

STAKEHOLDER NEWSLETTER



March 2017

Blackburn with Darwen CCG News

Local GP is figurehead for regional cancer campaign



Neil Smith
Lancashire
GP

A local GP with a special interest in improving cancer care has become the campaign figure head in the North West for a national campaign to improve awareness and participation in bowel screening.

Dr Neil Smith, the lead GP for cancer for both Blackburn with Darwen and East Lancashire Clinical Commissioning Groups (CCGs) has been selected to be the figurehead for the campaign by Cancer Research UK. The campaign has displayed advertisements in local, regional and national media to raise awareness of the bowel cancer screening programme.

Bowel cancer screening has been shown to reduce the risk of dying from bowel cancer by 16% in the target population – those from 60 to 74 years old. Despite this, fewer people are participating

in bowel screening as expected. While the national figure is 56%, it is as low as 40% in some areas of North West England, and in East Lancashire the figure is 55% and in Blackburn with Darwen it is 49%.

Residents in Blackburn with Darwen and East Lancashire who are aged 60–74 are automatically sent a free bowel cancer screening kit in the post every two years. The kit is meant for people with no symptoms. It is easy to use and can be a life saver as its one of the best ways to find bowel cancer early, when it's easier to treat successfully.

Dr Smith said: "It was great to be offered the chance to be the figurehead for this campaign because I am passionate about improving cancer services and people's life chances should they be diagnosed with cancer. Awareness and participation in the bowel cancer screening programme is a priority in East Lancashire because too few people use the bowel screening kit when it's delivered. Even though the kit is easy to use, it can be a life saver for many people.

"When bowel cancer is diagnosed at the earliest stage, more than 9 in 10 people will survive the disease for more than five years. That's why I'm supporting Cancer Research UK and Public Health England's latest Be Clear on Cancer campaign that launched this year in the North West of England. If more 60–74 year olds use the kits when they receive them they would have either peace of mind that all is well, or if they found early signs of cancer it can be treated quickly and have a better chance."

More information on both campaigns can be found at:

<https://www.bowelcanceruk.org.uk/about-bowel-cancer/screening/>
<https://www.nhs.uk/be-clear-on-cancer>

In addition to his roles as a GP and cancer lead, Dr Smith is also a GP educator and appraiser, and has trained many of the younger GPs working in the area, as well as running many cancer educational events. He also continues to work as the stadium doctor for Blackburn Rovers.

Are you prepared for Easter?

If you need a pharmacist over Easter, visit our website www.blackburnwithdarwenccg.nhs.uk where we will have a list of opening times advertised.

Make sure your medicine cabinet is stocked

Even a minor illness and ailments such as colds, headaches and diarrhoea can disrupt your life. Be prepared for most common ailments by keeping a well-stocked medicine cabinet at home.

Go to <http://www.nhs.uk/Livewell/Pharmacy/Pages/Yourmedicinecabinet.aspx> where Sunita Behl of the Royal Pharmaceutical Society explains the essential medicines your cabinet should contain.

Local and National Health News

We Can Make It!

In May Blackburn is playing host to the UK's first Festival of Making, a free family festival celebrating makers and making. Taking its cue from Blackburn's long history of manufacturing, the two day event will showcase the work of local craftspeople and highlight the world class firms that base themselves here such as decorating giants Graham & Brown.

The festival, directed by design guru Wayne Hemingway MBE, will see the town centre transformed over the weekend of May 6 and 7 into a hotbed of activity with exhibitions, workshops, demonstrations and performances all based on Making of one kind of another.

Activities on offer include print making, pottery or jewellery making as well as technology based craft sessions such as designing a pixel game using LED lights and circuit boards and creating your own animated robot.

Visitors can also help compose a soundtrack for Blackburn with music collective The Reboot Project, taking inspiration from Northern Soul and the hey days of the Rave scene. Or visit a Makers Market that will feature the best of the region's artists, makers and designers while young makers will have the opportunity to sell their wares at a special teenage Market.

In addition, festival-goers will be able to see for themselves the results of nine specially commissioned art works from nine artist residences at East Lancashire manufacturers including Silent Night and Darwen Terracotta.

Also specially commissioned is Front Room Factories, a documentary that looks at the army of home based makers in Blackburn with Darwen while Maker Sheds will show the results of a competition run for design and architectural students to design an innovative small structure for individual makers.

The festival is funded by Arts Council England, Heritage Lottery Fund, Super Slow Way and Blackburn with Darwen Borough Council. For more information visit www.festivalofmaking.co.uk and sign up for the e-newsletter.

You can have your say on plans to encourage more people to walk and cycle for everyday and leisure journeys in Lancashire

Lancashire County Council and partners are developing a draft Cycling and Walking Strategy for Lancashire, which also covers the neighbouring areas of Blackburn with Darwen and Blackpool.

The strategy will shape local spending priorities aimed at developing Lancashire's walking and cycling offer over the next ten years, building on the range of high quality walking and cycling routes which already offer excellent access to the county's towns and cities and beautiful rural landscape.

The ambitious plan aims to double the number of people cycling by 2026, and increase walking by 10% over the same period, with a focus on encouraging more primary-aged children to walk to school. The plan will help to tackle worsening levels of physical inactivity, with some areas in the county falling significantly below the national average.

Dr Sakthi Karunanithi, Lancashire County Council's director for public health and wellbeing, said: "Making it easier for people to walk and cycle brings many benefits, from improving people's health and wellbeing, reducing road congestion and improving local air quality, to providing access to job opportunities and supporting economic growth.

"There will be many opportunities to improve the routes, facilities and support for people to travel actively and safely, whatever the reason for their journey, and this strategy will underpin our approach.

"We're keen to hear what people think, and listen to any new ideas, and I'd encourage people to have their say."

Consultation on the strategy runs until Friday 21 April 2017. To see the strategy and offer your feedback please click on the following link <http://www.lancashire.gov.uk/haveyoursay> or look under 'current consultations' on Lancashire County Council's website.

Votes plea for Blackburn group fighting loneliness among vulnerable

A community group seeking to tackle loneliness among the area's most vulnerable is appealing for support.

Blackburn-based Sliding Doors is one of five organisations in the North West region seeking £50,000 of National Lottery funding in the 'People's Projects' competition. It is on a mission to change the lives of older people and those living with disability with its 'Open for All' project.

The Big Lottery Fund, ITV and The National Lottery have teamed up to give the UK public the chance to decide how £3 million of National Lottery funding will be used to make a difference in their local area.

The three projects with the most public votes will receive grants to help them further develop their work to improve the lives of people in their communities. Sliding Doors runs a thriving social group at Blackburn Rovers Blues Bar, which provides an opportunity for people with disability to get out, create friendships and participate in 'normal' life.

Should it win the £50,000 prize, the organisation promises three new schemes all run by people with a disability. They would be a mobile afternoon tea programme among local residential homes and sheltered housing and a new 'drop-in hub with activities such as a healthy cooking and lunch club, meditation and movement, music making and creative arts.

Voting can be placed at www.thepeoplesprojects.org.uk and is set to close at noon on Monday, April 3.

Car park change at Royal Blackburn Teaching Hospital

Patients and visitors to the Royal Blackburn Teaching Hospital are being advised that, due to unforeseen circumstances, payment for using the hospital's car parks will be cash only for a short period.

The change, which comes into effect on Saturday 1st April and is expected to last approximately three months, means that anyone using the hospital's car parks will be unable to use a debit or credit card as a method of payment.

Patients, visitors and staff can obtain cash by using the free to use cash machine in the WH Smiths shop located close to the hospital's Main Reception.

James Maguire, Divisional General Manager for Estates and Facilities at East Lancashire Hospitals NHS Trust, said: "The temporary change is necessary because the company that currently processes card payments has gone out of business and, despite our best efforts, it has not been possible to appoint a new contractor before the 1st April."

"We apologise for any inconvenience and advise people affected by the change to speak with the hospital's car parking office near the main reception if they experience a problem."

The main parking meter at the main entrance is accepting the new £1 coin.

The Trust's four other hospitals – Burnley General Teaching Hospital, Clitheroe Community Hospital, Pendle Community Hospital and Accrington Victoria Community Hospital – are not affected.

Impact of the Spring budget 2017 on the NHS and social care

As part of the Spring budget, the government increased social care funding. While the additional £2bn over three years announced by the Chancellor provides only a short-term solution, it should help to relieve some pressure provided it reaches the areas needed quickly.

Funding initiatives for the NHS were also announced, with the Chancellor stating that £100m in capital funding would be made available for A&E departments to invest in demand reduction measures – including increased GP provision in A&E.

Capital funding is also to be made available for Sustainability and Transformation Plans - with £325m over three years immediately available to a small number and a commitment to a multi-year capital funding announcement in the autumn budget for the remaining STPs.

Blackburn with Darwen Health and Wellbeing Board newsletter

The latest HWBB newsletter contains lots of interesting reports including :

- Staying Put: Developing Dementia-Friendly Care And Support For People With A Learning Disability
- Health And Social Care Integration
- Fatherhood: The Impact Of Fathers On Children's Mental Health
- Working With Faith Groups To Promote Health And Wellbeing
- Digital-First Public Health: Public Health England's Digital Strategy
- Maternal Mental Health – Women's Voices
- Working Well: A Plan To Reduce Long Term Sickness Absence

The newsletter can be accessed via the following link:

<https://www.blackburn.gov.uk/Pages/Health-and-wellbeing-board.aspx>

Health Apps

Apps present a fantastic opportunity to provide us with valuable health information which can help us not only improve the quality of our healthcare, but also help us to live healthier lives.

But the market is awash with apps and we have no ability to see whether what is being downloaded will actually improve our health or if our personal data will be stored safely.

For that reason, the Lancashire Digital Health Programme, has partnered up with ORCHA (the Organisation for the Review of Care and Health Applications) to provide this site for residents across Lancashire and South Cumbria to solve just those problems.

ORCHA carry out independent and impartial reviews of health and care related apps. You can be reassured that any apps shown on this site have undergone a rigorous review process, and can feel confident as they have chosen the best app for you.

For further information, log onto lancashire.orch.co.uk

NHS patients able to download GP records by September 2017

NHS patients will reportedly be able to download their GP records from the NHS.UK website by September of this year, according to David Corbett, NHS Digital Programme Head.

Speaking during the NHS Digital & tech UK industry briefing webinar today, Corbett revealed a number of initiatives which are expected to be delivered over the next two years, including the roll-out of NHS Wi-Fi to secondary care organisations starting from the summer of 2017.

“The vision for PHRs (Personal Health Records) is to provide citizen access to online health services so that they are able to access and contribute to their health information, and to interact and transact with those that care for them.

“Patients will be able to come to NHS.UK and navigate to local demonstrators of care specific enabled apps and local services that are available by September 2017,” Corbett added, saying the NHS will transform ‘the experience for patients’ by allowing them to download their GP records without leaving the NHS.UK website by September 2017.

Integrated Diabetes Service Newsletter

Please click on the icon below for the latest newsletter from the Integrated Diabetes Service. The newsletter contains an introduction to the work that has been ongoing and what is hoping to be achieved.



IDS Newsletter Feb
17 v3.pdf

Be more 'mindful' and improve your own health and wellbeing Blackburn Cathedral on Tuesday 9th May 2017

Blackburn Cathedral, supported by Healthier Lancashire and South Cumbria, are hosting a free **Mindfulness Conference**, to support health and care staff to cope better with the stresses and strains of their day to day lives.

Aimed at all levels of NHS, health and care staff, you'll learn how being mindful will help you cope with stress, anxiety and even suicidal thoughts – which improves our personal health and wellbeing, reducing 'burn-out' and having to take time off work.

You will also hear from Mark Williams, recently retired Professor of Clinical Psychology at Oxford University and co-author of the international best-seller *The Mindful Way Through Depression*.

The event takes place at Blackburn Cathedral on Tuesday 9th May 2017.

To reserve your free place, contact Lucy Atkinson on 01253 951 677 or email lucy.atkinson8@nhs.net



Be Cervix Savvy Roadshow coming to Blackburn

Jo's Cervical Cancer Trust is bringing their 'Be Cervix Savvy' Roadshow to Blackburn.

What can you do to be cervix savvy?

- Know what cervical screening is, what to expect at the test and the role of it in preventing cervical cancer
- Learn about cervical cancer and how to spot the symptoms
- Find out who can have the HPV vaccine and why

Trained Roadshow volunteers will be available from 10.00 am until 4.00 pm four days a week at:

- **April 10 & 11 - Tesco Superstore, Hill Street, Blackburn, BB1 3HF**
- **April 12 & 13 - Church Street, Blackburn, BB1 5AF**

More information about cervical cancer and cervical abnormalities, can be found on [Jo's Cervical Cancer Trust website](#).