

Personal stories from the Trust

Local GP, Dr Pete Nightingale, based at Rosebank Surgery, Lancaster Medical Practice, has just started his last week of full-time work in the University Hospitals of Morecambe Bay NHS Foundation Trust (UHMBT) palliative care team. He finishes his last 'on-call' of a three-month coronavirus (COVID-19) returning doctor's contract on the morning of Sunday 5 July, which also happens to be his 61st birthday.

Dr Nightingale said: "With a surname like 'Nightingale', it seemed fitting to offer my services when the General Medical Council contacted me early in the pandemic. Everything pandemic related seemed to have Nightingale attached to it.

"My wife Barbara (who has also returned to work for the NHS) and I had just returned from an amazing two months in New Zealand, a 'bucket list' type trip, so full-time work in the palliative care team for me was quite a shock."

"Engaging again with the local GPs, the Clinical Commissioning Group staff, the hospices and the fantastic palliative care team at UHMBT has been an amazing privilege. The cooperation between health and social care teams has been heart-warming, with my old GP surgery (Lancaster Medical Practice Rosebank) giving me the use of an office and equipment. My role was GP advice and education and to support care homes, who as we all know have had a very difficult time during this pandemic. Despite the tragic deaths, the caring and commitment of almost all the care home staff I've spoken to in very tough circumstances, has been humbling to witness."

Dr Nightingale added: "I've learned new skills too. At my age, I never anticipated becoming a fan of webinars as an educational tool. Using webinar sessions on the palliation of COVID-19 symptoms and dealing with bereavement issues have been delivered with the help of many others, to over 150 community doctors and nurses."

"I'm looking forward to a break now but it's been good to have been given the opportunity to help out. I'm genuinely proud of the NHS and its staff but also have increased respect for the work done in the care home sector and the complex, challenging care that they deliver. I'll now appreciate being 'retired' more than ever, but will happily help out again in some small way again if the need arose."

Carole Richardson, Senior Therapist for the Occupational Health Department, UHMBT, joined the NHS in 1972 working as a Nursery Nurse at Hope Hospital in Salford in the Special Care Baby Unit.

Carole said: "One morning, my best friend said to me, let's do our nursing ... so we did. I have to be honest I always wanted to be a teacher."

"I did my qualifications to become a Senior Registered Nurse as it was then and went on to become a Health Visitor. I then progressed to be a Child Protection Co-Ordinator. Alongside this, I realised that my true vocation was in the provision of therapy – Counselling and Hypnotherapy – so for 30 years plus, that's what I've done – being there for the staff."

"Would I want to do anything differently? Absolutely not! The NHS has been my life for nearly 50 years. If I say it quick, it doesn't seem that long ... long may it reign."

Bay Health & Care Partners delivering better care together

NHS University Hospitals of Morecambe Bay NHS Foundation Trust

Sharing views and ideas **tea & talk**

I want your views and ideas

Aaron Cummins
Chief Executive

Aug '20 - Mar '21

Face to face sessions
Restaurants on each site
Weds 5 Aug (FGH) : 1pm – 2pm
Tues 29 Sept (WGH) : 2pm – 3pm
Weds 14 Oct (RLI) : 3pm – 4pm
Mon 9 Nov (FGH) : 2pm – 3pm
Weds 9 Dec (WGH) : 1pm – 2pm
Mon 4 Jan (RLI) : 10am – 11am
Tues 2 Feb (FGH) : 4pm – 5pm
Tues 2 March (WGH) : 3pm – 4pm

For the face to face sessions, spaces are limited to six colleagues to allow for social distancing, and everyone is advised to wear masks at all times to help keep everyone safe.

Virtual sessions
Via Microsoft Teams (meeting link to be shared nearer the time)
Weds 12 Aug : 4pm – 5pm
Thurs 3 Sept : 5.30pm – 6.30pm
Weds 21 Oct : 2pm – 3pm
Weds 11 Nov : 2pm – 3pm
Mon 21 Dec : 3pm – 4pm
Tues 19 Jan : 2.30pm – 3.30pm
Tues 9 Feb : 1.30pm – 2.30pm
Weds 24 Mar : 5.30pm – 6.30pm

I will be visiting different departments and wards across our hospitals to share and discuss my priorities with you all, and ask you for your views and ideas.

If you want a more informal chat with me - no appointment needed - please come along to one of the sessions on the right and have a brew on me. You can also email me with your views and ideas at aaron.cummins@mbht.nhs.uk

Sharing views and ideas **tea & talk**