

STAKEHOLDER NEWSLETTER



November 2017

Healthier Lancashire and South Cumbria



The Joint Committee of Clinical Commissioning Groups (JCCCG) is a meeting of the CCGs across Lancashire and South Cumbria, who will be responsible for making decisions about any future proposals referred to it by the CCGs. Following the meeting there will be an opportunity for questions from the public to the committee. Thursday 1st March 2018 (venue to be confirmed) For more information visit: <http://www.healthierlsc.co.uk/about/jcccg>

Lancashire and South Cumbria residents set to access diabetes prevention services through the touch of a button



NHS England, Public Health England and Diabetes UK have teamed up with leading providers from the tech sector as the battle against Type 2 diabetes goes digital – with around 5,000 people expected to benefit from the launch of a new pilot project, including some from here in Lancashire and South Cumbria.

Lancashire and South Cumbria is one of eight pilot areas that has been selected to test drive a range of innovative digital products, apps, gadgets and other online tools, starting this month.

Healthier You: The NHS Diabetes Prevention Programme was officially launched last year to support people who are at high risk of developing Type 2 diabetes. Those referred on to the face-to-face programme get tailored, personalised help, this includes; education on lifestyle choices, advice on how to reduce weight through healthier eating and bespoke physical activity programmes, which together have been proven to reduce the risk of developing Type 2 diabetes.

Read more <http://www.blackburnwithdarwencentg.nhs.uk/lancashire-south-cumbria-residents-set-access-diabetes-prevention-services-touch-button/>

Pennine Lancashire update

Together a Healthier Future (TAHF) Programme



At the Pennine Lancashire Accountable Health and Care Partnership Leaders' Forum meeting on 18th October 2017, a discussion took place about the need to continue the development of the shadow Accountable Care System for Pennine Lancashire and future leadership arrangements for the Transformation Programme following the departure of Dr Chris Clayton, who was Chief Officer for this work between March and September 2017.

Partnership Leaders recognised the need to maintain the pace of work and were keen to ensure that the programme could continue to develop, utilising the skills and knowledge of existing leaders within Pennine. Consideration was also given to the strengths offered by developing a distributive leadership model.

It was, therefore, agreed that Mr Kevin McGee, Chief Executive of East Lancashire Hospitals NHS Trust, and Mr Mark Youlton, Accountable Officer for East Lancashire (EL) CCG, will jointly lead the transformation programme. Mr McGee will lead work on building the Accountable Care System for Pennine Lancashire and Mr Youlton will lead work on bringing together commissioning between the two CCGs.

These leadership arrangements will enable us to move towards the implementation of the new model of care, both in and out of hospital.

At the meeting Partnership Leaders also reaffirmed their commitment to becoming a shadow Accountable Care System on 1 April 2018 and a full Accountable Care System by 1 April

2019. This would include establishing a Pennine Lancashire system control total for 2018/19.

The meeting also considered and agreed the New Model of Care and work will now continue on further defining how we work together to design and deliver this.

Living Well Programme



A new 'Living Well' programme being delivered across Pennine Lancashire has been set up to help improve the mental health of people living with long term health conditions.

The programme is delivered in partnership with the CCG, LCFT, Lancashire Women's Centre and EL CCG. The Living Well Programme is easy to access and a person does not need to be referred to it by their GP.

Research demonstrates that people with long-term conditions are two to three times more likely to experience mental health problems than the general population.

The Living Well programme offers talking therapies through groups and one-to-one sessions in GP Practices and community settings, to help people come to terms with their health condition and manage anxiety or low mood that they may have as a result of living with a long term condition.

Living Well is available across Pennine Lancashire for anyone with a long-term health condition such as asthma; cancer; diabetes, epilepsy and many others.

National NHS News



New appointment

The Department of Health (DH) has confirmed the appointment of Professor Jonathan Van-Tam as the new Deputy Chief Medical Officer for England. Professor Van-Tam took up the position on 2nd October 2017. He replaced Professor John Watson who retired after 4 years in the role.

Winter Funding



The DH announced that a further 19 hospitals across England have been given a cash injection of over £13 million for emergency care, in the latest wave of winter funding. Around £13 million has been awarded to improve patient flow through Accident and Emergency (A&E); ensuring departments are prepared for busy times during winter. The additional funding brings the total given to hospitals since April to over £90 million, part of the dedicated funding announced in the Spring Budget. Further information via: <https://www.gov.uk/government/news/new-13-million-funding-to-help-hospital-aes-prepare-for-winter>

Nationwide Digital Services



The Health Secretary, Jeremy Hunt, said during a speech at the Health and Care Innovation Expo in Manchester on 12 September that “every patient in England should be able access their medical records and book an appointment with a General Practitioner (GP) via an app by the end of 2018”. By the end of 2018 – the 70th birthday year of the NHS – the Health Secretary said he expects every patient in England to be able to do the following online through an app:

- access NHS 111;
- access their healthcare record;
- book an appointment with a GP;
- order repeat prescriptions;
- express their organ donation preferences;
- express their data sharing preferences;
- access support for managing a long term condition;

In Blackburn with Darwen (BwD), patients are able to access NHS 111, their healthcare record, book an appointment with a GP and order repeat prescriptions. The CCG is working

with practices to encourage patients to use the services which are in place. Pilot schemes are already underway, with ongoing evaluation before a potential national roll-out.

Trainee GPs

The Health Secretary announced a package of measures to strengthen General Practice. From 2018, surgeries in hard-to-recruit-to areas will benefit from a new Government-backed scheme – the Targeted Enhanced Recruitment Scheme – which will offer a one-off payment of £20,000 to attract trainees to work in areas of the country where training places have been unfilled for a number of years. The DH has also asked Health Education England (HEE) to make sure many of the 1,500 additional medical training places that will be funded from next year are located in priority areas, including rural and coastal communities. Further information via: <https://www.gov.uk/government/news/jeremy-hunt-announces-salary-supplement-for-trainee-gps>

Grant Scheme to Improve Mental Healthcare

The DH launched a £15 million fund to better support people at risk of experiencing a mental health crisis. The Beyond Places of Safety scheme will improve support services for those needing urgent and emergency mental healthcare. This includes conditions such as psychosis, bipolar disorder, and personality disorders that could cause people to be a risk to themselves or others. The Beyond Places of Safety scheme will focus on:

- preventing people from reaching crisis point in the first place;
- helping to develop new approaches to support people who experience a mental health crisis.

Further information via: <https://www.gov.uk/government/news/new-15-million-grant-scheme-to-improve-mental-healthcare>

NHS England Appointment

NHS England has announced the appointment of Mr Ray James as its first National Learning Disability Director, to drive improvement across the country on services to people with a learning disability, their families and carers. Mr James is the former national president of the Association of Directors of Adult Social Services and the long-standing executive Director of Health, Housing and Adult Social Care at the London Borough of Enfield. He has led on significant programmes of work nationally and at Enfield he led teams who have achieved multiple award-winning services in respect of safeguarding, community involvement and independent living for disabled adults. Further information via: <https://www.england.nhs.uk/2017/10/nhs-england-appoints-senior-local-government-leader-as-national-learning-disability-director/>

Innovation to Transform



At the Health and Care Innovation Expo in Manchester in September, the Chief Executive of NHS England, Mr Simon Stevens, set out an ambitious vision for the NHS as it approaches its landmark 70th anniversary – calling on health and care leaders to unleash the game changing potential of innovation for both patients and taxpayers. Mr Stevens unveiled new plans to free up funds for the latest world class treatments by slashing hundreds of millions from the nation’s drugs bill and announce that new and cutting edge treatments will be routinely available for the first time. Innovations include:

- Revolutionary new treatment for Hepatitis C is set to save NHS England more than £50 million as well as saving thousands more lives;
- New measures to slash up to another £300 million from the nation’s medicines bill;
- Trailblazing new treatment to restore sight using patients’ own teeth;
- Routine commissioning of the latest technology to help deaf children hear;
- An expansion of the test-bed programme testing the treatments and care models of tomorrow.

Further information via: <https://www.england.nhs.uk/2017/09/as-nhs-approaches-70-it-is-time-to-unleash-the-potential-of-innovation-to-transform-patient-care-says-simon-stevens/>

Winter Pressures



NHS England, Public Health England, the DH and NHS Improvement have unveiled measures to boost the uptake of flu vaccinations along with package of new contingency actions to respond to pressures on frontline services this winter. Intensified preparations include:

- Providing free flu vaccines for hundreds of thousands of care home staff at a cost of up to £10m as well as increasing the number of jobs for young children in schools and vulnerable people;

- Directing NHS Trusts to ensure they make vaccines readily available to staff and record why those who choose to opt out of the programme do so;
- Writing to Doctors, Nurses and other healthcare workers reminding them of their professional duty to protect patients by being vaccinated;
- Setting up a new National Emergency Pressure Panel to provide independent clinical advice on system risk and an appropriate regional and national response;
- The biggest expansion in training for A&E consultants ever with hundreds more Doctors over the next four years and other healthcare staff.

Many people with flu show no symptoms, meaning healthcare workers who feel fit and healthy can unwittingly infect vulnerable patients. Getting vaccinated is the best way to stop the spread of influenza and prevent deaths. It can also ease pressures that a heavy flu outbreak would place on services such as doctors' surgeries and busy hospital wards, like those seen recently in Australia and New Zealand.

Blackburn with Darwen (BwD) CCG News

Take control of your own health



Local residents are being urged to take simple measures to stay well this winter by understanding when you can look after your health. The message came during national Self Care Week - 13th to the 19th November - which focused on 'Embracing Self Care for Life' with the aim being to 'stay healthy your whole life'. 'Self Care for Life' means eating properly, taking regular exercise and looking after symptoms of common everyday illness.

It's also about understanding any long term conditions you may have and managing those on a daily basis. Here are some simple steps to help yourself stay well this winter and help to prevent avoidable conditions:

- **Move more** — You don't even have to join a gym, just walk the dog, leave the car at home, ignore the bus, take the stairs, dance around the kitchen table, go for a walk.
- **Stop smoking** — One of the best things you can do for your health is to stop smoking. Ask your local pharmacist about stop smoking services.
- **Sleep** — A good night's sleep is essential to good physical and mental health so don't burn the candle at both ends, make sure you get at least 7 hours sleep a night.

- **Eat well** — It is vitally important that we get the nutrients we need and avoid excessive amounts of salt, fat and sugar. Food gives you energy, which helps to keep you warm. So, try to have regular hot meals and drinks throughout the day.
- **Relax** — We have such busy lives that we sometimes forget to take time out to relax, but it is essential for our physical and mental wellbeing. Find time in the day to be still and quieten your mind, holistic exercise such as yoga can also be helpful.
- **Keep warm** — this may help prevent colds, flu or more serious health conditions such as heart attacks, strokes and pneumonia.
- **Get a flu jab**— flu vaccination is offered free of charge to people who are at risk, pregnant women, carers and some young children to ensure that they are protected against catching flu and developing serious complications.

Darwen nurse honoured to be awarded Queen's Nurse Award



A Darwen nurse successful in improving the health of the male patients in her practice is celebrating after having been awarded with the prestigious and nationally recognised Queen's Nurse Award in recognition of her delivery of high standards of patient care.

Debbie Yates of Darwen Healthcare received her Queens Nurse award on the 30th October at the Queen's Nursing Institute (QNI) Awards ceremony in London. The Awards ceremony recognises and celebrates the achievements in community nursing and the dedication, the passion and the skills of nurses working in the community today

The title of Queen's Nurse is given to individual nurses who have demonstrated a high level of commitment to patient care and nursing practice. The award also offers recipients the chance to spread their good practice as it allows them to be involved in developing and influencing national policy and practice in nursing.

Read more <http://www.blackburnwithdarwenccg.nhs.uk/darwen-nurse-honoured-awarded-queens-nurse-award/>

Ask your local pharmacist for health advice this winter



As the weather turns colder, we're being reminded local pharmacists in Blackburn with Darwen should be your first point of call, for a minor illness like a cough or a cold.

This month (6–12 November), the CCG is supporting 'Ask Your Pharmacist Week', a national initiative to raise awareness of the range of free services on offer, when you need them. Pharmacists are highly qualified health professionals, trained to give free advice on the best ways of tackling common conditions such as coughs and colds, sore throats, stomach upsets and cuts and grazes.

They are experts in self-care, showing you the over-the-counter products that mean you could be looking after yourself at home, getting better sooner. You can see your local pharmacist without an appointment and many have private consulting rooms so you can get the help and treatment you need, when you need it.

Reminder that evening and weekend GP appointments available



Times are changing
Evening and weekend appointments available for General Practice services

If you are a Blackburn with Darwen patient and need more flexibility, you can now book an appointment in the evening or at the weekend. Appointments can be booked as normal with your usual practice, although you may be seen at a different surgery and not by your own GP.



NHS Blackburn with Darwen Clinical Commissioning Group (CCG) is reminding patients that there are evening and weekend GP appointments available if that is more convenient.

Patients should remember that minor ailments like coughs colds and sore throats can be well managed by their local pharmacist and that GP appointments should not be used for these purposes.

If you are a resident in the borough and need more flexibility, then you can request an evening or weekend appointment. They are booked as normal through your GP practice, although they may not be at your usual surgery or with your usual doctor.

Dr Malcolm Ridgway, Clinical Director for Quality and Effectiveness at the CCG, said: “The needs of patients are changing and so it is only right that General Practice moves with the time too. These are not new appointments, they have been available since 2015 but we want to remind people as they may not be aware.”

Communications Update



The Communications Team have been busy promoting the Winter campaign locally including the Blackburn with Darwen CCG Child Flu campaign.

Self-Care Week has also been heavily promoted on all the CCG's social media channels.

It is too early to say whether the campaign has had an impact yet but early indications are that the uptake figures are up on this time last year.

Engagement on the new Lancashire wide clinical policies is ongoing and details of how you can have your say is available here

<http://www.blackburnwithdarwenccg.nhs.uk/get-involved/current-consultation/lancashire-wide-review-harmonisation-clinical-policies/>

You can also give feedback on the new five year plan for Children and Young People Transformation Plan here

<http://www.blackburnwithdarwenccg.nhs.uk/get-involved/current-consultation/children-young-peoples-transformation-plan/>