

DIARY DATES

July 3 ...Maternity Services Liaison Committee in Room 14A Primary Care Centre, Turner Road, Colchester. 10am

July 15 ... Essex Health and Wellbeing Board. Town Hall, Brentwood. 2pm

July 28 ... August Forum Focus published.

July 29 ... North East Essex Clinical Commissioning Group board meeting at Community Centre, Brightlingsea. 2.30pm

August 4 ... Colchester Local Health Forum in Rooms 12A and 14A, Primary Care Centre, Turner Road, Colchester. 2pm

August 6 ... Harwich Local Health Forum at the Central Church, Main Road, Dovercourt. 2pm

August 8 ... Tendring Local Health Forum at the CVS Offices, Rosemary Road, Clacton. 2pm

August 26 ... September Forum Focus published.

September 11 ... Maternity Services Liaison Committee, Room 13A, Primary Care Centre, Turner Road, Colchester. 10am

September 22 ... October Forum Focus published.

October 1... Harwich Local Health Forum at Central Church, Main Road, Dovercourt. 2pm

Pay fair campaign on care home fees

CARE England has launched a campaign aimed at Essex County Council and other local authorities paying care home fees for residents because the Care Bill has fundamentally altered the way social care is paid for.

The Bill aims to end the inequalities in the current system, making care fairer and more affordable for everyone, something Care England members wholeheartedly support. But Care England members also have concerns.

It is commonly known that some local authorities pay below the true cost of care for the places they fund.

The Care Bill introduces a system where local authorities will be arranging care for more people, meaning even more places could be

underfunded, limiting the investment care providers can make in facilities and staff.

Unless local authorities pay rates which accurately reflect the cost of care, the stability of providers and the ability to deliver quality care is at risk.

Care England members have told the Government they will be monitoring prices be paid by local authorities, now and in the future, to ensure they meet market levels.

They are united in the belief that unless payments are realistic, there could be hugely damaging consequences for the future of care in England.

Visit the Care England website for more details at www.careengland.org.uk

Reducing restrictive interventions

A TWO-year programme to end deliberate face-down restraint and radically reduce restrictive interventions has been launched by the Department of Health.

It will support health and care services to develop a culture where restrictive interventions are a last resort, including best practice guidance on positive and proactive care and workforce development for commissioners and providers.

The guidance is aimed at adult health and social care staff, includ-

ing commissioners of services, executive directors, frontline staff and all those who care for and support people, to develop a culture where restrictive interventions are only ever used as a last resort.

It identifies actions that will improve people's quality of life which should then reduce restrictive interventions.

To download the guidance visit www.gov.uk/government/publications/positive-and-proactive-care-reducing-restrictive-interventions.

Online Jargon Buster

THERE'S help with acronyms thanks to the Care and Support Jargon Buster. You will find it at:

http://www.thinklocalactpersonal.org.uk/Browse/Informationandadvice/CareandSupportJargonBuster/?dm_i=4Q5.2FK66.XLJNN.8UB3B.1

North East Essex Health Forum

Forum Focus

Informing, Engaging and Debating

July 2014

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New ways of listening to patients

TWO new steps have been taken by the Health Forum to ensure the views and opinions of patients are being recorded and listened to.

For the first time representatives of the forum met with staff from Healthwatch Essex and North East Essex Clinical Commissioning Group PALS to talk about how they are all engaging with patients and carers.

And, just as importantly, what is happening to the views and opinions heard.

There was discussion on how each could support the efforts of others; avoiding duplication of effort and how information could flow better between them.

An action plan was formulated and



everyone agreed to meet again in three months time ... September ... to measure improvements.

Earlier, there was another first when the clinical commissioning group, funded, at the request of the Health Forum Committee, a fact-gathering workshop, jointly held with Attain Commissioning, for Tendring PPG members to talk about what is working well with their GP services and where improvements are needed.

This newsletter is produced for North East Essex Health Forum by the Communications Working Group of the Health Forum Committee who would love to hear your views on it. Members are:

Ray Hardisty Group Chair 07434 309261

Dawn Bostock Forum Chair dawn.bostock@nhs.net

Rodney Appleyard rodney.appleyard@nhs.net

Marjorie Appleyard, Jared Jeffers, Hazel Law and Abigail Saxon

Focus helps to keep Health Forum members across Colchester and Tendring informed and in touch with their local health scene

Life in care homes boosted by friends

FORMER care services minister Paul Burstow MP marked the Colchester launch of an inspirational movement, called FaNs, which it is hoped will reinvigorate the lives of care home residents in Essex.

Mr Burstow, who now chairs the national Commission on Residential Care, hopes FaNs will help to foster a better understanding of care homes, the pressures they experience and help the public to see how to play their part in improving the experience of residents.

Speaking at the launch event in St Fillans Care Centre, Colchester, Mr Burstow said: "Care homes thrive when they are part of the community. The secret of great care is the quality of relationships people have."

"FaNs is a great way of engaging more people and ensuring that people living in care homes feel connected to their neighbourhood and able to take and feel part of everyday life."

FaNs is led by the not-for-profit My Home Life Essex Community Association, with its partners Age UK Essex and Independent Age.



It is funded by Essex County Council.

Brian Mister, Chair of the My Home Life Essex Community Association says the simple idea to reconnect elderly residents with the communities around them is already catching on.

"Too often elderly people move into a care home and feel disconnected with the community which they were once an active part of."

"FaNs stands for friends and neighbours, people like us who will help care homes engage with their local community so the residents can enjoy the richness of life that's right on their doorstep."

"FaNs is a wide-ranging initiative with room for people from all walks of life and businesses to take part."

"Examples of how to join in include one person making a regular date and befriending a resident, a business donating services to sustain the initiative locally or the local Scouts, Brown-



Above: Paul Burstow.
Below: Brian Mister



ies and schools using space in the care home to meet up and share their love of life with the residents."

To find out more about FaNs visit the new www.mhle.org website.

Solution for loneliness?

LONELINESS among the over-65s could be tackled by training more older people to use the internet, a report by a centre-right think tank has suggested.

Policy Exchange has called for every person in the UK to be taught basic digital skills, including how to send emails and use social networking sites.

Training 6.2 million people without basic digital skills would cost £875m by 2020, or £141 per person, it said.

Very early chance to help with new Care Act

TAKE part in consultation on draft regulations and guidance for implementation of part 1 of the new Care Act next year.

The guidance and regulations associated with the Act set out how the Act will work in practice. Your comments will be used to clarify and improve the guidance and regulations.

The consultation is split into more than 30 different subject areas so please read through

everything carefully.

Find it at: <http://careandsupportregs.dh.gov.uk/>

The site is open for comment until August 15.

As an added bonus it also includes details and information on the new act.

So, even if you do not wish to assist the act's introduction, it may well be worth visiting to find out something you do not know.

Round-up of Health Forum activity on behalf of patients and the public

Help shape 'extra' services

MEMBERS of the public and, preferably service users, are wanted to assist the redesign and procurement of the current local enhanced services.

These are services over and above GP core contract requirements, but services that can be offered within the community — anti-coagulation; deep vein thrombosis detection, treatment and monitoring; leg ulcer treatment and monitoring; minor Injuries; wound care.

The North East Essex Clinical Commissioning Group is ideally looking for people who have accessed these services within the last year and would like to input into the design of the service specification.

Please contact Caroline Westley on 01206 286731 or by email at caroline.westley@nhs.net by July 2.

Your views can help NHS patient care

NHS England is asking Health Forum members to take part in a survey looking at patients as active partners in their own care.

Under a 'Putting Patients in Control' programme across the Midlands and East of England to support clinical commissioning groups and NHS England teams, a range of partners – including patients, carers, voluntary organisations, health forums, local authorities and Healthwatch are being asked to take part.

Deadline is July 11.

Surf to: <https://www.surveymonkey.com/s/76ZVV57>

Forum debates raise issues on co-commissioning

THOSE attending June Local Health Forums at Harwich and Colchester added their voices to a debate on the issue of co-commissioning requested by Dr Gary Sweeney, chair of the North East Essex Clinical Commissioning Group.

He asked the Health Forum Committee to collate information and views from patient, public, carers and service users on the issue following the Commissioning Development Directorate at NHS England, writing in early May to all clinical commissioning groups asking what they thought of the idea and how they saw themselves being involved.

The letter was distributed to all HFC members and to all those at Harwich, Tendring and Colchester forums

Points raised were:

- Fears co-commissioning could be seen as undermining and destroying the GP and patient relationship.
- Patients may view co-commissioning as GPs being in control of their own contracts and income, so decisions made would not necessarily be in the patients' best interest, but what benefits the GPs financially.
- Scepticism about how the GP conflict of interest will be managed.
- Unclear co-commissioning will benefit the patient.
- Concern raised this is another reorganisation just 18 months after a major re-organisation.
- Whatever changes were made to how services are co-commissioned, patients did not want choice to be taken away.
- Concern about the future if the North East Essex Clinical Commissioning Group is NOT interested in co-commissioning.

Looking at health hubs idea

JUNE saw all those attending the Local Health Forums our bi-monthly public meetings also having their say about plans for primary care services.

NHS England's Essex team have been discussing with clinical commissioning groups about centring future services around hubs so patient involvement with GPs, dentists, pharmacies and opticians will be more joined up.



There is still time to have your say. Call the forum on free phone 0800 881 5115 for a copy of the Heart of Patient Care.



Join the Health Forum to give your views

VOLUNTEERS interested in shaping their local health services are the lifeblood of the North Essex Health Forum.

People who want to do something meaningful and make change happen.

Members have the chance to get involved at different levels according to what interests they have and what time they can commit.

Sometimes the Clinical Commissioning Group may ask for your views on a specific matter.

At others, the Health Forum Committee, which is elected by Health Forum members, will seek opinions and comments

You will be sent information and newsletters to keep you in touch with what is happening and your thoughts will be sought on service changes in the early stages of planning.

You can take part in the Patient Participation Group at your local surgery and attend regular public forums in Colchester, Clacton and Harwich if you want.

All members also get the chance to apply to take part in workshop sessions, focus teams and review teams aiming to ensure that patients receive the best possible service.

The level of commitment is up to you!

Who can become a member of the Health Forum?

POTENTIAL members must be one or more of the following:

Be a registered patient at a GP practice in North East Essex.

Live or work in North East Essex.

Use any services commissioned by the North East Essex Clinical Commissioning Group.

Be a carer or guardian of someone using a service commissioned by the North East Essex Clinical Commissioning Group.

Be a volunteer, or representative from a voluntary organisation, operating within North East Essex.

Even if you do not meet any of the criteria you will be welcome to join as a non-voting member.

That means you will still receive information and newsletters and be able to give your opinions when asked.

To join simply surf to www.neeccg.org.uk and click on the button marked Join The Health Forum on almost any page.

Or ring free phone **0800 881 5115** or write to:
The Health Forum Committee, Freepost Plus RTBS-YYXS-BATR, Primary Care Centre, Turner Road, Colchester, CO4 5JR.

We look forward to working with you!

Current members of the Health Forum Committee

Dawn Bostock ... chair and Tendring rep ...

dawn.bostock@nhs.net

Ray Hardisty ... deputy chair and Colchester rep ...

ray.hardisty@btopenworld.com

Mark Aitken ... Colchester rep ...

mark.aitken1@nhs.net

Tony Constable ... Colchester rep ...

tconct@btinternet.com

Susan Rhys Jones ... Colchester rep ...

susan.rhysjones@nhs.net

Marjorie Appleyard ... Tendring rep ...

marjorie.appleyard@nhs.net

Hazel Law ... Tendring rep ...

hazelwarby1@yahoo.co.uk

Simon Banks ... Harwich rep ...

simon.banks2@nhs.net

Abigail Saxon ... Young Peoples' rep

abigail@disability4sport.co.uk

Jordan Smith ... Young Peoples' rep ...

jordan@disability4sport.co.uk

Julie Hocken ... carers' rep

julie@essexcarerssupport.org.uk

Rodney Appleyard ... Colchester CVS ...

cdo@ccvs.org

Lucy Taylor ... Healthwatch Essex ...

lucyjanetaylor@yahoo.co.uk

CCG committee reps: Ted Beckwith, Vicky Chamberlain, Don Manhire, Robin Rennie and Mark Tatham



Maternity
Services
Liaison
Committee

Survey plea to parents

NORTH East Essex Maternity Services Liaison Committee (MSLC) wants to hear from recent parents about their experience of having a baby in Colchester, Clacton Harwich or at home.

The MSLC consists of local parents and health professionals and advises the local NHS about the care they provide to women, their partners and their babies, during pregnancy, birth and in the weeks after the baby's arrival.

Their role is to help the NHS listen to and take account of the views and experiences of people who use their maternity services.

Complete the survey at:

<https://www.surveymonkey.com/s/Q7YGHG3>

New way to check safety

YOU can now surf to NHS Choices and discover just how safe any hospital in the country is ... including all our local ones.

Facts and Figures such as ward staff levels, mortality rates, waiting times and the like are combined into NHS ratings.

The published details include nights and weekends.

<http://www.nhs.uk/NHSEngland/thenhs/patient-safety/Pages/about-patient-safety.aspx>

Colchester Hospital University 
NHS Foundation Trust

Births are back at coast units but 'on demand'

BIRTHS are resuming at the Clacton and Harwich midwife-led units from early in July but only 'on demand'.

In March, the Colchester Hospital University NHS Foundation Trust decided to close the midwife-led units for births temporarily to allow some midwives to transfer to Colchester to address the low midwife to birth ratio at Colchester General Hospital.

However, a paper considered by the board in June said the ratio at Colchester General Hospital had improved because of the transfer, the recruitment of an additional 5.6 (whole time equivalent) midwives and a new service model which means community midwives now spend some time working on the Juno Suite, the midwife-led unit at Colchester General Hospital.



Coastal mums may be giving birth at Harwich or Clacton hospitals again.

The Department of Health recommends that the ideal ratio should be one midwife for every 29 births in a year.

Before March, the ratio at Colchester was 1:39 but is now 1:31-32.

When the temporary change was announced in March, there was a weekly average of 66 births at Colchester General Hospital compared with a total of five at the midwife-led units at Clacton and Harwich.

When births resume, the units will operate as "on demand" midwife-led units.

This means that if a woman goes into labour at night when no midwives are present, she will contact an on-call midwife by phoning the Juno Suite and meet that midwife at Clacton or Harwich and have her baby and immediate postnatal care there.

Speaking after the board meeting, Amanda Hallums, Divisional Director of Women's and Children's Services, welcomed the decision.

"I am sure that families in Colchester will welcome the increase in midwives at Colchester General Hospital and that in Tendring people will be pleased that births will resume at their midwife-led units," she said.

"Mothers and babies will be discharged home from the Clacton and Harwich units when clinically well, which is exactly what happens to women who have a straightforward delivery in the Juno Suite.

Boosting eye health knowledge

THREE organisations ... Thomas Pocklington Trust, RNIB and NatCen Social Research .. have been awarded a grant from the Economic and Social Research Council for a programme of activities to make research and information more accessible to eye health and sight loss professionals.

The programme ('Knowledge Exchange Network for the Sight Loss Sector', or 'KEN' for short) aims to inform fundraising, influencing, and service planning.

One strand is a series of eight free workshops looking at the following questions:

- what do national surveys tell us about the lives of people with sight loss, such as their health, employment, transport and wellbeing?
- what information about people with sight loss is available for your local area?
- how can you measure service outcomes and evidence impact?
- how can you stay in touch with developments in research and information?

More details and bookings at: www.pocklington-trust.org.uk/researchandknowledge/ken

Health Forum news ... Health Forum news ...



Dawn's special award

A SPECIAL 'thank you' and personal tribute for the effort volunteer Dawn Bostock has put in as chair of the the North East Essex Health Forum was presented to her at Promote Colchester by the Mayoress of Colchester Laura Sykes.

Our Paula says hello to the forum

"HELLO, I'm Paula Martin the new Patient Engagement Officer at the North East Essex Clinical Commissioning Group.

"I'm responsible for all the admin and clerical work for the Health Forum Committee and the Local Health Forums.

"I have over 20 years of relevant experience working with commit-

tees of various kinds.

"On a personal level I am married with two teenage children. I love to cook, particularly baking and since "Strictly" appeared on our TV screens have been bitten by the ballroom bug!

"I'm looking forward to meeting you all at the Local Health Forums and committee meetings".

More on the North East Essex Health Forum ... including how you can join and take part in local health issues across pages 14 and 15

Health and Wellbeing activity with community and voluntary groups

Health volunteers worth £487m

BRITAIN'S healthcare system is supported by an army of 1.9 million volunteers who dedicate 123 million hours each year to helping others, new research by older people's charity Royal Voluntary Service (formerly WRVS) shows.

Most ward nurses say time pressures force them to 'ration' their care, making the work of volunteers who provide essential support for patients more vital than ever.

Many Britons believe volunteers in hospitals would significantly impact on patient care as

fifty five per cent of people feel there would be fewer instances of patient neglect if there were more volunteers in hospitals.

Released to celebrate the contribution volunteers make as part of this year's Volunteers' Week the charity's research found that the contribution of Britain's volunteers is worth more than £487million a year to the health service.

It is all the more vital as it comes at a time when research shows one in five hospitals are heading into deficit.

Substance misuse advice

CONCERNED parents can make direct contact the Substance Misuse Service in North East Essex.

To refer into the system the best way is to contact CHOICES the All-Age Integrated Recovery Management Service (provided by Open Road and The Children's Society/EYPDAS) operating as a collaborative joint venture.

They can be reached on their single point of contact number - 0844 499 1323.

For further information about M-PACT go to: [www.actiononaddiction.org.uk/For-Families/M-Pact-\(UK\)-Project.aspx](http://www.actiononaddiction.org.uk/For-Families/M-Pact-(UK)-Project.aspx)

Information about SHARP (Community Rehabilitation) can be accessed at: <http://www.actiononaddiction.org.uk/Treatment/Community-Recovery.-Essex.aspx>

Men in Sheds

MEMBERS of Colchester Age UK are working to officially launch the new Men in Sheds project, aimed at curbing male isolation and loneliness through joint activities, in the borough on Wednesday July 16.



Local projects are going county wide

INITIAL funding from North East Essex Clinical Commissioning Group has led to a new initiative being rolled out across Essex.

Now two members of Colchester CVS are being seconded to Essex County Council working on the project and two other schemes until October.

Colchester CVS' My Social Prescription scheme has been selected to be funded by the Who Will Care? Programme, to be expanded throughout Essex.

This scheme provides patients, GPs and clinicians with access to information about voluntary services, as well as volunteers and volunteer opportunities that can help to improve people's

health and well being.

My Social Prescription scheme was initially funded by the North East Essex CCG.

Rodney Appleyard, CVS Health Forum representative, commented: "It is fantastic news that the county council has picked this up and will provide further funding.

"It means that Colchester CVS will be able to build on its relationship with local GP surgeries, to educate patients on alternative voluntary/community organisations they can contact for extra support."

The other projects are to expand the Time Bank scheme and a Youth Volunteering project.

Points to note about using your Forum Focus



FORUM Focus is created in Microsoft Office Publisher and then turned into a PDF for easy delivery to members through e-mail or printed copy.

However, readers may find that the various highlighted web address links may need to be copied and pasted into your browser instead of just clicked like many online newsletters.

To print into a magazine you will need to use A3 paper and fold the pages.

Printing onto A4 paper will give you 16 separate sheets.

Attempting to bridge the generations

FROM Generation to Generation, a new charity aiming to bridge the generation gap between youngsters and older people, has been launched and is up and running.

It's vision is to "promote knowledge and wellbeing through co-operation between the generations".

And to create a society where older people and schools work in partnership to contribute to the positive development of young people and the local community.

For more information about on Generation to Generation and its future plans to work in Essex contact Margaret McDonnell on 07930 274667.

Email way to local advice

IF you live in Colchester and are looking for advice and do not know who to turn to, there is a new information service to try.

Colchester Advice Network (CAN) is an email advice service offering free, confidential and impartial advice on debt, employment and welfare benefits.

It is a partnership of nine agencies working together. Contact: www.ColchesterAdviceNetwork.org.uk

Funding ideas

COLCHESTER Catalyst is planning special workshops for voluntary and community groups in September.

Rodney Appleyard, Catalyst's development officer, says they will give local groups the chance to discuss ideas for future applications, including collaborations and match-funding possibilities.

Pledge to double research spending

GOVERNMENT spending on dementia research will be doubled by 2025, Prime Minister David Cameron announced at the Global Dementia Legacy event.

The announcement comes after the Prime Minister told the event that new action was needed to achieve last year's G8 summit pledge of a cure or disease modifying treatment for dementia by 2025.

It was welcomed by the Alzheimer's Society.

"We need nothing less than an all-out fight back against dementia, with our best scientists given the right environment to develop better treatments and ultimately a cure," said Dr Alison Cook,



director of external affairs.

"The Prime Minister's pledge to once again double research spending is good news and now we need to see industry step up in order to deliver the G8 pledge of a cure for dementia by 2025.

"As a society we never shy away from tackling the tough issues in health.

"Many cancers can now be cured and we need to learn those lessons to deliver the G8 ambition for the millions of people who are at risk of developing dementia both here and world-

Techie guide to support living at home desires

EIGHTY five per cent of people would want to stay living at home for as long as possible if diagnosed with dementia, and yet a third of the general public wouldn't know where to find information about how to make their home suitable, finds a YouGov poll commissioned by the Alzheimer's Society.

Figures were revealed as the charity launched a new guide to improve access to life-changing technology which could enable

people with dementia to live independently for longer by giving people with dementia and their carers information on how to access technology.

It also provides guidance to health, housing and social care professionals on how to make technology work for people based on their individual needs.

Download the charter at: http://www.alzheimers.org.uk/site/scripts/download_info.php?fileID=2256

Fighting abuse at home

ESSEX Police have launched Standing Together to raise awareness of domestic abuse issues and encourage people to get involved and stand together via social media. For more details or to request a web film and/or a pack of posters and leaflets visit the website: www.essex.police.uk/standingtogether

'Put patients first in new policies'

TRANSFORMING the NHS depends on greater emphasis on integration of care and much less on 'bold strokes and big gestures by politicians', according to a new report published by The King's Fund.

The report draws on examples of high-performing health care organisations here and abroad to show how supporting integration of care and a patient-centred vision can drive reforms from within.

"Too many older people, especially those with dementia, are being let down by a health and social care system which is ill prepared to meet their needs," commented George McNamara, head of policy at the Alzheimer's Society.

"We need one system designed around patients, not structures, which are locally driven from within and committed to person centred care.

"Reforms which prioritise patients and put the power in the hands of passionate clinicians will benefit us all."

Hopes of longer dementia lives

THE World Dementia Council have announced their statement of purpose, outlining what they hope to achieve to tackle dementia globally.

They have pledged that within seven years we should have delayed the onset and progress of the disease by at least one quality-adjusted life year.

By 2025, they expect this to have risen to at least two added years.

The full statement is outlined here – <http://dementiachallenge.dh.gov.uk/category/wdc/>



GPs warning: 'watch your language'

HEALTH professionals can sometimes overestimate the health literacy of their patients, and patients can feel too embarrassed to ask questions.

In addition, doctors often supplement verbal information with a leaflet, presuming that it can be read. This can lead to distress and a lack of understanding for patients.

The Royal College of General Practitioners' research highlighted examples where a patient sent for a chest x-ray didn't have it done because he couldn't find the department as the sign read 'radiology', and where patients misunderstood the term 'chronic' to mean 'serious' rather than persistent.

Lower levels of health literacy - which can mean knowing how to take your medication in a safe and effective way, or recognising the risks and benefits of different treatments has been linked to worse physical and mental health, and problems with serious conditions such as heart

failure and diabetes.

The research found that levels of health literacy vary considerably across the country, with London being amongst one of the worst areas within the south of England.

Those facing the biggest barriers are older people, black and ethnic minority groups, those with lower incomes.

As 90% of patient contacts in the NHS take place in GP surgeries, the college says GPs are in an excellent position to work with patients and support their understanding.

Recommendations for GPs include the need to work with hospital colleagues to improve 'health literacy environments' such as introducing clearer hospital signage and information for patients.

The full report a more details on this link:

<http://www.rcgp.org.uk/news/2014/june/half-of-all-patients-find-health-advice-too-complicated.aspx>

Patients asked for support

PATIENTS are being asked to sign a petition calling on the four governments of the UK to save general practice.

The petition, which will be accompanied by a poster showing long queues of people waiting outside a GP practice in a nightmare vision of the future, have been sent out to every surgery in the UK.

The petition and poster, which have been produced by the Royal College of General Practitioners and the National Association for Patient Participation, call on the governments of the UK to reverse the cuts made to the funding of general practice over the last decade.

Research from the RCGP has revealed that over the last decade, the number of patient consultations has soared to an all-time high while funding for general practice has dropped to an historic low.

The petition and poster mark the next phase of the RCGP and N.A.P.P campaign, Put Patients First: Back General Practice, which calls for an increase in funding to 11% by 2017.

Campaigning

THE Royal College of Speech and Language Therapists (RCSLT) has launched a campaign to raise awareness of the communication and eating, drinking and swallowing needs of people with dementia.

Giving Voice for People with Dementia, aims to assist therapists who assess an individual's ability to understand and to communicate that understanding to improve their choice, degree of control and ability to consent to treatment and care.



Bounce! into happier you

A FREE fun programme of workshops and resources showing you how making small changes in your life and those you care for, can make a huge difference to your happiness and well-being, are on offer in Colchester.

Bounce! has been developed to help people identify areas in their life that they want to make some small changes to in order to improve well-being and resilience.

Bounce! helps develop realistic and achievable goals and offers new tools to support individuals in achieving success.

The days are being held at Colchester Institute on June 27, July 4, July 7, July 11 and July 15.

Each day involves:
10 am – Bounce plus workshop – Facilitated by Enable East
Tea/Coffee/Water available
12pm – Healthy lunch – Buffet
1:15pm – Session on Mindfulness – Facilitated by external trainer Louise Fortunato
2:45pm – 3:15pm Evaluation

Details and bookings at: <http://www.colchester.ac.uk/bounce/>

Get in quickly.

Disease or illness cash debate



Prof Martin Green.

PEOPLE with dementia are being denied specialised care and treatment because social services are holding the purse strings for people with the condition rather than health commissioners, a government adviser on health has said.

Professor Martin Green, also chief executive of Care England, says if dementia was treated as an illness – as it should be – more people with the condition could access appropriate services.

He said it was wrong that people with conditions like Alzheimer's disease, and their families, had to pay thousands for treatment from their own pockets, while other diseases had their funding covered by the NHS.

"The system is like this only because we are dealing with older people," said Prof Green, a Department of Health dementia champion.

Prof Green was speaking at a study day on cognitive impairment and dementia at PJ Care's Eagle Wood Neurological Care Centre in Peterborough.

Under the current system, despite dementia being classified as a physical disease of the brain, most essential care – such as helping with washing, eating and toileting – is provided by social services.

Unlike NHS care, social care is means tested.

This means an assessment of a person's finances is carried out to see if they are eligible for help with the cost of care.

Online dementia resource

A NEW online resource has been developed by the Royal College of General Practitioners to provide doctors with all the information they need on a patients' needs as dementia develops.

The tool will help to signpost patients to relevant local resources at the right time, from diagnosis onwards.

For the first time patients will be able to see which services are available in their local areas that fit their needs.

The tool was funded by the Department of Health and has been produced in collaboration with the Alzheimer's Society.

It is available at: <http://dementiachallenge.dh.gov.uk/2014/05/22/new-online-dementia-resource-launches-for-gps/>

Mental aid assistance

NHS England has published guidance for commissioners, GPs and providers to help them support patients to choose their mental health care.

Patients with mental health conditions have the same rights as physical health patients to choose where they have their first outpatient appointment.

Commissioners, GPs and providers are encouraged to adopt the interim guidance while NHS England consults further with them on areas that need to be improved.

For details go to: <http://www.pcc-cic.org.uk/article/guidance-patients%E2%80%99-choice-mental-health-care>



This new service aims to shorten waiting times for over 50s to get audio help.

Speedier aid with hearing

A NEW service with shorter waiting times and more local access for people over 50 with gradual hearing loss is now running across Tendring and Colchester.

Patients are able to get their assessment and, if needed, hearing aids fitted in less time as a "one stop" service.

Previously, patients sometimes have to wait for several weeks for appointments due to increasing demand and have to come in to Colchester.

New hearing (audiology) patients will be referred by their GP to the new NHS Community Audiology Service where they can go to clinics at surgeries and clinics locally.

Patients will be assessed for the degree and nature of any hearing loss, and they can then have free hearing aids fitted there and then if they wish.

Those patients already being treated through the hospital will continue their treatment there, but only new patients who are not medically suitable for the community services will in future be referred to the hospital. what has to be done in a high-tech acute hospital.

The new North East Essex new NHS Community Audiology Service will be run by GP Care and Scrivens Hearing Care and is now accepting referrals from North East Essex GPs.

Community service locations

Scrivens Hearing Care

Phone: 0800 085 0372
Email: nshhearingcare.scrivens@nhs.net
Direkt Optik, Colchester
High Woods Square, Colchester
Mill Road Surgery, Colchester
Wimpole Surgery, Colchester
Dedham Vale Community Health Centre.
Rayner Opticians, Harwich

GP Care UK

Phone: 0800 088 3104
Email: gpcare.audiology@nhs.net
Abbey Field Medical Centre, Colchester
Bluebell Surgery, Colchester
Castle Gardens Medical Centre, Colchester
Creffield Medical Centre, Colchester
Shrub End Surgery, Colchester
Crusader Surgery, Clacton.,
CVS Tendring, Clacton.
Great Bentley Surgery.

GP Care UK is currently surveying patients and public on its involvement strategy. Surf to <http://www.gpcare.org.uk/site/about/ppi/>

ACE serves across the county

THE Colchester and Tendring NHS Stop Smoking Service has been awarded the contract to run the service across most of Essex.

The service, run by Anglian Community Enterprise (ACE), has to date assisted more than 27,000 people to stop smoking across north east Essex.

Now it will be offering its service to people in south east Essex, south west Essex and west Essex, making it one of the country's largest smoking cessation services.

Sue White, service coordinator, said: "We are thrilled to have been awarded the contract by Essex County Council's Public Health team. "Our track record over the years has constantly placed us among the top-performing services in the country, so we are relishing the challenge to help even more people."

Further information on who is now being served and where, can be obtained on 0800 022 4524.

Public health views plea

PUBLIC Health England is launching a national conversation about health inequalities to understand the public's perception and experience of changes.

Decide on the three most important issues you think lead to health inequalities for local communities and send them to:

national.conversation@phe.gov.uk

This will help inform Public Health England staff of their work and enable them to share findings with everyone when it is developed as well as help plan how the conversation should continue.



Four routes to improved links

OVER the last year North East Essex Clinical Commissioning Group (NEECCG) has been undertaking a review of how it can make sure people belonging to any of the protected groups within the Equality Act have a better experience of using of health services.

In January 2014 it held an event where members of the public graded how well they thought the organisation was doing against a set of areas that looked at improving health, access to services or patient/carer experience.

Staff have also met with over 150 people, organisations and groups to understand what objectives NEECCG should set itself.

Objectives following the research are:

- Service users will become partners in the development of all new pathways
- Providers ensure their staff are aware, understand and demonstrate patient-centred care by responding to people's needs and conditions
- Patient experience is improved by reducing barriers because services are more appropriate, relevant and consistent.



- Develop a community wide engagement programme with all sections of the community jointly with our partners.

Staff will be given four hours per month of dedicated time to undertake training and development to meet the needs of patients, carers, communities and colleagues

Protected groups are able to influence and contribute to Equality Impact Assessments (EIA) being carried out.

The NEECCG has produced a report that provides further information on how the NEECCG scored and the objectives being set.

The information is presented in three different formats for ease of access normal, Easy Read and visually impaired-friendly.

Details at: <http://www.neessexccg.nhs.uk/What%20We%20Do/How%20we%20decide%20on%20priorities/Equality%20and%20Diversity%20Plan.html>

Rights to choice info

NHS CHOICE Framework brings together information about patients' rights to choice about their health care, where to get more information to help make a choice, and how they can complain if they have not been offered choice.

The 2014 to 2015 version reflects changes to expansions of patients' rights to choice in the areas of:

- general practice
- mental health
- personal health budgets

The NHS Choice Framework will be updated annually, as choice rights expand to patient groups.

Surf to the 21-page document at: <https://www.gov.uk/government/publications/nhs-choice-framework>

Easy Read prospectus

THERE is now have an Easy Read version of the North East Essex Clinical Commissioning Group prospectus on the website at: http://www.neessexccg.nhs.uk/library/uploads/files/better_health_in_nee_lores.pdf

It was produced with the help and input of Essex County Council, including a reading group of people with learning disabilities.

Copies have been sent to local libraries and Health Access Champions.

CCG fact file

FIND extensive information about what the North East Essex Clinical Commissioning Group has done for local patients, how well it has performed, and how it works internally in its first year from the draft annual report at: <http://www.neessexccg.nhs.uk/library/uploads/files/>

£526 million cost of patient delays

LATEST figures from Age UK show that since June 2010, an estimated 1,928,255 national bed days have been lost to the NHS at a cost of over £526 million to the tax payer, because people's hospital discharges have been delayed as they wait for social care.

There is no age breakdown available for patients affected by delayed hospital discharge but we know that many are older people.

Older people are now having to wait on average one day longer in hospital before finding a place in a residential care home compared to the position in 2010.

Patients waiting to be trans-

ferred to a residential home in 2013/14 wait an average of 30 days.

Someone who needs grab rails or ramps fitted at home waits 27.3 days, 11.5 per cent longer than in 2010.

People waiting for a social care package to be put together before they can go home are having to wait an average 28.6 days in hospital before finding a place

Older people are now having to wait on average one day longer in total, 5 per cent longer than in 2010.

An NHS bed costs around £1,900 a week compared to about £530 for a place in residential care.



Worst Acute Essex hospital for discharge fines.

Colchester clocking up fines

MEANWHILE Colchester General Hospital is being fined more than any other acute hospital in Essex for discharge delays.

In March Colchester was fined £1,000 compared to just £100 for the only other hospital to face charges, Princess Alexandra at Harlow.

It took Colchester's fines for the year to March to £4,900 ... twice that of the nearest other hospital in the table, Basildon, at £2,400.

Princess Alexandra has notched up £2,100 in penalties for the year and Southend, £1,900.

But Colchester did better than the full year before. In 2012 -13 it was fined £16,600.

In March last year though it was only fined £300.

Reasons given for the delayed patient discharges at Colchester General were mainly:

- Nursing home placements
- Home care packages not completed
- Due to patient or family choice
- Residential placement not ready

Age time bomb



District nurses

THE Royal College of Nursing (RCN) has issued an unprecedented warning that district nurses, who treat and manage patients in their own homes, are currently “critically endangered” and face extinction by the end of 2025 if urgent investment is not made.

The past decade has seen a 47% reduction in the number of qualified district nursing staff in England, threatening the ability of the whole health and social care system to cope with soaring numbers of frail older people in the coming decade.

The NHS and successive governments have expressed their commitment to making the workforce available to deliver care closer to home.

However, new research from the National Nursing Research Unit, commissioned by the RCN, reveals that the current shortage of district nurses is expected to get worse, with over a third (35%) being over 50 years old and coming up to retirement age.

The RCN is calling on the Government to fulfil its commitment to increase the community workforce by 10,000 in order to plug this growing gap.

This, it says, is the only way to meet the growing demands of an ageing population, many of whom need care at home and help to manage long term conditions.

The RCN recommends that these extra posts should be district nurses – specifically qualified staff who are trained to deliver the best possible care for multiple conditions in a patients’ own home.

Care workers

SOME 40 per cent of the projected increase in England’s working age population will need to enter the care profession to tackle a staffing time bomb.

If current trends continue, England could face a shortfall of 718,000 care workers by 2025, and an unprecedented number of men are needed to bridge the gap.

A new study published by the International Longevity Centre-UK (ILC-UK) and care charity Anchor calls for a change in public perception towards care roles, and for immediate action to be taken by care providers to recruit more men to meet the care needs of the soaring numbers of older people

Women currently make up 82 per cent of the care workforce⁴ and whereas just 4.2 per cent of working men work in health and social care, nearly one in six women (15.5%) work in the sector.

Additional research conducted by Anchor found that even though 94 per cent of young people agree care is a suitable profession for a man, a quarter of men aged 16 to 25 (25%) say they would never consider becoming a carer.

Nearly a third (31%) of young men said that was because they simply didn’t know enough about the job to be able to consider it.

As well as calling for more men into the sector, the report finds that older people could also play a role. Three quarters (75%) of over 50s said they have never considered a career in care however 47 per cent would be persuaded into a career in care.

Keep donating blood during the summer

NHS Blood and Transplant is asking new and existing donors to give blood and be part of the Greatest Team in the World to help maintain healthy blood stocks for patients throughout the summer.

Jon Latham, Assistant Director for Donor Services and



Marketing at NHS Blood and Transplant, said: “If you have an appointment coming up in July please keep it.

“We particularly need our O Negative and B Rh Negative blood donors and our platelet donors to keep attending despite the summer pressures.”

For more information or to book an appointment visit www.blood.co.uk or call 0300 123 23 23.

37 NHS pledges to carers

NHS England published a commitment to carers to give them the recognition and support they need to provide invaluable care for loved ones.

With 1.4 million people providing 50 or more carer hours a week for a partner, friend or family member, they make a significant contribution to society and the NHS.

There are 37 commitments spread across eight key priorities which include raising the profile of carers, education and training, person-centred coordinated care and primary care.

It has been developed in partnership with carers, patients, partner organisations and care professionals over the past few months.

However this is only the beginning; NHS England will continue to work with and listen to carers, patients, partner organisations and care professionals to refine the commitments and ultimately improve the quality of life of carers.

You can read it at: <http://www.england.nhs.uk/ourwork/pe/commitment-to-carers/>

Hot stuff!

THE Heatwave Plan for England is intended to protect us from heat-related harm to health.

It aims to prepare for, alert people to, and prevent, the major avoidable effects on health during periods of severe heat in England.

It recommends a series of steps to reduce the risks to health from prolonged exposure to severe heat

Full details at: <https://www.gov.uk/government/publications/heatwave-plan-for-england>



The refreshment area in the reception and main waiting area.

£25m cancer centre opens

THE £25m state-of-the-art radiotherapy centre at Colchester General Hospital has started to operate.

Seven cancer patients were treated on the first day of the new centre and, as it beds down and more equipment comes online, it is gradually replacing the unit at Colchester County Hospital.

Meanwhile, existing staff are servicing both facilities

In addition to the treatment areas, the new centre’s facilities include:

- additional rooms for clinical consultations and examinations, far superior to

- cramped conditions at Essex County Hospital
 - improved changing facilities for patients, therefore enhancing patients’ privacy and dignity
 - three dedicated counselling rooms
 - a refreshment area for patients and their carers
 - a private courtyard garden
- Staff and the department’s former cancer patients were involved in designing the lay-out of the new centre, including its gardens, and had a say in choosing its furnishings, colour schemes and artwork.



Above: waiting areas near treatment machines. Right: the centre’s own courtyard garden.

