

Our NHS membership newsletter

July-Sept 2016

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

Looking Back.... and Looking Forward

We held our Annual General Meeting on 23 June, and we were delighted that members of the public came along to hear about the work the CCG has been doing and its plans for the coming months and years and ask questions. The full annual report can be found on the CCG's website, in the Publications section, as can the short summary booklet we produced, called [Looking back.. and looking forward](#).

We were also pleased to see so many people at our Improving Lives joint public meeting with Virgin Care on 23 May. There was a wide range of questions asked and we were very grateful to Mark Lodge, of Alrewas Patient Participation Group, for being the host for that section of the meeting. All the questions asked and the responses are available on our [website](#).

Improving Lives Update

As our Prime Contractor for the Improving Lives contract, which went live in May 2016, Virgin Care is now responsible for services in East Staffordshire for adults with long term conditions, frail elderly people and also urgent/emergency care services for East Staffordshire residents.

Our joint aim is to keep people as active and able to manage their conditions as well as possible. This will help people live healthier, more fulfilled lives and will also reduce the pressure on the emergency services and hospital beds.

As Prime Contractor, Virgin Care has set up a number of subcontracts with partners to provide many of these services for example, with organisations which provide the relevant hospital services, such as Burton Hospital, and with the 111 service and with Age UK South Staffordshire for Care Navigators.

Virgin Care will be measured in the same way as any NHS organisation, on the quality and safety of services and also, which isn't usual, will gradually be measure against new 'patient reported outcome measures' which will be about how patients feel, having experienced care and support. Virgin Care will be using the same NHS and patient outcome measures when monitoring the services its subcontractors are providing.



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:

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](#).

National Awareness Campaigns



Know your Numbers! is Blood Pressure UK's flagship awareness campaign. It encourages adults across the UK to know their blood pressure numbers and take the necessary action to reach and maintain a healthy blood pressure.

The highlight is Know your Numbers! Week, the nation's largest annual blood pressure testing and awareness event. This takes place in the second week of September each year and provides free checks for around 250,000 adults across the UK.

Know your Numbers! Week 2016 will take place between 12 and 18 September 2016.

Find out more by visiting [Blood Pressure UK](#)



The seventh annual **National Eye Health Week** (NEHW) will take place from 19 to 25 September 2016. Once again, eye care charities, organisations and health professionals from across the UK are joining together to promote the importance of eye health and the need for regular sight tests for all.

Find out more by visiting [Vision Matters](#)

Patient Board Update

Challenges Facing Primary Care within East Staffordshire

We are all aware that there are significant challenges facing primary medical care. NHS England has acknowledged these challenges along with a systematic under-investment in general practice. Challenges include:

- Escalating problems with patient access to see their GP
- NHS surveys show satisfaction rates are dropping
- Recruitment crisis for doctors and nurses
- Growing population
- We are living longer, but as we get older we are becoming more frail with complex long term conditions (such as diabetes, heart and mobility problems)
- Unhelpful lifestyle choices (such as smoking, drinking and eating too much).

To help face these challenges and plan for the future, East Staffordshire Clinical Commissioning Group (CCG) asked the Patient Board to find out the views of local people.

The survey is now complete and the Patient Board would like to say 'thank you' to everyone who took part. We had over 350 responses and you gave us some excellent ideas and suggestions.

There were 6 questions in the survey and the following gives a summary of responses and ideas put forward to make things better.

Q1 asked what things that could be done better? The biggest issue raised was appointments, with more than 40% of responses saying getting through by telephone or the time taken to get an appointment was a problem. This was followed by communication between hospital and GPs; especially the time taken for test results to come through and on discharge from hospital. 15% of responses wanted more consultation time with their GP or felt there were not enough GPs and Nurses.

Q2 asked what was more important – seeing the same GP or seeing any GP but more quickly? 60% of responses felt it was more important to see the same GP; even if it meant waiting longer. This was mainly from those over 60 with long term conditions where the GP knew their medical history.

23% were prepared to see any GP if they could get an appointment more quickly. These were mostly people under 60 and particularly those who worked during the week. 10% said they wanted quick access and wanted to see the GP of their choice.

Q3 was about the type of things patients wanted to only see the GP about (rather than a nurse or other health professional). The majority (56%) wanted to see the GP about all medical situations, with 17% wanted to see a GP only if it was a chronic or serious illness.

Q4 asked for patient's suggestions how things could be changed for the better. 28% said more information and education was needed to take more control of their medical situation. 24% felt better communication between hospitals and GP's (with test results, changes to medication and discharge form hospital). 10% said more use of innovative technology would help improve and 6% wanted GPs to share best practice and longer opening hours.

Patient Board Update continued

Q5 asked for views on 7 day opening for GP surgeries. The majority (51%) were **not** in favour of 7 day opening, with 42% thinking it was a good idea and 7% unsure whether it would make a difference. Many thought it would be a good idea to have surgeries opening later during the week and Saturday on a rota basis. Some felt that opening on a Sunday would not provide value for money for patients.

Q6 asked what people would think about an out of hours GP base at Burton Queen's Hospital. The vast majority (65%) felt this would be a good idea, mainly because they thought it would relieve pressure from Burton Hospital Accident & Emergency to deal with really urgent cases. Most of the 35% who felt it was not a good idea were concerned about parking issues around Burton Hospital.

Next Steps

The Patient Board has presented the results of the survey responses to the Chair (Dr.Charles Pidsley) and Officers of East Staffordshire CCG.

A summary presentation and full list of comments and suggestions has already been put forward to GPs and the full report will be presented to the CCG Governing Body to help improve services.

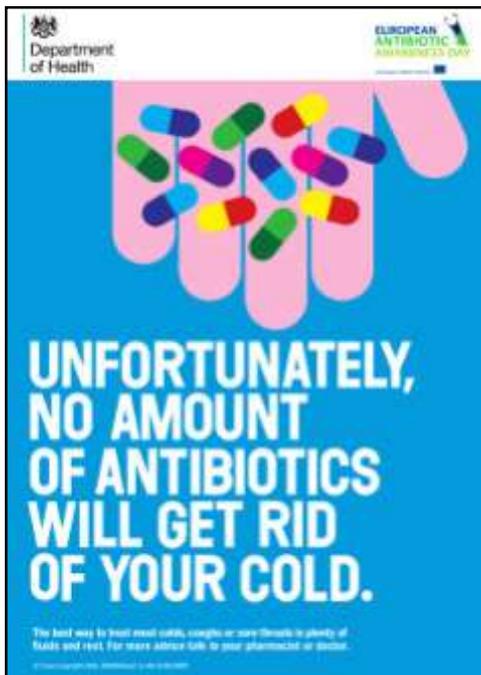
Once the report has been presented to Governing Body, it will be available on the CCG's website.

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

Medicines Optimisation team promote self-care and antibiotic awareness at Family Fun Day

The East Staffordshire CCG Medicines Optimisation team went along to a Family Fun Day in East Staffordshire, which was attended by almost 4000 people.

In order to promote self-care and antibiotic awareness the team has been encouraging people to speak to their local pharmacist about having first aid medicines on hand to treat common conditions. Your local community pharmacists have the knowledge and skills to help and advise you on treating common conditions, how to use the medicines you have at home and local services that are available to you.



The team has also been raising awareness of how to use antibiotics responsibly. Many mild infections (colds, most coughs, ear aches and sore throats) get better without antibiotics and your pharmacists can give you advice on how to treat your symptoms. By using antibiotics responsibly we can all help to stop the resistant bacteria and keep antibiotics effective for the future.

For further information about self-care and using antibiotics responsibly visit the [East Staffs CCG website](#).

**BE CLEAR
ON CANCER**

Dr Ian Watson



**Coughing
for 3 weeks?**

**Get out of
breath easily?**

**Do you know or look after someone over 50?
Tell them that if they have been coughing for over 3 weeks
or get out of breath easily they should see their doctor.**

- Older people are most at risk of heart disease, lung cancer and COPD (Chronic Obstructive Pulmonary Disease – the name for a group of lung diseases including chronic bronchitis and emphysema).
- Early diagnosis makes these conditions more treatable. We need your help to make sure people know that if they have a persistent cough or get out of breath doing things they used to be able to do, they should see their doctor.
- With your help, lives could be saved.

A cough that has lasted three weeks or more, or getting out of breath doing everyday things like light housework or climbing a short flight of stairs, could be a sign of lung disease, including lung cancer and COPD. Breathlessness can be a sign of heart disease as well.

Diagnosing these conditions early makes them more treatable and can save lives. Earlier diagnosis can also help improve the quality of life of people living with long-term conditions such as COPD.

So, it is important we all play our part to make sure people know that if anyone has these symptoms they should see their doctor.

From 14th July, *Be Clear on Cancer* adverts will appear on TV, radio and online to encourage people with symptoms to visit their doctor, but we need your help too.

We know that people listen to advice from friends, family, carers and people they trust when deciding if symptoms are serious enough to see their GP.

nhs.uk/beclearoncancer

What can you do to help?

You don't need to give medical advice to help people you know and care for - just talking about symptoms can have a big impact.

If you notice someone has either of these symptoms, encourage them to see their doctor. Give special consideration to those who may have problems recognising symptoms or who may need assistance to make an appointment, such as those with dementia or learning disabilities.

More information

There is a *Be Clear on Cancer* leaflet and a symptom flyer that give more information on the symptoms of lung and heart disease and lung cancer. You may see the leaflet in your local pharmacy or GP practice. It is also available in alternative formats by visiting the website nhs.uk/beclearoncancer or by sending an email to enquiries@phe.gov.uk.

"I would urge anybody with symptoms that might be lung cancer, like a persistent cough, to go and see their doctor straight away. I'm glad I did. I was diagnosed with lung cancer in 2003 and I can still do all the things I did before my treatment."

Ann Long, aged 80,
Supporter of the Roy Castle Lung Cancer Foundation

Physical activity benefits for adults and older adults

-  BENEFITS HEALTH
-  IMPROVES SLEEP
-  MAINTAINS HEALTHY WEIGHT
-  MANAGES STRESS
-  IMPROVES QUALITY OF LIFE

REDUCES YOUR CHANCE OF

Type II Diabetes	-40%
Cardiovascular Disease	-35%
Falls, Depression and Dementia	-30%
Joint and Back Pain	-25%
Cancers (Colon and Breast)	-20%

What should you do?

For a healthy heart and mind

To keep your muscles, bones and joints strong

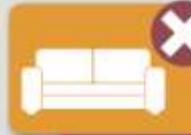
To reduce your chance of falls

Be Active

Sit Less

Build Strength

Improve Balance

VIGOROUS		MODERATE					
							
RUN	WALK	TV	GYM	DANCE			
							
SPORT	CYCLE	SOFA	YOGA	TAI CHI			
							
STAIRS	SWIM	COMPUTER	CARRY BAGS	BOWLS			

MINUTES PER WEEK

75 OR 150

VIGOROUS INTENSITY
(BREATHING FAST
DIFFICULTY TALKING)

MODERATE INTENSITY
(INCREASED BREATHING
ABLE TO TALK)

OR A COMBINATION OF BOTH

BREAK UP SITTING TIME

 **2** DAYS PER WEEK

Something is better than nothing.
 Start small and build up gradually:
 just 10 minutes at a time provides benefit.
MAKE A START TODAY: it's never too late!

Cycling in East Staffordshire

Cycling is one of the easiest ways to fit exercise into your daily routine because it's also a form of transport. Cycling also saves you money, helps you get fit and helps the environment. It's a low-impact type of exercise, so it's easier on your joints than running or other high-impact aerobic activities. But it still helps you get into shape.



In partnership with British Cycling, East Staffordshire Borough Council has developed 7 different cycling routes across the borough. The Cycling East Staffordshire route map give cyclists of all abilities the opportunity to ride safely around the borough.

The routes that have been developed indicate the start and finish point, distance, rider suitability and traffic environment. For further information please see the attached [route maps](#).

Inclusive cycling

The borough council now offers a range of adapted bikes including tricycles, wheelchair tandems, companion bikes and many more that cater for a broad range of impairments. Their fleet of bikes is suitable for ages 5 and upwards and they run instructor led cycling sessions tailored to you, whether you're an individual or part of a larger group or organisation. Please visit the [inclusive cycling](#) for further details.

Local cycling clubs

Joining a cycling club is a great way to get the most out of your cycling. Whether you are a seasoned racer or a complete beginner, there is nothing better than riding with like-minded cyclists to develop your skills and challenge yourself. Find out more about [cycling clubs in East Staffordshire](#).

Remember to stay safe while cycling

Here are a few handy hints and tips to keep you safe while you're out and about:

- Look behind you before you turn, overtake or stop.
- Use arm signals before you turn right or left.
- Obey traffic lights and road signs.
- Don't ride on the pavement unless there's a sign that says you can.
- Don't cycle next to another person on busy or narrow roads.
- When overtaking parked cars, watch out for car doors opening suddenly and allow room to pass safely.
- Don't use headphones while cycling.
- Never use a mobile phone while cycling.

NHS Choices have produced a [Cycling for Beginners Guide](#) that provides more detailed information

WEDNESDAY 21st SEPTEMBER 2016
2.00PM – 4.00PM

HEALTH INFORMATION DAY

To be held at the

Anglesey Primary Academy

Clarence Street, Burton upon Trent,
Staffordshire. DE14 3LG

EVERYBODY WELCOME

FREE ENTRY

REFRESHMENTS AVAILABLE

RAFFLE / PRIZES

**Why not come along and meet the people from the
many organisations who can help you stay healthy**

For more information please contact:

Ron Dougan: E-mail ronald.dougan@northstaffs.nhs.uk

John Bridges: E-mail john.bridges@orangehome.co.uk Mobile: 07590379892

This event is being organised by the East Staffordshire CCG Patient Board

Burton Diabetes UK Group are holding
their 3rd Annual Diabetes Public Event on

16th September 2016 5.30pm – 8.00pm
at
The deFerrers Academy
Trent Campus
St Mary's Drive,
Burton on Trent

The event will be opened by
Rebecca Sharp, Influencing Manager
of Diabetes UK Midlands

The event opens at 5.30pm to enable people to visit
the many exhibition stands.

Presentations from our invited speakers will start at
6.20pm with Q&A after each speaker.

Followed by
General discussions on diabetes care in the area

Everyone is welcome! Free to Attend

For more information contact

Ann Tunley on: 07753 672 627,

Email: anndtunley@me.com

John Bridges on 07590 379 892,

Email: john.bridges@orangehome.co.uk



DISCOVER ACTIVITIES IN THE SCHOOL HOLIDAYS

Saturday 23rd July-Sunday 4th September

Summer Holidays

GOALLL



football



FUN



basketball

2016

YAY



gymnastics

Cover design
inspired by
Elena
aged 11

COME ON

Join the
fun today!

SCAN ME

