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Coronavirus update

Welcome to the twenty-second 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 into a new month, coronavirus is still very much with us and we can't echo enough the importance of continuing to follow the [guidelines set out by the government](#) even if you have had your first coronavirus vaccine. You may have heard in the news that more cases of the [South African variant of the virus](#) have been discovered in the UK and we don't fully know yet what impact this variant could have. It's therefore even more important that we all continue to stay close to where we live if we are exercising and shopping for groceries and do not travel outside of the area to reduce the risk of the virus spreading.

In Morecambe Bay, our three vaccine centres have opened in Ulverston, Kendal, and Lancaster and will provide vaccinations to thousands of people over 70 and those who are clinically extremely vulnerable. This is a great example of all of our partners, our Integrated Care System, and wider NHS coming together for the good of our communities. A big thank you to our colleagues in the military, police and fire service, our GPs and community volunteers for their support in delivering the vaccine. We must also mention the great work of our Integrated Care Communities who support some of the most elderly and isolated residents across the most rural areas in Morecambe Bay (full story on page 2).



We must highlight [a tribute that Sir Simon Stevens](#) gave to mark the first anniversary of the first confirmed COVID patients being treated by the NHS. He paid tribute to NHS staff for their "extraordinary work in a year like no other". And we would certainly echo that sentiment. A year on since the pandemic started and all of you continue to amaze us with your dedication and passion to care and support our patients and our communities.

Lastly, we must highlight the impressive ongoing work of our partners around Medically Fit For Discharge where our teams are working hard to ensure that every patient leaves our hospitals with the right care in place for them, the [Theatres Patient Charter](#) which has been developed by GPs and the Trust to ensure patients are maximally fit for surgery, the £1.7m project to explore [groundbreaking new treatment for biofilm infections in foot ulcers](#) which is being led by Lancaster University and partners, and the launch of a Pulse Oximetry service for Lancashire and south Cumbria (story on page 5). This work is testament to the strength of our partnership and we are looking forward to updating you on the progress of these projects soon.

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 go from strength-to-strength with vaccination centres opening at Kendal's Westmorland Shopping Centre, Ulverston's GSK Sports Centre and Lancaster Town Hall supported by the police, fire service and military.

Thousands of people aged 70 and over and those who are clinically extremely vulnerable will be invited to book a coronavirus vaccination at these new NHS vaccination services, in addition to the centres at Blackpool Winter Gardens, Blackburn Cathedral and additional community primary care sites.

Sue Hubbard, 65 from Lancaster received her vaccine at Lancaster Town Hall. Sue has been shielding for months as she has Leukaemia. She's been missing her family and sees this as the next step to being that "little bit safer".

Dr Sarah Hauxwell, Clinical Director for Core Clinical Services at UHMBT, and Dee Houghton, Deputy Chief Operating Officer for Community at UHMBT, took part in an interview with Lancaster Guardian which can be read [here](#). The two vaccination centres in Cumbria were featured on Border TV and can be watched [here](#).

People who are eligible, live within 45 minutes' drive from the vaccination sites and who have not already been vaccinated by their local GP-led service or hospital hub, will receive letters from the NHS COVID-19 Vaccination Booking Service, explaining how they can book their appointment.

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. People who book into the vaccination centres will be greeted by volunteers, who will marshal car parks and register them when they arrive. These services are safe and strict social distancing measures have been put in place. People will receive a health status check and a pre-vaccination assessment before they have their jab and the whole service will be led and overseen by trained nurses.

In our rural areas, Morecambe Bay Integrated Care Communities have been delivering the vaccine to elderly housebound people. So far, Kendal Integrated Care Community (ICC) has delivered 11 vaccines and covered 55 rural miles across the areas of Grayrigg, Old Hutton, Longsledale, Garth Row and Staveley. You can read more about this in the latest [Kendal ICC update](#).

Healthcare workers (Audiologists, Dental Staff, Dietitians, Hearing Aid Dispensers/Technicians, Occupational Therapists, Optometrists, Pharmacists and Physiotherapists) are now eligible to book a vaccine. Those who work in one of the professions listed above and live in the Morecambe Bay area, and have not been told they can book a COVID-19 vaccination, can mail occhealth.covid@mbht.nhs.uk to ask about making an appointment or call UHMBT Occupational Health Support on 01524 512290.

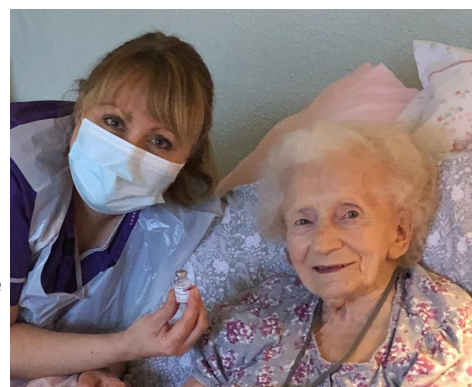
In [Lancashire and South Cumbria](#) more than 212,000 people have been vaccinated and 87% of our over 80s population. This places Lancashire and South Cumbria as the fourth-highest in the country and is thanks to the strong partnership working across NHS, local authorities, public sector, health and care staff, volunteers and wider partners. More than eight million people across the country have now had their first dose, with teams delivering more than 150 doses every minute.



The military administering the vaccine at the Lancaster centre.



Sue Hubbard receives her vaccine at Lancaster Town Hall.



Alison Nicholson, Lead Nurse for Kendal ICC, vaccinates resident Doreen Thomasson at her home.

Update on the COVID vaccine roll-out in north Cumbria

GPs across north Cumbria are [making progress in delivering the COVID vaccine](#) to the most vulnerable patients. In line with national guidance, it is expected that north Cumbria's over 80s and care home residents who can have the vaccine, will have been offered the chance to be immunised by the end of January. The NHS is asking those over 80s who haven't been offered the vaccine to get in touch with their practices. Family members or friends who are worried someone may have been missed should talk to the person and support them to contact the practice. GP teams are now vaccinating cohorts three and four of the list identified by the Joint Committee of Vaccinations and Immunisations.

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](#).

Ambulance service and military join forces

Military personnel are to join forces with North West Ambulance Service (NWAS) clinicians to support the response to some non-emergency patients in the North West region.



The challenge of COVID-19 and the rise in activity seen by NWAS has led to the partnership, which will see some patients whose need is not urgent attended to by an NWAS clinician and a member of the military, allowing the ambulance service to make more efficient use of its emergency resources.

Minor cases and patients needing hospital transfers and discharges can often have longer waits for an ambulance as more urgent, life-threatening cases take priority. Under the new arrangement, to come into force in early February, these patients could be seen quicker because of extra resources on the road. You can read the full story [here](#).

HRH Duke of Cambridge thanks those working on the vaccination programme

The Duke of Cambridge has said 'thank you' to those working on the vaccine programme in Morecambe Bay. Dr Lauren Dixon, GP Executive Lead for Morecambe Bay Clinical Commissioning Group, received a phone call from the Duke of Cambridge on Thursday 21 January. The phone call was arranged as His Royal Highness wanted to express his gratitude to everyone within Morecambe Bay who has worked hard to support the rollout of the COVID-19 vaccination programme.

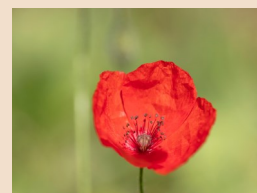
Lauren, who took the phone call on behalf of her colleagues across the Bay, said: "I feel very humbled to have received a phone call from His Royal Highness and for the work that has been going on within Morecambe Bay to be recognised, it truly has been a community effort."



This is a proud moment for everyone involved and fantastic recognition of all the hard work and dedication from staff and volunteers over the last few months.

Partners pay tribute to Captain Sir Tom Moore

"Our condolences from all of the Bay Health and Care Partners to the family and friends of Captain Sir Tom Moore and our gratitude for his determined fundraising effort for the NHS. As we pause to remember him, we also remember all of those who are grieving a loss."



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](#).

 HM Government



Around 1 in 3 people with COVID-19 have no symptoms.

Don't accidentally spread the virus. Every action counts.

For more
information
click here



HANDS

FACE

SPACE

COVID-19 pulse oximetry 'virtual ward' service monitors patients at home

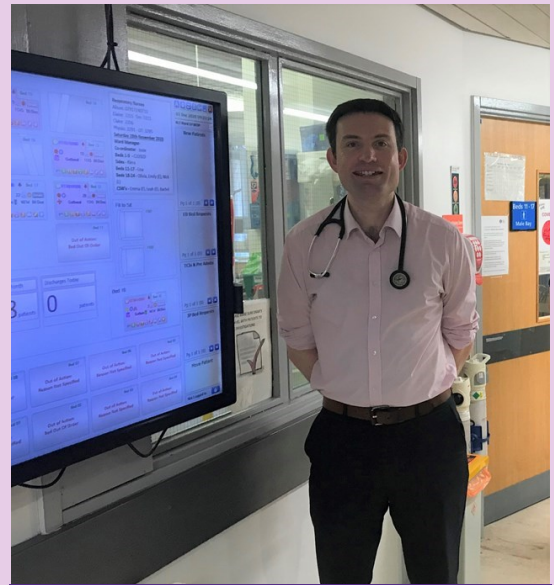
Patients with coronavirus (COVID-19), who don't need immediate hospital attention but are at high risk of developing serious symptoms, are being given special monitoring devices to use at home.

The 'Pulse Oximetry at Home' service is being provided by University Hospitals of Morecambe Bay NHS Foundation Trust (UHMBT) and other hospital trusts working in partnership with GP practices to deliver the service in Lancashire. The Trust is working closely with Cumbria Health on Call (CHoC) and Morecambe Bay Clinical Commissioning Group to deliver the service to South Cumbrian patients.

The service is allowing patients to be clinically monitored while remaining at home, patients are receiving a local service provided by local clinicians which is fantastic support for them.

This at-home monitoring service is available for certain people with a positive COVID-19 test result who have coronavirus symptoms and are identified as being clinically vulnerable to having low blood oxygen levels due to a pre-existing health condition. A Pulse Oximeter is a small, lightweight device that is used to monitor the amount of oxygen carried in a person's body.

Dr Tim Gatheral from UHMBT and local GP Dr Jim Hacking took part in an interview with BBC Radio Cumbria Talking about our Pulse Oximetry at Home service. The link to listen to BBC Radio Cumbria is [here](#) (skip to 2:38:30).



Dr Tim Gatheral, a Respiratory Consultant at UHMBT

Sir Lindsay Hoyle backs #BEAWINTERFRIEND

The Speaker of the House of Commons has added his backing to Lancashire and South Cumbria Foundation Trust's (LSCft) ongoing partnership campaign to beat loneliness and help those struggling with their mental health and wellbeing over the winter lockdown months. You can read the full story [here](#).

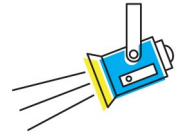


Find the latest advice for Cumbria

You can find the latest Government advice for Cumbria, information about COVID-19 outbreaks and council services at <https://www.cumbria.gov.uk/>



The spotlight is on... SAFE



Welcome to our 'the spotlight is on...' feature which showcases our third sector organisations across Morecambe Bay and how they have responded to the coronavirus (COVID-19) pandemic.

SAFE is a local, not for profit, organisation that works with young people and adults going through mental health and other life challenges through group provision. The organisation covers Lancaster, Morecambe and surrounding areas with around 50 adults and young people using this service.

Why was your organisation founded? SAFE was founded in Dec 2018. It is an amalgamation of The Prop Up Project and Socialease. SAFE was founded due to similarities and ethos of both of the groups. The Prop Up Project was founded originally to provide a safe space for young people who were going through mental health and other life challenges to come and meet others, using creative activities to develop skills and coping strategies at their own pace. Socialease similarly was founded to provide adults who were experiencing isolation, feel lonely and struggling to leave the house because of mental health and other life challenges, a safe space to come with others.



What services does your organisation offer? Prior to the pandemic, we were running five groups. Prop Up Project: Two groups run weekly (one in Morecambe and one in Carnforth) for young people going through mental health and life challenges ages 13-19. We also ran one group every month for adults aged 20-25. These 'Prop Up' groups use creative activities to encourage young people and adults to feel comfortable in a group space, build confidence and coping strategies. Socialease saw two groups weekly, running in public cafes in Morecambe and Lancaster, encouraging adults to make the first steps in leaving the house and being in a space with others going through similar experiences.

How have your services changed during the Coronavirus (COVID-19) pandemic? We have adapted our service around the needs and ideas of our group members. We are running regular zoom sessions for our young people and young adults groups (Prop Up Project) as well as creative activities for the group to have a go at home. We are offering regular phone contact to group members of both our Prop Up and Socialease groups.

Have you seen an increase in people using your services during the pandemic?

We have had around 20 new referrals to our SAFE: Socialease and Prop Up Groups since the start of the pandemic, with the majority of these being for our Socialease groups. With the support of our volunteers, we have been able to meet this demand to provide further phone contact.

Feedback from people using the service has included:

- "I enjoy the zoom sessions and calls they have helped me keep a routine."
- "Regular contact from SAFE has helped during really difficult times."
- "Thank you for your understanding and care."

How can people get in touch? SAFE is accepting referrals for young people who might be struggling with their mental health or other life challenges that might be causing difficulties with socialising and being in group situations (online and offline). A referral can be made by a professional, parents, family or young person through people contacting propupproject@gmail.com or 07468937988. Adults who would benefit joining our Socialease groups when they restart can refer themselves using the above information. We are also looking for volunteers to support our Socialease groups when they are restart (Wednesday afternoon in Lancaster and Tuesday morning in Morecambe). If you are interested call 07568937988 or email propupproject@gmail.com

Mental Health Family Hour relaunches

The Mental Health Family Hour, originally launched in April 2020 to support families in the first lockdown, kicked off again on 21 January with an episode focusing on young people's mental health. With another spell of home learning for young people, poor mental health due to lack of social contact and routine is a problem that many are facing.

The episode is part of a new series that will be streamed live on Twitch. Young people, parents and carers can also catch the episodes afterwards on the [Mental Health Hour YouTube playlist \(opens in a new window\)](#). The first hour-long broadcast addresses concerns such as lack of motivation to do work, anxiety and the fear of losing someone to COVID-19. You can read the full story [here](#).



ICC support for the farming community

Morecambe Bay Integrated Care Communities (ICCs) are working with local farming groups and auction marts to encourage the farmers and their families to contact their local ICC for advice and guidance on how to manage their physical health, overall wellbeing and social issues during the coronavirus (COVID-19) lockdown. Each ICC has links to GP practices across Morecambe Bay and can refer patients to a GP and other services and support groups if a person needs further treatment or more specialised care and support.



Prior to the first lockdown in Spring 2020, the ICCs were running monthly face-to-face health checks which were used by hundreds of farmers and their families at North West Auctions Ltd in Lancaster and Junction 36 Kendal and Ulverston Auction Mart. Face-to-face sessions will restart once the government has made an announcement that it is safe to do so.

The face-to-face sessions started in January 2019 to give farmers better access to health and support services. The sessions are run by a care coordinator, mental health nurse and a local pharmacist. At the face-to-face sessions from January 2019– February 2020, the Lancaster ICC team carried out 395 atrial fibrillation (pulse) checks, 276 blood pressure checks, 56 full NHS health checks, one full mental health assessment and 46 conversations regarding mental health.

National Farmers' Union (NFU) North West spokesman Carl Hudspith said: "Farmers are busy people and generally stoic about ill health. The COVID-19 pandemic, poor crop yields, flooding and anxiety about changes to the industry as a result of Brexit has meant for many, seeking help for their health worries gets pushed to the bottom of the job list. Sadly, this means problems can easily become more serious, simply because they have not sought professional help earlier. The NFU is therefore extremely grateful to the Morecambe Bay Integrated Care Communities (ICCs) for taking health services directly to our farmers. We'll do all we can as a membership organisation to promote this service."

Sarah Baines, Development Lead for Lancaster ICC, said: "It's really important to us to get the message out there to our farming communities that we are still here for them during the pandemic and that as soon as it is safe to do so we will commence face-to-face sessions again."

The full story and more details about how farmers and their families can access their ICC Care Coordinator, Care Navigator or Wellbeing Link Worker who are attached to each GP surgery in Morecambe Bay can be found [here](#). Sarah Baines took part in an interview for BBC Radio Cumbria's Breakfast Show. You can listen to the interview (skip to 2:07:15) [here](#).

Guidance for care homes



Stay safe, protect others

Even if you have had the Covid-19 vaccine you still need to act to protect everyone else

Continue the good hygiene



Remember to wear a mask !



Remember to social distance - stay apart!



Continue with non-contact greeting methods



Clean hands at the door and schedule regular hand washing reminders



Disinfect surfaces like doorknobs, tables, and desks regularly



Avoid touching your face and cover your coughs and sneezes



Increase ventilation by opening windows or adjusting air conditioning

Stay vigilant

Keep using PPE

The virus is still out there and very infectious so please continue to wear PPE correctly. Contact laura.forsythe1@nhs.net if further training is needed.

Had COVID-19?

We don't know how long immunity lasts, if you have had it, please continue to wear PPE and follow IPC guidance.

Had the vaccine? Keep wearing PPE!

Staff who have had the vaccine should still continue to wear PPE, follow IPC guidance, maintain social distancing and continue to be tested!

Stay home if...

- You are feeling sick
- You have a sick family member at home

www.nhs.uk/coronavirus



Take care of your emotional and mental well-being

Outbreaks are a stressful and anxious time for everyone. We're here to support you!

<https://lscresiliencehub.nhs.uk>



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.

Grange and Lakes ICC newsletter

The latest newsletter from Grange and Lakes ICC is available [here](#).

PHE bulletin

The latest bulletin from Public Health England (PHE) is available [here](#).

Lancashire Resilience Forum bulletin

The latest bulletin from Lancashire Resilience Forum is available [here](#).

Cumbria County Council's bulletin

The latest news bulletin can be read [here](#).

Laptops for schools' appeal

Cumbria's schools are appealing to local people and businesses to donate laptops for use by school pupils who are now learning from home due to lockdown. The Cumbria Alliance of System Leaders (CASL), which brings together senior school leaders from around the county, has issued the appeal after research by schools showed around 1,500 children and young people do not have access at home to the ICT equipment they need to fully participate in home learning.



Members of staff can donate their old laptops by visiting cumbria.gov.uk/laptopsforschools for more information on how to donate.

Donated laptops can be new or used but must be fully functional, meet a minimum specification, and have all data wiped before donation. All laptops will be checked before they are then loaned to children who need them. The minimum specification is laptop, not PC; Intel Dual Core i3 processor and 4GB RAM. This is to ensure they are compatible with the teaching software being used by the schools. Any support you can give during this time will be gratefully received by young people across Cumbria.

In Lancaster, following a decision by Lancashire County Council leaders, hundreds of laptops worth up to £1million will be made available to pupils who have so far been unable to access computer equipment through any of the national or local schemes which are running.

County Councillor Phillippa Williamson, cabinet member for children, education and schools, said: "Our staff will now be working to identify pupils who will benefit from this decision, and agree the purchase of laptops which will be distributed via schools and colleges to those in need."

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

Find the latest advice for Lancashire

You can find the latest Government advice for Lancashire, information about COVID-19 outbreaks and council services at <https://www.lancashire.gov.uk/health-and-social-care/your-health-and-wellbeing/>



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).