



The NHS in the North West  
Excellence in Supply Awards  
2015  
WINNER

OUR NEXT RIDE MAY SAVE A LIFE. WILL YOURS?

IN ASSOCIATION WITH **NHS** ENGLAND

## NEWSLETTER

### FEBRUARY 2021

IN MEMORY OF CAPTAIN SIR TOM MOORE

R.I.P.

**To date our Calls: 93550 & Runs completed: 91352**

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### The World is ~~Not~~ Enough:

Owing to the massive figures we reached in early January I think this picture sent to me by Controller Lyn Mitchell says it all:



Well it does seem we're the biggest and busiest Blood Bike Group in the World.

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## Relay: Nothing stops us. (Sent in by the Controller manager Sue Wolstenholme)

This is a picture of Steve Lythgoe NWBB (blue car) and Ant Beeston from SSCBB (red car) as they relayed at Keele South on the M6. SSCBB were actually all stood down due to the weather conditions as they don't use cars, however a little persuasion later and Ant volunteered to help.

*"I took a call from Duty Controller, Trish Fitzpatrick, to organise the run on the morning of Saturday 23<sup>rd</sup> January 2021. Blackburn had requested a sample to be taken very urgently to Birmingham City Hospital, Toxicology Dept."*

**Snow, ice, a tanker blocking three lanes and another hitting a bridge both on the M6 failed to stop the sample getting to its destination....one up for the Blood Bike family, Sue.**



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## We Transport Donor Breast Milk too:

The Cheshire and North Wales Human Milk Bank was established in 2000 by an ex midwife called **Linda Coulter MBE**, and was based at the Countess of Chester Hospital, but is now at the University. In 2020 it changed its name to Milk Bank at Chester and provides donor breast milk for premature babies to a wide geographical area across the North of England and Wales from Carlisle to Cardiff and Grimsby to Anglesey, not forgetting IRELAND.

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The Milk Bank currently processes over 1000 litres of pasteurised donated breast milk annually. This valuable nutrition not only supports breastfeeding but is a widely accepted care provision for promoting the health of premature, sick and vulnerable babies and is regarded as preventative treatment for some cases of life threatening illness in these babies.



Although the donated milk is given freely by donor mothers, it costs £125 to collect, process, analyse and store each litre of donor breast milk which is funded entirely from charitable donations without any supporting monies from the NHS. The recent purchase of a Milk Analyser now enables the provision of the exact nutritional value of each bottle of pasteurised donor milk. This information enables health professionals to manage the nutritional needs of babies according to their individual requirements.

How did we get involved? **Graham Jones** (Trustee and Co-Founder) started it, blame him ☺, before NWBB Lancs & Lakes got off the ground and brought it into the mix with the Group. That said pre-NWBBLL Graham did 3 runs carrying 15 litres a time to Milton Keynes on his Honda ST1300 for a critically ill baby.

Originally, we had to travel to the Countess of Chester Hospital every time we got a call from one of our Trusts which also includes Wigan & Bolton hospitals, to take milk to them. Thanks to Scott Miller (past member) who managed to get us a freezer we managed to get permission to have it placed at the Neonatal unit at Royal Preston Hospital, where it still is today.

In the early days of NWBBLL only Graham Jones and Paul Brooks did the collection and deliveries and sometimes, the collection from ladies wishing to donate milk, but now thankfully there is a team within NWBBLL run by Paul Pain at HQ and The Milk Bank of Chester now deliver to us.

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## Switchboards:

Not everyone gets to see the people who work in the switchboards at our 5 NHS Trusts so here's a glimpse of the people in **Westmorland Hospital Switchboard**.

They're all really nice people and make us feel at home. Thank you to them for making our job easier and nicer: STAY SAFE GUYS AND GALS.



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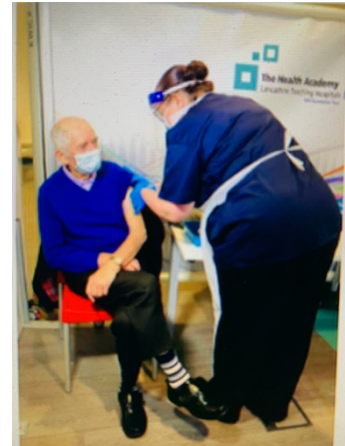


## Covid Vaccines:

Well thanks again to our wonderful NHS, Blood Bike groups across the country are getting the jab. All 5 Trusts we serve are now doing that for our members, but it takes time to roll out:

If you get an appointment to go for a jab, PLEASE only wear light upper clothing, ideally a short sleeve shirt or blouse and just to be clear, shirts for men, blouses for Ladies. If I hadn't put that in I'm sure I would have got some comments (and no doubt still will [ed](#) 😊)

We, like many (or all), of our colleagues regularly go in and out of hospitals helping the NHS, sometimes with lives at stake, but also helping to keep stocks up to date and getting samples and meds quickly and efficiently between hospitals both in the groups own area or up and down the UK.



### **So, THANK YOU NHS for considering us.**

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The Covid-19 vaccination programme got under way On Tuesday 8th December at 7.20am. Lancashire Teaching Hospitals became the first Trust in the North West to administer the Pfizer-BioNTech Covid-19 vaccine. The first dose was given to 81-year old Doreen McKeown at Royal Preston Hospital less than an hour after the first patient received this nationally.

Doreen is one of the NHS volunteers, making this extra special and a privilege to be able to give back to someone who does so much for our hospitals. Since then, the Trust has worked seven days a week to deliver thousands of vaccinations to the Government's priority groups including over 80s, care home workers and high risk NHS staff.

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## There's other people work in the NHS too:

### **Cleaners & Volunteers:**

Cleaning staff should also receive our thanks, we walk past them as though they are not there, and to be fair they try themselves not to get in the way, but without them, front line staff would have to do what the cleaners do.

Next time you see any, say Hello and maybe, a "Thank You".

The same goes for volunteers, just like us, volunteering to help the NHS and at this time the whole shebang would fall apart without them.



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## #ItsOkayToNotBeOkay

**Because of Covid-19 this is particularly relevant today:** When it comes to our own mental health and wellbeing the hardest part is being honest with ourselves and to the people closest to us. Too often we hide our emotions with words like “man-up” or “it’ll be fine” echoing in our minds (that applies to both men and women). The real challenge is to admit to ourselves when we need support.

*How do you really feel? Distracted or easily annoyed? Are you sleeping? Do you find enjoyment in everyday life?*

When it comes to mental health & wellbeing there is a spectrum of support – starting with self-help through professional support.

Start with talking to your nearest and dearest or a very close friend, be completely open, there’s no shame in it, quite the reverse, but most importantly speak to your GP to be guided to professional help.

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The COVID-19 vaccination programme will continue to ramp up in the weeks and months ahead and will be extended to more and more people who will benefit. For further info, visit: [nhs.uk/covidvaccine](https://nhs.uk/covidvaccine)

A high percentage of the NHS staff have already received the first dose of vaccine but not all. They will get to everyone eventually, including all the Blood Bikers.



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**Insurance:** Important info thanks to our Treasurer, Martin Walsh for this.

**No need to contact your car insurance provider if you are a volunteer helping the fight against Coronavirus**

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NHS Volunteer Responders and others who are volunteering to help their communities during the coronavirus outbreak **do not need** to contact their insurer to update their documents or extend their cover, the ABI have said. The reminder comes as over half a million people have signed up to be NHS Volunteer Responders.

If you are using your own car for voluntary purposes to transport medicines or groceries to support others who are impacted by Covid-19, your cover will not be affected. You do not need to contact your insurer to update your documents or extend your cover. This applies to all categories of NHS Volunteer Responders, including transporting patients, equipment, or other essential supplies.

**Commenting Laurenz Gerger, Motor Insurance Policy Adviser at the ABI, said:**

"Motor insurers understand that this is an incredibly difficult time for British families. Insurers are doing the right thing to support those who are volunteering to help fight the Coronavirus pandemic. Volunteers who are giving up their time to help can rest assured that they do not need waste time on the phone to let their car insurer know that they are using their car to do volunteer work."

Last week, motor insurers [pledged](#) to provide enhanced customer help during the coronavirus outbreak and committed to support those who use their cars to help their communities.



**Duncan Macleod, Head of Business Development for Royal Voluntary Service, said:**

"Thousands of NHS Volunteer Responders and other volunteers will be using their cars to do vital work, from delivering essential supplies to vulnerable people in isolation to transporting hospital patients, equipment and medication. It's essential that they can do this without the burden of time-consuming administration or phone calls to their insurer.

We are grateful to ABI members for removing the need for customers to inform their motor insurance company that they will be using their vehicle for volunteering work. This means that volunteers can focus on providing vital transport support to people in need in local communities and to the NHS."

## Blast from the past:

Some will remember **Hywel Davies** ex BBR500 who volunteered on Central and could do Fylde. Hywel left us because he joined South Wales Police in his home country. I have just heard from him and he's almost finished his probation period after 2 years, (time flies) and because of new training practices he's taking his final exam which hopefully will give him a University Degree.

He sends his best wishes to all at NWBBLL and has made enquiries about joining South Wales Blood Bikes. He is a keen biker and already an IAM advanced rider which was appreciated by his Police riding/driving instructor.

Hywel's aim is to apply to become a Road Policing Officer on bikes too.



He says, *"I like to keep in touch because I really enjoyed being with NWBB"* and sends his best wishes to all, old and new.

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## Free fuel again:



As many of you will know that last year at the beginning of the pandemic, BP offered to provide free fuel for all the emergency service vehicles and included Blood Bikes. As a result, Blood Bike groups received tens of thousands of litres of fuel and at a time when our fundraising was almost zero. The

demand for our help has increased greatly so making the offer again is brilliant news. Well done again BP. Note: This is Fleet bikes only.



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## Do you need a Solicitor? From Controller, Brenda Taylor, who found this:

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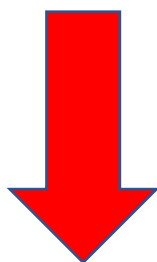
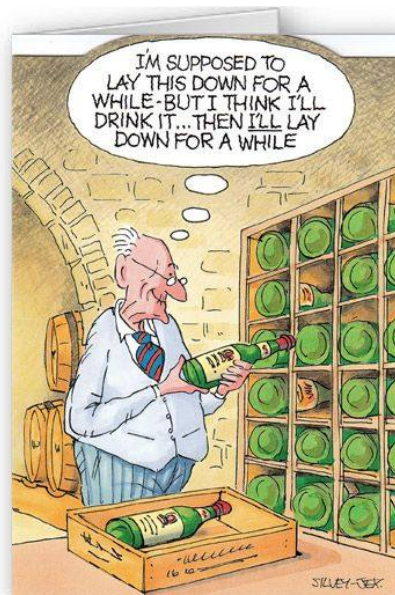
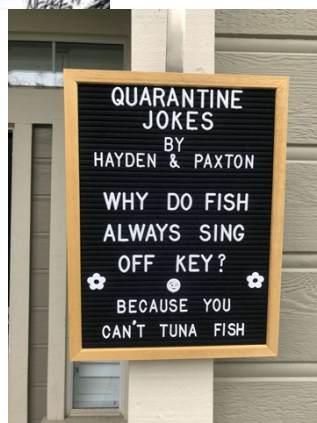
## Offers from Oakwood Solicitors Ltd

Discounts for BLC holders from 10% upwards.

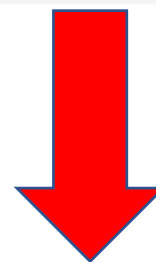
## Bit of Fun:



I know it's daft, but I, and I suspect many of you, have actually seen people driving like this.



Please Remember



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## Your thoughts, your ideas, your stories, your Newsletter:

North West Blood Bikes Lancs & Lakes was built on **thoughts and ideas** and they are still as vital today as they were 9 years ago. Best practice always wins, so if you have any good ideas, speak to your Area manager. Likewise, your stories about Blood Bikes or even personal stories if you are willing to share them. If they are personal, [the Editor](#) will contact you before any publication unlike the National Press people 😊

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## **STAY SAFE AND PROTECT OTHERS**

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