



Dear colleagues,

The Trust continues to experience a high demand across our services, as described in detail in this update last week and at our Annual Members Meeting.

In addition, we are responding to the Covid-19 pandemic within our premises including outbreaks in inpatient settings, offices and within community teams.

We continue to robustly promote strict Infection Prevention Control (IPC) which include all staff and visitors wearing surgical face masks if they are not already wearing Personal Protective Equipment (PPE).



As with many organisations at the moment, we also have a small number of colleagues absent from work with Covid-19 while others are self-isolating with suspected infections or because they have been asked to by NHS Track and Trace through connections in their personal lives. The teams across all networks through continue to show resilience, determination and dedication to continue to provide care and support to those within our communities that need it.

I am conscious the NHS as a whole, the North West in particular and the Lancashire and South Cumbria area specifically have faced some of the largest infection rates and challenges to be seen in the UK. We continue to do everything possible to support this whilst remaining focused on our own improvement and transformation as a Trust.

I will continue to provide a snapshot weekly of the activity carried out by Lancashire and South Cumbria NHS Foundation Trust (LSCft) not just in response to the global coronavirus pandemic, but including important information, good practice, innovation and some good news too.

There is lots in this bulletin to celebrate as we continue with such an enormous response.

Please feel free to ask any questions, give us your feedback, ideas, suggestions and, indeed, share this with any colleagues who might find it useful.

Caroline Donovan,  
Chief Executive, Lancashire and South Cumbria NHS Foundation Trust

## Weekly headlines

### Flu Vaccination Drive

The Trust continues to focus on ensuring as many staff as possible have had a flu vaccination before the end of November.

Thousands of colleagues have already had their flu jab through a variety of clinics, peer vaccination sessions, vouchers to receive it from their local pharmacy and a mobile clinic visiting colleagues at work.

This year it is more important than ever that we vaccinated as many people as possible – if you are eligible for a flu vaccination please arrange to have it as soon as possible.

The effort is being supported by a team of people led by the Infection Prevention Control (IPC) team who have trained colleagues as peer vaccinators.



The HARRI Bus (pictured) have been trained and are on the road providing a mobile clinics at settings across the organisation.



Peer vaccinators are also helping us to vaccinate as many people as possible across the Trust. The team is responsible for vaccinating colleagues and organising clinics across the Trust.

Currently, we have over 42 peer vaccinators on the frontline, including Medicines Management Nurse Melanie Kay (pictured left). Melanie said: “I have worked in the NHS for over 30 years as a nurse in many different roles. Caring for others and looking after their health has always been something close to my heart.

“This is one of the main reasons I decided to become a peer vaccinator this year, especially in the midst of a global pandemic - help on the frontline is needed more than ever. It has never been a more important time to protect ourselves and those we care for.

“In my role, I work closely with the flu team to identify where there is a need for staff to be vaccinated, I have a portable fridge and take flu vaccines to areas where staff need to be vaccinated.

“It is really important for all staff to do everything they can to protect everyone they come into contact with. It’s a really simple thing to do so I would encourage all staff to go ahead and get it. You can always get in touch with us at the flu team if you need any further information.”

## **Asymptomatic Testing Of Staff**

The Trust is supporting the national campaign to ensure all front-facing staff across the NHS test themselves for Covid-19 twice a week. All staff in contact with service users or working in a building which treats service users will be asked to self-test using kits provided and with a month's supply.

This involves taking a shallow nasal swab, which is dipped into a solution within a test tube and then dropped onto the lateral flow tab.

If positive a line will appear, a bit like a pregnancy testing kit. No lab is required and staff can do this at home using a step by step guide showing how to undertake the test and dispose of kit in normal household waste.

Anyone who tests positive will need to self-isolate and book in for a formal 'PCR' test. The aim of testing all staff is to prevent the spread of the virus from anyone who has Covid-19 but isn't experiencing symptoms and therefore doesn't know.

## **Preparing For a Covid Vaccine**

The Government has asked the NHS to be ready to deliver a vaccination programme for England from December, so that those who need it most will be able to access vaccinations as soon as they are available.

Detailed planning has been underway in Lancashire and South Cumbria, building on the expertise and strong track record the NHS already has in delivering immunisations like the annual flu vaccination programme, to ensure that a Covid-19 vaccination programme does not impact on other vital services.

The NHS will follow clinical guidance set by central government or vaccine rollout. Further details and time frames will be shared shortly.

## **Have a Brew for Carers Rights Day**

A virtual coffee morning will take place on Thursday to mark National Carers Rights Day. Guest speaker will be dementia awareness campaigner Tommy Whitelaw (pictured with his mum Joan, who he cared for through dementia).

The event is open to anyone who works for the Trust and is a carer or cared for. Carer organisations supporting the event include Health and Social Care Alliance Scotland, Furness Carers, Blackpool Carers, Blackburn with Darwen Carers Service and Lancashire Carers Service.



## **List Support (WLI) for Autism Assessment**

Staff from Learning Disability, Community and Mental Health and other Trust services have stepped up to develop an initiative to reduce waiting times for autism assessments. They are working additional hours at evenings and weekends to reduce the current length of waits

and number of children and young people waiting for autism assessments in Central Lancashire, West Lancashire and Morecambe Bay.

The local Integrated Care System (ICS) has made funding available to support the delivery, and it is hoped it may be the start of a longer term solution for autism assessment pathways in all parts of the Lancashire and South Cumbria.

Stuart Sheridan, Interim Service Manager for All Age Community Learning Disability Services at the Trust said: “We’re very proud of our workforce who’ve offered to help out with this and grateful for their ongoing commitment. Over 40 staff have stepped forward and volunteered to take part in this initiative.

“We will ensure that all staff have access to training to help them to perform autism specific observations, use recognised rating scale tools and make the best use of digital technologies to maximise our clinical time. All staff will also have access to supervision and clinical leadership from across medical, nursing, psychology and AHP senior staff.”

The news comes after the Trust and Pathways Associates were successful in a joint bid to deliver long-awaited mandatory learning disability and autism awareness training earlier this year.

The training will be produced in collaboration with self-advocates and families and then co-delivered to frontline staff across Lancashire and South Cumbria, including hospitals and care homes.

### **Britain’s Got Talent Stars Christmas Event**

Inspirational Britain’s Got Talent superstars Sign Along With Us are joining the Trust this Christmas for a one off virtual event to share their incredible story.

The act, which prompted judge David Walliams to press his golden buzzer putting them straight through to the final, was started by brother and sister Jade and Christian Kilduff.

It was borne out of Jade’s determination to communicate with her brother against the odds and the event, organised by the Trust’s Learning Disability team, will include a number of musical performances.

Christian has a brain injury called HIE, cerebral palsy, visual impairments, global development delay and sensory processing disorder. Despite this he took to the stage with his big sister to wow the judges, all to help others like him. **[Watch their incredible performance here.](#)**



Jade said: "I just didn't want to give up, so I decided to start signing with Christian and eventually after 18 months he signed back.

We wanted to share everything we knew with the world in the hope that they would learn some sign language too, so then it would help Christian and other people like him to not feel isolated and to be able to communicate with more people.



We decided to set up Sign Along With Us and started posting signing videos online."

Due to the positive reaction, the duo decided to take it further and start teaching classes at the local community where the group came together before appearing on the hugely popular Saturday night show.

Andrew Corns, who works is Community Learning Disability Services, has organised the event. He said: "Jade and family are from Heywood near Bury, which is where I am from. I had been following Sign Along With Us on Facebook and my mother has known Jade's family for some time.

"I arranged this with her help and have had discussions with Jade to bring it all together. It's been a long process which started whilst the group was preparing for Britain's Got Talent semi-finals and finals."

### **Clinical Supervision – Frequency is Changing**

The Trust's Supervision Policy has been updated and clinical supervision will be accessed and recorded on a 6 weekly basis from January 31, 2021.

Clinical Supervision is recognised as a core component of professional support for practice and there is consistent evidence that effective Clinical Supervision impacts positively on the professional development as well as the health and wellbeing of those being supervised.

This is clearly really positive not just in supporting colleagues at work but also the people they are treating.

In recognition of these clear benefits, the Trust has updated the Clinical Supervision Policy to enhance the quality of supervision provided.

The update means that Clinical Supervision remains essential for all clinical staff irrespective of their role, area of practice or years of experience but will be carried out every six weeks as a minimum as opposed to every 12 weeks.



## Improving the Experience of BAME Colleagues

The Trust's Race Equality Project Manager Candace Bedu-Mensah has been visiting colleagues working at our inpatient settings over night shifts to try and improve the experience of Black Asian and Minority Ethnic (BAME) staff.

We are encouraging all staff to get involved in this important work by joining our BAME Network or share their story directly through our BAME Voices network.

Candace's latest visits have been focused on talking to the team at The Guild over the last few weeks and Candace said: "I've been doing a wide range of different shifts at different times in order to speak to as many BAME colleagues as I can about their experience working at the Trust, to try and get a general overview about how they are

feeling and what it is like to work here for them.

"I'm also working with team leaders and encouraging staff to feel more comfortable in talking about their experiences and share their stories so we can build a living library of stories, good and bad to ensure voices from around the Trust are heard.

"We're building a more inclusive place to work with the Inclusion Council chaired by our Chief Executive and I'd urge people willing to join the BAME Network to consider sharing their stories."

## Good news, good practice and transformation

### Mums Receive Patient Pamper Packs

Mums on Ribblesmere Mother and Baby Unit at Chorley and South Ribble District General Hospital were treated to 12 self-care boxes from a kind former service user.

Alison, who made the boxes said: "I was unwell after my third baby in 2016 and so I was admitted to Birmingham's Mother and Baby Unit (MBU) in the middle of the night. I had hardly any belongings and I was 80 miles away from home.

"I was later transferred to Wythenshawe MBU which is my closest unit, and this started the idea behind putting together some self-care boxes that include basic toiletries.



"I had always been very private about my mental health but I reluctantly told a few school mums as they were asking where I was. The way I felt at the time I thought everyone hated me but the mums put together a box full of magazines, mini diet cokes, chocolate and flowers and sent it in with my husband.

"I was so touched and that was the inspiration behind including some 'treat' items in the self-care boxes. It gave me the passion and belief that even with no mental health training, simple kindness and empathy can make a difference too."

### Chorley Inpatients Get Royal Seal Of Approval

Our Health and Wellbeing team at Chorley Inpatients were recognised by Prince Charles at the Nursing Times Awards for their 'Dancing through the Darkness' project.

The team were nominated for the Team of the Year Award and the Nursing in Mental Health Award at the 30<sup>th</sup> annual Nursing Times Awards, which were celebrated at a virtual ceremony on Wednesday, November 18.

The Dancing through the Darkness project was launched by Team Leader Kirsty Thomason on the male and female acute and female Psychiatric Intensive Care Unit at Chorley and South Ribble Hospital.

Kirsty used to be a dance and fitness instructor, so service users have enjoyed salsa, Latin, ballroom, cheerleading, street dance and tap classes.

Kirsty said: "It helps keep our service users active, assists with their wellbeing and they really enjoy the sessions.

"We also ran a variety show and a Hallowe'en show that our service users took part in. It was a real surprise to be nominated and the team were really honoured."

Chief Nursing and Quality Officer, Maria Nelligan, said: "Dancing through the Darkness is an innovative and remarkable initiative which provides structure, focus and motivation for our service users, improving their quality of life, so it's little wonder the team were shortlisted for not one but two Nursing Times Awards.

"During the ceremony, Prince Charles congratulated all teams and noted the high standard of everyone shortlisted. He said every one of you is a winner.

"I'm incredibly proud of the Health and Wellbeing team and Chorley's exemplary work that's really making a difference to the lives of our service users."

Find out more about the Nursing Times awards here: <https://awards.nursingtimes.net>



### **Keep In Mind The Effect Of Alcohol On Mental Health**

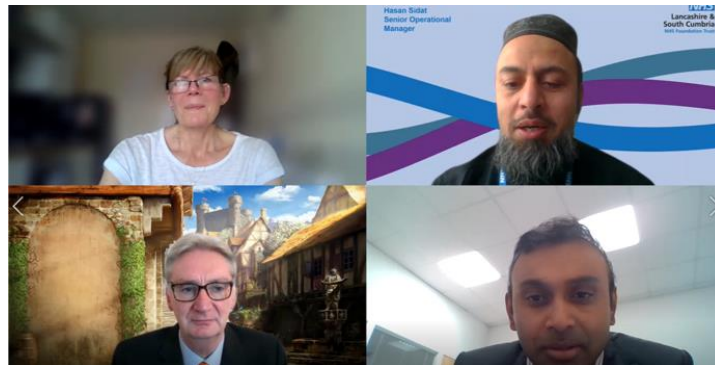
During Alcohol Awareness Week experts from the Recovery College teamed up with Change Grow Live, a voluntary organisation that specialises in substance misuse, to discuss the effects of alcohol on mental health.

Alcohol is the UK's favourite coping mechanism, with one in four adults having a mental health problem and one in five saying they regularly drink above the recommended 14 units a week.

As a way of highlighting the dangers of alcohol, a Microsoft Teams event was hosted by Hasan Sidat – our Senior Operational Manager for Recovery and Resilience.



His guests were Nicola Gallagher, Recovery Co-ordinator and Alcohol Worker based at Morecambe Inspire, Dr Abi Goli, a regional Lead Consultant for Lancashire Inspire and Dr Joseph Meagher, Consultant Psychiatrist for the Trust specialising in addiction.



The session covered how alcohol affects our brain chemistry, alcohol and anxiety, nerves, staying in control, drinking if you have mental health problems, and local support and guidance for those who need it.

To mark Alcohol Awareness Week, we've also been sharing our tips on how to reduce alcohol consumption on Twitter about:

- Spreading the amount of units consumed across the week
- Eating before drinking alcohol
- Supporting family and friends to cut down

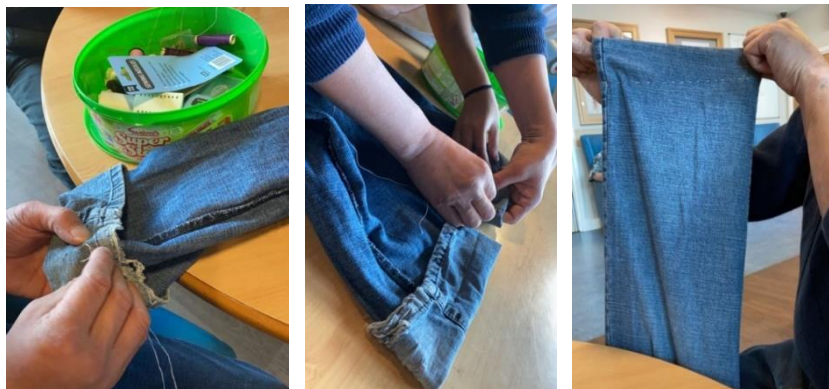
### Jeans Look Sew-Good After Craft Session

Lina Sultana, a Health and Wellbeing Worker on the Churchill ward at The Harbour, led a sewing session with patients as part of their safe ward initiative.

One of the patients needed their jeans repairing, so the team decided to get crafty and invite all patients to get involved by doing the same.

Emily Wakefield, Deputy Ward Manager said: "We try and get everyone involved in a range of activities as part of our health and wellbeing role.

"It's also part of the safe ward initiative and we try to keep people entertained as much as we can.



"We're trying to make the inpatients' stay a more positive experience and hoping to reduce incidents of violence and aggression by combatting boredom on the ward."

### Sweet Gesture For Children's Charity



The Preston West Community Mental Health Team and the Preston Community Prevention and Engagement Team have worked together to raise money for **cashforkids** - a charity that gives grants to improve the lives of disadvantaged children and young people affected by poverty, illness, neglect or have additional needs.

Team Leader, Liz Forster said: "We decided to make a staff tuck shop with all the proceeds raised going to cashforkids."

"It's just our little way of cheering the team up with tasty treats and trying to help support a much needed charity."

### Teamwork Makes the Dream Work

James Cornthwaite, Team Manager for the South Ribble Community Mental Health Pathways Team would like to give a huge thank you to the South Ribble team.

James said: "They have demonstrated teamwork beyond my expectations and supported each other throughout the Covid-19 period with a caring and compassionate approach at all times."



"They have gone above and beyond in supporting new colleagues during difficult circumstances and their consideration for each other's mental health and wellbeing has been outstanding."

"I am humbled to have such a lovely bunch of people working with each other."

### Vicky Hoban is This Month's Chorley Champion

Acute Mental Health Occupational Therapist, Vicky Hoban, who works at Chorley Inpatients Unit has scooped this month's Chorley Champion award for her enthusiasm and dedication.

She was thanked by the Occupational Therapy team with a lovely bouquet of flowers and bottle of red wine.

Vicky tweeted about her win: "Absolutely made up to have received this month's Chorley Champion Award from the fabulous people I work with." Congratulations Vicky!





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