

25 January 2021

Bay Health &
Care Partners
delivering



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Coronavirus update

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

As we move near to the end of the first month in 2021, we must highlight the phenomenal work of every single person who is playing their part in the biggest vaccination programme in history. Morecambe Bay's efforts were recognised by the Prime Minister, who gave thanks to our vaccination teams for their efforts in care homes - a very proud moment for us all and testament to the hard work of all of you.



The vaccination programme in Morecambe Bay continues to move at pace with all GP Primary Care Network sites live and delivering the coronavirus vaccine. Our GP colleagues have been working tirelessly over the past few weeks and are even closer to completing the initial vaccinations of all care home residents across the Bay.

Although we are seeing pressure on our hospitals across the region with cases of coronavirus, our partners are working together well to ensure patients are discharged safely and other services continue to run smoothly.

We must remind those who have had their first dose of the COVID-19 vaccine to continue to adhere to the guidelines that will continue until we are informed otherwise by the government. We must continue to keep our distance from others (two metres is best where possible), wear your face masks in appropriate places and continue to maintain good hand hygiene.

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

The COVID vaccination programme in Morecambe Bay continues to move at pace with all GP Primary Care Network's (PCNs) now live. The GP PCN's are Alfred Barrow Health Centre, Barrow-in-Furness; Ulverston Community Health Centre, Ulverston; Lunesdale Surgery, Kirkby Lonsdale; Captain French Surgery, Kendal; Grange Health Centre, Grange-over-Sands; Health Innovation Campus (Lancaster University), Lancaster and Mazuma Stadium, Morecambe.

All PCN's are delivering the vaccine according to the Joint Committee on Vaccination and Immunisation guidance. Nearly all care home residents across the Bay have had their initial COVID-19 vaccine. The Prime Minister paid tribute to vaccination teams in Morecambe Bay and their efforts to protect care home residents in his update to the nation on 15 January. He also praised the vaccination efforts in Cockermouth, Cumbria.

People across the Bay have continued to praise the vaccination programme.

Doris Wilson, 96, from Ulverston received her COVID-19 vaccination on the 15 January from Dr Gerry Murray. She said: "I'm nearly 97 and it means everything to me as I will be able to see all my family again soon. What's a little pain when it's going to do you good?"

Patients in Millom started receiving the COVID-19 vaccine on the 14 January as part of the biggest NHS immunisation programme in history. Marion Johnson, 81 said: "It was all very well organised and everyone was very cheerful."

At University Hospitals of Morecambe Bay NHS Foundation Trust, more than 7,500 staff have been vaccinated across its hospital sites.

Mike Starkie, Elected Mayor of Copeland, recently thanked Dr Geoff Jolliffe, Clinical Chair at Morecambe Bay Clinical Commissioning Group, and colleagues in the health and care service for their efforts. He said: "Can I take this opportunity on behalf of the district leaders to thank you and all your colleagues in the health and care service for your dedication, hard work and commitment. Our communities will be forever in your debt."

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.

You can read more about the government's COVID-19 vaccination delivery plan [here](#). Local GP Dr Arun Thimmiah took part in an interview with ITV Border about the vaccination programme. You can watch the interview [here](#).



Marion Johnson receives her COVID vaccination.



Doris Wilson receives her COVID vaccination from Dr Gerry Murray.

Letters from NHS COVID-19 vaccination booking service

Large vaccination centres are planned for Lancashire and South Cumbria, and, in the near future, pharmacies. The NHS is rolling out additional services quickly, but it remains important that the public don't try to book or go to these services before they receive their booking letter. If you receive a letter from the national NHS COVID-19 Vaccination Booking Service and you book an appointment, please make sure you attend it. The sooner you get your vaccination, when eligible, the earlier you will be protected from COVID-19.

People who are eligible, live near these new vaccination services and who haven't already been vaccinated by their local GP led vaccination services or hospital hub, will receive letters from the NHS COVID-19 Vaccination Booking Service, telling them how they can book their appointment. You can read more [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](#).

Vaccines now being delivered at primary care hubs across north Cumbria

Vaccination teams in North and South Cumbria are also visiting local care homes and the homes of housebound patients and those with mobility issues, to ensure our most vulnerable residents get the vaccine. Our primary care teams, including GPs, practice nurses, pharmacists, healthcare workers, admin staff and a significant number of volunteers from a range of organisations, have all worked incredibly hard to get these new hubs up and running. For our primary care teams, this is happening alongside keeping every day services.

Our primary care teams, including GPs, practice nurses, pharmacists, healthcare workers, admin staff and a significant number of volunteers from a range of organisations, have all worked incredibly hard to get these new hubs up and running. For our primary care teams, this is happening alongside keeping everyday general practice up and running for people needing medical support. You can read more [here](#).

Thousands invited to new NHS vaccination centre in Blackburn

Thousands of people aged 80 and over are being invited to book a coronavirus vaccination at a new NHS larger scale vaccination centre at Blackburn Cathedral. People who are eligible, live within 45 minutes' drive from the new vaccination site and who haven't already been vaccinated by their local GP led vaccination services or hospital hub, will receive letters from the NHS COVID-19 Vaccination Booking Service, telling them how they can book their appointment.

Now that more doses of COVID-19 vaccines are available, the NHS is able to open more vaccination services in Lancashire and South Cumbria, including large vaccination centres and, in the near future, pharmacies. Blackburn Cathedral is one of a number of larger sites opening across Lancashire and South Cumbria in the coming weeks to offer a convenient alternative to GP and hospital services, which can deliver thousands of vaccinations every week. The NHS is rolling out additional services quickly, but it remains important that the public don't try to book or go to these services before they receive their booking letter. You can read the full story [here](#).

COVID vaccination programme volunteer and employment opportunities

The COVID vaccination programme is looking for people to support it. There are a variety of different roles including paid employment and volunteering opportunities. You can find out more about each role [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.

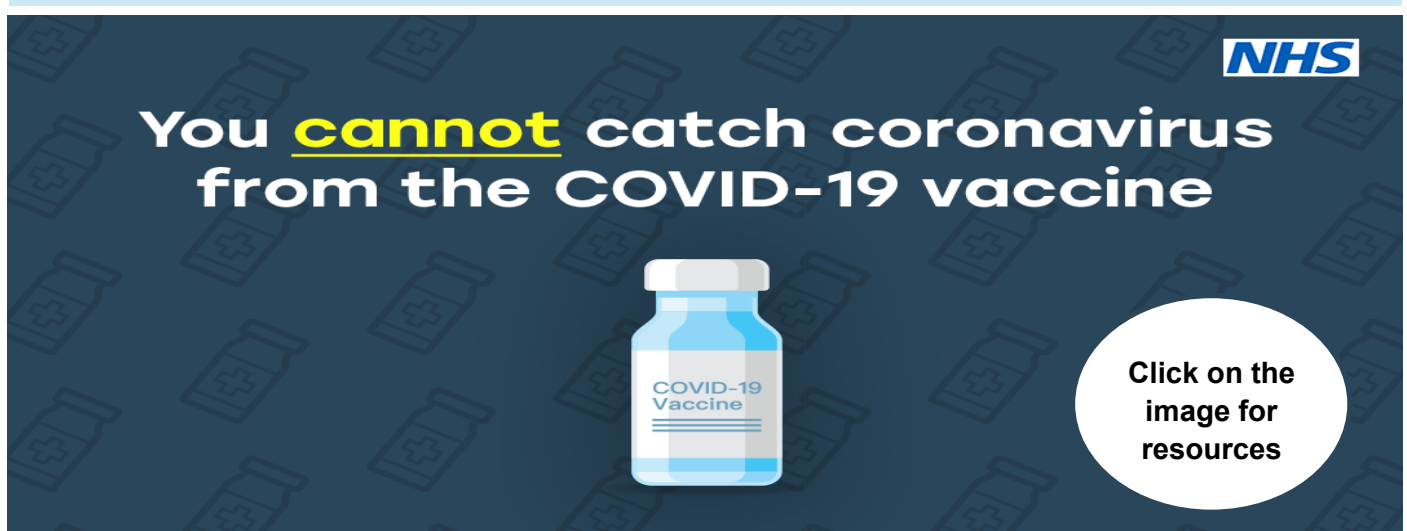
In exceptional circumstances, one visitor (an immediate family member or carer) is permitted to visit if:

- 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](#).



NHS

You cannot catch coronavirus from the COVID-19 vaccine



Click on the image for resources

How the local NHS is coping during the pandemic

Local NHS services remain pressured due to an increasing number of patients with COVID-19. University Hospitals of Morecambe Bay NHS Foundation Trust postponed all non-urgent surgical operations at Furness General Hospital and at the Royal Lancaster Infirmary as well as some non-urgent operations at Westmorland General Hospital earlier this month to ensure it had the right number of beds to safely care for its sickest patients.

Staff at the Trust continue to deliver a multitude of services during the pandemic including Outpatient appointments which remain unaffected and appointments for patients who require clinically urgent operations or procedures, such as surgery as part of their cancer treatment.



Maternity services and hospitals are open and safe to attend any time. We are here to support you.

Scan here for maternity safety information available in 11 languages:



NHS
North West
Maternity Services

Click here to find out more

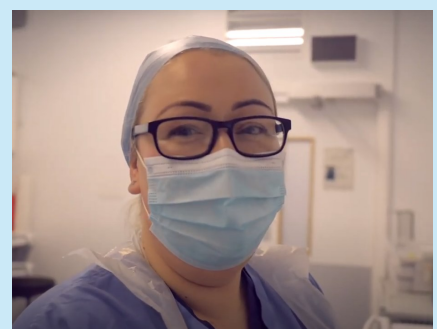


Guidance for women attending antenatal appointments and scans during pandemic

From Tuesday 19 January 2021, pregnant women who feel particularly anxious about attending scans and antenatal appointments alone can be accompanied by one person from the same household or support bubble. This applies to scans and appointments taking place at Furness General Hospital in Barrow, Helme Chase Maternity Unit at Westmorland General Hospital, and the Royal Lancaster Infirmary. You can read the full story [here](#).

Keeping our patients safe when attending surgery

The Bay Health and Care Partners have produced a video which shows how the Theatres team at University Hospitals of Morecambe Bay NHS Foundation Trust is keeping patients safe when they attend for surgery. You can watch the video [here](#).



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.

Last month, University Hospitals of Morecambe Bay NHS Foundation Trust issued 2,051,635 (120,684 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.

Online support sessions available with public health nurses

Cumbria's public health nurses are holding online support sessions to offer health advice for those caring for children and young people aged between five and 19 years old. The sessions run each Tuesday and Thursday via a live video link that is private and secure.

During the consultation, the nurse will assess the health query presented and provide support and advice. Appointments can be made by calling the Cumbria Health On-Call team on 03003034365 between 9am-5pm, Monday to Friday. You can read more about this service [here](#).

Support for children at home during lockdown

Public Health England (PHE) has released useful [guidance](#) for parents and carers on supporting children and young people's mental health and wellbeing during the coronavirus (COVID-19) pandemic.

PHE has also produced information, guidance and support for parents and carers of children who are learning at home. You can access the resources [here](#).

The National Society for the Prevention of Cruelty to Children (NSPCC) has released useful tips and advice for parents and carers who are working from home with kids or supporting children with anxiety. You can access the resources [here](#).

YoungMinds has released useful tips, advice and where to get support for your child's mental health during the pandemic. You can access the resources [here](#).



Support for students

Mind mental health charity has released useful information on mental health support for new or existing university students which can be accessed [here](#).

More information for local universities and colleagues can be found here: [Lancaster University](#), [University of Cumbria](#), [Lancaster and Morecambe College](#).

Andy Knox's tips for looking after your mental health in lockdown

The past nine months have been difficult and many people have struggled with poor mental health due to the changes that we have had to face.

To help with maintaining good mental health during the latest national lockdown, our very own Dr Andy Knox explains seven basic tips that, by following each day, you can use to improve your mental health. You can watch the full [video here](#) or you can help us to spread the message by sharing the video on Facebook.

The seven tips are:

- A – Ask for help
- B – Breathe slowly (try box breathing)
- C – Connect with your loved ones
- D – Develop a daily routine
- E – Eat well and exercise
- F – Focus on today's activities
- G – Be grateful



There is support available to help you with your mental health and wellbeing, including free access to online counselling and support services, support specifically for children and young people, information about mental health support and crisis lines and details of local and national mental health services. Visit healthierlsc.co.uk/MentalHealthSupport for more information.



Coronavirus vaccine scams

Click here
for more
information

Coronavirus vaccinations are free of charge. The NHS will never:

- ✗ ask for your bank account or card details
- ✗ ask for your PIN or banking passwords
- ✗ arrive unannounced at your home to administer the vaccine
- ✗ ask for documentation to prove your identity, such as a passport or utility bills

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/>

NHS Charities Together support local trust

Bay Hospitals Charity is delighted to have received several grants from 'NHS Charities Together' totalling £134,000 for University Hospitals of Morecambe Bay NHS Trust (UHMBT) to support colleagues during the COVID-19 pandemic.

NHS Charities Together provides a forum for nationwide NHS fundraising and advocacy campaigns, specialist advice and guidance and training opportunities as well as access to online resources and support. A number of highly positive initiatives have been possible at UHMBT due to the NHS Charities Funding, including a new health and wellbeing campaign which is planned to start in January 2021. All of the spending has been based on ideas from colleagues and, to date, the Trust has received more than 150 responses which identified 105 separate projects. The Trust has approved and is working to deliver on 44 of these requests and 15 are still being evaluated and costed. You can read the full story [here](#).

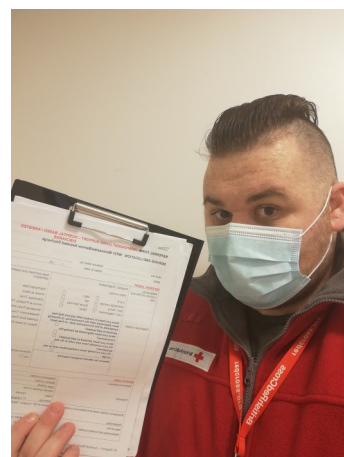
David Wilkinson, Director of People at OD at UHMBT, took part in an interview with BBC Radio Lancashire about NHS Charities Together. You can listen to the interview at 2:09:40 [here](#).



Patients benefit from new 'Take Home and Settle' service with British Red Cross

University Hospitals of Morecambe Bay NHS Foundation Trust has launched a new 'Take Home and Settle' service provided by the British Red Cross for patients at Furness General Hospital (FGH) in Barrow. Colleagues from the Take Home and Settle service are helping to accompany patients home and ensure they are settled in. Many different patients are benefiting from the scheme, including older people who live on their own and people who are feeling isolated or lonely.

To be able to use the service, patients must be over 18 years of age and able to self-mobilise into a car. The Red Cross staff make sure that each person is safely settled into their home and can help with picking up medication, clothing and even some shopping.



The service, which reaches as far as Grange-over-Sands, is helping to aid quicker discharges and improve the experience that patients have when leaving hospital. There is no charge to patients for the service which is currently set to run until the end of March 2021. The Red Cross team members always wear the appropriate PPE and follow national guidelines on infection prevention at all times.

Kendal Integrated Care Community roundup

Kendal Integrated Care Community's first news roundup for 2021 is out now and includes updates on Cumbria County Council's Community Leaders Pack and The March Network.

You can read the latest update [here](#).

Better Health - Every Mind Matters

Make Inside Feel Better

Public Health England is launching the Better Health - **Every Mind Matters** campaign to support the nation's mental wellbeing with the encouragement that "When things aren't so good out there, **make inside feel better**".

Aimed at adults, but weighted towards those most at risk of mental health problems, this "Make Inside Feel Better" 2021 phase of the campaign will run across PR, radio, social and digital. The key message will be to encourage people to create a free NHS-approved '[Mind Plan](#)'.

The partner resources will include a range of materials that will direct to the Mind Plan tool and drive to Every Mind Matters content on [NHS.UK](#):

[Social media animations](#) including a [social toolkit](#)

[Social statics](#)

[Embedding instructions for the Mind Plan tool](#)

[Web banners](#)

[Radio](#)

The campaign is being supported by the NHS, local authorities and a range of mental health charities, health organisations as well as other charities and commercial sector partners.



GP PATIENT SURVEY

NHS

We want to hear the views
patients have about their GP services.
www.gp-patient.co.uk

Click on
the image
for more
information

☐ Excellent
Good

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/>

Cumbria
County Council

Here to support NHS and social care workers in England



Samaritans has launched a new confidential support line for NHS and social care workers.

Our volunteers are here to support you when you've had a tough day, are feeling worried or overwhelmed, or just have a lot on your mind and need to talk it through.

Call our free confidential support line
0800 069 6222
7am to 11pm, 7 days a week

Samaritans is a registered charity

Click on the
image for more
information

Working in
partnership

SAMARITANS

NHS

Neighbourhood Watch January Newsletter

The Neighbourhood Watch's National Newsletter is out now. You can read the newsletter [here](#).

Help protect the NHS

The Police and Crime Commissioner for Cumbria has joined Cumbria Members of Parliament in expressing their gratitude to those people who are making sacrifices to protect the NHS and save lives.

The thanks comes as hospitals in Cumbria report extremely high numbers of patients with infection, resulting in health services coming under extreme strain – but also as infection rates in the county are showing signs of slowing as people's sacrifice during this national lockdown begins to yield results. You can read the full story [here](#).

North West Blood Bikes service achieves 90,000 runs for the NHS North West

Blood Bikes Lancashire & Lakes, which serves UHMBT and four other health Trusts in the North West, has now made an astounding 90,000 runs for the NHS. The figure was achieved at 6.30pm on Monday 4 January by the Blood Bikes volunteers who have been busier than usual due to the COVID-19 pandemic.

Blood Bikes volunteers ride motorcycles to collect and deliver urgently needed whole blood, platelets, samples for analysis, medication, patient notes, small medical instruments and donor breast milk between NHS hospitals without charging the Trusts. The riders normally operate out of normal working hours, mainly through the night and 24 hours at weekends and on Bank Holidays. They began operating in May 2012 and have saved local NHS hospitals huge sums of money. UHMBT is hugely grateful for this wonderful support.



Millom Alliance

The Millom Alliance is planning on welcoming a new partner, following the notice period given last year by one of the existing partners, Cumbria Partnership NHS Foundation Trust. The intended partner will be the Morecambe Bay Primary Care Collaborative (the local GP Federation) which will create a new alliance of Waterloo House, University Hospitals Morecambe Bay and the Primary Care Collaborative. The addition of a new partner will support the practice management operations, as well as offering support to the existing GPs to increase their clinical availability.

This new alliance will allow wider expert support to be drawn upon from the GP Federation. The stability and sustainability of Waterloo House practice has a direct impact on the effective running and sustainability of Millom Hospital, a vital and much-loved community asset. The aim is very much to safeguard the future of both Waterloo House practice and Millom hospital, albeit this change will have no effect on the Millom Hospital. There is no reduction to services as a result of this change. It is just the providers of services that are changing. Cumbria Partnership NHS Foundation Trust (CPFT) no longer provide services at Waterloo House, these are now provided by University Hospitals of Morecambe Bay NHS Foundation Trust since 2018.

Support helpline for people affected by COVID-19

Cumbria County Council can provide urgent help and emergency support, including basic food and essential items, or if you are struggling to cope with your current situation for whatever reason. Call the county council's Support Helpline on 0800 783 1966 (Monday to Thursday 9am to 5pm, Friday 9am to 4.30pm). Our supportive staff will talk to you and suggest ways to help. You can also email COVID19support@cumbria.gov.uk and you will receive a response within one working day. Cumbria County Council's latest news update can be found [here](#).

Lancaster District CVS bulletin

The Lancaster District CVS bulletin is out now with advice for the third sector across the Lancaster District. You can read the latest bulletin [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).