

COVID
Vaccine

02

Ovarian
Cancer

05

Mortuary
services

07

Coronavirus update

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

On Tuesday 23 February, the Prime Minister [announced a roadmap](#) to cautiously ease lockdown restrictions, including the return of schools today (Monday 8 March). The Government's roadmap will then follow the data, rather than dates, as the Prime Minister said in his announcement. Providing there are no setbacks, the country will be largely free of the current restrictions by Friday 21 June. With restrictions starting to ease over the next few months, it is more important than ever that we continue to abide by the rules, washing our hands more often, keeping our distance from others and wearing masks where it is appropriate.

The vaccination programme across Morecambe Bay continues to go from strength-to-strength and we have seen reductions in the number of cases across Morecambe Bay over the past few weeks, coinciding with the vaccine roll-out. Our local figures do look promising but we would continue to urge anyone who has not yet had their vaccine who are [eligible to do so to book a slot](#).

We would like to highlight the launch of two fantastic campaigns which showcase the great partnerships across the Bay Health and Care Partners. The "Keep Going" campaign urges people to keep following the COVID-19 restrictions so we can keep infection rates going down. You can watch all of the campaign videos [here](#). A COVID-19 test is being trialled at the Royal Lancaster Infirmary. [Virus Hunter 6 \(VH6\)](#) has been developed by Lancaster University in partnership with Brunel University in London and the University of Surrey in collaboration with commercial partner Vidia Ltd.

[The New Hospitals Programme in Lancashire and South Cumbria](#) is moving at pace with Lancashire Teaching Hospitals NHS Foundation Trust and University Hospitals of Morecambe Bay NHS Foundation Trust working together with the government to build new, centrally funded hospital facilities locally. **A thank you from Aaron and the Partners to Jerry Hawker:** We want to take this opportunity to announce Jerry Hawker's new role as Lancashire and South Cumbria Integrated Care System (ICS) Executive Lead and Senior Responsible Owner, accountable for the New Hospitals Programme in Lancashire and South Cumbria. Jerry will be stepping down from his role as Joint Chief Executive Officer for Bay Health and Care Partners. We want to thank Jerry for his commitment to BHCP. Following Jerry's move Hilary Fordham and Anthony Gardner will be working with me (Aaron) and colleagues in the Integrated Care Partnership to continue the work and agree future leadership arrangements.



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 progress of the COVID vaccination programme in Morecambe Bay is phenomenal with patients receiving their second COVID-19 vaccination in Barrow last week.

Patricia Lumb, 84, was the first person to receive the COVID-19 vaccine in Barrow. She has received her second vaccine at the Alfred Barrow Health Centre. She said: "I feel safer knowing that I've got this protection." She was interviewed by BBC Radio Cumbria on the Breakfast Show. You can listen to the interview [here](#) (skip to 1:39:53).

Dr Sarah Arun, local GP and Clinical Director of Barrow and Millom Primary Care Network took part in an interview with BBC Radio Cumbria about patients in Barrow receiving their second COVID-19 vaccine. She said: "This is another step forward in the right direction." Dr Sarah Arun and Patricia Lumb featured in an interview with BBC Radio Cumbria. You can listen to the interview [here](#). (skip to 3:25:27).

Almost two million people aged 60 to 63 were invited to book a COVID jab last week as the NHS vaccination programme, the biggest in health service history, gains fresh momentum.

Letters began landing on doormats last Monday explaining how this age group can make an appointment to get jabbed through the national booking service.

They have been sent after more than three in four people aged 65 to 70 took up the offer of a vaccination.

In all, more than 16.5 million people across England, over a third of the adult population, have received the lifesaving jab.



Patricia Lumb receives her vaccine



Dr Sarah Arun takes part in an interview with BBC Radio Cumbria

The Covid Vaccine Will Save Lives

"I had my vaccine at the earliest opportunity. In time, this vaccine will save millions of lives."

"I read through the phase trials and if you've opted to work in this field to help others, this is the best reason to have your jab."

"It protects you as well as people around you and stops the spread of the virus."

Dr Manoj Rajagopal
Consultant Psychiatrist

#itsoktoask



NHS
Lancashire &
South Cumbria
NHS Foundation Trust

We are
LSCft

Support materials for delivery of COVID-19 vaccinations for people with a learning disability

The below resources will help staff provide accessible appointments to ensure people with a learning disability and autistic people in a high-risk group have safe and equitable access to COVID-19 vaccination:

- [COVID Vaccine film](#) produced by Skills for People and Learning Disability England
- PHE [easy read COVID vaccination leaflet](#)
- PHE [easy read What to expect after the vaccine leaflet](#)
- PHE [Easy read adult consent form](#)
- Additional training materials for [COVID 19 vaccinators and volunteers](#) provide top tips on communicating with people with a learning disability and autistic people and reasonable adjustments that should be considered.

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](#).

COVID-19 response (Spring 2021)

The government has published the 'COVID-19 Response - Spring 2021' (22 Feb 2021).

It provides a roadmap out of the current lockdown for England and sets out how the government will continue to protect and support citizens across the UK.

You can find materials to communicate the COVID-19 Response - Spring 2021 [here](#). Please note these assets are cleared for use in England only.

For more information please visit: gov.uk/coronavirus



North Cumbria is a top recruiter in COVID-19 treatment trial

Over 500 people treated in hospitals at North Cumbria Integrated Care Trust (NCIC) have taken part in a research trial to assess the effectiveness of treatments for COVID-19.

The Trust is one of the top recruiters nationally to the Randomised Evaluation of COVID-19 therapy (RECOVERY trial) which is coordinated by the University of Oxford. Since its launch in March 2020, the trial has delivered evidence on the efficacy of six treatments including the first major breakthrough in the COVID-19 response – the finding that dexamethasone saves the lives of severely ill patients.

RECOVERY has recently shown that tocilizumab - an anti-inflammatory rheumatoid arthritis treatment - reduces the risk of death for hospitalised patients with severe COVID-19. Researchers also found that the drug reduces the length of hospital admission and the risk of patients requiring mechanical ventilation.

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

Lancaster LitFest-How We Live Now

We're excited to announce that Naomi Turner, Pulmonary Rehabilitation Physiotherapist, and Helen Duncan, Pulmonary Rehabilitation Team Leader, at UHMBT, will star in one of several short film as part of this month's Lancaster LitFest. The 'How We Live Now' films will take a look at the lives of members of our local community during a turbulent year. The event will take place on Thursday 18 March at 7.30pm and you are encouraged to share a photo of your red-carpet outfits with @litfestlancaster. You can register for free tickets here <https://litfest.org/hwlnow/>

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](#).

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 1,861,142 (93,057 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.

You're not OVARY-acting. Help Us Help You stay clear of ovarian cancer

People in Lancashire and South Cumbria are being urged to be alert to the warning signs and symptoms of ovarian cancer and contact their GP with any concerns. Early diagnosis saves lives. Every year in the UK, 7,300 women are diagnosed with ovarian cancer – that's 20 per day. A 2020 report from North West Cancer Research found that in Lancashire, ovarian cancer is 10% higher than the national average. Ovarian cancer is one of the most common types of cancer in women. It mainly affects women who have been through the menopause, but it can affect all ages.

Mr Ian Arthur, Clinical Lead for Cancer Services and Consultant Obstetrician and Gynaecologist for Blackpool Teaching Hospital NHS Foundation Trust, said: "If you feel constantly bloated, have a swollen tummy, feel full very quickly when eating, are needing to pee more often than usual or have discomfort in your tummy and pelvic area that lasts for three weeks or more – you should speak to your GP practice.

"You're not overreacting, because any of these symptoms could be an early sign of ovarian cancer. It's probably nothing serious, but finding cancer early makes it more treatable so it's important to not ignore any of these symptoms."

Dr Martin Hogg, Consultant Clinical Oncologist for Lancashire Teaching Hospitals NHS Foundation Trust, said: "If you have any symptoms of ovarian cancer that do not go away for three weeks or more, you have a family history of ovarian cancer or you are worried you may be at a higher risk of getting it – please speak to your GP about your concerns.

"The symptoms of ovarian cancer are not always easy to recognise because some are similar to those of other conditions such as [irritable bowel syndrome \(IBS\)](#) – so it's really important that you don't ignore any potential warning signs. If you have already talked to your GP but your symptoms continue or get worse, go back to them to explain this."

Dr Neil Smith, local GP and Primary Care Director for Lancashire and South Cumbria Cancer Alliance, said: "Your GP can assess you and perhaps run some simple tests to better understand your symptoms. It's probably not cancer, but getting an early diagnosis could save your life. GPs like me are here to help you.

"GPs are working differently during the pandemic – we are using more phone consultations and online technology to support our patients. We can still arrange a face-to-face appointment if needed. Your GP surgery will be using all necessary precautions to reduce COVID risk, and will only invite patients to attend if it is safe to do so. Your NHS is here to see you safely."

If you need medical help from your GP practice, contact them by phone to be assessed. If you need urgent medical help, use the [NHS 111 online service](#). 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 coronavirus (COVID-19) symptoms or are self-isolating.

Information and advice about ovarian cancer:

[NHS UK – Signs and Symptoms of Ovarian Cancer](#)

[Lancashire and South Cumbria's Let's Talk Cancer Campaign](#)

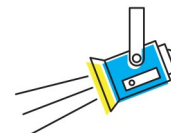
[Cancer Research UK – About Ovarian Cancer](#)

[Ovary-Act – About Ovarian Cancer and Awareness Campaign](#)

[Macmillan Cancer Support – Ovarian Cancer](#)

[The Robin Cancer Trust](#)

The spotlight is on...The Cornerstone



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. The Cornerstone is part of Lancaster Methodist Church and is a community of people working together to create a safe place in the city. Before the pandemic, the Cornerstone Café was serving at least 100 people a week and between 50 and 100 people were using the building.

Why was your organisation founded? We are part of Lancaster Methodist Church which was formed in 2001. The Cornerstone became an outreach centre for the church. It was refurbished and a cafe opened in 2013.

What services does your organisation offer? Currently, we offer one-to-one bereavement support by phone or zoom. We are also beginning an online Zoom course called 'Getting Through the Grief' that begins this Friday at 11am. We have a fortnightly bereavement support group on Zoom for people with learning disabilities. We have just begun a lockdown support group called 'Moving to Freedom' which meets each Thursday at 7pm. We are currently offering worship, reflection and scripture study and a fortnightly men's group on Zoom.

When our building is open we partner with various organisations which include Lancashire Youth Challenge, Lancaster District Community and Voluntary Solutions, 'Canchat', 'Christians Against Poverty', 'City of Sanctuary', the 'Refugee Advice and Information Service'. We offer meeting rooms for hire and counselling spaces. We are developing a range of activities and services across South Lancaster and the city centre including a Digital Champions network to support people with Computers; a Social Action Hub in South Lancaster, working in a community organising way to listen to and support residents; two Emergency Response Centres (city centre and South Lancaster); a community Coffee Space and community social media and a newsletter.

How have your services changed during the Coronavirus (COVID-19) pandemic? All our regular groups and activities have moved to Zoom. Our chaplain continues to offer a lot of pastoral support by phone. Much of our community development work is currently done through virtual meetings, virtual coffee mornings and social media. Many of our support groups continued in person until the third lockdown, we are beginning to support them back safely.

Have you seen an increase in people using your services during the pandemic? We have had an increase in referrals for bereavement support. We have also seen an increase in need for specific groups including lockdown babies and refugees.

Feedback from a person using one-to-one support: "I was referred to Simon Stewart, the chaplain at The Cornerstone by a mental health nurse, initially to help with repressed grief over the death of loved ones, and to address other losses in my life. However, the work that transpired was significantly broader than this, covering long-standing mental health issues including anxiety and anorexia, and obsessive exercising. I have worked with therapists, psychologists, and psychiatrists over the last 10 years, yet the support and guidance I received from Simon have been in many ways more helpful. I believe that the progress I have made with my mental health would not have been possible without this type of support, and it is comforting to know that this is offered unconditionally and that the door is always open."

Upcoming projects: We are increasing our community development and engagement work, particularly based on Scotforth Road. This work is in its infancy but has already grown to include digital engagement, social action and the creation of community activity. We plan to develop a community coffee shop and a social meeting space within our building. For more information please contact Phil McGrath, our centre manager, who is doing our outreach and community development work at philcornerstonecafe@gmail.com

Changes to mortuary services at WGH

University Hospitals of Morecambe Bay NHS Foundation Trust is changing the way in which mortuary services are provided at Westmorland General Hospital (WGH). Mortuary Services are being fully transferred to the Royal Lancaster Infirmary (RLI) - where the majority of mortuary services are already based. Until recently, the Trust has been required to maintain a mortuary provision at WGH as part of the Cumbria Resilience Forum mass casualty incident plans. Due to changes in local and national NHS planning, capacity in the mortuaries at FGH and the RLI has been increased through national funding over the last year.

As well as having increased capacity, the new facilities at FGH and the RLI also offer a much-improved environment for families and Trust colleagues. The Cumbria Resilience Forum has since agreed that the additional capacity at FGH is acceptable to meet their requirements meaning the Trust is able to take forward its plans to use the space to expand and invest in clinical services at WGH.

The mortuary storage facilities at WGH have not been used since August 2020 and were used in only a small number of cases from January to August 2020. All post-mortem activity will continue to take place at the RLI as it has done for some time. It is planned that the mortuary at WGH will be fully decommissioned by the end of March 2021; with the expansion of clinical services due to be completed during 2021/22.

Lancashire and South Cumbria Pathology Collaboration

The Lancashire and South Cumbria Pathology Collaboration aims to transform pathology services in order to deliver high-quality diagnostics for the benefit of all patients, staff, clinicians and GPs. Agreeing the delivery framework marks the start of a long-term piece of work to design the detailed clinical model with the full involvement and engagement of clinicians and scientists working in pathology services. It is the intention to undertake extensive engagement with GPs and your views about how you would like to be involved are welcomed.

The Pathology Collaboration Board has recently agreed the Comprehensive Investment Appraisal Model (economic model). The CIAM compares options to identify the one which represents the best value for money and that will achieve the best return on investment. It is mandatory for the NHS to use this model to develop business cases. Agreeing the CIAM is the step before delivering the outline business case. It is a major milestone and is significant because it also determines the framework for delivering pathology services across Lancashire and South Cumbria in the future.

Following careful consideration of the options, it has been agreed that the framework to be adopted is the Hub and Spoke. The following work will be delivered in the hub site; GP blood sciences, Immunology and the majority of Cellular Pathology and Microbiology. The hub will be located in the Leyland area. All hospital emergency/urgent work will be undertaken in the Essential Services Laboratories (ESLs). One of the key concerns that has been expressed is the different requirements for services in a geography as diverse as Lancashire and South Cumbria. Therefore, the future model will not be a one size fits all and there will be a bespoke approach to designing ESLs to respond to geographical factors and to meet the clinical requirements and specialties of specific acute sites. The next step is the submission of the outline business case to NHS Improvement at the end of March (subject to acute Trust Board approval). If approved, this will secure the capital required for the transformation of pathology services to ensure the provision of a high quality and resilient diagnostic offer to GP colleagues and the people of Lancashire and South Cumbria. If you would like to get involved in the development work please email Gillian.Crankshaw@lthtr.nhs.uk

Free wellbeing course for carers

Lancashire Carers Service is running a free six-week wellbeing course for carers 'Spring into Wellness' starting in March. [Click here](#) to find out course detail. Project Lead, Katherine Lonsdale is more than happy to take referrals from you and to take conversations further. You can contact Katherine and book a place [here](#).

New pump track secured by British Cycling's £25k boost

A Lake District community is celebrating after British Cycling awarded £25,000 to secure its hopes of an exciting new pump track (a track designed to maximise your momentum, so you can ride it with minimal pedalling).

Work is due to start after Easter on the new cycling circuit at Queen's Park in Windermere, better known to generations of locals as "The Rec".



The project will be the fruition of three years' tireless dedication by community group Windermere Park For All, working with South Lakeland District Council (SLDC) officers. The group of local parents has been fundraising since 2017 to improve the popular SLDC-owned park for future generations, and the pump track will mark stage one of a major overhaul at The Rec.

New Samaritans research and handbook on Engaging Men Earlier: a guide to service design

Here are some really useful links to information from the Samaritans in relation to Suicide prevention particularly in mid-life males which you may find useful. [Engaging Men Earlier handbook](#), [Out of Sight, Out of Mind](#): Why less well-off, middle-aged men don't get the support they need - a report focusing on the lived experience of men [How does living in a more deprived area influence rates of suicide?](#)

Carer Support South Lakes launches Carer-Connect

Carer Support South Lakes has developed a new way of staying in touch. Carer-Connect is an online community where Carers can connect with other Carers, find support, and access vital information when they need it, 24/7. Please feel free to share this resource with any patients you know that are carers and may benefit from this resource. 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/>



Kendal ICC newsletter

The latest newsletter from Kendal ICC is available [here](#).

Cumbria Police bulletin

The latest bulletin from Cumbria Police is available [here](#).

Cumbria County Council bulletin

The latest bulletin from Cumbria County Council is available [here](#).

Lancaster District CVS bulletin

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

Bay ICC newsletter

The latest newsletter from Bay ICC can be read [here](#).

COVID-19 pandemic on LGBT communities

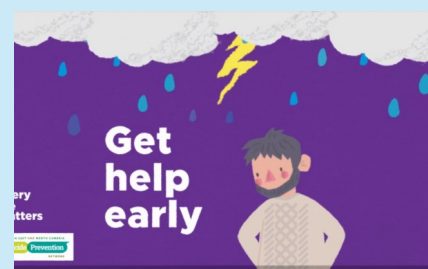
The LGBT foundation has published a new research report on the impact of the COVID-19 pandemic on LGBT communities in the UK. This report is a culmination of the findings from its online survey, existing research on LGBT health inequalities. You can find the report [here](#).

Young people, families and carers shape local mental health support website

The Lancashire and South Cumbria Healthy Young Minds website [here](#) contains a wealth of information and resources to boost and support the resilience, emotional wellbeing and mental health of local children and young people. It has been developed with children and young people, their families, and professionals to make it as easy as possible for them to access advice, help and support quickly, whenever they need it.

Awareness campaign launched

A [series of animations have been released](#) by North Cumbria Integrated Care NHS Foundation Trust encouraging people to look after themselves, others and to get help early if they are struggling during the pandemic.



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).