

STAKEHOLDER NEWSLETTER



September 2017

Blackburn with Darwen CCG News

Audiology Review September 2017

Blackburn with Darwen CCG has recently agreed to lead on the review of the AQP Audiology (Direct Access Adult Hearing Service for Age Related Hearing Loss for patients aged 55 years or older) contract across Lancashire. The two main providers of this service in East Lancashire and Blackburn with Darwen are Specsavers and East Lancashire Hospital Trust.

The review began in response to a growing number of issues and concerns expressed by GP's, patients and service providers on the lack of clarity of the referral pathway, issues with communication between services and funding of 'lost' hearing aids.

The new improved service is aimed at ensuring:

- Timely and convenient appointments
- Consistent pathway for all people with hearing loss
- Equitable service wherever you live in Lancashire

- Value for money
- Improved accessibility
- Positive outcomes
- Opportunity for self-referral
- Improved patient satisfaction accessing the service

The CCG's held three engagement events with patients/carers, service providers, stakeholders, third sector and other key organisations to provide an opportunity and forum to share their knowledge, experience, best practice and ideas to make improvements to the Audiology Services across Pennine Lancashire (Blackburn with Darwen and East Lancashire). The results will now be fed into the overall service review and part of the recommendations to Lancashire CCG's.

A copy of the Audiology Review Outcome and Next Steps is available here <http://www.blackburnwithdarwenccg.nhs.uk/commissioning/aqp-audiology-contract-direct-access-adult-hearing-service-age-related-hearing-loss-patients-aged-55-years-older/>

A Task and Finish Group to discuss the feedback and jointly develop a new model which could be applied across Lancashire was also held on **Thursday 21st September** with key stakeholders and providers. A copy of the notes and a presentation from the event are available here also available here <http://www.blackburnwithdarwenccg.nhs.uk/commissioning/aqp-audiology-contract-direct-access-adult-hearing-service-age-related-hearing-loss-patients-aged-55-years-older/>

An Audiology Project Group meetings (held on a monthly basis) is also being set up to discuss commissioning options and next steps.

Your experience needed to help shape new Challenging Behaviour Service

Challenging behaviour in children can be very distressing, leading to family stress and anxiety and in some cases family breakdown. Findings show that around thirty percent of children with challenging behaviour are diagnosed with Autism or Attention Deficit Hyperactivity Disorder (ADHD). Support for these children and families is offered once these children are diagnosed but this means for those seventy percent of children with no diagnosis there is no support for available for them and their families.

Therefore the NHS in Lancashire (including Blackburn with Darwen CCG) is working to provide a new Challenging Behaviour Service that will help children, their families and/or carers.

In order for us to have the best service possible, we are currently looking for feedback across Lancashire from families and carers about their child's challenging behaviour. Please take a few minutes to complete this survey to help us shape this service.

<https://www.elesurvey.co.uk/f/614703/1d40/>

Are you ready for winter?

Winter conditions can be seriously bad for our health, especially for people aged 65 or older, and people with long-term conditions such as COPD, bronchitis, emphysema, asthma, diabetes or heart or kidney disease. Being cold can raise the risk of increased blood pressure, heart attacks and strokes. The cold and damp weather, ice, snow and high winds can all aggravate any existing health problems and make us more vulnerable to respiratory winter illnesses. But there are lots of things you can do to stay well this winter.

At the first sign of a winter illness, even if it's just a cough or cold, get advice from your pharmacist, before it gets more serious. The sooner you get advice from a pharmacist the better. Pharmacists are fully qualified to advise you on the best course of action. This can be the best and quickest way to help you recover and get back to normal. If you can't get to a pharmacist yourself, ask someone to go for you or call your local pharmacy.

Make sure you get your flu jab, the flu virus strikes in winter and it can be far more serious than you think. Flu can lead to serious complications such as bronchitis and pneumonia, and it can be deadly. That's why the flu jab is free if you're aged 65 or over, or if you have a long-term health condition. If you have young children or grandchildren they may also be eligible for a free flu vaccination. And if you are the main carer of an older or disabled person you may also be eligible for the free flu jab. Just speak to your GP or pharmacist.

You can also find more information at www.nhs.uk/getflujab. Also, don't forget that if you're aged 65 or over, you are eligible for the pneumococcal vaccine, which will help protect you from pneumococcal diseases such as pneumonia. Ask your GP.

For more information about how you can Stay Well This Winter visit <https://www.nhs.uk/staywell>

Local and National Health News

Vacancies at Blackburn with Darwen Healthwatch

Healthwatch are currently advertising three new opportunities at Healthwatch BwD. These include 1 x Senior Administrator - £21,000; 1 x Project Officer / Signposting Lead £21,000; and, 1 x Project Manager £26,000.

A number of volunteer positions are also available. All information on these vacancies can be found at: <http://www.healthwatchblackburnwithdarwen.co.uk/current%20vacancies>

More ways to quit this Stoptober

Stoptober is here and health experts are urging smokers across Lancashire and South Cumbria to quit.

Stoptober is a national campaign, which encourages people to quit during October. It is supported locally by Lancashire County Council and NHS Blackburn with Darwen Clinical Commissioning Group who are working in partnership with Council and NHS organisations across Lancashire and South Cumbria to improve health and care for local people.

Smoking kills and is one of the biggest preventable causes of ill health. Although the number of people that smoke in Lancashire has reduced in recent years, over 16% of the population smokes. That's still too many and we need more smokers to quit.

If you want to stop, you can contact the Quit Squad, where you can get expert support from trained advisors that is tailored to suit you. Quit Squad also provides a range of free nicotine replacement therapies, such as patches and gum, to reduce the cravings. Research shows you're four times more likely to quit with support from this service.

Although it is best for people to quit with the help of the stop smoking service, some people still struggle. E-cigarettes are an alternative that can help people who are finding it difficult to quit.

Dr Sakthi Karunanithi, director of public health for Lancashire County Council, said:

“There has been a lot of talk recently about e-cigarettes in the media. People should always try the stop smoking service, but e-cigarettes can help as an alternative way to quit. Using e-cigarettes isn't completely risk-free, but they carry only a fraction of the risk of smoking a normal cigarette. Having said that, we would only recommend them as a tool to help people stop smoking. We'd never recommend people take up vaping if they don't currently vape or smoke.”

Anyone wanting to quit smoking, or just want more information, should visit the re:refresh website at <https://www.refreshbwd.com/service/quit-smoking/> where trained advisors in Blackburn with Darwen can offer you support that really works

For more information about Stoptober, visit <http://www.nhs.uk/oneyou/stoptober>

DAA

Blackburn with Darwen
Dementia Action Alliance



Blackburn with Darwen's Dementia Hub

At Your Support Your Choice, Town Hall Street, Blackburn, BB2 1AG
(opposite Blackburn Central Library)

JOIN US THURSDAY:
**12TH OCTOBER, 14TH DECEMBER
& 8TH FEBRUARY, 1PM - 3PM**

For anyone with a dementia diagnosis & their carers. Information on everything from finances & legal advice to safety at home.

Advice & information provided by:
Age UK, Alzheimer's Society, Care Network, Carers Service,
Colouring provided by My Colourful Memories

 @DAABlackburnwithDarwen

Liver disease atlas publication shows the stark reality of excess alcohol in Blackburn and East Lancashire

Public Health England has published the 2nd Atlas of variation in risk factors and healthcare for liver disease in England. The outcomes for residents in Blackburn with Darwen and across Pennine Lancashire are poor.

Liver Disease is a silent killer and the only major cause of death and illness which is increasing in England, whilst it is decreasing among our European neighbours. It is the third biggest cause of early death, behind ischaemic heart disease and self-harm including suicide. However, most liver disease is preventable with only about 5% of deaths are attributable to autoimmune and genetic disorders and over 90% are due to three main risk factors: alcohol, viral hepatitis and obesity. Dr Phil Huxley, Earby GP and Chair of East Lancashire Clinical Commissioning Group (CCG) said:

“As a GP I see the shocking toll of alcohol abuse, whether that is binge drinking or excessive drinking over time. There is no doubt that alcohol, in moderation can be enjoyed and can contribute to an enjoyable social life; however because too much alcohol over a long period of time can cause irreparable damage to the liver and can ruin peoples’ lives – I would urge people to drink sensibly and really think through the dangers of abusing alcohol. Simply alternating an alcoholic drink with a non-alcoholic drink may be a sensible way of managing your alcohol consumption.”

People in the most deprived areas are more likely to go into hospital with an alcohol related condition than those from more affluent areas; and people deprived areas of the country with liver disease earlier than those in the most affluent.

Blackburn with Darwen, which has more than half of its residents in one of the most deprived areas of the country has poor outcomes for liver disease for people going into hospital and early death. However the problems caused by excess alcohol consumption extend across East Lancashire and the figures are a stark warning of the dangers of excessive alcohol consumption for everyone.

Dr Sakthi Karunanithi, Director of Public Health for Lancashire County Council, said: “Liver disease is a concern in Lancashire as in many other areas of the country.

“It has been estimated that 90% of liver disease is preventable. The main risk factors are excess alcohol consumption, obesity and viral hepatitis.

“Because so much liver disease is linked to the amount of alcohol people drink, we’re actively promoting safe drinking messages and encouraging people to be aware of drinking limits to tackle this issue. It’s important that people avoid binge-drinking and that they are also aware of the long-term damage alcohol causes if they drink too much on a regular basis.

“Lancashire County Council offers support through its range of commissioned services for people who have concerns over their alcohol use, as well as testing for viral hepatitis for those at risk and, where appropriate, provision of needle exchange services.

“If you feel you or anyone you know is concerned over these issues, you can contact your local GP or one of our treatment services who will give you the support you need.”

In Blackburn with Darwen the data shows that 50% more people are admitted into Hospital for Liver Disease than would be expected and the admission rate has increased consistently since

2012/13. Premature deaths (mortality aged <75) from Liver Disease are increasing year on year and the rate remains significantly higher than the England figure of 18.0 per 100,000. Hospital Admission Rates for Alcoholic Liver Disease (74.3) were more than double the England rate (34.8). The number of premature deaths attributable to alcoholic liver disease was 45, a rate of 12.1 per 100,000, which is now significantly higher than the England figure of 8.7.

Professor Dominic Harrison, Director of Public Health, Blackburn with Darwen Council said: "The new liver disease atlas shows that outcomes are poor but in Blackburn with Darwen we are taking strategic and practical action to address the key drivers of liver disease. Our prevention programmes in partnership with communities will encourage people to consume less alcohol, specifically address harmful drinking and encourage people to be more physical active."

"Action to tackle liver disease in Blackburn with Darwen includes our 2014–17 Alcohol strategy backed up with major programmes on alcohol including; improved community awareness and education, prevention, treatment and recovery. Improved licensing processes to reduce the harms to communities and lobbying on the minimum unit price for alcohol. Current data suggests that more than half of people who access specialist alcohol support in Blackburn with Darwen (53.8%) successfully complete their treatment and don't return to services for 6 months. This is a notable achievement as the national rate is 39%."

More information about alcohol and liver disease is available on NHS Choices at <http://www.nhs.uk/Livewell/Alcohol/Pages/Alcoholhome.aspx>.

Across Pennine Lancashire new anti-viral treatments for Hepatitis C are available through the Lancashire Hepatitis C Operational Delivery Network run by East Lancashire Hospitals NHS Trust.

This has improved opportunities for screening and access and increased take-up of new and highly effective treatments which have improved outcomes. Blackburn with Darwen is part of this proactive partnership with Public Health England, East Lancashire Hospital Trust's Hepatology specialists and Inspire community drug and alcohol service. There is also a strong campaign to improve the rates of hepatitis vaccinations and screening among high risk cohorts such as the homeless, injecting drug users and those who present for specialist support around their alcohol use.

Work is ongoing to continue to improve access and engagement utilising revised treatment pathways, improved training for staff and service users and ongoing peer support from people with lived experience. This form of treatment has the potential to have a significant impact on mortality rates in the future should the treatment be rolled out fully by NHS England.

The Blackburn Eat Well Move More Shape up nutrition and physical activity strategy alongside joint signing of the Declaration on Healthy weight by the Council and CCG will begin to encourage our residents to be more active and address levels of obesity, which will impact on the obesity and diabetes drivers of NAFLD.



**Blackburn with Darwen
Parents In Partnership**

Empowering Parent Carers through Information Sharing

Coffee Morning

Are you a parent/carer of children aged 0-25years old with SEND (Special Education Needs and Disability) then why not come along and meet other families.

Join us for a friendly chat, coffee, cake and access to the gym for an hour or get some more information from BwDPiP.

When: Tuesday 12th September 2017

Tuesday 10th October

Tuesday 14th November

Tuesday 9th January 2018

Where: Blackburn Youth Zone

Jubilee Street

Blackburn, BB1 1EP

Time: 10am - 12pm

Access to the gym from 10.30am – 11.30am

Cost: £2.00



Any Questions

Contact: 07923 252483

Email: bwdpip1@gmail.com



More than 22,000 women fail to turn up for potentially life-saving breast cancer screening appointments, new figures reveal

More than 22,000 women invited for potentially life saving breast cancer screening failed to attend their appointments, shock new figures show.

More than 71,000 women from across East Lancashire were asked to attend a breast scan to look out for early signs of cancer between 2013 to 2016.

But data from NHS England shows that during the three year period 32 per cent of women in Blackburn with Darwen, Hyndburn, Ribble Valley, Burnley Pendle and Rossendale refused to respond to hospital bosses.

In total 22,581 women failed to turn up for their appointments leaving medics fearful scores of patients could have developed the disease and not even know about it.

Health campaigners said they were 'startled' by the figures and warned women 'it could save your life'.

In a bid to tackle the issues, health bosses have now launched a new campaign #bescreened, which urges women to protect themselves from cancer by attending their free NHS breast screening appointment.

Appointments take just 30 minutes once every three years and are automatically offered to women aged 50 to 70 registered with a GP. Some women under the age of 50, deemed to be at a high risk of developing the disease are also invited for screening.

Elizabeth Read, breast screening manager at East Lancashire Hospitals NHS Trust, said that in certain areas of Lancashire, fewer than half of women aged 50 to 70 attend screenings every three years.

She said: "This is even though screening is free, fast and available locally.

"Breast cancer is the most common type of cancer in women in East Lancashire, but it is also one of the most treatable, particularly when detected early.

"If breast cancer is diagnosed at the earliest stage, it is estimated that after five years 99 out of 100 women diagnosed will be alive, so to #bescreened regularly and detected early is very important."

Free NHS breast screening aims to detect breast cancer at a very early stage.

Dr Neil Smith, who has been a GP in Oakenhurst medical practice in Blackburn for 22 years, said that for every 200 women screened every three years from ages 50 to 70, one fewer woman dies of breast cancer, compared with 200 women not screened.

Dr Smith, who is also the cancer lead for Blackburn with Darwen and East Lancashire Clinical Commissioning Groups, said: "I would recommend that women attend their breast screening appointment and support their family and friends to do the same.

"It can help to diagnose problems sooner and prevent women from dying of breast cancer."

Mary Brennan, the founder and trustee of Barnoldswick and Earby Bosom Friends, who support people affected by cancer in the Pendle, Ribble Valley, and Craven areas, said she was 'startled' by the figures.

She said: "This is a very high-figure. I regularly speak to women at the group who are still here today as a result of being screened for breast cancer.

"It saves lives and I'd encourage any woman to attend a breast scan. I would say one of the biggest reasons for so many women not being screened for cancer is through fear of the outcome and diagnosis."

NHS breast screening is provided using modern equipment at Burnley General Teaching Hospital and on a state-of-the-art mobile screening unit.

It visits locations across East Lancashire to ensure women have convenient access to #bescreened.

Russ McLean, chairman of the East Lancashire Patient Voice Group, said: "I'd say women should go to these appointments. It could be a life-threatening condition.

"One of the worrying things is that people say it is invasive and intrusive but these days the staff work very hard to make all patients feel comfortable, so basically, just go, it could save your life."

Half of adults aged 55 and over have experienced common mental health problems, say Age UK

The charity is joining forces with NHS England to encourage older people to seek help and is calling on GPs to spot the warning signs.

Nearly half of adults (7.7million) aged 55+ say they have experienced depression and around the same number (7.3 million) have suffered with anxiety, according to new YouGov research for the charity Age UK – revealing the scale of the mental health challenge facing older people in the UK today.

The death of loved ones (36 per cent) ill health of themselves (24%) and financial worries (27 per cent) are the most common triggers for mental health problems, yet worryingly more than a third (35%) say they did not know where to go for help and support. This comes as NHS England has published new guidance – [‘Mental health in older people’](#) – to help GPs spot the tell-tale signs of anxiety and depression, and identify a range of mental health problems including those which specifically affect older people.

One in 5 (21 per cent) of the people who reported suffering from anxiety or depression said that their symptoms had in fact worsened as they'd got older.

Research indicates feelings of loneliness and isolation could play a major role in the problems older people are facing. Nearly three-quarters of older people (72 per cent) think that having more opportunities to connect with other people (e.g. joining local activity groups) would be the best way to help people who are experiencing mental health problems.

As well as having opportunities to connect with other people, more than a third (35 per cent) felt that talking therapy such as counselling would best help older people with anxiety and depression. Research has found older people respond extremely well to talking therapies; the recovery rates

for patients aged over 65 years of age who completed a course of talking therapy through the Increasing Access to Psychological Therapies programme (IAPT) were shown to be positive.

One in 4 older people (25 per cent) said they felt it was more difficult for older people to discuss mental health issues such as anxiety or depression, compared to younger people. The top reasons given were:

When older people were growing up, society didn't recognise depression or anxiety as a health condition

Depression and anxiety used to be seen as a weakness, so it's not something the older generation are comfortable discussing. The older generation were taught to approach life with a "stiff upper lip"

Age UK and NHS England are hoping to encourage older people to seek help and are calling on GPs to spot the warning signs.

Caroline Abrahams, Age UK Director, said: "In recent years there's been nothing short of a cultural revolution in our willingness to be open about mental ill health, which is an essential pre-condition to people getting help, but it's one that may well have left many older people behind. They grew up in an era when there was a real stigma associated with mental illness so for many these attitudes are deeply engrained and still driving their behaviour today.

"A further barrier to seeking support is that there is a widespread lack of awareness about effective treatments, beyond 'taking pills', which many older people feel they do quite enough of already. And finally, it is understandable if a lot of older people, having seen so much and having experienced so many ups and downs through life, take the view that feeling depressed or anxious is just something they have to put up with, not illnesses that are just as deserving of a proper medical response as a physical problem like a chest infection or a leg ulcer. For some they will indeed be recurrent problems that they have long since given up any hope of defeating."

Alistair Burns, National Clinical Director for Dementia, NHS England, said: "This is further evidence to show why the NHS is putting mental health front and centre of patient care. As part of what has been independently described as 'the world's most ambitious effort to treat depression, anxiety and other common mental illnesses', we are helping doctors to recognise and respond to mental ill-health in later life.

"Depression and anxiety affect nearly eight million people over 55, but can often go unnoticed and untreated. Older people mustn't miss out on help and treatment because of a 'stiff upper lip' approach to dealing with problems, or because they aren't offered or don't know where to go for help. GPs are the first port of call for many older people, so we are equipping doctors and their teams to better spot and tackle mental ill health in older adults."

[Age UK](#) runs a range of services to help support older people with mental health problems from Men in Sheds clubs to dedicated counselling services.

There is also a free guide called [Your Mind Matters](#) focusing on improving mental wellbeing which is available on the [Age UK website](#) and via the Advice Line on 0800 169 6565.