

Our NHS membership newsletter

Apr-Jun 2016

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Welcome to the latest edition of the East Staffordshire CCG Membership Newsletter

Improving Lives Update

The Improving Lives contract awarded to Virgin Care by East Staffordshire CCG came into effect on Sunday 1st May 2016, with responsibility for a range of acute, community and voluntary sector services transferred over safely and community staff transferred to Virgin Care.

Dr Charles Pidsley, Chair of the CCG, said "We are extremely pleased to have worked with Virgin Care over the past year to reach this important landmark event for people living in East Staffordshire. We are confident that over the next seven years the Improving Lives contract will bring about significant improvements in the health care services for a large number of people in East Staffordshire, particularly those with long term conditions and frail, older people."

Dr Vivienne McVey, Director of Virgin Care said "We would like to give a very warm welcome to our new colleagues who are now part of the Virgin Care family and we are excited to be getting on with bringing about improvements for people in East Staffordshire."

Tony Bruce, Accountable Officer for the CCG added "Improving Lives has been shaped by what patients told us was important to them, with input from GPs and hospital staff too. I would like to thank all of those people for their contributions. Special thanks are also due to the CCG and Virgin Care teams who have worked so hard to get us to this point. Their focus and commitment to improving the lives of so many people has driven this work and will be key to its success. I would also like to thank Stuart Poynor and the staff at Staffordshire and Stoke on Trent Partnership Trust for their support over the past month, while we finalised the mobilisation plans. "

The CCG and Virgin Care invite you to come along to the next update event to find out what's planned for the coming months and years, and how you can be involved.

Monday 23rd May 2016 at the Pirelli Stadium

Princess Way, Burton upon Trent, DE13 0AR

Time: 7.00pm – 8.30pm (registration from 6.30pm)

To book a place, please email

improvinglives@northstaffs.nhs.uk or call 01782 298192.



Governing Body Meetings

Meetings of the East Staffordshire CCG Governing Body are held in public, not public meetings, which means the public will not ordinarily have speaking rights, unless by sole discretion of the Chairman. However, there is a dedicated section on the agenda for members of the public to ask questions.

Members are always very welcome to attend these meetings, which begin at 2.15pm. The schedule for forthcoming meetings is as follows:

23 June 2016

The CCG's Annual General Meeting will also be held on this date at this venue —time TBC
The Pavilion, Branston Golf and Country Club, Burton upon Trent, DE14 3DP

22 September 2016

The Crow's Nest, The Waterfront, Barton Marina, DE13 8DZ

24 November 2016

The Crow's Nest, The Waterfront, Barton Marina, DE13 8DZ

For more information please visit the Governing Body Meeting page on our website:

<http://www.eaststaffscg.nhs.uk/>

National Awareness Campaigns

National Walking Month : May

May is National Walking Month. is a campaign to promote the benefits of walking and to get everyone walking, no matter what your level of fitness is. Walking is simple and free and one of the easiest ways to be more active, lose weight and become healthier. See page 8 for local walks taking place.



National Glaucoma Awareness Week : 12th June



The IGA runs its own national public awareness week in June: National Glaucoma Awareness Week. It highlights a topical and relevant issue based on the calls that we receive to our helpline. This year the focus will be on glaucoma and relatives and the need for regular eye health checks.

To find out if there is a **glaucoma support group** in your area please call on **01233 64 81 70** or email: info@iga.org.uk

Medicines Optimisation Team shortlisted for Antibiotic Guardian Awards

The CCG's Medicines Optimisation Team have been shortlisted for an award at the Antibiotic Guardian Awards. The awards champion those organisations and individuals who have demonstrated achievement in tackling antimicrobial resistance at a local, regional or national level.

The Award Ceremony takes place on May 12th in Birmingham so we wish the team good luck and will let you know how they get on.

New Governing Body Lay Member for Patient & Public Involvement



Message from Charles Pidsley, Chair of East Staffordshire CCG Governing Body:

“I am delighted to announce that we have appointed Ronald Dougan to be the Lay Representative for Public and Patient Involvement on our Governing Body. Ron brings a wealth of experience and knowledge and he is passionate about helping people in our local communities improve their lives. I am confident that he will be an enormous asset.”

Ron Dougan’s Background:

Ron was born and bred in Toxteth, Liverpool and has lived and worked in East Staffordshire for over twenty years. He has thirty years’ experience at director level, including fifteen as Chief Executive of Trent & Dove Housing based at Burton and Uttoxeter.

He also has substantial experience at Board level, both for housing associations, Burton Chamber of Commerce and as Chair of the Stoke and Staffordshire Local Enterprise Partnership. A Fellow of the Chartered Institute of Housing, he holds degrees in housing, business studies and a Masters Degree in leadership from Derby University.

Ron has a long standing interest in community engagement and is passionate about the impact health can have on the quality of people’s lives. Since his retirement in June 2015, Ron has been appointed to the Welsh Government Housing Regulatory Board.

Message from Ron Dougan:

“I am excited to be taking on this role and am looking forward to working with the CCG. This is an opportunity for me to take the work I was doing at Trent & Dove Housing in another direction. I will be listening carefully to patients and carers and making sure that the views of local people are known and reflected in the work the CCG is doing to improve the health of our community.”



LET'S TALK MENTAL HEALTH

A WIDE RANGE
OF EXHIBITORS
FREE ADMISSION &
REFRESHMENTS

JOIN US TO
HELP EFFECT
CHANGE
LET'S BE
HEARD

ACHIEVEMENTS
FOLLOWING
THE
2015 EVENT

At

The Public Event on Mental Health

Friday May 20th 2016

5.30pm -8pm

The deFerrers Academy, Trent Campus

St Mary's Drive

Burton on Trent

DE13 OLL

For further information, contact either:

John Bridges on member@waphead.freeserve.co.uk or 07590379892

Ann Tunley on anndtunley@me.com or 07753672627

FROM 6.30PM

- **STAFFS COUNTY COMMISSIONER FOR MENTAL HEALTH**
- **THE BURTON & UTTOXETER MENTAL HEALTH TEAM**
- **SERVICE USERS SHARE THEIR EXPERIENCES**
- **Q&A AND YOUR FEEDBACK**

Event organised by the East Staffs CCG Patient Board, Burton and District Mind, South Staffs Network for Mental Health, Burton Diabetes UK Group, YMCA, Citizens Advice, Age UK, Support Staffordshire and the Event sponsor:

The Burton and Uttoxeter Mental Health Team

Patient Board Update

How time flies! It is now 3 months since my appointment to the Clinical Commissioning Group Board and Chair of the Patient Board.

Who are the Patient Board?

The Patient Board is made up of leaders of local voluntary groups that have an impact on the health of local people. These are passionate people who are committed to helping improve the lives of local people. To find out more about Patient Board members visit:

eaststaffscg.nhs.uk/get-involved/patient-board

What does the Patient Board do?

It is obvious that there are major challenges in the world of health and that huge changes are taking place to make sure that health services rise to these challenges and provide value for money.

The role of the Patient Board is to provide a 2 way channel of communication between the CCG Board and numerous patient groups and voluntary organisations that influence the health of local people. This includes finding out patient views on CCG plans for the future and helping to improve health services by giving a patient perspective. It also includes passing on patient concerns and suggestions on how services can be improved.

Patient survey

The Patient Board has carried out a survey to find out patient views on things like GP Surgery opening times, access to GP's and out of hours service. Survey questionnaires have been widely distributed with the help of local voluntary organisations and electronically to CCG members, with focus groups also being held, to find patient views. A computer survey has also been created to try and reach as many local people as possible.

When the survey is complete, the results will be shared with the CCG who will use the results to improve GP services of the future.

Patient stories

These are summaries of individual patient's experience of health services. They can reflect positive things that can be shared to encourage best practice and examples where something has gone wrong so things can be improved for the future. If you would like to share your experience of health services, good or not so good and especially if you have any suggestions how health services can improve for the future please contact me at Ronald.Dougan@northstaffs.nhs.uk

Other roles

The Patient Board also help shape health related policies of other organisations who want to make sure local patient's views are taken into account. Virgin Care has also met with the Patient Board to explain their plans to help improve local healthcare under their new Improving Lives contract with the CCG. This will be the first of its kind in the Country and brings some exciting opportunities to help those with long term chronic health problems.

Ron Dougan, Patient Board Chair & Governing Body Lay Member for Patient and Public Involvement

The Carers Hub reflects the investment that Staffordshire County Council and Stoke-on-Trent have made in local Carers. Working with the six Clinical Commissioning Groups, the Councils carried out an extensive consultation with local Carers to find out what they wanted. The Carers Hub has been up and running since 1 October 2015.

Carers play one of the most important roles in society. At any one time, one in 10 people in England will act as a Carer, providing unpaid care for an ill, frail or disabled family member, friend or partner.

The new service to support people with caring responsibilities has now been introduced across Staffordshire, making it easier for Carers of all ages to get access to the information and support they need. The first of its kind operating in the UK, The Carers Hub provides a single point of access to all support services available across Staffordshire and Stoke-on-Trent, including information and advice, support groups, activities, training and signposting to other organisations where specialist help is needed.

By integrating the service through the Hub, it reduces the burden on the Carer to reach out to all support agencies individually.

The Carers Hub has two offices one in Stafford and one in Hanley where Carers can visit and talk to staff but it is about us reaching out into the communities across Staffordshire and taking support to the Carer. There are also over 20 Information Points that have been set up each month across the County to allow easy access for Carers to speak to a member of Carers Hub team and get support and advice.

Details of the Information Points across East Staffordshire are as follows:-

Barton Library	2nd Friday of the month	10.00 am—12.00 noon
Uttoxeter Library	1st Tuesday of the month	10.00 am—12.00 noon
Burton-on-Trent	4th Tuesday of the month	10.00 am—12.00 noon

We can attend Support Groups, Team Meetings, Patient Participation Groups, and Community Forums etc., to give talks. Attend Events and set up Information Points in locations throughout Staffordshire.



Are you a carer?

A carer is anyone who cares, unpaid, for a friend or family member who, due to illness, disability, mental health problems or addiction, cannot cope without their support.

Carers come from all walks of life and can be of any age. Most don't choose to become carers, it just happens.

Carers often feel they are simply doing what anyone else would in the same situation—looking after a loved one or friend because there is no one else.

If you are a carer, you're not alone. We're here to help with free support, advice and guidance.

We're here to make sure you get the help you need.

Some of the ways we can help:

- Access to support around finance, benefits and coping with debt
- Personal health and well-being
- Education, training and employment support – including self-employment, IT training and CV skills
- Signposting and referrals to additional specialist support e.g. legal advice
- Regular carer forums
- Events and activities calendar
- Volunteer buddy and befriending
- Day and half-day trips
- Talks and information sessions

We also have dedicated support for young carers to help take some of the strain from the extra responsibilities they often take on. This includes the services above as well participation in the activities they enjoy to stay healthy and happy.

We know that that your time is precious, so there are a number of ways you can get in touch with us.

Come visit us

Suite 9, The Forecourt, Albion Street, Hanley, Stoke-on-Trent
ST1 1QH

SGI Offices, Madford Retail Park, Foregate Street, Stafford
ST16 2QY

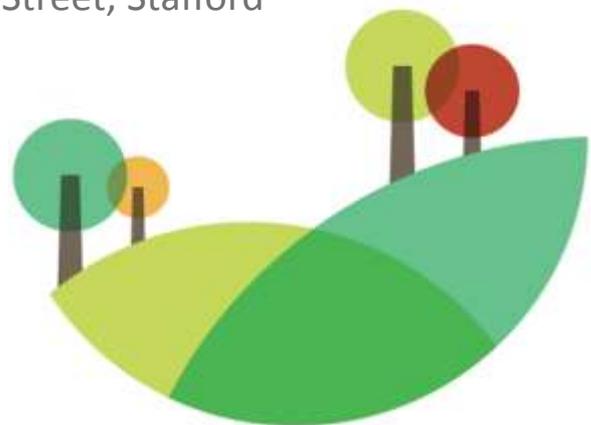
Get in touch

0330 1231937

info@thecarershub.co.uk

thecarershub.co.uk

@thecarershub



Wheelchair services User and Carer Experience Survey

The Staffordshire Clinical Commissioning Groups (CCGs) are gathering feedback about the current wheelchair service and are particularly keen to hear the experiences of service users and their family/ carers. We would value your views about the current services and welcome any suggestions for improvement.



The survey will run for three weeks from April 28th to May 20th 2016, and you can complete the form online by clicking on this link: <http://tinyurl.com/staffs-w-chair-service-survey>.

If you are part of a group who will be meeting during this time, and you'd like us to come along to hear your experiences we would be very happy to do so. Please contact Janet Carr by emailing Janet.Carr6@nhs.net or by calling 0300 4042999 extension 6852 with the details of your next meeting.

Please help us by sharing this email and the survey with your networks. We're keen to hear from as many people as possible.

There may be further opportunities to be involved in the shaping of wheelchair services across Staffordshire and Stoke-on-Trent. If you would like to be involved, please send a brief paragraph about yourself explaining why you are interested in being involved to Jane.Chapman@staffordsurroundsccg.nhs.uk Telephone 01785 356494 by 5pm on May 20th 2016.





Healthwatch Staffordshire is leading on the engagement, insight and co-production workstream for the Staffordshire Carers Partnership in respect of support for carers services. Following the set-up of Carers Hubs in Stafford and Hanley from October 2015, Healthwatch Staffordshire is undertaking phase 3 of its engagement activities to support the ongoing involvement of carers to explore their perspectives towards the further development of carer support systems in Staffordshire as well as their experiences of current services.

As part of this phase of engagement Healthwatch are running a range of online surveys together with opportunities for one-to-one interviews with carers and will report their findings to the Staffordshire Carers Partnership in June 2016.

The anonymous surveys are available via the website and Healthwatch are keen to hear from carers who have accessed support services both before and after the transition of some support services to the new hubs from October last year. The links are shown below:

For carers who have used support services before and after the launch of the new hubs:

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

For carers who are new to support services and accessing the carers hubs:

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

For those carers who currently do not access support services:

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

We have also developed a survey tailored for young carers which they can complete in confidence at:

<https://www.surveymonkey.co.uk/r/youngcarers0>

The engagement activities and survey will run until June 2016 and is aiming to reach all those who provide unpaid care for people.

If you would like any help in completing the surveys or would like to have a one-to-one telephone interview to gather your views and experiences, please contact one of the Healthwatch Team on the Freephone number at 0800 051 8371.

Healthwatch are also keen to hear from carers support organisations keen to be involved in focus group meetings with carers. If you are interested in hosting a focus group, please contact either Sue Baknak (sue.baknak@ecstaffs.co.uk, telephone 01785 221703) or Kerry-Jane Kelly (Kerry-Jane.kelly@ecstaffs.co.uk, telephone 01785 221777).



Dear Dementia,
it's time I
found out more
about you

Become a Dementia Friend and learn the little ways you can help someone with dementia

Thursday 19th May 2016 10.00am - 11.00am

Venue

Burton Town Hall, King Edward Place,
Burton upon Trent, DE14 2EB

Please ensure you have booked a place

For more information

Call 01283 508191 or email

patricia.newman@eaststaffsbc.gov.uk



Leading the fight
against dementia
**Alzheimer's
Society**

**Dementia Awareness
Week 15-21 May 2016**

Alzheimer's Society operates in England, Wales and Northern Ireland. Registered charity no. 294415.

alzheimers.org.uk/DAW

#DAW2016



Walking for Health East Staffordshire

The Month of May is National Walking Month and this seems a great opportunity to share with you some information about walking initiatives across the county.

The Walking for Health Scheme in East Staffordshire, run by the Council, consists of a number of weekly led walks across the area including:

Stapenhill Gardens, The Washlands, Barton under Needwood, Yoxall, Tutbury, Stretton, Rolleston on Dove, Horninglow and Eton; plus an additional walk in the summer period at The Hollows, Stapenhill.



There are a wide variety of rural and urban walks that are free and open to all. Walks can take between 10 to 30 minutes, 45 to 60 minutes and also up to 90 minutes for the more experienced walkers. All routes are risk assessed and cover mostly flat terrain, however, there may be some inclines or steps, but walkers will be made aware of these before they start. So, if there are any issues the route can be adapted, therefore catering for everyone.



Trained Volunteer Walk Leaders will guide you on a structured health walk through the historical and pretty sights of the borough. There is always a back-marker present, who walks at the pace of the final walker and also ensures that all the group gets back safely. There is also a social side to the walks as at the end most people go for a well deserved cuppa with their new friends.

For more information, please follow this link -

<https://www.walkingforhealth.org.uk/walkfinder/walking-for-health-east-staffordshire-burton-upon-trent> or contact Jo Smith on (01283) 508191 or email joanne.smith@eaststaffsbc.gov.uk.

On 9th May Burton Albion Community Trust (BACT) will be working in partnership with Burton's Queen's Hospital to organise a social walk from Burton Albion Hub to Burton Queen's Hospital—the walk will take approximately 30-40 minutes, is open to all ability levels and completely FREE of charge. There will be free parking, and walkers will get a concession on the price of a coffee when they reach the hospital. For more information call 01283 565938.



Beginners Aerobics Classes



Beginners Aerobic Class

Day: Wednesdays

Women only

Time: 1.00 pm - 2.00 pm

Wednesday 18th May –
Wednesday 22nd June 2016
for 6 weeks (No session on
Wednesday 1st June)

Cost: FREE
Venue: Pakistani Community
Centre, 228-230 Uxbridge Street,
Burton upon Trent,
DE14 3LA

For more information or to register for the class, please contact Patricia Newman, East Staffordshire Borough Council on (01283) 508191 or email patricia.newman@eaststaffsbc.gov.uk

This class is supported by Carlton Group Practice

