

HealthTogether

Autumn 2016

We will bring together local people, GPs and other clinical professionals to improve the quality and experience for patients of their health care

**STAYWELL
THISWINTER**

Plan ahead and protect yourself against flu



Local GPs are reminding patients at risk of complications from flu that now is the time to plan ahead and organise getting their free flu jab to help prevent the spread of the virus.

One in three people are eligible for a flu jab and it's important that as many of these people as possible take action now and protect themselves and others by getting vaccinated against flu.

For most healthy people, flu is an unpleasant but usually self-limiting disease with recovery generally

within a week. However, older people, the very young, women who are pregnant and those with some underlying diseases are at particular risk of severe illness such as pneumonia if they catch flu.

Those at greater risk from flu include:

- People aged over 65
- People with a serious medical condition, such as a heart complaint, lung disease such as asthma, liver disease or have suffered a stroke
- Pregnant women
- Young children

Dr Simon Rumley, Chair and Clinical Lead for NHS Wyre Forest CCG, said:

"The simple message for anyone at risk in Wyre Forest is take action now and protect yourself against flu.

"Flu is not just a bad cold. It can increase the risk of developing more serious illnesses, especially for the elderly and those with long term or chronic conditions. In the worst cases, flu can result in a hospital admission, and even be fatal in those vulnerable, at risk patients.

"The vaccine is the best possible protection against the flu virus. Even if you have had the vaccination before, the types of virus in circulation change every year, as does the vaccine, therefore it is important that you get the jab every winter."

News from the chair

It's has again been a busy couple of months since the last newsletter, with a number of changes happening both within the CCG and the wider Worcestershire health economy.

The Governing Body of the CCG is set for a new look in the coming months, with some of our current members moving on to new challenges. I am one of the members of the Governing Body that is moving on and will be leaving the CCG in November. I have been with the CCG for nearly three years, which has included some very challenging times but also some examples of fantastic work taking place here in Wyre Forest.

It's always been my mission to get the best possible care for the people of Wyre Forest and I'm extremely proud that patients and local residents are involved in making decisions about their healthcare.

Dr Clare Marley is stepping into the role of Chair and Clinical Lead of the CCG, and I'd like to wish her all the best going forward.

Dr Paul Williams, Assistant Clinical Chair and Alison Field, Practice Manager will also be leaving their positions on the Governing Body. I'd like to say a big thank you to both of them for the dedication and commitment they have given to their Governing Body roles and I wish them both well for the future.

I'd like to thank everyone that I have worked with during my time as Chair of the CCG and have greatly enjoyed my time within the role.



Dr Simon Rumley



New voluntary and charity organisations grant scheme

A new grant scheme has been set up in Worcestershire to support local voluntary and charity organisations across the county.

The three Worcestershire Clinical Commissioning Groups (NHS Redditch and Bromsgrove, NHS South Worcestershire and NHS Wyre Forest CCGs) have set up the scheme to help organisations develop and improve services on offer to local residents.

Organisations can apply for a grant up to £13,000 and the money can be used to support new projects or develop existing services. The grants will be used to help meet the CCGs' priorities, particularly; reducing health inequalities, promoting independence and self-care or engaging with hard to reach communities.

Simon Trickett, Chief Officer for NHS Wyre Forest CCG, said: "Voluntary and community sector organisations contribute an enormous amount of wealth and expertise to support the health and wellbeing of the people in Worcestershire.

"We are providing funds through this grant process to support organisations continue and develop their important work. The main aim is to offer the best quality of care for people of Worcestershire, to help them look after their health and wellbeing."

The process is now open to any voluntary or charity organisation that wishes to apply and will remain open until 27th November 2016. Following this date, a panel will get together to look at the applications and agree the grants.

Organisations that have been selected will be contacted in early 2017, with a view to work starting in April 2017.

More information, including the application form can be found on any of the three CCG websites:

www.wyreforestccg.nhs.uk/getting-involved/vcs-grants-application-form-and-criteria/

Establishing a Joint Committee

There have been a series of conversations between CCG leaders over the course of the summer months to determine how the CCGs across the local Sustainability and Transformation Plan (STP) footprint could work closer together to take forward the Plan. Similar discussions are taking place amongst CCGs across most STP areas. The joint working arrangements across the Worcestershire CCGs are well embedded and are a local example of the benefits that increasing collaboration can provide.

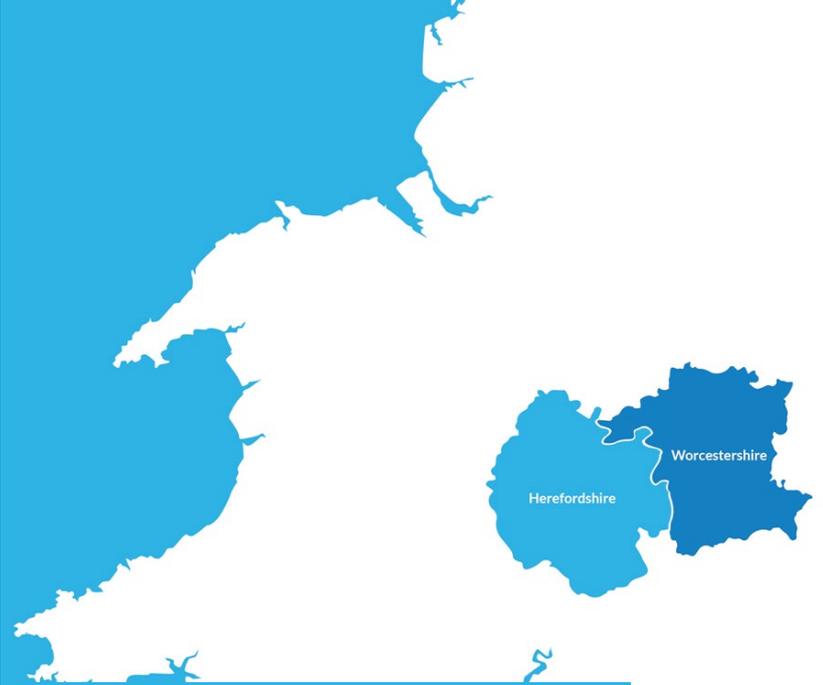
There is a clear move towards more strategic planning across a wider footprint and involving larger population numbers. In the short term over the next few months it appears that there will be a specific focus on three related activities, all of which need to be undertaken at STP footprint level:

- Finalising the STP Plan;
- Preparing a Two Year STP Operational Plan that details the first two years of implementation during 2017/18 and 2018/19;
- Delivery of the contracting round for 2017/18 and 2018/19 that should reflect the Two Year Operational Plan.

These are all activities that will have to be completed at STP footprint level. NHS England's view is that the most appropriate means of overseeing that work would be for the four CCGs in Herefordshire and Worcestershire to form a 'Joint Committee' which is allowable under the legislation and is designed to facilitate this type of joint working. This Committee would need to be formally constituted and be representative of the four CCG Governing Bodies, who could then formally delegate responsibility for this set range of tasks to the Joint Committee.

Discussions have taken place as to the best means of delivering this in Herefordshire and Worcestershire and regarding the level and type of delegation to a Joint Committee that would be most appropriate.

We will continue to update you as work progresses.



Sustainability & Transformation Plan

Partners across Herefordshire and Worcestershire have continued to work together over the summer months on development of the Sustainability and Transformation Plan (STP). The purpose of this plan is to identify how the local NHS and social care system will address the challenges outlined in the NHS Five Year Forward View. A draft plan has been submitted to NHS England.

The key areas of focus, as advised by NHS England following their assurance review, have been:

- To develop greater depth and specificity with clear actions, timelines, benefits (financial and non-financial outcomes), resources and owners;
- To provide year on year financial trajectories that, when aggregated nationally, will enable overall affordability to be assessed;
- To articulate more clearly the impact on quality of care of any proposed changes that are being put forward;
- To include stronger plans for primary care and wider community services that reflect the General Practice Forward View, drawing on the advice of the Royal College General Practitioners ambassadors and engaging with Local Medical Committees;
- To set out our plans for engagement with local communities, clinicians and staff and the implication for the timing of implementation.

Once the plan is agreed, there will need to be some significant engagement opportunities for the population to understand and to discuss the priorities and proposals that will be required in order to ensure local services live within the financial budgets that have been allocated. This work is likely to happen over the coming months

HEALTHIER YOU

NHS DIABETES PREVENTION PROGRAMME

A new partnership in Worcestershire is set to offer individuals who are at risk of Type 2 diabetes help and support to reduce the likelihood of them developing the condition.

The three Worcestershire Clinical Commissioning Groups (NHS Redditch and Bromsgrove, NHS South Worcestershire and NHS Wyre Forest CCGs) along with Worcestershire County Council have partnered with Pulse Healthcare to launch the new Healthier You: NHS Diabetes Prevention Programme across the county.

In Worcestershire, people recruited onto the new programme tackling Type 2 diabetes will benefit from Pulse Healthcare's services to help them make healthier lifestyle choices and improve their health.

The programme is focussed on encouraging people to:

- Lower their weight
- Increase their amount of physical activity
- Improve their diet

There are currently five million people in England at high risk of developing Type 2 diabetes. In Worcestershire there are at least 18,000 people identified as at risk with a further 50,000 people at risk but unaware they are.

The recently launched national programme has already been piloted in seven areas. The programme will now roll-out across England in 27 further sites and is set to go live in Worcestershire later in 2016.

To find out more about the Healthier You: NHS Diabetes Prevention programme, visit:

www.england.nhs.uk/ourwork/qual-clin-lead/diabetes-prevention/

Have you signed up for GP online?

Patients registered at GP surgeries in Wyre Forest are being encouraged to sign up to an online system that offers improved access to GP services.

Patients can book appointments with their GP or request a repeat prescription from their computer, smartphone or tablet. Users of the service can also read their own GP record and check the results of tests, before speaking to their GP if they want to.

The GP online service will run alongside traditional methods of accessing services. This means that patients who cannot access the service, or who do not want to join up, can still call or visit their surgery to book appointments and request repeat prescriptions as usual.

Patients can register for GP online services by visiting their GP surgery, or find out more by logging on to the NHS Choices website:
www.nhs.uk/GPonlineservices

Check our progress against key targets

You can see how our provider organisations are doing against some of their key targets as of September 2016, unless otherwise stated.

Worcestershire Acute Hospitals NHS Trust	Cancer Waiting Times (August 2016)	
	All patients referred urgently by their GP with suspected cancer will be seen within 14 days.	
	Patients to wait no more than 31 days from diagnosis to treatment of all cancers.	
	Patients are treated within a maximum of 62 days from urgent suspected cancer referral to treatment.	
Worcestershire Acute Hospitals NHS Trust	Patient waits in A&E	
	Target is at least 95% of patients are to be seen, treated and admitted or discharged within four hours.	
	18 weeks from Referral To Treatment	
	Target is the maximum time it should take from the GP referring a patient for treatment to the time treatment starts. Within that 18 week period all diagnostic tests and outpatient visits for tests should have taken place.	
Worcestershire Health & Care NHS Trust	Mental Health	
	The proportion of people with depression and / or anxiety disorders who receive psychological therapies – IAPT (Improving Access to Psychological Therapies). (June 2016)	
	Patients on a Care Programme Approach receiving a follow up within seven days of discharge from psychiatric care.	
	Estimated diagnosis rate for people with Dementia.	

Governing Body Meeting Dates

Our next Governing Body will be held on:

- **Tuesday 6th December**

Meetings are held in the: Stourport and Bewdley Room, Wyre Forest District Council, Wyre Forest House, Finepoint Way, Kidderminster, DY11 7WF from 9:00am – 12:30pm.