You can watch a video of the day at <https://www.youtube.com/watch?v=Nu7DXXbGe3M>

New CEO for Council for Voluntary Service (Cumbria CVS) announced

The Third



Cumbria CVS is delighted to announce that our Trustees have appointed David Allen as the next Chief Executive Officer. David has over 20 years experience of working at a senior level in national charities and has worked across the UK, including 10 years based in the North West of England.

Most recently, he has served for five years as Chief Executive Officer of the Faculty of Public Health of the Royal Colleges of Physicians of the UK. David and his family will be moving to Cumbria over the summer and he will start work for Cumbria CVS by 1 August.

Community project supports those affected by cancer

A volunteer-led community project has been set up to emotionally support those affected by cancer. The CanChat Café which is held every Thursday afternoon at The Cornerstone, on Sulyard Street, Lancaster, provides a way to meet others who have gone through or are going through something similar.

If you're interested in attending the CanChat Café then just drop-in any Thursday between 1.30pm to 3pm. Alternatively, if you would like to become a volunteer for the CanChat Café please contact Louisa on Louisa.Balderson@morecambebayccg.nhs.uk.



Send a postcard this summer!

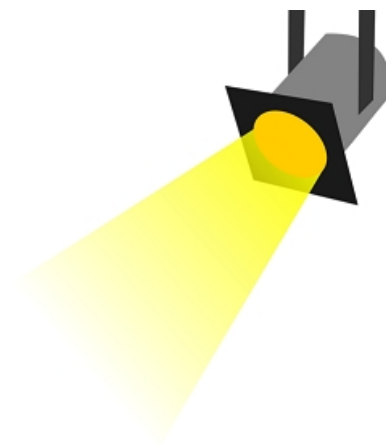


Postcards for Kindness was initially piloted by Lancashire County Council in Summer 2018 as a way to help reduce loneliness in care home residents across the county. More than 100 care homes have signed up to take part this year and members of the community are being encouraged to get involved and do their bit to help reduce loneliness, simply by sending postcards from their trips or holiday to one of their local care homes.

To find out more about sending a postcard this summer and to view the details of participating care homes visit healthierlsc.co.uk/CardsForKindness

The spotlight on the Musculoskeletal pathway

The Bay Health and Care Partners are focusing on the education, prevention and treatment of long-term conditions: **diabetes, frailty, musculoskeletal, respiratory and stroke**. The aim is to identify those people in the community who are at risk of developing these conditions, and it is hoped that by improving the care given to these patients this will: reduce attendances to A&E and hospital admissions; bring services and care closer to the patient; reduce travel time and costs for the patient; and give staff in hospitals more time to care for acutely unwell patients. **In this edition, the spotlight will focus on the work going on around musculoskeletal conditions.**



New trial in Intergrated Musculoskeletal (iMSK) service



Twenty-four people with osteoarthritis will soon begin a pilot exercise programme - Enabling Self-Management and Coping with Arthritic Pain using Exercise (ESCAPE - pain). The aim of the programme is to help them cope with chronic joint pain of the knees and hips. They will take part in two sessions per week, for six weeks, which combine exercise and education. The iMSK service is planning to start the ESCAPE - pain group on 23 July 2019. Sessions will be held in physiotherapy gyms around University Hospitals of Morecambe Bay NHS Trust's three main hospital sites and in the community (venues in Carnforth, Lancaster and Kendal to be announced soon). Sessions will run on Tuesdays and Fridays, 1pm to 2pm, at Hoops Gym, Barrow.

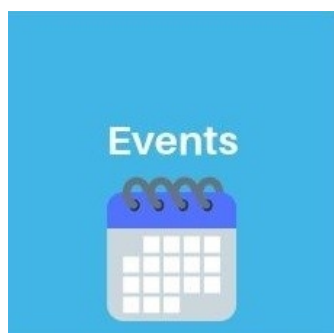
Twelve physiotherapists at the Trust have been trained to carry out the ESCAPE – pain programme. Patients are referred by their GP to the Trust's iMSK service where they are assessed by a physiotherapist who can refer them to the programme.

ESCAPE – pain, which is funded by the Health Innovation Network, is being introduced as part of the Better Care Together iMSK programme of work. ESCAPE – pain is an evidence-based programme which has benefitted more than 11,000 people across the UK who suffer from osteoarthritis. The iMSK service hopes to adopt the programme as part of its package of care to improve outcomes for patients.

You can find out more information about ESCAPE – pain at <https://healthinnovationnetwork.com/projects/escape-pain/> For more information about the iMSK service contact John Butterworth on John.Butterworth@mbht.nhs.uk

Events from across the Bay

Hilary Cottam visit



On Thursday 23 May Hilary Cottam accompanied the Population Health Team around Morecambe Bay. Hilary is an internationally acclaimed social entrepreneur whose work in Britain and around the world has focused on collaborative and affordable solutions to some of the greatest social challenges of our time; challenges such as ageing, loneliness, chronic disease, good work and inequality.

Hilary visited **The Well**, a vibrant community of people who support each other and believe that recovery is possible for anyone, and **Love Barrow Families (LBF)**, who work with families across Barrow-in-Furness who face multiple and severe disadvantages.

Dr Andy Knox, Director of Population Health for Morecambe Bay Health Care Partnership, said: "Hilary Cottam's visit has been a catalyst for stretching the population health teams thinking across the bay. The visit has built on existing work that is shaping innovation in health and wellbeing that Bay Health and Care Partners are trying to achieve."



Local dentist celebrated

The British Dental Museum in London recently received a collection of items from the family of Eric Cooper, who had been the consultant dental surgeon in the Morecambe Bay district from 1951 to 1974.

You can find out more about Eric and the exhibition here <https://www.bda.org/museum/exhibitions-and-events/Pages/The-life-of-Eric-Cooper--consultant-dental-surgeon-and-Colditz-dentist.aspx>



Bay Health and Care Partners public engagement



Aaron Cummins, Chief Executive of University Hospitals of Morecambe Bay NHS Foundation Trust, was joined by Amy Williams, Director of Lancaster Medical Practice, at a public Tea and Talk session at Lancaster University. A number of students and staff came along to the first public session, asking questions about GP and hospital working.

A number of people attending fed back about mental health issues which will be raised during ongoing BHCP events over the coming year.

Morecambe Bay Respiratory Network

Transformation



Morecambe Bay Respiratory Network (MBRN) has been allocated £1million of recurrent investment from the Bay Health and Care Partners (BH&CP) Leadership Team, which will help towards putting more proactive care in place for patients in Barrow and north Lancashire with respiratory conditions such as chronic obstructive pulmonary disease (COPD), bronchiectasis, interstitial lung disease and asthma. The Leadership Team hopes that this will be the first part of a phased rollout of provision across the bay, but this funding is to prove that the changes improve quality and reduce unnecessary exacerbation of conditions for patients as well as reducing cost to the system. If these requirements are met then it will look to roll the developments out across the bay.

The money will be invested in the community to help expand the existing pulmonary rehabilitation service, which offers exercise and education for people with long-term lung conditions. Expanding the service also means that patients referred will be seen by the service quicker. There will also be an investment into multidisciplinary teams in the community rapid response service in north Lancashire, with the addition of physiotherapists, occupational therapists and nurses, who will help to:

- * Increase community rapid response capacity. Rapid Response is an integrated team of health and social care professionals that work together to prevent hospital admissions and facilitate early hospital discharge of patients with specific clinical and rehabilitation needs.

Additional investment is going into GP practices in north Lancashire and Barrow to:

- * Improve the diagnosis of respiratory disease. Giving patients quicker access to respiratory investigations, specialist input within their local practice and improved continuity of care
- * Support the provision of in-house clinics for patients with unstable respiratory disease.

Network leads, Tim Gatheral, Consultant for UHMBT, and Dr Patrick Haslam, are delighted with the investment: "We are so excited about the recent decision by BH&CP to endorse the MBRN and its vision of fully integrated care for patients with respiratory disease. The MBRN has been built collaboratively, from the ground up, by doctors, nurses, AHP's and close work with the patients themselves. Not only have we had a positive effect on the care we provide for patients, but we have also seen staff across primary, community and secondary teams start to work more collaboratively and, through our joint education days, learn together. We've only just begun and there is so much more to come with service developments across Morecambe Bay. The funding we have been given enables us to begin these developments which we then hope to roll out in full across South Lakes as we demonstrate the improvements in care they have. We have plans to recruit up to 30 whole-time equivalent new members of staff to join the team over the coming years, to build on the incredible people already in post."

The respiratory network is focused on ensuring primary care staff have adequate resources and up-to-date training and education in respiratory care to ensure the best possible care and service for patients. Training sessions include a series of 'Respiratory Updates' in 2019. These updates are intended as a learning and practice sharing opportunity for any staff member who manages patients with respiratory disease across Morecambe Bay, including staff working in General Practice, community and hospital teams in Furness, South Lakes and north Lancashire.

The respiratory events will take place on Thursday 26 September and Tuesday 3 December at the North West Auctions, Junction 36, Crooklands. If you are interested in these sessions please contact Karen Donaldson on karen.donaldson@mbht.nhs.uk

Staff join Women and Children's care group

Six members of the Speech and Language and Occupational Therapy team previously employed by Blackpool Teaching Hospitals NHS Foundation Trust, providing a service across north Lancashire, have transferred to the UHMBT.

They provide a service across the North Lancashire area and are based at our Longlands and Slyne Road sites. The team did not transfer with community services colleagues on October 1 2018, but have now made the transition.



Global Learners' Programme

The Global Learners' Programme is an educational opportunity which provides qualified nurses from outside of the UK the chance to develop and add to their existing skills by working in the NHS for up to three years.

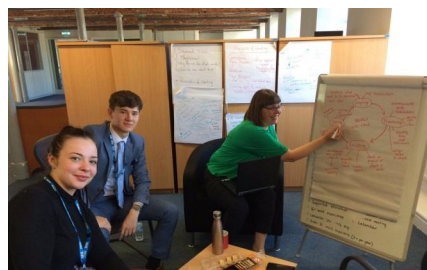
As part of the programme, Health Education England (along with the host NHS Trust), supports professionals through their preparation for language and competency tests, entry onto the UK professional register; visa application, and through a comprehensive programme of pastoral care prior to and on arrival.



The objective of these 'earn-learn-return' schemes is to hopefully create a circular programme with sustainable pipelines of cohorts arriving and returning each year.

To find out more about the programme, please visit <https://www.hee.nhs.uk/our-work/global-engagement>

Learning at Work – A day in the life of another



For Learning at work week, Lancashire Care NHS Foundation Trust (LCFT) hosted an apprenticeship swap with Bay Health and Care Partners Careers Team to give four apprentices the opportunity to spend 'a day in the life' of another apprentice to learn about the wider NHS and all the different opportunities we have.

Samuel Cowell, Vocational Learning Apprentice, and Laura Chambers, Human Resources Apprentice, went over to Moor Lane Mills to join Bay Health and Care Partners for the day where they developed project management skills, learned about the life cycle of a project, interviewed the director of Human Resources and got to meet the Work Ready Programme candidates who are on a preparation to work programme at Royal Lancaster Infirmary.



Farrah Hill and Joseph Palmer, administration apprentices, from Bay Health and Care Partners came over to LCFT for the day. They gained experience of taking minutes at the apprentice nurse planning group, had a guided tour of the Harbour wards, a question and answer session with a mental health nurse and worked on mini-projects within the apprenticeship and volunteering teams for the afternoon.

Digital update

Healthier Lancashire and South Cumbria has filmed a series of videos on population health management. One of these videos features Matt Heys, Business Intelligence and Data Science Manager at UHMBT, who talks about how data from GP practices and acute hospitals is being used in Morecambe Bay to help predict whether patients may be at risk of depression, anxiety or a serious mental illness. Further analysis of the data can then be used to predict whether people might be likely to attempt suicide or turn up at A&E at crisis point, and tailor interventions, targeted to reach people before the event.

You can watch all the population health management videos at <https://youtu.be/GMjebObMmNk>



Estates update

Alfred Barrow Health Centre



All patient engagement has now taken place ahead of the opening of the Alfred Barrow Health Centre.

A group has been formed to discuss proposals for the artwork which will be displayed within the health centre. The group are exploring different options, including potentially having a wall which will exhibit work from the local Society of Artists which will be changed three times a year. Furness College may also be interested in doing something similar with their photography and technology students.

The pharmacy provider moving into the Alfred Barrow Health Centre has been confirmed as Boots and a press release has been issued updating the local community. The communications team are currently looking at different celebratory options for the opening of the Alfred Barrow Health Centre, with all services moving in being given the chance to showcase their service on the day, as well as plans for tours of the building to be held.

Millom Health Centre officially opens



Millom Health Centre was officially opened on Friday 17 May. The project, which took two years, has seen the community hospital, Waterloo House GP Surgery and North West Ambulance Service come together under one roof.

Richard Walker, a GP Partner at Waterloo House GP Surgery and ICC Clinical Lead for Millom, said: "By aligning these organisations, we have strengthened health care services in Millom, and we are proud to have a local health service that is fit for the 21st century."

The Bay Health and Care Partners newsletter is published every quarter. If you would like us to feature a story in the autumn edition please let us know as soon as possible. Stories and any accompanying images should be submitted to communications.team@mbht.nhs.uk no later than Monday 2 September 2019.