

COVID
Vaccine

02

Resilience
book for kids

05

HoloLens in
care home

08

Coronavirus update

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

We want to pay tribute to all of our Partners across the Bay who continue to impress us with their hard work and determination to provide the very best care for our patients in hospital and out in the community. Our hospitals remain busy caring for patients with COVID-19 and our GP colleagues and partners are working around the clock to deliver the COVID-19 vaccine to our people.



Our vaccination programme is full steam ahead in Morecambe Bay with three large vaccination sites live in Lancaster, Ulverston and Kendal, eight Primary Care Networks (PCN's) and three hospital vaccination hubs. We're delighted to share that in Lancashire and South Cumbria (our ICS area) we have vaccinated more than 90% of our over 70s. We are at this incredible stage because of everyone involved in the programme from those administering the vaccine to our volunteers supporting and we couldn't be prouder.

As well as the dedication our partners are showing for the vaccination programme, they continue to deliver a variety of projects which will benefit our communities for years to come and really reflect the strength of our partnership. Barrow Integrated Care Community has supported partners and the third sector to deliver a mental health resilience book for children (story on page 5), [the stroke team](#) at University Hospitals of Morecambe Bay NHS Foundation Trust (UHMBT) is working with the Stroke Association to encourage people to seek help quickly if they are having a stroke and Kendal Care Home staff and local GPs, supported by Kendal Integrated Care Community and UHMBT, are delivering ward rounds using a HoloLens device (story on page 8). Inspiring work from all and we look forward to seeing how this work progresses.

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 progress with three large vaccination sites live. There are now eight Primary Care Networks (PCNs), three hospital vaccination hubs and three large vaccination sites across Morecambe Bay delivering the COVID-19 vaccine.

The PCNs, which are groups of GP practices working together in local areas, are delivering the vaccine from nine locations and, along with the three hospital hubs and three large vaccination sites, are now vaccinating cohorts 3 and 4, which include the over-70s and clinically extremely vulnerable patients.

The three hospital hubs are based at Furness General Hospital, Westmorland General Hospital and the Royal Lancaster Infirmary, with the large vaccination sites located at Lancaster Town Hall, the GSK Sports and Leisure Club in Ulverston and the Westmorland Shopping Centre in Kendal. Teams of healthcare professionals have also been visiting local care homes and housebound patients to ensure the most vulnerable residents get the vaccine.

Dr Lauren Dixon, local GP and Executive Lead at Morecambe Bay Clinical Commissioning Group said: "A great deal of work has gone into the rollout of the vaccine in Morecambe Bay and everyone involved has done a remarkable job in getting it all up and running. It's been a real team effort.

"When patients have been contacted, many have expressed how thankful they are to be receiving the vaccine this quickly as they see this as the first step towards normality. A lot of these patients haven't been able to leave their homes since March so it really does mean a lot to them."

Volunteers have also been vital in the rollout as they have been supporting patients on the day of vaccination, ensuring social distancing is kept at all times, marshalling and even arranging transport to help people to get to their appointments.

Dr Sarah Hauxell, Clinical Director and Senior Responsible Officer for the vaccination project for the hospital and community sites added: "At our three hospital hubs, we are focused on vaccinating for our frontline staff, and those working in social care with elderly or clinically vulnerable residents. To date, thousands of people from these groups have received their first dose, which is brilliant news. It means that we are one step closer to protecting our essential health and care staff. We are relying on them to care for our communities at their time of greatest need.

"Though our staff have had their first vaccination, if you come into our hospitals you will still see staff in masks, gloves and gowns. The virus is still circulating and, until everyone is protected with their second dose, we must continue to fight the spread. Please keep sticking to the guidelines: wash your hands, stay distant from others and wear a mask."

Community pharmacists are also taking part in the vaccination programme, with Morecambe Cricket Club the first pharmacy site, which opened on Saturday. Further pharmacy sites will be added in future. Patients will be offered an invitation to attend a site, which they may do unless they have already received their vaccination from the GP.



Dee Houghton, Deputy Chief Operating Officer Community at UHMBT ready to vaccinate at Ulverston.



Derek Robinson, one of the first people to be vaccinated at the Ulverston site.



Pat Robinson receives her COVID jab at Ulverston.

COVID jab now offered in every eligible care home in Lancashire and South Cumbria

The NHS has now offered the COVID-19 vaccine to residents at every eligible care home with older residents across Lancashire and South Cumbria. In a major milestone for the NHS vaccination programme, nurses, GPs and other NHS staff have offered the life-saving jab to people living in care homes with older residents. The small remainder have had their visits deferred by local directors of public health for safety reasons during a local outbreak. Those homes will be visited and jabbed as soon as NHS staff are allowed to do so. You can read the full story [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](#).

Proud Cumbrian nurse celebrates the COVID vaccination programme with a poem

The biggest vaccination programme in history is now well underway and it began in Cumbria. North Cumbria Integrated Care NHS Foundation Trust are proud to be part of that history. One nurse who jumped at the chance to be part of that history is Lisa Main, she is a district nurse based in Carlisle.



Lisa has a special interest in vaccinations and explained why she wanted to do her part: "Vaccination historically has been proved to be the most successful way of giving population immune protection from deadly diseases. To be nursing during this pandemic for everyone has been challenging on a scale we never imagined. Being involved in the COVID-19 vaccination service has felt like somewhat of a turning point, protecting our populations, our future and the very start of eradicating this disease. It has come with its challenges and many people remain anxious about getting their vaccination." You can read Lisa's poem [here](#).

COVID-19: Treatment for older people in the community

There is a new webpage on the British Geriatrics Society website which brings together guidance and practical advice for the management of older adults with COVID-19 in the community, including drug treatment and examples of standard operating procedures (SOPs). [Click here](#) to access.

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 1,939,787 (96,989 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.

A cough could be a sign of cancer, not just COVID

Doctors in Lancashire and South Cumbria are urging residents to not ignore a persistent cough, not every cough is coronavirus (COVID-19) it could also be a symptom of lung cancer. Lung cancer is one of the most common and serious types of cancer. Around 47,000 people are diagnosed with the condition every year in the UK.

The number of people contacting their GP with suspected lung cancer in Lancashire and South Cumbria remains low; and in 2020, there were 29% fewer referrals to hospital for lung cancer compared to the previous year. If this continues, more people will be diagnosed later, resulting in a lower chance of survival. Finding and treating lung cancer at an early stage saves lives.

Emma Barber, Lung Cancer Specialist Nurse for Lancashire Teaching Hospitals NHS Foundation Trust, said: “As well as providing a rapid response to the ongoing pandemic, cancer services remain a top priority for the NHS, and cancer assessments and treatments are continuing. We want to reassure people that despite coronavirus cancer teams are still working hard to provide support to patients accessing diagnostics and cancer services. GPs, pharmacies, NHS 111, and hospitals in the area are still open for those who need them. The NHS is here to see you safely.”

If you need medical help from your GP practice, contact them online, by an app or by phone to be assessed. If you need urgent medical help, use the [NHS 111 online service \(opens in a new window\)](#). If you cannot get help online, call 111. If it is a serious or life-threatening emergency, call 999. If you are told to go to hospital, it is important that you go. You should continue to attend your appointments unless you have symptoms of COVID-19 or are self-isolating.

Dr Neil Smith, local GP and Primary Care Director for the Lancashire and South Cumbria Cancer Alliance talks about why it is important for people to continue to seek help early for symptoms that could be a sign of lung cancer. You can watch the video [here](#).

Morecambe youngsters set 100km challenge to honour Captain Sir Tom Moore

Two of Morecambe's younger residents have been inspired by Captain Sir Tom Moore's efforts last year and have pledged to raise £100 each by walking 100km in one week. Joshua, aged 12, and Phoebe, aged 10, have been raising money for St John's Hospice for a number of years and have decided to help out as part of the celebrations for the 35th birthday of the hospice. In order to achieve their target, they'll need to average approximately 20,000 steps a day!

In previous years they that braved the elements to complete challenges across the lake district, collected donations at pop-up stands and volunteered their time to support the community. If you want to support this ambitious target you can donate here: <https://www.justgiving.com/fundraising/rachel-denby4>

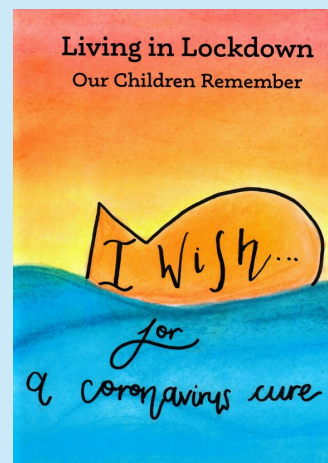
If you want to find out more about the 35th Birthday Club - please visit <https://www.sjhospice.org.uk/35thbirthdayclub/>

Book launched to support mental health and resilience for children

A mental health resource book has been launched to help children, parents, carers and professionals to cope with the changes and emotions children may be feeling during the coronavirus (COVID-19) lockdown.

Living in Lockdown – Our Children Remember is a project by Furness Education and Skills Partnership (FESP), supported by local schools, Barrow Integrated Care Community and local third sector organisations and funded by Barrow and Millom Primary Care Network.

As part of the project, 10 local schools across Barrow-in-Furness were partnered with mental health practitioners to capture their children's experiences through the pandemic, along with their feelings, their strategies for resilience and their hopes for the future.



The schools that participated in the project and the children's work was collated in emerging themes focusing on their understanding of what was happening, how they were affected and their hopes and wishes in adjusting to a 'new normal'.

Feedback from the schools included:

- "I hope the lockdown and the virus make people want to be healthier."
- "I hope that in the future everyone starts to take care of each other more."
- "The world will ride the boat of hope to a better future for everyone on this planet."

Dr Sarah Arun of the Barrow and Millom Primary Care Network, said: "It became apparent during the first national lockdown that many children were finding the situation difficult and emotional wellbeing was a growing concern. This book will be used to help parents, carers and professionals identify how the children they read it with are feeling and offers ideas and suggestions for improving physical, mental and emotional wellbeing."

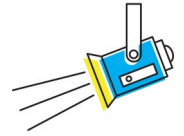
Caroline Vernon, Chair of FESP, said: "The project has given voice to the children in our locality and it is hoped that it will help other children at times of challenge. It is a book for children, by children and gives an insight into the impact that COVID-19 had on them. It is a very positive legacy, created during a very challenging time, it demonstrates that children everywhere have worthwhile experiences to share and that if we really listen to them we can help them to help others. Many thanks to our partners Barrow and Millom Primary Care Network, CancerCare, Barnardo's, CGP and Oxley Group who collaborated with us and gave their support generously to make this project happen."

The front cover of the book was designed by a school pupil and resembles two different worlds: before and during the pandemic. The pupil said: "The sky shows the brightness and happiness when everyone could see their families and friends, the sea, showing the darkness, the deeper you dive, the darker it gets until you are rescued and can again see the sun shining bright."

Copies of the book will be made available to all local schools, through the NHS and to organisations working with children.

For further information on the project or to obtain copies of the book please contact Neil@fesp.co.uk

The spotlight is on...Springfield



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.

Springfield (Domestic Abuse Support in South Lakeland) is an independent charity which has been providing a safe haven for vulnerable women since 1915 (registered as a charity in 1964).

Why was your organisation founded? Our overall aim is to give those affected by domestic abuse the skills and self-confidence they need to develop positive coping strategies, enabling them to recover from their experience and to develop a new life free from abuse, and to inspire them to achieve their own personal goals.



Domestic abuse can include physical, emotional, sexual, financial abuse, and coercive and controlling behaviour. Domestic abuse can happen to anyone regardless of age, gender, cultural, social and economic background. New figures show the police recorded an average of one incident of domestic abuse per minute in the year ending March 2019. Some 746,219 domestic abuse-related crimes were recorded in total – a rise of almost a quarter on the previous year. However, the Home Office report that only a minority of domestic violence incidents are reported to the police, varying between 23% and 35% of incidents reported.

What services does your organisation offer? The charity runs two services for people affected by domestic abuse: The Community Hub and a Women's Refuge. At our Community Hub, we offer dedicated one to one support, group sessions and peer support to women and a small number of men that are currently or have historically been victims/survivors of abuse. We also provide support to those still in a relationship with the perpetrator.

Springfield Refuge offers supported accommodation for up to seven unaccompanied women. We provide these incredibly vulnerable women with a safe and comfortable place to live and provide individual, person-centred emotional and practical support so that they can rebuild their lives. Our client base at the Community Hub extends to Cumbria, Lancashire and the Yorkshire area and our Refuge accepts referrals from professional agencies anywhere in the country.

How have your services changed during the Coronavirus (COVID-19) pandemic? As a result of the coronavirus pandemic, we have implemented new practices, enabling continued access to our support including an increase in the use of social media platforms. Our community service has adopted various ways of delivering services to meet our clients needs during the pandemic, we now offer telephone support, virtual support via zoom, email support, counselling and online groups. Adapting our services during this time has ensured we can reach out to people living in rural communities, people with children and those with disabilities both visible and hidden.

Have you seen an increase in people using your services during the pandemic? According to our clients the impact of lockdown has been described as feeling increasingly isolated and unsafe, especially if still living with their perpetrators. Child contact has become increasingly problematic and in some cases have led to feelings of extreme vulnerability. We have seen first hand that the pandemic has in some cases proved not only to be difficult for victim/survivors but also dangerous as it can lead to the intensity and frequency of abuse, accessing support can be very difficult.

How can people get in touch? You can contact the Springfield Refuge on refuge@springfieldsupport.org. You can contact the Community Service on cs@springfieldsupport.org

£1.7m project to explore groundbreaking new treatment for biofilm infections in foot ulcers

A new £1.7m project to explore using plasma jets and antimicrobial dressings to treat debilitating – and potentially deadly – wound infections has launched.

The groundbreaking Plasma-activated Antimicrobial Hydrogel Therapy (PAHT) would provide a new treatment modality for biofilm infections in diabetic foot ulcers (DFUs), a type of wound which make up around 10 per cent of the 2.2m wounds reported annually in the UK.

More than a third of the +4.5m diabetics in the UK have a lifetime risk of foot ulcers, of which 50 per cent become infected. Around 10 per cent of these patients then require lower limb amputation due to tissue and bone infection. The prognosis for these patients is bleak; 44 per cent usually die within five years.

The project will explore using plasma (electrically excited gas) jet technology combined with anti-microbial dressings to improve outcomes for these patients, while avoiding increasing anti-microbial resistance (AMR) within the population caused by increased antibiotic usage.

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

New Discharge Lounge for RLI

The Trust is planning to open a new Discharge Lounge at the Royal Lancaster Infirmary (RLI) to create increased bed capacity earlier in the day.

Within the first two days of trialling, the facility has already created more than 20 acute care beds earlier in the day for patients.

Patients who awaiting discharge home from the Centenary Building and Medical Unit 1 at the RLI will benefit from the Discharge Lounge.



The plan is to site the new Discharge Lounge within the current footprint of the Surgical Admission Lounge. It will provide an increased capacity of five bed spaces, including one side room and up to six seating areas for ambulatory patients.

The facility will have the capability to accept patients on the Discharge to Assess (D2A) pathway and provide a safe space for D2A patients who might need to return to hospital and await bed reallocation. In accordance with Infection Prevention Guidance, the new Discharge Lounge will only be used by COVID-19 'Green' and 'Recovering Red' patients.

As the area is currently within the Emergency Department Surge Plan, there is the capability to cease activity to facilitate the ED at short notice. Should this be required, there would be an opportunity to continue the ambulatory discharge flow through the utilisation of the Ambulatory Care Waiting Area.

For any enquiries about the new Discharge Lounge please contact Lynne Lawson via email at lynne.lawson@mbht.nhs.uk

New technology helping to keep residents safe at Kendal Care home

A mixed reality headset - Microsoft HoloLens 2 - is transforming how nursing staff at Kendal Care Home carry out their daily ward rounds with residents during the coronavirus (COVID-19) pandemic.

The headset was introduced to the care home back in October and is worn by a nurse at the resident's bedside. The headset is linked to a Dynamics 365 Remote Assist app which uses Microsoft Teams to send a secure live feed to a computer screen meaning a GP working from their GP practice or remotely can receive a call from the nurse and directly assess the patient through the eyes of the attending nurse. It has been used to assess approximately 60 residents who are bedfast or have skin conditions which mean they do not have to attend a GP surgery. It has also been used with residents who are nearing the end of their life. You can read the full story [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](#).

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/>



Health and Safety Executive

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

Carnforth ICC newsletter

Carnforth Integrated Care Community's latest newsletter can be read [here](#).

East ICC newsletter

East Integrated Care Community's latest newsletter can be read [here](#).

Lancaster District CVS

The latest newsletter from Lancaster District CVS is available [here](#).

NWAS #YourCall

The latest #YourCall magazine from North West Ambulance Service (NWAS) is available [here](#).

North West Blood Bikes

The latest newsletter from North West Blood Bikes is available [here](#).

Residents urged not to delay seeking help if they have signs of having a stroke

Some hospitals in Lancashire and South Cumbria are experiencing a reduction in people attending with symptoms of a stroke.

Doctors, Nurses, former Stroke Survivors and their carers are worried that people are not acting on the signs of a stroke quick enough and want to therefore reassure patients.

Together they are encouraging people to recognise the main signs of stroke and dial 999. A stroke is a serious life-threatening condition that happens when the blood supply to part of the brain is cut off. A stroke often results in people being taken by ambulance to A&E for emergency treatment.

James Barker, Stroke Consultant and Clinical Lead for Stroke at Royal Lancaster Infirmary said: "If you or a loved one experiences stroke symptoms, please help us help you - Act FAST and call 999. Our expert paramedics, stroke nurses, radiologists and doctors will ensure you get the care you need as quickly as possible." 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).