



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 OCTOBER 2020



A special mention for Rider [Gary Entwistle](#) who recently passed away. R.I.P. Gary & thoughts are with your family and friends.



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 when Graham Jones and Paul Brooks got together and put wheels in motion. Best practice always wins, so if you have any good ideas, speak to your Area manager. He or She will pass them on. 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 ☺

Remembrance Day:

Shortly after this Newsletter comes out it will be the time to REMEMBER those who gave their lives saving this Country of ours. It started in the Poppy fields of WW1 and is still commemorated in the UK at the 11th Hour of the 11th day of the 11th Month every year and continues today for other wars since.



Not only do we commemorate the fallen in wars but the fallen in the Emergency Services too who have given their lives for democracy and freedom during and after wars too.

AT THE GOING DOWN OF THE SUN AND IN THE MORNING. WE WILL REMEMBER THEM.

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Busy, Busy, Busy.

Well, September saw a general increase in calls and completed runs, mainly in the North and East, and West Riders did the most mileage (*Thanks to Duncan Oag for the stats*).

NWBBLL Completed 1,275 runs and the total mileage travelled was 19,416 miles. Our Controllers actually took 1,336 calls.

Well done all.

New Members:

East Welcomes:

Andrew Hardman
Stephen Powers
Branden (Brad) Holt
Eustace Nicolas de Sousa
Kieran McGladdery

Fylde Welcomes:

Tony Wynne
Stephan Gibson

North Welcomes

Andy Hull

Central Welcomes:

Lorraine Haworth
Richard Budd

West Welcomes

James Long – Car Driver

For Information:

This will mainly affect Central Riders and Milk Riders but it could impact on others too:

Chorley A&E.

For well over a year now Chorley's Emergency Department (ED) has been closed, due mainly to a shortage of staff and funds, but there has been a promise out there that it will re-open, but when?

The Honourable Lindsey Hoyle MP has been on the case for some time because it's in his constituency and it was said that if everything went according to plan it would re-open in September. It didn't go to plan unfortunately, mainly because of staffing levels. Central Riders on a Saturday morning will have received the applause from the yellow clad people waving banners demanding it be re-opened 😊

The CEO, Karen Partington, has said that Safety must come above everything else, not only for the patients but for the NHS staff too and without the right number of people staffing the Emergency Department it will not be safe and she is 100% right.

Someone has asked; *"Can they not open as they are?"* The answer is that an ED needs to be able to deal with **any** Emergency, from natural illnesses, e.g. Heart attacks, etc., to car accidents and trauma, so the skill set and experience needs to be there and without those Senior Doctors and Consultants who have masses of experience that won't happen.

The CEO wants to assure everyone that she is determined that it will open ASAP.

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The new Birthing Centre @ Chorley Hospital

Work on a brand new Birthing Centre is nearly complete and is being equipped with all the modern equipment, including birthing pools and private en-suite rooms.

This may mean that we will be delivering Donor Breast Milk there in the future, which of course is something we look forward to. I'm sure Paul Pain and the team will be delighted 😊

That said the new Centre is for Mothers who do not appear to have any problems, so it's unlikely, but that's up to the baby 😊

Finally, on this subject C&SRDH has just been rated:



More on Hospitals for North & Central:

There are rumours, brought about by newsroom broadcasts (BBC & ITV), recently that talks are underway as to whether a new Super Hospital should be built somewhere along the M6 corridor between junctions 32 (M55) and 33 (South Lancaster) to cover both hospitals. Mmmm! I can say with absolute certainty that there are no plans to merge UHMB and LTHTR at all. All that is happening at the moment is LTHTR & UHMB are sharing Government funding for research, which makes the money go further and gets more expertise on the job.

These are only proposals at the moment, but the Government is ready to fork out some £37 billion for some 14 hospitals to be built and these include both LRI and RPH as these hospitals are nearing the end of their lives, leaky roofs, etc., etc.

No digging will start before 2025 anyway.

Covid-19 (Yes, Sorry, but it will be with us for quite some time)

The NHS England Covid-19 tracing App has finally been launched. It does seem to have been well received as effective and gets good reviews. (Ed: I have it on my phone)

This isn't to take sides in the political judgements of how the virus is being managed or the to's and fro's of establishing contact tracing, but it does seem a good thing has appeared.



If you want to get the App here's the link:

<https://www.nhs.uk/apps-library/nhs-covid-19/>

There has been some concern over having phones on whilst in a Hospital.

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The **Editor** has spoken with the CEO at Lancashire Teaching Hospitals and there isn't a problem with us keeping our phones on, simply because it is very unlikely, we will go near any of the sensitive wards, and if we do, they are well signed "No Phones".

A personal Story from a Controller & Rider:

My name is Patricia Fitzpatrick (Trish) and I have been a Controller for NWBB for around 18 months. I try to do at least 4 sessions per month, normally on a weekend.

I started feeling a little off colour on Wed 30th Sept, I felt like I was starting with a cold, aching joints and just not 100%. On the Wed evening I started with a chesty cough. In my previous life I worked in General Practice for over 20 years so I decided to go online and get advice from NHS 111 on the Thursday morning. I completed a short questionnaire and was informed that a Nurse would call me back within 2 hours. Only about 30 mins later I received a call from a GP working for NHS111 Covid Service. She advised that I should book a test to get a sample taken for testing for Covid and I explained that Ged (NWBBLL Rider) had also started to show similar symptoms. We both booked our test in Accrington for lunchtime. I spoke to my own GP, who is a personal friend, and we both agreed that I probably just had a cough/cold and that my test would come back negative. How wrong were we!!

My symptoms had worsened on the Friday and everything started to hurt from the hair on my head to my toenails. We received our results on Friday teatime, both myself and my husband Ged had tested POSITIVE!

Our symptoms differed in that I had the chesty cough, aching joints, headache, hurting everywhere. Ged didn't really have a cough but he had a high temperature, aching and we both felt completely exhausted.

We had to self-isolate from the date of first symptoms, so this meant we had to stay inside until Sat 10th Oct. We had to arrange for our dogs to be walked and our shopping to be collected. It was a very strange experience as its normally us that do things for others.

We both felt very poorly for about 7 days but on Fri 9th Oct we started to pick up. I don't know if our samples were transported by NWBB on the Thursday evening or not but I am so grateful we received the test result so quickly. It certainly brought home the importance of what we do and how professionally we do it. I even managed to cover my shift on Sat 10th Oct even though I had Sue Wolstenholme telling me I was crazy (she already knows that).

Finally, I wanted to say a massive thank you to all the riders, controllers and all members who make this Blood Bike family the greatest. XX

I've also just heard that Gareth Loftus one of our West Riders has come down with it as well, but fortunately he is on the mend, and they thank all for the Well Wishes.

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Thunder Pants Birds are “GO”

Accrington Fire Station, with our East fleet lined up ready to go whenever and wherever they are asked.



If Trevor “Rainman” Goff is on duty they call in the local rain dance Indian to stop it, unfortunately it doesn’t always work.

R U READY 2B an ADVANCED RIDER

Sefton IAM are presently continuing to provide Advanced Rider Training and have changed the way training and observed rides used be done in favour of 'one-to-one' sessions.

Advanced Rider Training resumed in normal fashion last March, with each Saturday morning Observed Ride being preceded by a group presentation/training session at Southport Fire Station. This ended with our nationwide lock-down. Sefton Observers then came-up with a different approach and the abandoned Advanced Rider Training resumed from scratch in June. Since then and thus far 9 riders have completed Sefton's 8 weekly one-to-one training sessions and successfully passed the IAM Advanced Rider Exam - a 100% record.

Apparently two NWBB riders were told they will be unable to get trained-up until next year but both now know Sefton IAM are able to offer them Advanced Rider Training sooner - like now! This invitation goes out to all NWBB riders. For further information please email enquiries@samadvanced.co.uk . Alternatively visit:

<https://www.facebook.com/groups/advancedrider>

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Stay Safe & DON'T take risks.

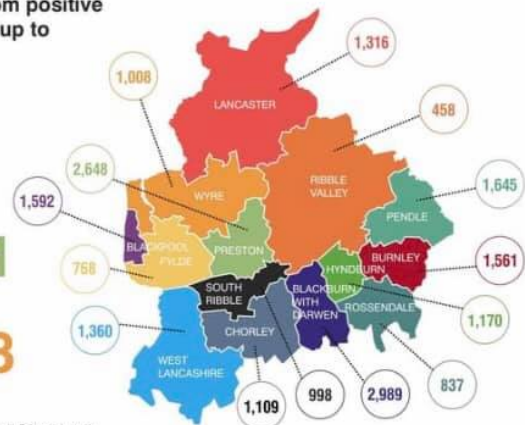
By that I mean not only Riding, but because of Covid-19 we need to follow the guidelines because there is no doubt that contagion is on the rise.

We need every single member to help the NHS cope with it.

Below is a list drawn up on 04/10/2020 by one of our NHS workers, Susie Marriot, who incidentally in the early days of NWBLL taught some of us CPR. This list is worrying.....

Confirmed cases from positive 'pillar 1 and 2' tests up to 4 October 2020

LANCASHIRE
19,459
NORTH WEST
101,731
ENGLAND
441,528



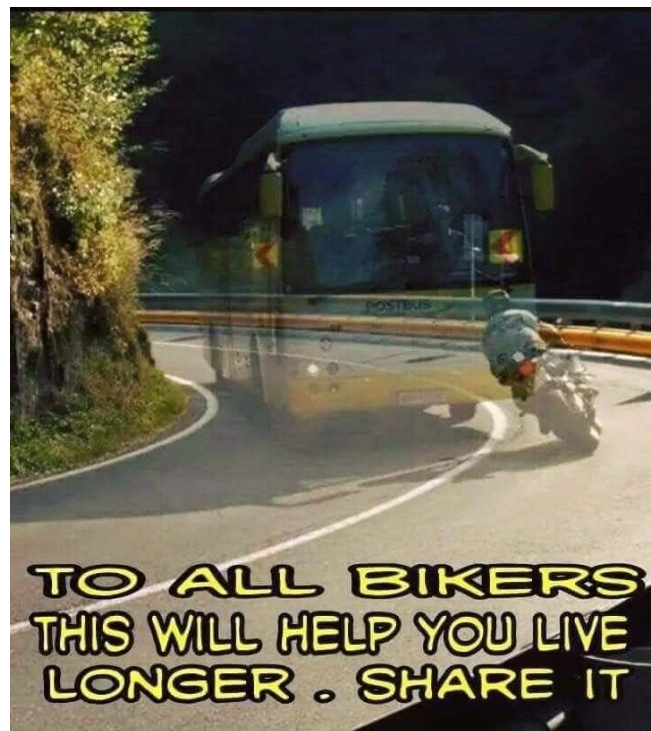
These figures are from tests carried out in Public Health England labs and in the NHS (Pillar 1) and from other testing routes, such as mobile labs (Pillar 2).

Beware the blind bend:

This was posted on our Private Facebook page by member Neil Naisbitt, thanks Neil.

As bikers we take up as much of our side of the road as possible to enhance our view ahead, particularly for bends, and we can ride right next to the centre line or the carriageway edge line, when safe to do so.

I was accused of rounding a bend on the apex and being over the double white lines, but it was my body not my bike, similar to this photo. The difference was that my view of the bend was complete, it was an open bend unlike the one in this picture. The law is quite clear, it is the vehicle which must not cross a solid white line, however on blind bends we must give it every consideration or this ghost of a bus may not be a ghost. **Ride Safe & Stay Safe.**

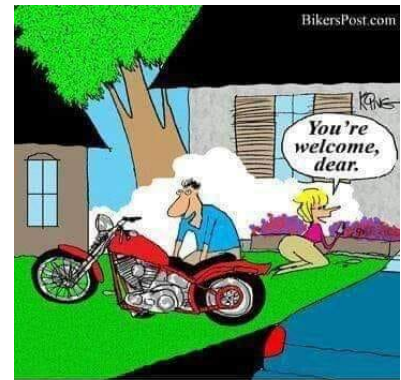


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Thought for today:

“A person who feels appreciated will always do more than expected”.



“You’re so beautiful! I’ll always love and take care of you. Thank you for being in my life.”

From: North Rider, John Hodson

Feeling humble at Asda. Had a couple of runs on 6th October’s night shift, so gave Russell a good wash, then down to Asda to refuel. There was a problem with the pump so I moved back to try another pump. A kind gentleman in a van asked if I was ok and insisted on using his card to fill up the bike. Also, Russell’s Mum came over and made a donation. We had a chat said she was sat on Russell’s bench on Sunday afternoon and waved at a blood bike rider who didn’t wave

back wonder who that was 🙄🙄🙄 If you were that rider please let us know.

People are so generous makes you proud of the work we do and the appreciation we get from people who support us.



Ed: It never ends John all our members should feel proud of what we do, no matter what role we play 😊.

Good Ride Out:



Just had a ride out today to the Roundhouse at Biggar beach on Walney Island. Lovely place and overlooking the Irish Sea, and perhaps the biggest off-shore windfarm in the UK.

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Well worth a ride out (only 71 miles for me, one way) because the cakes and bacon baps are great. According to John Walker (North Area Manager) they are a charity and support NWBB Lancs & Lakes. Over the bridge from Barrow onto the island, turn left and follow the road across the island, you can't miss it, it's just before you go into the sea 😊

New mobile phone laws to cover loopholes: Just to let you know.

Just recently in 2020 legislation on the use of mobile phones whilst driving have been passed to cover previous loopholes **whilst sat behind the wheel of the car** (Driving or not). These are:

Making a call - Sending a text or WhatsApp message – Browsing the internet – Taking photos – Filming – Scrolling through a Play List.

It's also a criminal offence to use a mobile device whilst driving without it being connected to a Hands-free device.

To break these new rules will cost you a £200 fine and 6 penalty points.

Though it only takes around four seconds to check a text message, doing that at just 30mph means your thinking distance will take you 48mtrs before you brake.

At 60mph thinking distance would be 72mtrs and braking distance is 55mtrs. THINK about it.

Finally:

A Mental health story:

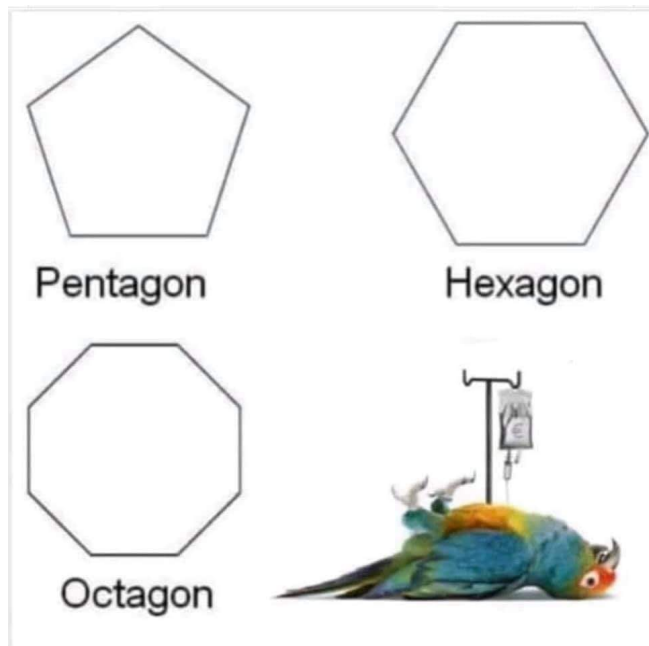
Here I have 2 x £20 notes. The one on the left has been through a tough time, been abused and just a complete mess. The one on the right is straight & crisp, not touched.

Answer me this.... is the one on the left worth less than the one on the right???

Moral of the story. Don't let anyone put you down just because you've been through a tough time. We are ALL equal. We are worth the same value. We just have perfect imperfections which make us who we are.



Name the shape:



STAY SAFE AND PROTECT OTHERS

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