



NHS

**Lancashire Teaching
Hospitals**

NHS Foundation Trust

TRUST MATTERS

News • Awards • Membership • Governors • Information • and much more...



Celebrating our new **Lancashire Community Healthcare Hub**



Members' magazine: Winter 2022–23 edition

 @LancsHospitals

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- Pharmacists**
are experts in medicines
Diarrhoea, painful coughs, medicine advice
- GP practices**
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Vomiting, aches and pains, fever in children, ear infections
- NHS 111**
Help and advice on where to go based on your symptoms
Use 111.nhs.uk or freephone 111 (they can book appointments at GPs and UTCs too)
- Mental health support**
If you are in crisis and need support call 0800 953 0110 available 24/7
- Urgent Treatment Centres**
If you need more urgent medical attention that's not life threatening
Suspected broken bones and fractures, sprains, ear and throat infections, rashes and minor burns
- A&E or 999**
are only for life threatening emergencies
Severe bleeding, severe head or chest pains, strokes, breathing difficulties, loss of consciousness

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It's offered by the NHS to help protect people at risk of getting seriously ill. Add getting your winter vaccinations to your to-do list.

Be HEALTH-WiSE with your local NHS.

Find out about and book your jabs:
healthierlsc.co.uk/NHShealthwise

Welcome to our latest edition of Trust Matters



Dear Foundation Trust Members,

I'm pleased to introduce our Winter edition of Trust Matters, which provides a snapshot of some of the work taking place across Royal Preston and Chorley and South Ribble Hospitals.

Governors play an essential role in making sure that the views of our wider community are considered to help develop our hospital services, and we are now actively looking for Foundation Trust members to join the Council of Governors at Lancashire Teaching Hospitals NHS Foundation Trust. You do not need specific qualifications for the Governor role; only a commitment to representing members and the wider public to the best of your ability. If you are interested in standing for election, you can find out more details on page 11.

Over the last 12 months, our staff have demonstrated extraordinary resilience, compassion, and dedication in tackling the backlog of treatment which has been exacerbated by the COVID-19 pandemic.

I am pleased to report we have made significant inroads into this work. However, there is still much more we need to do to as a local health and care system to ensure patients across our local communities receive the treatment they need in an appropriate timescale. We are sorry if you or your loved ones have experienced long waits.

To keep making progress we need to be able to discharge patients in a timely way, which frees up beds and reduces waiting times for everyone whilst allowing our ambulance service to get back on the road as quickly as possible.

At any one time, there are over 450 patients across Lancashire and South Cumbria's hospitals who are fit to be discharged from hospital but for several reasons including a lack of community provision they are not able to leave.

In response to this, in November we opened the Lancashire Community Healthcare Hub at Finney House, which will provide care to patients who still need some support but no longer need the specialist care that an acute hospital provides (read more on page 8).

This has been a collective effort with our local authority partners, and I want to put on record my thanks to everyone involved in making this happen and to all the staff who are working there.

We are now into what is an incredibly challenging winter period for our NHS but our healthcare services across Lancashire and South Cumbria are still here for you.

Please do stay safe over the winter period and follow the recommended NHS guidance available on page 2. I'd like to make a personal appeal in asking you to continue to get your COVID-19 and your flu jabs when these are offered to you.

And finally, I would like to congratulate our Chief Executive, Kevin McGee, on formally receiving his OBE from King Charles III at Windsor Castle in November. This is truly a fantastic achievement and incredibly well deserved. I'm sure we will be seeing more colleagues in the future collecting similar honours for the outstanding work that they do.

Thank you for your continued support of your local NHS and for taking the time to read all about what's happening at our hospitals.

Best wishes,

Paul O'Neill

Non-Executive Director and Interim Chair
Lancashire Teaching Hospitals NHS Foundation Trust





New Patient Experience and Involvement Strategy Launched

The Trust has launched its new Patient Experience and Involvement Strategy (2022–2025), which sets out how we intend to build on the high quality and compassionate care we already deliver to transform the experience of our patients and their families.

The new strategy has been co-produced with patients, families, carers and governors and it sets out tangible and measurable actions that will improve the experience of our patients and ensure that they are fully involved in any decision making around their care.

Delivering the strategy will be based on three key areas: insight, involvement and improvement, and we have identified key actions which we believe will help us transform patient experience and involvement over the next three years. The strategy has a clear focus on promoting a positive working environment and culture that enables the delivery of good patient experience and involvement, as well as delivery of continuous improvement in key areas including patient complaints, communications, and engagement with our local communities.

A full launch of the strategy will take place in January and we hope you will join us to find out more about how we intend to deliver the strategy at a special launch webinar. Read more about our Patient Experience and Involvement Strategy on our website.

What is Local Resolution?

Local resolution is sorting out a problem directly with the ward or service area and is the ideal approach to achieve a positive patient experience. Usually, the best time to resolve concerns is when they happen.

It is important that our patients, relatives and carers are able to feel confident to raise problems or share any difficulties they are experiencing whilst we are providing care. And, more importantly, that our teams are responsive to their needs.

This could be something as simple as a problem with food, or maybe feeling that you have not fully understood a member of staff.

We want for our patients to have the best experience that we

can provide, and by working and responding to the needs of our patients, carers and family members, we will reach the best possible outcome in line with our Trust Values.

If you have concerns, please raise these directly with those responsible for your care. The ward manager or matron will be happy to discuss your care and help you resolve any issues or concerns.

To find out more about the Patient Experience and PALS team, please visit their page on the Trust website lancsteachinghospitals.nhs.uk/patient-experience-and-pals where you will also be able to view their team animation and a recently created easy-read version of the Trust's 'How are we doing?' leaflet.

Contacting the Patient Experience and PALS team

There are three ways for the public to raise concerns which are outlined below:

Local Resolution

Local resolution is sorting out a problem directly with the ward or service area. This is the ideal approach to achieve a positive patient experience.

Concern

Concerns are managed by the Patient Experience and PALS team and this process takes more time than local resolution, which is why dealing with concerns in a timely and responsive manner leads to a better patient experience.

Complaint

It is a person's right under the NHS Complaints Process to have a thorough investigation into any complaints raised. Our Trust

standard is to respond where practicable within 35 days of a patient, relative or carer making a complaint.

Ideally, we would like to ensure that a complaint is a last resort, should local resolution or dealing quickly with a concern not be suitable.

You can email the Patient Experience and PALS team by emailing: PALS@lthr.nhs.uk or by calling **01772 522972**. Please ensure you have the following information when contacting the team:

Patient's full name, date of birth, postal address, patient's NHS or hospital number (if known), contact telephone number or email address.

We may also require the patient to contact us to provide consent. Written consent may be requested from the patient or their next of kin.

Vegetarian Society on site

Having launched a new menu including Halal food in July, the Lancashire Teaching Catering team are enjoying working on further exciting additions after a visit from the Vegetarian Society. The Vegetarian Society Cookery School, in Altrincham, help more people go vegetarian and have a positive impact on animals, health and the environment. Paul Harris, Production Catering Manager at Royal Preston Hospital, explained: "It not only provides the team in the Royal Preston catering department with different avenues for different aspects of food, it also is CO₂ friendly in relation to the new NHS guidelines. We also receive a part membership from the Vegetarian Society, which we could advertise in Charters or any of our eating establishments. I feel it's a great addition and a great bonus to the Royal Preston kitchen team."



Pest control

In something of a 'coo' for the Trust, Luke Summers will be on site at Royal Preston Hospital every Friday afternoon to ward off the pigeons! Luke, of Northern Pest Management, is a wanted man, having featured in the national press and appeared on Sky Sports News helping at The Open at Royal Birkdale in 2017, where he was tasked with controlling the number of seagulls occupying the greens, while his Harris hawk, Silas, is the recognised bird of prey at Championship football club Huddersfield Town. Based in Oldham, Northern Pest Management cover Rochdale, Bury and the wider areas of the North West of England, and have worked with several well-known brands, as well as blue chip companies. And you may have spotted them more recently on 5 Star's Filthy House SOS!



Portrait presentation – final celebrations

In November, we celebrated and presented Jean Lindsay with her portrait as part of our peer recognition initiative – 'NHS Hero - Portrait Competition 2022'. Earlier this summer, colleagues were invited to nominate someone who they found inspiring, supportive or who goes the extra mile, living our values and building team spirit.

We welcomed Jean's friends and family to join in the celebrations and heard from colleagues in her team who told us all about the positive impact Jean has and the excellent care and compassion she provides to our patients. Along with enjoying refreshments and sweet treats – the event was an opportunity for the team to connect, recognise Jean and celebrate all the contributions the Phlebotomy team bring, making extraordinary things happen each day at Lancashire Teaching Hospitals.



Iskra's anniversary

Lynn and her PAT (Pets as Therapy) dog Iskra, a chocolate labradoodle, will have been gracing the hospital with positive vibes for six years this February. The pair cover a lot of ground from Critical Care, Rosemere, X-Ray and all the wards every week, bringing comfort and happiness to those who need it most.



New uniform introduced for our volunteers

A new, bright yellow uniform has been introduced for the Trust's volunteers. The volunteering team is making contact with active volunteers to arrange for them to collect their new uniform from volunteer offices at either Preston or Chorley Hospitals. All volunteers are expected to have received their new uniform by Christmas. If you have any queries about the volunteer service, please email Volunteer Manager, Sylvia Turner, at sylvia.turner@lthtr.nhs.uk

Volunteers Gwen and Simon are pictured modelling the new uniforms.

Golden life of a diabetic

Anne Costich, celebrated her Golden wedding anniversary with a special present. After living with diabetes for 50 years – being diagnosed the week of her nuptials in October 1972 – she was awarded an Alan Nabarro medal. A volunteer at Royal Preston Hospital for the last 15 years, after retiring from teaching, Anne can vividly remember the events of half a century ago. Anne said: "This week is really special because I celebrate my 50th wedding anniversary, and also 50 years of having been saved by daily injections of insulin since October 1972. On the Monday I was diagnosed, Tuesday I did my first injection, Saturday I got married!"



Remembering Anne Burrow

In June 2022, we lost our colleague Anne Burrow who was a valued member of the Orthopaedic Team. Our Artist, Peter Bourne, wanted to create an additional portrait in Anne's memory, and this was presented to her daughter and husband as part of the final portrait presentation (see page 5).

We'd like to thank Anne's colleagues from our Orthopaedic team who attended and shared their stories from the 17 years she worked here.

We are grateful we had the chance to celebrate her life and the service she contributed here at the hospital.

The Organisational Development team would like to thank everyone who attended and contributed to the organising of the event.



SAFE Centre celebrates 20 years

Our SAFE Centre is a remarkable place, the first purpose-built facility in the United Kingdom.

It's celebrating 20 years of providing incredible care to those in need of the services it provides 24 hours per day.

The sexual assault referral centre is a place of safety, comfort and support for people of all ages who make a complaint of rape or sexual assault.

A member of the team is available day or night by calling our telephone support and information line - **01772 523344**.

"Last year I was in a very different place, but after your support, today I'm in a much better place. It's extremely hard when you're in a such a dark place, to see that see light at the end of the tunnel, or that one day you're going to be okay. I will admit that back then I really didn't. You didn't wave a magic wand nor give me any medicine to make it not happen. You were just there. "You listened, you talked, you helped and you made a difference to my life. I will never forget you both, and for what you did in my darkest, saddest days."



Nursing has been a life's work for Jacquie Marlow

Nursing has been a life's work for Jacquie Marlow. From starting as a student nurse at Royal Preston Hospital in 1987, before qualifying three years later, Jacquie's devotion to the job has taken in 36 years of caring for the community, and she is now set for a well-earned retirement.

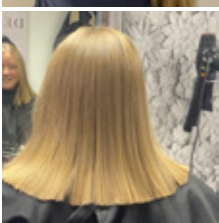
One of two Nursing Staff Co-ordinators for Medicine, she was handed a surprise celebration in November, and she admits it was a special day: "It's been a happy day, yes, retiring after 36 years. I've given my all - I've worked here, constantly given everything to Preston hospital, and I'll miss the people." Jacquie has had a varied career, as she explains: "I got a job on Female Elderly on Ward 23 in 1990, and then qualified as a Specialist Stroke Nurse, before getting my first Ward Manager post. After Stroke Ward, I was Ward Manager for Gastro, initially on Ward 19, then Ward 20 and finally on Ward 24 until March 2021, when I ended up co-ordinating the nursing staffing for medicine. I've seen a lot of developments and changes, over the years. But it's never been quiet!"



Tracey braves the chop in aid of The Little Princess Trust

Planning and PMO Officer, Tracey Calvey braved the chop in aid of The Little Princess Trust and she's looking to raise some much-needed funds for this fantastic charity. The Little Princess trust provide real hair wigs, free of charge, to children and young people who have lost their own hair through cancer treatment and other conditions.

Since 2006, the charity has provided more than 12,000 wigs and given grants totalling more than £17million towards research projects focussed on finding more effective treatments for childhood cancers. If you would like to donate, please visit Tracey's JustGiving page. For more information on the Little Princess Trust, visit their website: <https://www.littleprincesses.org.uk/>





Trust opens Lancashire Community Healthcare Hub

Lancashire Teaching Hospitals recently came to an agreement with L&M Healthcare to enable the creation of a new Lancashire Community Healthcare Hub at Finney House, Flintoff Way, Preston. This unique arrangement will allow the Trust to discharge patients from both Chorley and Royal Preston Hospitals who no longer need the specialist care provided in an acute bed.

At any one time there are around 150 patients across the two hospitals who are medically fit for discharge but do not have the required support in place to be discharged.

On Monday 14th November 2022, the Trust took over the lease of the building to become the CQC registered provider of services.

The Trust has taken on all 96 beds at the facility and is continuing to provide care for around 34 Local Authority or private residents within Finney House.

The vacant beds will then be used to accommodate patients who are medically optimised for discharge.

On 30th November, the Trust began to transfer patients from acute hospital beds into the facility with 32 beds coming online in 2022 before another 32 beds open in early 2023.

Over time this model will also help to reduce costs as it is significantly less expensive to treat patients in a community bed versus an acute hospital setting.

Faith Button Chief Operating Officer at Lancashire Teaching Hospitals said: "The arrangement is also a benefit to our wider community as the additional beds will allow us to offer an alternative to those people who no longer need hospital care, but need some support before returning home. This will help us to reduce the waiting times and pressures within our Royal Preston Emergency Department giving both our staff and patients a much better environment and experience."

Anne Kirkham, Head of Community Services at Lancashire Teaching Hospitals, added: "This is a really exciting development and we are pleased to be able to offer continuity of care to those residents who wish to continue to live there."





New Virtual Reality Suite open

In October 2022, Lancashire Teaching Hospitals opened their new virtual reality suite, located in Education Centre Two at Royal Preston Hospital. Funded by a £300,000 grant from Health Education England, the interactive and immersive rooms allow learners to train in different situations without the need for headsets, safely re-enacting highly pressurised scenarios, with the knowledge that lives are not at stake. This innovative simulation technology includes projecting images, sights and sounds to recreate the experience of working in the emergency department, resuscitation bay, clinics, wards and operating theatres.

Kirsten Walthall, Consultant in Emergency Medicine and Clinical Director for Simulation and Human Factors, believes that this new virtual reality suite will be pivotal in continuing to develop staff, in a more realistic environment. She explained that the suite should make a massive difference to the standard of education that we can deliver. Kirsten, who cut the ribbon at the grand opening, continued: "We were very fortunate this is the first simulation centre that was built within the North West region, but that was over 20 years ago that we started. We've got by essentially on a shoestring since then, delivering the best education we can, but with somewhat limited resources that, over the years, have become a little outdated. We felt it was time to make sure we really upped our game and continued to deliver that high level of education."

Virtual reality helps develop hands-on skills in risk-free conditions, simulating scenarios that are difficult, dangerous, or expensive to recreate in real life, and realism makes a big difference: "We talk about realism a lot within simulation-based medical education, and the importance of realism on learning, and people are more likely to retain information and make it relevant to your workplace if it feels as if it is in that setting to start with.

We've had a lot of the high-fidelity, hi-tech mannequins to help us do that in the past, but the rooms have always looked like education rooms, and that has held us back a little bit. Now we have the ability to change the rooms to look like community, if we are doing a community setting, we can do pre-hospital assessing, we can do things with our GP trainees, occupational therapists and physio training by creating an environment much more familiar to them to what looks like a clinic room, and we can do things that would involve outpatient clinics, theatre settings, or resus

departments in our emergency department – we can change the environment so it feels like the place in which you work.

"And the technology we have allows us to fill those areas within Lancashire Teaching Hospitals, so it's not a bit like that environment, it is that environment they are working in. That should hopefully enable learners to take as much as possible from the sessions we do and take that into their own workplace when they go back.

"Because the pressures within the NHS are so high at the moment, it is a big concern that learning opportunities in the workplace are being lost. It provides protected learning time, in an environment just used for education, so it is safeguarding that education for the future, to make sure we don't stop developing staff, just because the physical pressures of the environment we work in are so high."





GOVERNORS' UPDATE

Appointed Governors



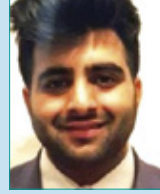
Will Adams
Appointed Governor



Alistair Bradley
Appointed Governor



Eddie Pope
Appointed Governor



Suleman Sarwar
Appointed Governor



Keith Ackers
Public Governor



Pav Akhtar
Public Governor



Takhsin Akhtar
Public Governor



Peter Askew
Public Governor



Sean Barnes
Public Governor



Sheila Brennan
Public Governor

Public Governors



Kristinna Counsell
Public Governor



Margaret France
Public Governor



Steve Heywood
Public Governor



Lynne Lynch
Public Governor



Janet Miller
Public Governor



Frank Robinson
Public Governor



Anne Simpson
Public Governor



Mike Simpson
Public Governor



David Watson
Public Governor



Paul Wharton-Hardman
Public Governor

Staff Governors



Rebecca Allcock
Staff Governor



Anneen Carlisle
Staff Governor



Piotr Spadlo
Staff Governor

Being a Governor

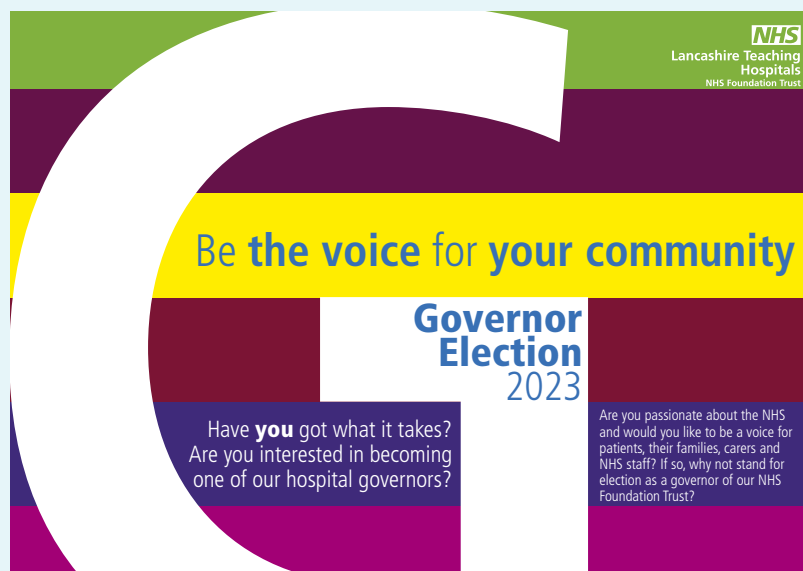
Governors are elected by Trust members, both public and staff, or are nominated by some of our partner organisations. Elections to the Council of Governors take place at the beginning of each year, and governors generally serve a three-year term of office, beginning and ending in April.

Governors are the direct representatives of local communities, they challenge the Board of Directors and hold the Non-Executive Directors to account for the performance of the board. Governors also represent the interests of NHS Foundation Trust members

and the public, and provide them with information on the Trust's performance and forward plan.

The Council of Governors holds four meetings each year which are open to the public. The agenda papers are published in advance and are available on the website for the current year and previous years. Regular workshops are arranged to support Governors to keep up to date with developments in the NHS, the healthcare needs of the local community, and our strategy and performance.

Elections are generally held in March each year, if you would like to consider standing for election, please email foundation@lthtr.nhs.uk



Governor Election 2023

The 2023 Governor Election will be held early in the New Year. On Monday 9th January, Notice of Election/Nominations open, with Governor Awareness Sessions from the week commencing 16th January. The Nominations deadline is Monday 6th February, with voting packs despatched on Tuesday 28th February. Close of Election is Thursday 23rd March, with the Declaration of Results on Friday 24th March. Governors have a key role in representing the interests and views of our members (staff and public) and the wider general public, and in supporting our Trust's performance. You do not need specific qualifications for the role, only a commitment to representing members and the wider public to the best of your ability.

Notice of Nominations

Have YOU got what it takes? Are you interested in becoming a hospital governor?

How would you like to be the voice for your community and have the chance to make a difference? We are looking for Foundation Trust members to join the Council of Governors at Lancashire Teaching Hospitals. Governors are essential in making sure that the views of our wider community are considered in providing and developing our hospital services.

The Elections to the Council of Governors will be held in February/March 2023 with nominations opening on 9 January 2023. There will be eight governor vacancies available within the public constituency and four within the staff constituency (representing doctors and dentists; nurses and midwives; other health professionals and healthcare scientists; and unregistered healthcare and support workers).

What is the commitment expected of Governors?

A Corporate and Governor Calendar is produced each year. The calendar for 2023/24 has been published on the Trust's website. It is expected that Governors commit to attend the following each year:

- Four formal Council of Governors meetings
- Informal Council Workshops and joint development sessions with the Board of Directors
- Governor Subgroup meetings
- Annual Members' Meeting
- Ongoing training and development

Is it for me? What does a governor really do?

To find out more and if it is right for you then come along to our virtual prospective governor information workshops. You will get a chance to hear from Electoral Reform Services about the election process, learn more about the role and the expectation of a governor, meet existing governors, and hear about how you can make a difference. The workshops will be held on:

- **17 January 2023, 10am – 12pm via Microsoft Teams**
- **18 January 2023, 4pm – 6pm via Microsoft Teams**

To book your place on the virtual workshop or for any further information, please email foundation@lthtr.nhs.uk or call **01772 522647** and leave your contact details (please state your name, address, and telephone number) and arrangements will be made to send joining instructions to your calendar.

If you are interested in becoming a governor, we strongly advise booking a place on the workshops.

How to apply?

If you are interested in standing for election, an information pack and nomination form can be obtained from the Returning Officer from **Monday 9 January 2023**. URL: www.cesvotes.com/LTH2023
Email: fnominations@cesvotes.com

Telephone: **020 8889 9203**

Text: **2FT LT** and your name and address to **88802**

Post: **Electoral Reform Services, 33 Clarendon Road, London, N8 ONW**

Don't delay – the deadline for completed nomination forms is 5pm on Monday 6 February 2023.



Janet performs Christmas lights switch on

Janet Miller, Public Governor at Lancashire Teaching Hospitals, was on hand to switch on the festive lights at the Euxton Lane entrance of Chorley and South Ribble Hospital on Thursday 8 December.

Chaplain Simon Gilbertson gave a Christmas reading and blessing, and led a brief carol service, including 'Oh Little Town of Bethlehem' and 'Once in Royal David's City', before those present went outside to brave the sub-zero conditions, as Janet made the official switch on.

Who's eligible for our discounts?

Any role in any healthcare organisation qualifies you to access our amazing deals and discounts.

- ✓ NHS Staff
- ✓ Retired Healthcare Staff
- ✓ Healthcare-related Students
- ✓ Dental Practice Staff
- ✓ Pharmacy Staff
- ✓ Part-time Bank Staff
- ✓ GP Staff
- ✓ Private Healthcare Staff
- ✓ Foundation Trust Members
- ✓ Hospice Staff
- ✓ Healthcare Volunteers
- ✓ Healthcare-related Charity Staff

Member Benefits

Did you know that as a Foundation Trust member you have the opportunity to access a wide range of NHS discounts through joining the website, [Health Service Discounts](#).

The scheme is used by over 1.8 million NHS and healthcare workers, and it is entirely free to join and use. You can get exclusive offers on everything from fashion, holidays, home appliances, mobiles, TV & broadband, at some of the biggest brands.

Annual Members' Meeting Thank You

A big thank you to all members who attended the Annual Members' Meeting on 12th October. Around 125 guests joined on the evening, where we heard from our Interim Chair, Professor Paul O'Neill, Chief Executive, Kevin McGee, and Chief Finance Officer and Deputy Chief Executive, Jonathan Wood. We also enjoyed a presentation from Mr Tarek Hany on Patient Contribution to Case Notes (PCCN) and a presentation on Set for Surgery from Mr Steve Canty and Alison Cookson. For those who were unable to attend, a recording is available on the Trust website at lancsteachinghospitals.nhs.uk/annual-members-meeting-2022

Thanks to all those involved in producing and presenting on the evening as well as the Blended Learning team for their production of the Snapshot 2021/22 video.



What's important to you survey - next edition

In the last edition of Trust Matters, we informed you that a survey would be made available in the winter edition.

Due to an earlier print run than initially anticipated for this publication, the survey will now feature in the next edition anticipated in Spring/Summer. An electronic version will also be made available.

[Contact our Membership Office](#)

Email: foundation@lthtr.nhs.uk



Supporting world class treatment, research and outstanding care



State of the art gym improvements

New state of the art gym and rehabilitation improvements at Chorley and South Ribble Hospital has been funded by Lancashire Teaching Hospitals Charity, thanks in part to a grant of £21,042 from NHS Charities Together. The new and improved facilities will enhance the experience and outcomes for Core Therapy patients rehabilitating from traumatic injury, surgery or ill-health including those who still suffer from the impact of COVID-19.

Jennifer Carroll, Specialty Business Manager at Lancashire Teaching Hospitals said, "The improved facilities will promote diversity, equality and inclusion truly reflecting the excellent clinical services offered by the Trust. The gym will also be used to support the physical and mental health and wellbeing of Trust colleagues with exercise classes as well as the potential for staff gym memberships."



Luke hits the road for Charity Children's Appeal

Luke Jackson, a staff nurse on Astley Ward – Clinical Investigations Unit at Chorley and South Ribble Hospital hit the road in October to raise funds for the Lancashire Teaching Hospitals' Charity Children's Appeal. Luke set himself a target of running 80km over the month, running home from work every night. And, after completing 75km, he completed the Lincoln 10km – running in the Trust charity t-shirt – to round things off in style. That took him to a mammoth 387, 978 steps in total through the month, and his fundraising total in December was at £280, easily beating his initial target of £100. Luke's justgiving page is at [justgiving.com/80kminoct](https://www.justgiving.com/80kminoct)

New room for patients and their relatives

A new multi-purpose room for patients and their relatives has been created in the Cardiac Unit at Chorley and South Ribble Hospital, funded with £17,000 from Lancashire Teaching Hospitals Charity, including a £10,000 grant from NHS Charities Together. The room was created by combining a small relatives room with an unused storeroom. Previously the relatives room was unable to accommodate more than two people at any one time and was therefore unsuitable when staff needed to meet with more than one of a patient's relatives for confidential discussions, or for when a family group needed to take a break. When it is not in use by families the room can also be used by staff for a well-deserved break.



Family donates specialist recliner chair

A grateful patient has donated a specialist reclining surgical recovery chair to Royal Preston Hospital to say thank for the care he received from the Trust. Hugh Sloan and his family, from Ulnes Walton near Leyland, gave £1,015 to Lancashire Teaching Hospitals Charity to pay for an Astra electric recliner chair in the hospital's Upper Gastrointestinal Ward.

After major surgery last year, Hugh spent time in the High Dependency Unit at Royal Preston Hospital where he had use of an electric recliner chair, which he found much more comfortable than a bed or normal bedside chair. Hugh was later cared for in the Upper GI Ward, and he and his family decided to donate the funds for another chair to help future patients in their recovery.



Healthier Thinking for Me

A new initiative to fight eating disorders has been funded by Lancashire Teaching Hospitals Charity, boosted by a £94,000 grant from NHS Charities Together. The two-year Healthier Thinking for Me project, run by Spring North Consortium with a host of community-based partners, has already supported over 23 young people in Lancashire and South Cumbria.

The project is in response to local voluntary sector organisations and agencies seeing a worrying increase in the number of young people accessing healthy eating projects, many presenting with a variety of eating disorders.

Theodore rules the floor!

Three-year-old Theodore Fedmas, of Preston, had all the moves when he joined Lancashire Teaching Hospitals Charity's Children's Appeal fundraiser Lucy Clark in the new disco corner in the waiting room of children's clinic outpatients at the Royal Preston Hospital. Lucy was dancing for joy as the appeal has now reached its £200,000 milestone while Theodore's nifty footwork was the perfect test of its latest purchase – a pack of six colourful sensory liquid floor tiles. The tiles, which cost £429 for a rotatable three packs, were requested by clinic manager Emily Moore. Emily explained: "The children's clinic waiting area used to have a wide variety of toys but due to COVID, most were removed as they were potentially an infection risk."

lthcharity.org.uk/theodore-rules-the-floor/



Our Paula is retiring

After nearly 30 years in both corporate management and NHS charities, our Head of Charities, Paula Wilson, has decided now is the right time to pass on the baton. Retiring at the end of this financial year, as a team we can't thank Paula enough for the hard work, commitment, and everything that she has brought to our charity family!

Paula was pivotal in setting up Lancashire Teaching Hospitals Charity less than three years ago.

Paula said: "I feel very privileged to have been able to create and build such an amazing NHS charity from a standing start. It is something not many in the charity sector get the opportunity to do.

"I am immensely proud of the team that I leave behind. Their dedication and commitment to the cause will, I am sure, see LTHC go from strength to strength.

"Thank you to all who support us, we simply couldn't do what we do without your help."

Fishy business!

There's something fishy going on in the Children's Outpatients Department at the Royal Preston Hospital. It has just taken delivery of a wall-mounted digital fish tank, gifted to Lancashire Teaching Hospitals Charity's Children's Appeal by Keighley-based audio visual equipment supplier Universal AV Services Ltd and fitted for free by D&G Builders and Joiners. Both companies have previously won tenders to do work for the trust. The fish tank and its fitting, which if not donated would have cost £527, was requested by

clinic staff to help them successfully measure young patients' height at pre-appointment checks. Children's clinic manager Emily Moore explained: "Getting younger children to comply with having their height measured can be difficult. They must stand in a particular spot and look straight ahead. Previously, we had a bubble tank with floating plastic fish for children to look at but it broke, leaving us with nothing to engage the children with."



Best behaviour for Baby Beat

Baby Beat have benefited from the good behaviour of Broughton High School pupils. At the Woodplumpton Lane school, pupils are rewarded with points, for good manners and politeness, and various other awards, which are converted into money, which is donated to their chosen charity. And on Wednesday 9 November, a number of the pupils presented a cheque to Baby Beat for £326.37.

In addition, Kaitlynn McCann, also from Broughton High School, has been holding fund-raising events in memory of her baby sister Millie, who died three years ago. Prior to half term, she held a bake sale in school, and, along with her other events, Kaitlynn was able to hand over a cheque for £350.



Light Up Garstang

Light Up Garstang raised just short of a thousand pounds - £967.08 to be precise – for Baby Beat. A toy sale raised £650, and the rest was made up of raffle ticket sales. There was a bear hunt, which included 26 knitted bears spread out across the businesses of Garstang, while the toy sale was a huge success and extremely busy. Lancashire-based band 'The Usuals' entertained the locals at the Eagle and Child, so all in all it was a great event, which it is hoped will be built on next year.

Special day for Hannah and family

Hannah Miller celebrated her birthday in November at Ribby Hall, surrounded by her family - five-month old baby daughter Elsie, son Charlie and husband Nathan. Rather aptly, Hannah shared her special day with World Prematurity Day, given Elsie came into the world eight weeks early in June.

Hannah was taken to Furness General Hospital with reduced movement and underwent a caesarean section, but Elsie required more respiratory support, and spent two weeks in the Neonatal Intensive Care Unit at the Royal Preston Hospital, where Hannah and husband Nathan used the Bowland House facility. Elsie then spent three weeks back in Barrow, before returning home.

The family were so grateful for the care they received, Nathan, brother Kieran and father Colin, Hannah's father Wayne and brother Ben, as well as family friend Lewis Martin, decided to row the length and back of Lake Coniston – approximately 11 miles – to raise money, with £1,000 each going to NICU and the special care baby unit in Barrow, and £200 for Bowland House.





New scanner for Ribblesdale patients

Thank you to the Rhodi Charitable Trust and the HVM Foundation for helping to fund the cost of a new bladder scanner for our Ribblesdale Ward, the oncology inpatient ward here at Lancashire Teaching Hospitals.

The two causes jointly donated a generous £3,350 to cover approximately half of the cost of equipment, while the remaining cost was made up from Rosemere's charitable funds. The scanner was requested by Ribblesdale Matron, Danielle Jackson.



Thank you for recent fundraising

It's been wonderful to see a return to charity challenges and events following the pandemic-induced restrictions over the last couple of years. We'd like to give a huge thank you to each and every person who has shown their support recently; it wouldn't be possible to name them all, as there have been so many inspiring feats of fundraising! Among these supporters, we were delighted to see a great number of Rosemere runners recently.

We had five people take part in October's Manchester Half Marathon, and an incredible 30 take part in September's Great North Run to raise funds for us - and now the final sponsorship monies are in, we were overjoyed to see that collectively they raised over £25,000!

We also welcomed hundreds of walkers to Blackpool to take part in our annual Walk the Lights event down the famous Prom. The walk raised well over £10,000 towards our ongoing £1.3m 25th Anniversary Guiding Light Appeal to bring Surface Guided Radiotherapy Treatment to the cancer centre, which will

revolutionise radiotherapy treatment for patients across the region. It's been wonderful to see our Lancashire Teaching Hospital colleagues showing their support for us too. In July, our very own world-renowned chest consultant Professor Mohammed Munavvar hosted a dinner at Preston's Imperial Banqueting Suite in celebration of Eid and succeeded in raising a fantastic £5,300.

The event provided an opportunity for Professor Munavvar, who has worked at Royal Preston for almost 23 years, to talk about his work and how support from our charitable funds has enabled him to ensure that the hospital trust has remained at the forefront in lung cancer diagnostic technology, for the benefit of local patients.

We are also hugely grateful to Ailsa Brotherton, the Director of Continuous Improvement here at the Trust. Ailsa and her daughter Emma hosted a charity afternoon tea, complete with home-baked treats, and raised a wonderful £500!



Andy Curran wins 999 Award

Andy Curran has won the 999 Hero award in the Best of Lancashire 2022 awards ceremony held at Crow Wood Burnley. Having adopted Lancashire as his home since a University placement in 1995, he has been flying in some sort of capacity or transport around Lancashire and North West England ever since.

Taking up a consultant in Emergency Medicine post at Royal Preston Hospital in 2007 gave him the launch pad to then also become Associate Medical Director for North West Ambulance Service (Nwas) and later (2017) Medical Director for North West Air Ambulance (NWAA) charity.

Andy is responsible for the doctors and critical care paramedics' life-saving work across three helicopters and 3 rapid response vehicles covering the whole of NW England every day of the year.

Putting the safety of patients and staff first with cutting edge technology, equipment and most of all skills and expertise has led to the NWAA becoming nationally recognised as leading the way in bringing hospital levels of care to the patient.

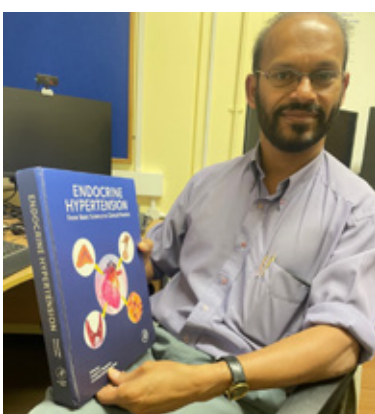


Shazia's marathon effort

Locum Breast Consultant Shazia Hafiz set off at 4:30am one Sunday in October for her epic effort to raise money for the NHS Central Lancashire Chorley Breast Unit. And, almost 28 miles and 12 hours later, with mind and body weary, she completed her charity walk, from her home in Salford to Chorley and South Ribble Hospital.

Shazia said: "Sore feet but so worth it! What a great welcome from my colleagues at the NHS Central Lancashire Chorley Breast Unit. Thank you for making it such a special day to all those involved in fundraising and making the day possible!" Shazia has beaten her fundraising target, having raised £1,373 so far, and there is a JustGiving page here:

[justgiving.com/fundraising/shazia-hafiz1](https://www.justgiving.com/fundraising/shazia-hafiz1)



Filling the knowledge gap

Professor Joseph Pappachan, a consultant endocrinologist at the Trust, is celebrating the publication of his Elsevier textbook 'Endocrine Hypertension: From Basic Science to Clinical Practice' the result of a year's immense hard work, on top of his role as a full-time clinician. Endocrine hypertension accounts for 10% of global hypertension burden, with 128 million people affected across the world.

However, there is only a limited number of published literatures in this domain of hormone science. To fill this knowledge gap, Professor Pappachan and Dr Cornelius James Fernandez, a Consultant Endocrinologist at Pilgrim Hospital, United Lincolnshire Hospitals NHS Trust, Boston, presented their textbook. The textbook was introduced at the upcoming British Endocrine Society Annual Meeting in November.

★ Recognising our wonderful staff



Cause of Death: available to stream now on My5

The final episode of Channel 5's Cause of Death was aired in November 2022. The four-part series showed how much hard work and care our colleagues put into coronial investigations, alongside the Coroner's Office and Lancashire Police.

The series was the results of six months' filming, towards the end of the COVID-19 pandemic, with Danielle Lucas, Simon Beardmore, Jeni Blackshaw, Amy Ashworth, Amy Brookes, Catherine Roberts, Karen Sutcliffe, Sue Kearney, Tim Dawson and Justine Jackson all featuring throughout.

Several departments across Royal Preston Hospital were profiled at work from the moment a body arrives in the mortuary, through to inquest, where the cause of death is determined.

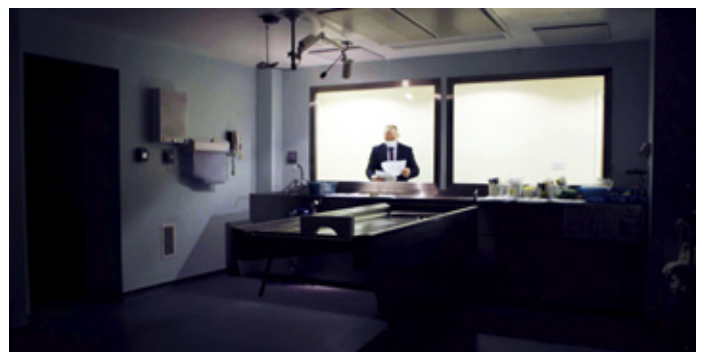
The series followed real life coronial investigations, unfolding the mysteries, following the medical processes and investigations, in a previously-closed and taboo world.

Senior Coroner for Lancashire and Darwen Dr James Adeley, and the teams uncovered the truth behind a series of cases as they came in, providing comfort to the next of kin, and guiding them through what is usually an unfamiliar process, coordinating medical enquiries, post mortems and CT scans, and liaising with the police leading up to the inquest.

With unprecedented access from start to finish, using audio reconstructed from the original transcripts from behind the closed doors of inquests for the first time, Cause of Death provided a unique insight into the coronial process.

Chief Medical Officer, Dr Gerry Skales, said: "We were delighted to be involved in such a unique documentary series, allowing unprecedented access to the whole medical process involved in coronial investigations."

Here is an in-depth article with Lead Post-Mortem Radiographer Amy Brookes: lancsteachinghospitals.nhs.uk/news/article/425





Latest news from the New Hospitals Programme

The Lancashire and South Cumbria New Hospitals Programme plans to develop cutting-edge facilities, offering the absolute best in modern healthcare and addressing significant problems with the current ageing Royal Preston Hospital and Royal Lancaster Infirmary hospital buildings. In September 2022, the NHS in Lancashire and South Cumbria stated its preference for new hospitals on new sites for both Royal Preston Hospital and Royal Lancaster Infirmary as part of the New Hospitals Programme. Following on from the announcement of the shortlist of proposals for new hospital facilities in March 2022, the Lancashire and South Cumbria New Hospitals Programme team has carried out a detailed assessment of the shortlisted options. As a reminder, the published shortlist was as follows:

- A new Royal Lancaster Infirmary on a new site, with partial rebuild / refurbishment of Royal Preston Hospital
- A new Royal Preston Hospital on a new site, with partial rebuild / refurbishment of Royal Lancaster Infirmary
- Investment at both Royal Lancaster Infirmary and Royal Preston Hospital, allowing partial rebuilding work on both existing sites
- Two new hospitals to replace Royal Lancaster Infirmary and Royal Preston Hospital (new sites).

Each shortlisted proposal has been comprehensively assessed for deliverability, affordability, value for money, and viability, considering feedback from patients, local people and staff.

This work has resulted in recommendations for preferred options and alternative options for both Royal Preston Hospital and Royal Lancaster Infirmary. You can read the full announcement at newhospitals.info/update, which further details what this could mean for patients, staff and the wider communities served by Royal Preston Hospital and Royal Lancaster Infirmary. Both the

preferred and alternative options and different combinations of these are aligned to the published shortlist, and each will need to be considered in the context of capital affordability and benefits including addressing inequalities, clinical outcomes, productivity and wider socio-economic benefits. They will also be considered alongside “business as usual” and “do minimum” options, both standard options required in all business cases. The detail behind each option will continue to be expanded and refined as further work on the shortlist progresses and the required business cases are developed. No final decisions have been made and the New Hospitals Programme team will continue to involve patients, local people, staff and wider stakeholders in the development of proposals. This information is correct at the time of writing (November 2022). We are expecting to have more announcements during 2023, for the latest news, please visit newhospitals.info

Listening to the views of people living and working here is the only way we can fully understand what is required when shaping plans and proposals for new hospital facilities. The New Hospitals Programme team would like to say a huge thank you to everyone who has taken the time to share their views so far.

Read more about what we’ve heard so far at newhospitals.info/YourHospitalsYourSay

Please do continue to get involved and have your say to help us build the hospital facilities that our patients, colleagues, local communities and future generations need and deserve.

Find out more about the New Hospitals Programme on [Twitter](#) and like us on [Facebook](#).

Study BSc (Hons) Nursing with Registered Nurse (Adult)

The University of Central Lancashire (UCLan) is working in partnership with the NHS across Lancashire and South Cumbria to provide a practice-based pathway of the BSc (Hons) Nursing with Registered Nurse (Adult).

The programme has been created to help address the increasing shortages of adult nurses across local acute trusts and will be operated from a new satellite centre at Preston College with the theoretical elements being delivered by NHS staff and UCLan.

Intakes are available in January, June or September. Learn more at one of the drop-in events:

- 23rd January 2023, 2pm – 4pm - Microsoft Teams
- 14th February 2023, 12 noon – 2pm - Microsoft Teams
- 23rd February 2023, 8am – 10am - Preston College
- 6th March 2023, 4pm – 6pm - Microsoft Teams
- 21st March 2023, 10am – 12 noon - Preston College

To book onto an event, or for more information, email: Study.Nursing@lthtr.nhs.uk. The first intake commences on 9th January, with two further intakes in 2023 in June and September.

Dates for your diary 2023

The Corporate Calendar can be viewed on our website
lancsteachinghospitals.nhs.uk/corporate-calendar

Board of Directors' Meetings

Thursday 6 April 2023	1pm–6pm	Virtually using Microsoft Teams
Thursday 1 June 2023	1pm–6pm	Virtually using Microsoft Teams
Thursday 3 August 2023	1pm–6pm	Virtually using Microsoft Teams

Council of Governors' Meetings

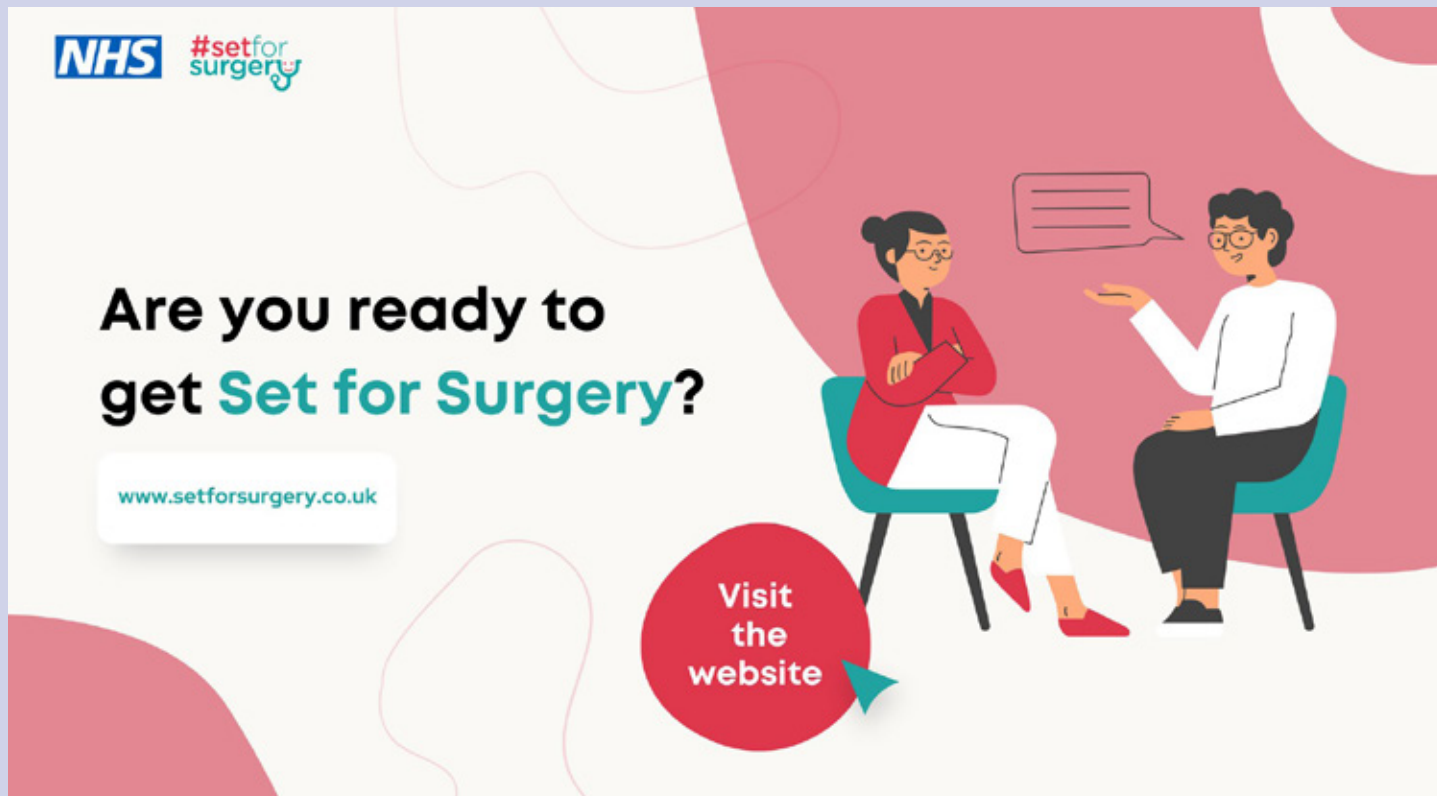
Thursday 27 April 2023	1pm–4pm	Virtually using Microsoft Teams
Tuesday 25 July 2023	10am–1pm	Virtually using Microsoft Teams

Members are welcome to come along to the public section of both the Council of Governors and Board of Directors meetings to observe and listen to the Governors and Board Members discussing Trust business.

Council of Governors' meetings are held four times per year and any member of staff or the public are welcome to attend. Please note that meeting dates may occasionally be subject to change.

Please email company.secretary@lthtr.nhs.uk if you would like to attend any of the meetings and the virtual links will be forwarded to your calendar. All public events are advertised on our website: www.lancsteachinghospitals.nhs.uk

To view **TRUST Matters** online go to: www.lancsteachinghospitals.nhs.uk/trust-matters



NHS #setfor surgery

Are you ready to get **Set for Surgery?**

www.setforsurgery.co.uk

Visit the website

The advertisement features a stylized illustration of two people sitting in chairs and talking. The background is light yellow with abstract red and pink shapes. A red circular button with a white arrow points to the text 'Visit the website'.

Trust Matters is available in different versions including audio. If you require this magazine in a different format, please contact the Membership Office.

Follow us    @LancsHospitals  www.LancsTeachingHospitals.nhs.uk