

STAKEHOLDER NEWSLETTER



January 2017

Lancashire and South Cumbria Change Programme (STP)

The Sustainability and Transformation Plan for Lancashire and South Cumbria is a draft plan which will be developed and delivered over the next four years. The Lancashire and South Cumbria plan is made up of five local plans, which includes Pennine Lancashire, and eight priority areas of work. These are all aiming to improve some of the major challenges we face in Lancashire and South Cumbria which are focussed on better health, transformed quality of care delivery, and sustainable finances.

Healthier Lancashire and South Cumbria are working with members of the public, politicians and health and social care staff to translate this technical document into something people can easily understand and will allow them to be part of a meaningful conversation. These will be shared in the coming weeks to encourage people to have their say on how we can work together to improve health outcomes and health and care services across Lancashire and South Cumbria.

Pennine Lancashire – a Healthier Future

The last engagement event at the end of November proved to be a success with around 40 residents and other stakeholders in attendance at Haslingden Community Link & Children's Centre. On the night, guests were asked to test messages around different types of care and support and the winter care campaign as well as discussing ways to continue engaging with people in future.

[You can view some pictures from the event and other events for the programme here.](#)

You can also get involved at: www.togetherahealthierfuture.org.uk, on [Facebook](#) or [Twitter](#).

Local and National Health News

Organisation for the Review of Care and Health Apps ORCHA set to benefit patients and clinicians in East Lancashire

The ORCHA platform is now live in Lancashire and South Cumbria so for the first time nearly 2m people and the clinicians that serve them have access to the best health and care apps that are available.

ORCHA links to a range of health apps that have received fully impartial reviews by doctors and other clinical experts, with scoring criteria added to the reviews to help make informed decisions with more confidence more quickly. Once you've decided which app to try, ORCHA will easily allow you to download it direct from the website. You can access the ORCHA platform at www.lancashire.orch.co.uk

[In this video](#), Dr Amanda Thornton, Clinical Director at Lancashire Care Foundation Trust, talks about the benefits to patients and clinicians.

CCG 360 stakeholder survey 2016-17 launched

The CCG 360 stakeholder survey 2017 which is conducted by Ipsos MORI on behalf of NHS England has been launched.

It runs from 16 January to 24 February 2017 and provides valuable feedback for CCGs to learn from examples of successful engagement.

It also focuses on key areas for improvement in stakeholder relationships and enables an understanding of how views may have changed over time.

Domestic Violence animations

A series of animations has been produced by partners in Blackburn with Darwen aimed at raising awareness of domestic abuse and signposting to areas of local help and support.

They focus on the themes Start Well, Live Well and Age Well and are targeted at the different age groups.

You can watch the animations here:

<https://youtu.be/6X33I1c4Im4>

<https://youtu.be/OoG1NEUSNiU>

https://youtu.be/_MIDeVoTChI

Cathedral to host special service celebrating work of public services

Blackburn Cathedral is to host a special event celebrating the work done by public services in Lancashire.

The Candlelight Festival promises 'a sequence of words and music from Epiphany to Candlemas' and will honour the contribution of local government and NHS organisations to local communities across the County.

Staff members from public services, as well as members of the public, are all welcome to attend the event, which will take place on Sunday, February 5 at 6.30pm. Cathedral Girls' Choir and Choir Men will be performing on the night.

Consultation into how we can best support people with disabilities and health conditions in the workforce

NHS England, along with the Department for Work and Pensions (DWP) and the Department of Health (DH), will invest £70 million over the next four years to test different ways to support people with a disability or long term condition to get in and stay in work.

The Government has [launched a national consultation on work and health](#) and is asking health professionals to have their say on the best ways to transform employment and health support.

Deadline for responses is 17 February.

Blackburn with Darwen CCG News

Proposals to stop prescribing medicines for minor conditions

NHS Blackburn with Darwen Clinical Commissioning Group is proposing to stop prescribing treatments and medicines for short-term, minor conditions. It is also proposing to stop prescriptions for medicines where there is insufficient evidence that they improve symptoms or where they aren't value for money.

The CCG continuously reviews the services it commissions or "buys" to ensure that the local health budget is spent as effectively as possible, whilst minimising waste and promoting self-care.

It currently spends **£663,042** a year on prescriptions for items that are available over the counter for self-care and the CCG wants its limited medicines budget to be used for the treatment of more serious conditions.

Many of these medicines are now widely available over the counter (in pharmacies or shops) at a low cost price or cheaper than an NHS prescription. Many are prescribed for conditions that have no clinical need of treatment.

The CCG wants to encourage people to "self-care" - which means that people take more responsibility for their own health and wellbeing where they can.

Conditions such as a common cold, sore throat or minor cough are ones that would naturally get better themselves in the majority of patients if untreated, and so products to help soothe these conditions (e.g. cough mixtures, sore throat lozenges) will no longer be prescribed.

Some products that we currently prescribe are clinically ineffective or are not cost effective. These treatments will not have undergone rigorous clinical trials to demonstrate that they work.

Dr Preeti Shukla, Clinical lead at Blackburn with Darwen CCG said: "We want to encourage people to self-care where they can and there are lots of resources available to help them. The NHS Choices website is excellent for minor conditions and pharmacies are a good source of advice and support.

"By removing medicines for short-term, minor conditions from routine prescriptions, it will free up GP time to treat patients with more urgent or serious medical problems and it means are dwindling medicines budgets can be used for more serious conditions.

"Nationally there are 57 million GP consultations each year for minor conditions - this costs the NHS approximately £2 billion and takes up to an hour a day on average for every GP and this cannot continue if the NHS is going to become more sustainable."

NHS Blackburn with Darwen CCG is undertaking consultation on the proposal so it can explore the issue in more detail and obtain feedback from patients and the public. The consultation will run from Monday 30 January 2017 until Friday March 31 2017.

All residents of Blackburn with Darwen or those registered with a GP in the borough have the potential to be affected.

Give your feedback online by following the link to the electronic survey below:

<https://www.surveymonkey.co.uk/r/MX3RRJZ>

Or telephone 01254 282211 or email communications@blackburnwithdarwenccg.nhs.uk to arrange for a copy of the survey to be sent to you in the post – or see attached.

Closure of Langho Surgery

Roe Lee Surgery is proposing to close its branch surgery at Langho on March 31, subject to approval by NHS England.

This surgery is currently open just one day per week and the majority of appointments take place at the main Roe Lee Surgery. Demand for appointments at Langho Surgery has decreased rapidly over the past five years and the surgery believes it is no longer suitable for providing the services that patients need and deserve.

It has taken the decision to close the branch surgery after seeking patient views and consulting with the commissioners of primary care services, NHS England, Blackburn with Darwen Clinical Commissioning Group and members of the surgery team. An audit of a random sample of patients also showed that only 8% of patients preferred to have their appointments at Langho Surgery.

If you have any questions about the closure of Langho Surgery, please write to the Practice Manager, Sheila Whiteoak, Roe Lee Surgery, 367 Whalley New Road, Blackburn, BB1 9SR.

Glaucoma Awareness Month: Have you had your eye test yet?

January is Glaucoma Awareness Month and doctors at Blackburn with Darwen Clinical Commissioning Group (CCG) are encouraging local residents to take part in their routine eye tests, at least once every two years.

Glaucoma is an eye condition that can lead to reduced vision, even blindness. In most cases Glaucoma does not present with symptoms until very late when some irreversible damage may have already occurred. Glaucoma can be managed and it is for this reason that it is recommended that people have their eyes tested at least every 2 years. The eye tests are painless and include measurements of the pressure inside your eye and tests of your peripheral vision.

We want take this opportunity to also remind the public that their eye health is critically important and we would urge patients to seek urgent medical attention should they develop any of the following symptoms:

- Intense Eye Pain
- A red eye
- A headache
- Tenderness around the eyes
- Seeing rings around lights
- Blurred vision

If tests suggest you have glaucoma, you will be referred to an ophthalmologist (eye doctor) to discuss treatment. If you need any more information about glaucoma, or to find out what to do if you feel you are experiencing any symptoms visit:

<http://www.nhs.uk/conditions/Glaucoma/Pages/Introduction.aspx>

Blackburn with Darwen Council is consulting with the public on a new health initiative

As part of its upcoming 'Eat Well, Move More, Shape Up' health strategy, the Council is looking to adopt a charter further committing the organisation to promoting healthy weight in the borough.

The Local Authority Declaration on Healthy Weight is the work of the Food Active partnership – a collaborative programme made up of Public Health Directors across the North West. It contains twelve common commitments that all Local Authorities that sign up to it agree to pursue, along with a set of themes specific to the local area.

And the Council is now consulting with members of the public on what priority areas people would like to see adopted as part of the charter. Give your views via this [survey](#) until February 3.

The Eat Well, Move More, Shape Up strategy is a three-year strategy from Blackburn with Darwen Council to encourage residents to move more, eat well and maintain a healthy weight. It aims to encourage positive lifestyle changes that enable local people to improve their health and wellbeing by supporting an environment where physical activity and healthy eating is the easy choice for everyone throughout their lives.

Doctors urge women to say yes to regular smear tests

Doctors in East Lancashire and Blackburn with Darwen are backing Cervical Cancer Prevention Week, and urging local women to ensure they take part in regular screening.

This week is Cervical Cancer Prevention Week (22nd – 28th January) which aims to remind people that cervical cancer can kill, yet regular screening helps save thousands of lives every year.

Women in England and Wales aged between 25 and 64 years-old are invited to cervical screening, also known as a smear test, every three to five years.

On average, around eight women are diagnosed every day in the UK with cervical cancer with more than two women dying as a result every day. It is the most common cancer in women aged 35 and under.

Despite this, more than 20 per cent of women invited for screening do not attend. Cervical screening can prevent around 45% of cervical cancer cases in women in

their 30s, rising with age to 75 per cent in women in their 50s and 60s, who attend regularly.

Cervical cancer is not thought to be hereditary. In 99.7% of cases, cervical cancers are caused by persistent infections with a virus called high-risk human papillomavirus (HPV)2.

Since 2008, girls aged 12 and 13 have been offered a vaccination against the human papillomavirus (HPV) through school. Although the vaccine can prevent over 70% of cervical cancers it doesn't protect against all of them so screening is still vitally important once screening age is reached.

Active Ageing survey

The Active Ageing Alliance is a partnership of organisations interested in getting people aged 55 and over active in their local area. Partners include: Lancashire Sport Partnership, local Age UKs, Lancashire Mind, Galloways Society for the Blind, Lancashire FA, Stroke Association, local NHS Clinical Commissioning Groups, local public health departments and local football trusts.

They are currently running a survey for those aged over 55 which will help to shape future activities. Please help by completing the survey at:

<https://www.surveymonkey.co.uk/r/3P9B78H>

Integrated care through multidisciplinary teams evaluation lay representatives required

We would like to invite you to become a lay representative involved in our evaluation of integrated care provided through multidisciplinary teams in Pennine Lancashire

Pennine Lancashire is the name given to the geographical area within which East Lancashire CCG and Blackburn with Darwen CCG operate as clinical commissioners. The Pennine Lancashire geography consists of 6 boroughs (Blackburn with Darwen, Burnley, Hyndburn, Pendle, Ribblesdale, and Rossendale).

These areas have varying levels of affluence, deprivation, prevalence of long term health conditions, ethnicity, and consist of a mix of urban and rural environments, each with their challenges and opportunities. We are undertaking an evaluation of the integrated care provided by multidisciplinary teams in Pennine Lancashire. This evaluation will focus on the different approaches to integrated care in each of the neighbourhoods in Pennine Lancashire. It will enable an analysis of the best elements of each, and an opportunity to identify learning from each of them. This will allow a joint, integrated and holistic service model to be developed.

The evaluation will assess the impact of the service on the quality of life for patients, patient satisfaction, and impact on other services including reduction in unnecessary use of services such as emergency admissions and A&E attendances.

The evaluation will be conducted by members of the Integrated Neighbourhood Team Boards across both CCGs.

Would you like to join a team and:

Learn about the available published evidence relating to integrated care and multidisciplinary working within healthcare?

Participate in workshops with other teams undertaking similar evaluation?

Help to evaluate the community multi-disciplinary teams across Pennine Lancashire?

Work with commissioning colleagues to get experience of the NHS?

If you have answered yes to these questions, taking part in the evaluation might be for you.

Entry criteria:

- Public/patient representatives should ideally reside within Pennine Lancashire and be willing to represent their local public or patient groups.
- Panel members must be eligible to work within the UK.
- Preference will go to those who can attend all scheduled dates (see attached information for dates).
- In addition to attendance at scheduled meetings, lay members are required to undertake the necessary preparatory work which will include reading, raising questions and contributing views.

Refreshments will be provided at all meetings and workshops. Expenses will be paid.

Please do not hesitate to contact Rachel Watkin at rachel.watkin@eastlancccg.nhs.uk to arrange an informal discussion.

Please also see attached – frequently asked questions, role description and expression of interest form.

Return your expression of interest form to Kat Clarkson at katherine.clarkson@eastlancccg.nhs.uk before 4pm, Wednesday 8th February, 2017 (paper or electronic copy).