

DIARY DATES

August 29 ... Local Health Forum on maternity choice at Sam's Hall, TVS Building, Rosemary Road, Clacton. 2pm

September 1 ... Local Health Forum on maternity choice at Primary Care Centre, Turner Road, Colchester. 7pm

September 3 ... Local Health Forum on maternity choice at Long Meadows Community Centre, Dovercourt. 10am

September 9 ... Healthwatch Essex Strategic Body meeting at Chapter House, Chelmsford. 5pm

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

September 24 ... October Forum Focus published.

September 30 ... North East Essex Clinical Commissioning Group Board Meeting, Primary Care Centre, Turner Road, Colchester. 2.30pm

October 1 ... Local Health Forum at the Sanctuary of Central Church, Dovercourt, 2pm.

October 3 ... Local Health Forum at TVS, Rosemary Road, Clacton. 1pm

October 6 ... Local Health Forum at Primary Care Centre, Colchester, 2pm

Guides to aid new community service

SPECIAL pocket-sized guides have been distributed to all referrers to try and ensure the success of the new Tendring Community Rapid Assessment Service (RAS)

The innovative service began on August 1 as planned.

GPs, Care UK (the local GP Out of Hours Provider), the ambulance service and other community practitioners are being asked to make referrals directly into this new service to provide appropriate care closer to the patient's home and to avoid acute hospital admissions.

Where patients meet the referral criteria, they will receive urgent comprehensive assessments in their home by Advance Nurse Practitioners (ANPs), who will support patients to remain at



home wherever possible.

The ANPs will have consultation, diagnostic and prescribing skills and will be supported by a community based consultant.

Where further diagnostics or observation is required patients can be transferred to the Rapid Assessment Unit at Clacton Hospital and if admission to a ward is appropriate, patients can be referred directly into community step-up beds at Clacton or Harwich.

In addition, patients on the wards will receive enhanced therapy services to support recovery and independence and facilitate speedier discharge back to the patient's home.

Latest on hospital moving

DIRECTORS of the trust running Colchester General Hospital have agreed further stages in the transfer of services from the existing County Hospital site which is closing pending its sale.

Decisions include:

1) spending £1.1m to increase the size and improve the layout of the main outpatients department at Colchester General Hospital, including filling in a courtyard, to serve outpatients who

go to Essex County Hospital
2) agreement in principle to lease the radiology (x-ray) suite on the ground floor of Colchester Primary Care Centre
3) leasing 66 High Street, Colchester, for its contraceptive and sexual health services (CASH) and to invest £516,000 on redeveloping the premises
4) agreement to find a location in the community for the chronic pain counselling service.

North East Essex Health Forum

Forum Focus

Informing, Engaging and Debating

September 2014

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'Golden hello' to tempt new GPs to coast



GPs moving to Tendring will be handed up to £10,000 under plans for a 'golden hello' scheme to try to combat the recruitment crisis leaving stretched practices.

The scheme, will see any GP moving to the coast and staying on for two years receive £5,000, with the possibility of another £2,500 depending on the level of deprivation and an extra £2,500 depending on how under-doctored the area is - with a maximum payment of £10,000.

Essex LMC, which has been heavily involved in fashioning the scheme, said it is one of a number of projects to be rolled out to try to solve the crisis which has left practices on the getting by on locums.

Tendring and Braintree will be the two key priority areas to target with the 'golden hello' money, it said.

There is no fixed overall budget for the scheme itself, but the money will be taken out of the £400,000 pot of emergency funding that Health Education England has offered to commissioners to spend on longer term and short term measures to plug the gaps in recruitment, including hiring more locum GPs and training more practice nurses.



Dates for the maternity Local Health Forums

PLEASE make sure you have the correct date for the special Local Health Forums on maternity. Gremlins in the diary of the August Forum Focus meant details of two of them were wrong. Clacton is on August 29, 2pm to 4pm; Colchester on September 1, 7pm to 9pm and Harwich, September 3, 10am to Noon. Venue details on page 5.

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:

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Marjorie Appleyard, Jared Jeffers and Abigail Saxon

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

Review midwifery urges new report

AN urgent review of midwifery staffing together with clinical pathways, patient information, communication, quality and governance, is urged by the latest review of North East Essex midwifery services.

Full details of the external review of maternity services across North East Essex has been published by North East Essex Clinical Commissioning Group (CCG) and Colchester Hospital University NHS Foundation Trust (the trust).

The review, by the NHS England Strategic Clinical Network, was jointly commissioned by the trust and the CCG.

Out of a total of 19 recommendations in the report, there was just one seen as requiring immediate action.

It is a recommendation that the trust should ensure the delivery suite at Colchester General Hospital should have an extra senior midwife on duty in line with a previous recommendation by the Royal College of Obstetricians and Gynaecologists (RCOG).

Work is already underway to ensure the trust meets this recommendation.

The report also comments on the small number of women giving birth at the midwife-led units at the



Colchester Hospital University NHS Foundation Trust **NHS North East Essex Clinical Commissioning Group**

community hospitals in Clacton and Harwich, stating there are insufficient births to warrant a 24 hours a day seven days a week service.

It adds that the need to cover three sites is part of the difficulty in meeting the midwife to birth ratio recommendation from the RCOG.

Lisa Llewelyn, Director of Nursing and Clinical Quality at the CCG, said: "The report gives the CCG external assurance about the service and supports us in preparing for consultation with the public on a sustainable and safe service."

"We note the comments around the number of births at the midwife-led units at Clacton and Harwich but are also conscious of the need to provide choice of birth location as recently proposed in draft guidelines by the National Institute for Health and Care Excellence."

Amanda Hallums, Divisional Director of Women's and Children's Services at the trust, said: "We are grateful to the Peer Review Team for carrying out a very thorough review."

"We welcome the findings of the report as it identifies many strengths and areas of good practice."

"We will be working jointly with the maternity multidisciplinary team and CCG colleagues to address the recommendations."

Commissioned to assess opportunities for improvement in and to assess the viability of births from three sites across North East Essex (Colchester, Clacton and Harwich), the report's 19 recommen-



dations were grouped under the following headings:
Clinical governance
Operational efficacy
Clinical leadership
Included in the recommendations are:

- 1) An urgent review of midwifery staffing together with clinical pathways, patient information, communication, quality and governance
- 2) Hold an annual review of staffing to ensure resources match demand
- 3) There should be a wider Essex review of maternity services
- 4) Build on good practice to ensure continuous improvement including reviewing risk management structures and clinical governance
- 5) Boards of both organisations need to ensure they have sight of outcomes as well as performance

Download the report at: http://www.neessexccg.nhs.uk/library/uploads/files/chuft_peer_review_report_version_1_0_final.pdf



Have your say on maternity and midwifery

THREE special Local Health Forums on maternity facilitated by the Health Forum Committee for the Maternity Services Liaison Committee, are on August 29, September 1 and September 3. Details on page 5.

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

Help 3 key services

CLINICAL group commissioners are looking for members of the public and, preferably, service users, to be involved in the re-design and procurement of three of our local specialist services - cardiology, audiology and ophthalmology.

In Colchester and Tendring, all three services have been provided within a secondary care setting, with community services being added over the past two years to improve access.

With the Clinical Commissioning Group Strategy of designing our services around the patient and creating a less complex system of the NHS locally, we are looking for individuals who will help provide views, opinions and ideas on re-designing these services to ensure they are fit for purpose for the patients of North East Essex.

The appeal involves:
Cardiology services – including



hospital cardiology; community cardiology; community ECG and ECHO; community heart failure and cardiac rehab.

Audiology services – including hospital audiology; community audiology and community ENT. Ophthalmology services - including hospital ophthalmology and community optometry.

The NEECCG is ideally looking for members who have accessed these services within the last 12 months and would like to input into the design of the service specification.

Working with the lead Business Manager Caroline Westley, you will be asked to attend an initial meeting (there will be one for each

of the three services) to talk through the service requirements and possible improvements to be included in the specification.

One representative, agreed upon within the meeting, will then be asked to be part of the project group involved in the procurement process.

This will include being part of the possible interviews with providers within the procurement process.

Please tell Caroline Westleyon 01206 286731 or at caroline.westley@nhs.net ... if you would like to attend the initial meetings at the Primary Care Centre, all from 10am to 11am, on the days below.

Cardiology, Tuesday, September 2.

Audiology, Wednesday, September 3.

Ophthalmology, Thursday, September 4.

Car parking at the PCC

ALL Health Forum members should now have been warned that Monday to Friday daytime visitor parking at the Primary Care Centre in Turner Road, Colchester, has a two-hour parking limit.

However, you are exempt from the £60 fine for staying longer if you are on forum representative business.

So, please ensure that you have told Paula Martin of your vehicle registration details so she can pass them on to the car park management team.

You must update her of any changes, of course.

It is also important that you sign in at the ground floor reception desk to confirm your car details, arrival time and, of course, departure.

Plea to PPG members

involvement

PATIENT Participation Groups across Colchester and Tendring are being asked how they have been set up and what they do.

The survey is part of the initial fact finding for a new patient group called Involvement.

It is a project aims to create clarity for everyone to understand how they can become involved in shaping better healthcare.

This latest survey is designed to be completed by a PPG chair, or practice staff at the GP surgery, to help outside bodies understand the role and

structure of their PPG.

Involvement will then help signpost patients to these groups and get more people involved in shaping better healthcare together.

It is a regional project but locally the Involvement survey request has been forwarded by the North East Essex Clinical Commissioning Group.

Health Forum members, who are also on North East Essex PPGs, are asked to check that their practices have received the survey and, wherever possible, that it has been completed and returned.



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.

Who can become a member of the Health Forum?

POTENTIAL members must be one or more of the following within North East Essex:

A registered patient at a GP practice
Live or work here

Be a volunteer, or representative from a voluntary organisation, operating here.

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.

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 ...

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



Befriend the North East Essex Health Forum on Facebook at NEEssex Health Forum and receive newflashes and information relevant to public, patient and carer engagement



Lucy Moore service pledge.

Hospital's key posts in the news

THE interim chief executive of the trust running Colchester General Hospital will stay in post until September next year.

Dr Lucy Moore took up her current post on May 27 following the previous five months working to support the medical director and four divisional directors of Colchester Hospital University NHS Foundation Trust.

Lynn Lane has been appointed as Director of Human Resources and Organisational Development. She initially started in this post on an interim basis on May 8.

Andy Morris will join the trust on October 1 as interim Director of Finance in succession to Ian O'Connor, who left last month.

Until he starts, Andy Lehain, Deputy Director of Finance, will be acting Director of Finance.

Evelyn Barker, who started in Colchester in January as interim Chief Operating Officer, has agreed to continue in her role until the trust has appointed to the post substantively.

She has also recently taken on the role of Deputy Chief Executive in succession to Dr Sean MacDonnell, giving him more time to work as Medical Director and as a consultant anaesthetist in the Critical Care Unit.

Keyhole surgery breakthrough op



SURGEONS at Colchester General Hospital have for the first time used keyhole surgery to operate on a patient with bladder cancer.

It is the latest breakthrough in the minimally invasive technique for Colchester Hospital University NHS Foundation Trust.

Mr Rajiv Pillai, (pictured above), who carried out the four and a half hour procedure with fellow consultant urological surgeon Mr Rowan Casey, said laparoscopic (keyhole) bladder cancer surgery was available in only a handful of UK hospitals.

"In this first procedure, we used laparoscopic techniques to remove about one quarter of the patient's bladder because the majority of the organ was healthy," he said.

"It paves the way for us to carry out a whole cystectomy - taking out the entire bladder - which I anticipate we will do for the first time in the autumn.

"There are real advantages for patients in using laparoscopic techniques, principally a faster recovery time and less pain."

Mr Pillai said the patient, an 82-year-old man from Chelmsford, spent five days in hospital after the operation whereas he would not have been discharged for seven to ten days if the procedure had been done as traditional open surgery.

The patient experienced only minimal pain and was up and moving about the next day, he added.

And the patient is continuing to make a good recovery.



New bid to meet quality targets at town general hospital.

Trust's improvement plan to get web site updates

AN Improvement Plan to address all of the issues the Care Quality Commission (CQC) raised in three quality reports on July 17 has been published on the Colchester Hospital University Foundation Trust website.

It will be updated monthly so patients, the public and other stakeholders are kept informed of the progress.

Chief executive Dr Lucy Moore announced last month that the

trust would form and lead an "Improvement Board" with partner organisations such as North East Essex Clinical Commissioning Group (CCG), Monitor, Healthwatch Essex, NHS England, Essex County Council and Health Education East of England to oversee and review progress.

Details at: http://www.colchesterhospital.nhs.uk/improvement_plan.pdf

Health Forum members go behind the scenes for a different look at patient care



St Aubyn Centre, Severalls, visited by Ray Hardisty, and Hazel Law was at Colchester General Hospital

Are health facilities up to scratch or not?

MOST people will know that regular Inspections are very much part of the modern day NHS.

PLACE inspections are the ones we do not hear quite so much about but are just as important as they cover the housekeeping side of hospital care eg: cleanliness, maintenance, and catering.

The teams undertaking these inspections, both including the official ones where the reports are sent to Government agencies and the internal mock inspections undertaken monthly, have a high percentage of public and patient representatives, all quite prepared to give their honest views.

Mostly what happens, when the

teams meet at Colchester General Hospital, is that they decide between themselves which wards and departments they will visit on the day, so nobody has prior warning.

They walk around and inspect the designated areas checking bathrooms, toilets, kitchens, floors and under the beds, curtains and ledges and all the equipment used in that area.

Appropriate signage is also noted.

They also talk to patients to find out their experiences.

Comments and recommendations are recorded, and sent on to be dealt with appropriately.

There are also regular tasting sessions where the team try a variety of hospital food the same meal that the patients have just been served.

As with most hospitals, the comments on food vary widely, some will enjoy, some will not. But as with all mass catering it is difficult to suit all tastes.

After six years of involvement with inspections, I have always found this role very interesting, particularly talking to staff and patients.

Who, as one it seems, are worried about the affect of spending cuts on facility standards.

HAZEL LAW

MY part in PLACE ... "Patient-Led Assessments of the Care Environment" ... involved five separate buildings run by North East Partnership Foundation Trust, running mental health services.

Each one took at least half a day and looked at virtually everything except patients' medical care.

I found them to be a very comprehensive annual check of where patients are treated.

And all comments from patient representatives were taken into account in compiling the national reports and agendas for local action.

RAY HARDISTY

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.

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.

Health and Wellbeing activity with community and voluntary groups

Special workshops to assist health funding

LOCAL health groups with ideas for future projects are being sought to take part in special workshops by Colchester Catalyst.

The charity could potentially fund, or match-fund, schemes to help relieve the pain of the sick and suffering within the area. Both workshops will run from 9.30am until lunchtime.

The first, on September 2, is be-

ing run in conjunction with Colchester CVS with advisory help on hand from representatives from the Essex Community Foundation, Colne Community Builders and Grassroots.

The second is on September 9, in collaboration with CVST, at Sam's Hall, CVST, 20-22 Rosemary Road, Clacton-on-Sea, CO15 1NZ.

This time representatives will include The Big Lottery, Essex Community Foundation and commissioners from the North East Essex Clinical Commissioning Group.

Contact Rodney Appleyard from Colchester Catalyst at rodney.appleyard@colchestercatalyst.co.uk, if you would like to attend either workshop.

Gearing up for big ride

THE St Helena Hospice Cycle ride is back for its second year on Sunday September 28.

Riders can choose between two different routes 24 miles or 56 miles, both starting and finishing at Monks Farm in Cole oaks Lane, Dedham.

Register by 5pm on September 22 at £15 for adults and £10 for under 16s.

The price is the same for both routes and includes your registration pack, light refreshments and a medal.

Registering on the day prices are: £25 per adult and £15 for under 16s.

More details at: www.sthelenahospice.org.uk/event/cycle-ride

Essex Sight centre opens

ESSEX Sight opens the Colchester Sight Centre at 40 Osborne Street, Colchester, on Tuesday, August 26.

The new centre will be open from Monday to Friday from 10am to 2pm offering advice, information and support for visually impaired people and their families.

There will also be an extensive range of equipment for demonstration to help with daily living.

Hospice reviewing day centre services

ST HELENA Hospice is considering changes to the way it delivers day services.

Staff are currently working alongside patients and families to get their ideas and feedback on proposals for the development and introduction of a different service that will see a greater, more tailored service available for more people.

The new service will be called Therapies and Wellbeing and has the possibility of a menu of services throughout each day that patients and families can pick and choose attendance for.

A review found the hospice is not reaching as many people as it could in the community through services from the Joan Tomkins Centre in Colchester and Tendring Day Centre in Clacton.

At present each patient attends for one full day a week, with the centres open Monday to Friday.

Available facilities and staffing capacities mean the centres are only able to host a certain number of people a day.

In order to be able to upscale the services to help more people the hospice needs to change the format.



St Helena Hospice
your time...your hospice

There are also plans to provide services in evenings and weekends which will provide greater choice for patients and families.

Current day service patients are being consulted and have been given some initial outline information about proposed plans.

There are more sessions with patients, families and carers scheduled, including some group work which will allow patients to give their views and help shape any changes that may take place.

One of the options being investigated is the core delivery of these services from the Joan Tomkins Centre in Colchester.

Space at the Tendring Centre would continue to be available for one to one appointments such as complementary therapies, bathing, counselling etc, as well as friendship groups and some other group sessions.

A project will be undertaken alongside this work to investigate additional uses for the Tendring Centre as a hub for the local community.

Looking to our futures with CVS

COLCHESTER CVS next event, "Thriving Resilient Futures" will be held alongside its AGM at the Weston Homes Community Stadium on Monday, September 22.

Between 9am and 3pm it will include many aspects that are important to the third sector.

North East Essex Clinical Commissioning Group lay member Donna Telfer will be leading a session on demystifying trustees while other special debates will be held on contracts, Business Bank, funding advice and community group HR.

For further details email information@ccvs.org or ring 01206 505250.

Have a ball and help too

THE Invicta Foundation's 2014 Valiant Ball is being held at Colchester Town Hall on September 27.

Up to 150 guests will be welcomed from 6pm for fine dining, entertainment from 'Out Of Office Productions' and the chance to bid in a charity auction.

Funds raised will support the foundation's work with wounded armed service personnel and their families. Tickets are £50.

Details at: <http://www.theinvictafoundation.org.uk/Shop/index.html>

Store's charity

ONLY Cowards Carry has been chosen by Sainsbury's as their new local charity partner. Sainsbury's in Colchester Priory Walk will be promoting Only Cowards Carry in store and carrying out fundraising activities.

Report calls for more fun for elderly ...



TOWN and city centres need to transform to improve the health and wellbeing of the growing numbers of elderly people, says a new report.

It argues that policy makers must work to ensure that communities do more than cater for basic needs.

It argues that communities should be places of fun for all and it highlights the importance of supporting walking and cycling in old age as well as the need to ensure housing is adaptable to an ageing society.

Ideas include the creation of shared facilities for fun and play, and introduction of electric 'pods' to transport people around.

The report, from International Longevity Centre-UK and Age UK, incorporates suggestions to help ensure communities are "Ready for Ageing" including:

Introducing adult swings at bus stops; building more homes and ensure they are accessible and adaptable and boosting numbers of cyclists.

The report sets out a 10 point action plan for local authorities, which includes:

- Places to meet not places to hire - Offer free space to allow people to come together to talk and enjoy life.

Fitter ways to get grants

NEW funding is on hand for North East Essex projects that aim to improve heart health by helping people to be fitter and healthier from Heart Research UK thanks to fundraising at SUBWAY outlets. Organisations have until Friday September 26 to apply for up to £10,000 towards innovative projects. More details at: <http://heartresearch.org.uk/grants/apply-hruk-and-subway%C2%AE-healthy-heart-grants>



- Ensure people aren't caught on a bladder leash –by increasing public toilets or offering incentives to businesses to open up their toilet facilities as a public resource.
- Build neighbourliness by breaking down "safeguarding" barriers currently preventing generations working together.

The report involved 150 expert researchers, policy experts and older people contributed views during a six month process.

Details at: http://www.ilcuk.org.uk/index.php/publications/publication_details/community_matters_making_our_communities_ready_for_ageing_a_call_to_action

Forum's Abigail scoops entrepreneur award



Abigail Saxon with her award.

HEALTH Forum Committee member Abigail Saxon won the Young Entrepreneur of the Year at the Colchester Youth Awards 2014.

Founder and director of Disability4Sport, she was nominated for her "sheer hard work and determination to provide a local facility for young disabled people to enjoy sports in their community."

Abigail impressed the judges

with her passion to deliver sporting activities that will provide physical and mental health benefits for disabled people.

And by her determination and drive to engage young people and make sports available to all people with a disability, especially encouraging those who have not previously had the opportunity to take part in physical activities.

You can represent patients

PATIENT representatives are being sought for three sub committees of the North East Essex Clinical Commissioning Group board.

As well as attending relevant sub committee meetings, individuals would also be expected to join the Health Forum Committee and take part in training to assist the roles.

At the moment all three positions are being filled temporarily by forum committee members. The roles involve Finance and Performance, End of Life and Children's Programmes and Transformation and Delivery Committee.

They are all key links in the working of the clinical commissioning group.

Please contact the forum ... details on page 14 ... for full role descriptions and application forms.

* There is also a current request for patients to assist in commissioning changes of three community services.

Details of the initial meetings, involvement and who to contact are on page 15.



Special forums to discuss maternity

LOCAL Health Forums to debate maternity are not only at different times ... they will also be in a fresh format.

The three events, at different times of day, will all be based around a question and answer panel of representatives from across the range of maternity services.

They are aimed at giving a complete and full understanding of choices before, during and after birth for women in hospital and the community across Colchester and Tendring.

Friday, August 29, Sam's Hall, TVS building, Rosemary Road, Clacton, 2pm
Monday, September 1, Primary Care Centre, Turner Road, Colchester, 7pm
Wednesday, September 3, Long Meadows Community Centre, Dovercourt, 10am



North East Essex Health Forum is now on Facebook at [NEEssex Health Forum](https://www.facebook.com/NEEssexHealthForum).
Friend us to receive newsflashes geared to public, patient and carer engagement.

* There are more Health Forum specific news items on page 15*

New breast cancer campaign

BREAST cancer and its treatments can have a negative influence on a person's body image in a number of ways ... so Breast Cancer Care has developed a campaign on altered body image after breast cancer.

The policy report 'My body, myself' reviews the evidence on altered body image after breast cancer, shares personal stories and makes recommendations for service improvements.

The charity is calling on cancer policy-makers, service planners and commissioners to alter breast cancer treatment and care.

More details at: <http://www.breastcancercare.org.uk/body-image-breast-cancer>

Help the CQC

GIVE your opinion on the draft guidance drawn up by the Care Quality Commission (CQC) on how its services can meet the Government's new regulations on care and what actions it will take when they fail before October 17.

Alongside this, is a consultation, ending on September 5, on how NHS trusts can meet "duty of candour" and "fit and proper person" requirements.

Details on both consultations at: <http://www.cqc.org.uk/content/consultations-our-guidance-help-services-meet-new-regulations>



We'll ensure you can access documents

READERS who are not on the internet, or are unable to get access to a computer, can still receive the documents mentioned in Forum Focus.

Simply, ring the Health Forum on FREEPHONE 0800 811 5115, say which document you want and give your address.

We will obtain a copy and mail it to you.

Make sure your voice is heard

Hello everyone,

I hope you had a lovely summer. I am one of the elected patient, public, carer representatives for Tendring and current chairman of North East Essex Health Forum (covering Colchester and Tendring).

We ensure your voice and those of our communities are genuinely listened too by those taking decisions about our local health care services.

This month we are supporting the service-user led Maternity Services Liaison Committee (MSLC) to engage with mums, dads, service users and the public at three question-time style public meetings.

They are being held in Colchester, Clacton and Harwich, hopefully, at times to suit everyone.

More information on page 5.

The performance of the Ambulance Service here in Colchester and Tendring is a big concern of ours. We have raised this with the clinical commissioning group who also share our concerns.

Consequently we have been invited to attend the Essex Lo-

BOSTOCK BLOG



cality meeting for the East of England Ambulance Service Trust contract, where we will represent patients and public.

If you have any recent experiences of the Ambulance Service we would love to hear from you.

There are many opportunities for you to become involved with decisions taken about our local health and social care services.

You can make a genuine difference for others in our communities.

There are a variety of ways, whether you attend one of our Local Health Forums, fill in a questionnaire or share your personal experiences.

This month you can put yourself forward to sit on important decision-making committees within the NEECCG. For more information see page 5

We look forward to hearing from you.

ACE route to community scheme funds

ORGANISATIONS helping improve people's health and care across North East Essex are invited to bid for funding from provider, Anglian Community

Enterprise (ACE), before Monday September 8.

Application forms and supporting information can be found at: www.angliancommunitytrust.org

Learning disabilities guide team

NHS England has asked Sir Stephen Bubb, the Chief Executive of charity leaders network ACEVO, to head a new group of experts and advisors to develop a national guide providing health care to those with learning disabilities.

The group will also include healthcare, charity and voluntary sectors, as well as with people with learning disabilities and their families.

It aims to design more innovative and integrated local commissioning of healthcare and housing to best support people with learning disabilities at home and in their communities, reducing reliance on hospital care.

Social Care conferences

ESSEX Social Care Academy plans two conferences 'Hearing Silent Voices' on improving communication with children and families.

They will both be free full day events, incorporating a lecture to build practitioners confidence to have difficult conversations, along with themed workshops.

They are: October 20 at Wat Tyler Country Park, Pitsea, and February 2 at Colchester Stadium. No booking details yet.

Electronic query

SHOULD the fledgling NHS electronic prescription service which allows GPs to send prescriptions electronically to a pharmacist of the patient's choice be extended?

Have your say before October 9 at: www.gov.uk/government/consultations/extending-the-scope-of-the-electronic-prescription-service



Male carers do it 'without support'

MORE than half the male carers of the 609 taking part in a national survey, said they did not currently receive help and support from a local carers organisation.

Over a quarter of these male carers said this was because they were not aware of the support that may be available to them in their local area.

The findings are reported by the Carers Trust.

They show :

- More than 25% of male carers in employment said they do not describe or acknowledge themselves as a carer to others.
- 53% of male carers felt the needs of male carers are different to the needs of female carers (lack of recognition, less likely to seek support, the challenge of taking on domestic tasks).

- 19.5% of male carers aged 18–64 said that they were not working due to their caring role. 26.3% of men balanced work with caring responsibilities with over a quarter of those caring for over 60 hours a week also working. 39% were retired.
- Four out of ten male carers never get a break from their caring role and nearly half have not had a carer's assessment.
- Male carers aged 18–64 are even less likely to have had a carer's assessment than those over 65.
- 56% of male carers aged 18–64 said being a carer had a negative impact on their mental health.

More details at: http://www.carers.org/sites/default/files/male_carers_research.pdf

Is county council commissioning right?

ESSEX County Council has launched a consultation on its commissioning strategies.

It wants as many people as possible to have their say on the outcomes the authority is seeking to achieve on improving peo-

ple's lives and what should be done to support local communities over the next four years.

Go to: <https://surveys.essexinsight.org.uk/TakeSurvey.aspx?SurveyID=400> before September 14.

Now you can study later life

UNIVERSITY of the West of Scotland (UWS) is launching a new MSc in Later Life Studies which has been developed in response to the continued rise in the number of older people.

The course, which gets underway this month, has been designed to equip professionals with an in-depth knowledge and the critical perspective needed to plan, practice in partnership, manage and lead high-quality services and interventions for older people.

Those interested in the degree, which can be studied entirely online or based at Hamilton Campus taking a blended learning approach, should visit www.uws.ac.uk/postgraduate/after_life_studies/

Crucial date for calendars

TENDRING Community Safety Partnership will be delivering Tendring's Older Persons Crucial Crew on October 1 to coincide with National Older Persons Day.

The event will run from 10am – 4pm at the Princes Theatre, Clacton.

There will be various organisations giving advice on how to Keep Safe. To arrange an exhibition stand or to book tickets for your service users/clients please contact Charlotte Root on 01255 686359 or email croot@tendringdc.gov.uk

Info on NHS 111

NHS England's website now includes a dedicated section for NHS 111 and the aim is to share information through this route from now on.

Go to: <http://www.england.nhs.uk/ourwork/pe/nhs-111/>

Mental health trust journeys to change

PROPOSALS to radically transform community mental health services across north Essex have been put forward by the North Essex Partnership University Foundation Trust.

Staff across the trust are being consulted on the plans, called Journeys., until September 19.

The plans are the result of more than two years work with extensive discussions involving staff and service users.

Earlier this year the trust formally consulted with the three NHS Clinical Commissioning Groups together with Essex County Council and other stakeholder organisations.

Under the plans service users referred to the trust will have a single assessment with consistent pathway and treatment packages to ensure equity of care for all.



The care packages will have clear, recovery focussed and outcome based measures.

There will be a team approach to case management, with flexible support from administration to give clinicians more time to get on with the day job and freedom from some of the paperwork.

The proposed changes will also introduce new roles which will set an improved career structure for some disciplines including advanced nurse practitioners, community associate practitioners and clinical specialists.

Novel Access Card is launched for the disabled



NIMBUS Disability Consultancy has created an access card for those with disabilities.

The product grew out of ways to prevent fraudulent access to live music events.

What that started as an ID scheme quickly became more.

Firstly, the card shows, that in the eyes of the law, the card holder is a disabled person.

Each of the symbols on any

card links to a reasonable adjustment a person might need.

Managing director Martin Amis said: "We want the Access Card to provide confidence and peace of mind for customers and are working to integrate the card into the thinking of service providers"

The card costs £15 for three years.

Find out more at: www.credability.uk.com/



Graphic with examples of what surveys and research show can be important to people and therefore indicates the types of choices you may wish to consider when commenting.

You can help shape care for the dying

ALMOST half a million people die in England each year. However, significant numbers of people do not currently have proper opportunities for their choices about how, when and where they receive end of life care to be identified, discussed or met.

That is why the Government has set up a review of choices in end of life care – to help shape its national choice offer. The review is being undertaken by an independent programme board, chaired by Claire Henry, the Chief Executive of the National Council for Palliative Care.

The information gathered will outline the kinds of choices that people would like to be able to make at the end of life and information about the funding, systems and processes that would be needed to enable choices to be acted upon.

The review focuses on end of life care for adults aged 18 and over, and within the current legal framework.

Therefore it does not focus on assisted dying or anything that would involve changes to mental capacity legislation.

The programme board is due to present its findings and advice to Government in February 2015.

To ensure the review is as comprehensive as possible, it is vitally important that the team hears from a really wide range of people about the choices that are important to them at the end of life, what they would mean in practice and whether and how they could be made a reality.

Whether you're a member of the public or someone who has a professional interest, perhaps through your work within health, social care or housing, they want to hear from you.

Views are wanted on:

- What a 'national choice offer' for end of life care should consist of;
- How a 'national choice offer' for end of life care could be achieved.

c) The extent to which people currently have choices at the end of life and examples of good practice, where people have been able to make choices at the end of life and how these choices have made a difference to their experience and quality of care and support.

d) What would need to be in place for people to be able to make informed choices about their care and support at the end of life and be confident they will be acted upon? Some examples may include:

e) Ideas on measuring and evaluating the impact on the quality of care and support received.

The consultation ends on September 30.

You can download a consultation document at <http://www.ncpc.org.uk/ChoiceOffersConsultation>

Or ring 01235 512384 to arrange for someone to call you back and arrange to receive a posted form or give interview comments.

Bitesize round-up of activity

THOSE who missed the Healthwatch Essex public debate on care.data, a new proposed NHS data-sharing scheme, can now read the summary report of the event

Go to: http://www.healthwatchessex.org.uk/sites/default/files/care_data_hwe_debate_report_final.pdf

Healthwatch Essex wants 12 people with learning disabilities to join its Ambassador programme to help collect the voice and lived experience of other people with learning disabilities.

If you're interested, or know someone who is, get in touch with David Sollis on 01376 572829.

Healthwatch Essex has set out its plans for the next year. Read them at: <http://www.healthwatchessex.org.uk/news/our-plans-year>

Healthwatch Essex is currently recruiting for two roles: a communications officer and a research associate.

If you know anyone who may be interested, please point them to: <http://www.healthwatchessex.org.uk/content/vacancies-healthwatch-essex>

Closing date for applications is September 10.

100 successes!

THE 100th student to complete the Foundation Degree in Health Sciences since North Essex Partnership Foundation Trust (NEPFT) started the education programme nine years ago, graduated in July at the University of Essex.

The degree course helps unregistered clinical staff gain recognised qualifications in mental health.

Can you assist my mental health call?

I AM a member of the public and have lived and worked in North Essex for the past 21 years.

I am a lay member of the local Clinical Commissioning Group (CCG) and sit on the executive board, along with three other lay members.

My responsibilities include patient, public, service user and carer involvement and I hold the Champion roles for adult and children's safeguarding and for equality and diversity.

There are service reviews being undertaken currently in Mental Health Services across Essex.

I am particularly keen to encourage any mental health service users to become involved in this review and to ensure their voices and experiences are heard by those involved in the review process.

TELFER TALK



If anyone in either the Colchester or Tendring areas who have recently used or are still using local mental health services are happy to get more involved, please contact the North East Essex Health Forum. See details on page 14.

In the meantime, if any mental health service users have any particular questions they would like me to ask the CCG, then please let me know.

If you have any other specific experiences that you feel the CCG should hear about, then please make contact through the Health Forum.

Health minister makes statement in Colchester

HEALTH minister Norman Lamb chose Colchester to announce the setting up of a Taskforce to look at the way children and adolescent mental health services (CAMHS) are organised and delivered.

Mr Lamb, made his statement while visiting north Essex's in-patient CAMHS centre the St Aubyn Centre at Boxted Road, Colchester.

During it Mr Lamb said the current CAMHS system is 'not fit for purpose' and in 'urgent need of reform.'

Speaking after discussions with the minister, Nigel Hughes, consultant adolescent psychiatrist at

the centre said: "We were delighted to welcome the Minister to our centre and to hear what he had to say.

"We share his concerns about the way services for these vulnerable young people are currently organised and commissioned.

"There is constant pressure at a national level on bed spaces in our in-patient wards; we recently have had a young person from the west country with us as there was no other available space nearer their home, and also recently discharged a young person back to their home in New-castle".

Fresh look at health engagement

INVOLVEMENT is a patient and public participation (PPP) programme, delivered by Lancashire and Central Commissioning Support unit (CSU) on behalf of NHS England).

Wellbeing East, the regional health and social care network in the East, is working with Lancashire and Central CSU to support the development of this new pioneering approach to engagement in the East of England.

The aim of the programme is to create a more engaged health community, where patient and public voices have a greater influence upon decisions relating to health and care; improving quality of services for all.

Check out the regional page at:

www.oneeastmidlands.org.uk/involvementeast

Community grants offer

TCHC Community Grants application phase now open and up to £15,000 can be applied for by small third sector organisations.

The grants are for projects supporting people from the hardest to reach communities and individuals experiencing multiple disadvantage to access employment and skills provision

More details at: <http://www.tchc.net/services/community-grants>

NHS AGM date

NHS England will be holding its Annual General Meeting on September 18 at the Queen Elizabeth II conference centre, Westminster, London from 5pm.

Register at: <http://www.events.england.nhs.uk/nhs-england/163>



Essex House, base for staff in the Joint Domestic Abuse Triage Team.

National visitors to local schemes

MEMBERS of the independent panel set up by the Government to review how councils are re-modelling services around the needs of people, not organisations, have visited projects across North East Essex.

They are all initiatives spearheaded by the Essex Partnership's Public Service Reform Unit.

They included, Essex House, Colchester, where the panel spoke to frontline staff from the new Joint Domestic Abuse Triage Team, established by Essex County Council, Essex Probation, Essex Police and Health and Social Care partners.

Colchester Community Hub and Library presented its joint public sector approach to community services housed together in one location.

The team behind the Tendring Intelligence Pilot outlined how they are bringing partners together to ascertain and map the public sector demand for services in a geographical area in Clacton.

Colchester CVS introduced the panel to Time, Business and



Visited- Colchester Library and Community Hub.

Carebank volunteers and demonstrated My Social Prescription, a new, more holistic approach to managing social issues within the community.

The day finished with a visit to Family Solutions Colchester and Tendring, at the Greenstead Youth Centre.

Here the visitors met frontline staff and families who spoke about the benefits of early intervention and how the partnership services have positively transformed peoples' lives.

See a video of the Public Service Transformation Panel visit at: <http://essexpartnership.org/content/see-transformation-challenge-panels-visit-essex>