

Summer 2019



## A summer of planning

Plans drawn up by Derbyshire's health and care organisations are being re-visited this summer, to take account of new national NHS priorities, local health needs and the wider determinants of health and wellbeing such as education, housing, air quality, and employment.

Through the summer months, health and care organisations across Derbyshire are taking stock to understand how local services might need to change to provide the best support for people to have a good start to life, stay well, age well and eventually die well.

According to research, health services working alone only account for one-fifth of the support people need to stay healthy. Other things which influence how healthy someone is include their education, housing, employment and the quality of air they breathe, all things that are not traditionally built into health service development. It is crucial that health organisations work with partners in councils, other public sector bodies and the voluntary sector to join up the way we think about the health of the population.

Vikki Taylor, director of the local sustainability and transformation partnership (STP), known as Joined Up Care Derbyshire, said:

*"The evidence shows that through changing the way services operate, we have a significant opportunity to improve outcomes for local people while at the same time making better use of public money. The health and care system needs to change and update and whilst the financial situation remains challenging, attention of the health and care system is focused on service transformation opportunities that are available to us."*

Find out more about this summer's planning on page 2.



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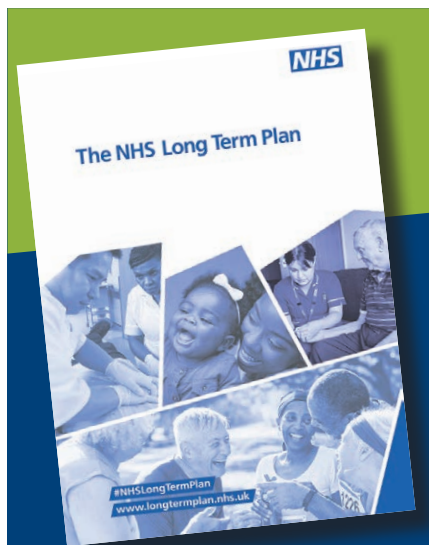
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# Planning improvements for local health and care

STPs were originally devised in 2016 with the aim of aligning plans for the NHS and local authority adult and children's care services to ensure better experience of care, better health and better value for money (some of the improvements made to services as a result of this plan were highlighted in our May newsletter). Identifying a number of priorities to meet the changing needs of local people, and challenges facing public services, the plans are being reviewed to make sure they are still looking at the right areas of care, and to take account of the priorities listed in NHS Long Term Plan (published by NHS England in January 2019).

Since publication of the Joined Up Care Derbyshire STP in October 2016, progress has been made in the aims set out in response to the original 'case for change'. In reviewing our proposals, we are looking for a shift in focus on:

- People not patients
- Outcomes to ensure the people of Derbyshire 'have the best start in life, stay healthy, age well and die well'
- The wider determinants of health such as housing, education and air pollution management
- Addressing inequalities and population health management
- Our transition to becoming an Integrated Care System by April 2021
- Enhanced engagement with people, patients, staff and wider stakeholders in driving our approach. In doing so, all partners will be involved in developing and subsequently delivering our five-year plan.



The NHS Long Term Plan Implementation Framework, published June 2019, has specific requirements for what must be included in our plans. These include:

- Transforming 'out of hospital care' with fully integrated community-based services
- Reducing pressures on emergency hospital services
- Giving people more control over their own health and more personalised care
- Digitally-enabling primary care and outpatient care
- Improving cancer outcomes
- Improving mental health services
- Shorter waits for planned care
- Increasing the focus on prevention
- Becoming an Integrated Care System.

Joined Up Care Derbyshire has established a number of programme boards to take forward the local refresh of plans and the implementation of the NHS Long Term Plan. These cover the main areas of care which have been

identified as local and national priorities:

- Urgent care
- End-of-life care
- Maternity
- Children and young people
- Cancer
- Improving patient flow
- Mental health
- Learning disability and autism
- Planned care
- Place

Each programme has been asked to review the original submission made in 2016 to ensure this is still relevant to local priorities, and to refresh any areas that require change. Open meetings are being held of the groups responsible for looking at certain health conditions and the community-based groups known as place alliances. These meetings are providing a chance for people in Derbyshire to learn about the emerging plans and have their say on how these can be improved. Details of events and further information are available on the [www.joinedupcarederbyshire.co.uk](http://www.joinedupcarederbyshire.co.uk) website.

Joined Up Care Derbyshire have met representatives from both local authorities and Creative Carers (an organisation set up and run by carers for carers), to pull together a summary of 'what carers want' for consideration and inclusion in the STP refresh. The content of 'what carers want' has been produced from conversations with Creative Carers over many years. This will ensure that carers have a strong voice in the decisions being made about future services. The final edited version of 'what carers want' will be available soon.





Vikki Taylor, Derbyshire STP director said:

*“We’re really keen to improve the engagement in this planning phase to make sure that local people can both see what we are suggesting as the way forward and help to shape it further. Everything we do is aimed at improving the health and care of local people, and it is only right that local people help to co-design the plan.”*

Current changes to the plans are looking more to:

- Supporting people who are elderly or who have a long-term condition to manage their health more actively with support, to help to reduce avoidable admissions to hospital
- Ensuring that patients who have surgery or other specialist needs are called to outpatients appointments only where these will be of benefit

- Reducing the demand on services which deal with unplanned or urgent care needs, including accident and emergency departments and hospital beds
- Making stronger links with the work of local councils on housing, air pollution and education to address other factors which have a detrimental effect of people’s health
- Tackling the main causes of avoidable death across Derbyshire through prevention programmes targeted at cancer and obesity.

The refreshed plans will be collated during August and will be reviewed by the Joined Up Care Derbyshire Board in September, followed by review at each partner organisation’s board, governing body or cabinet meeting. The first submission to NHS England/ NHS Improvement is at the end of September, with final plans being required for 15 November.



## New Chair for Derbyshire

Joined Up Care Derbyshire has appointed Ashbourne resident John MacDonald to the position of Independent Chair following recent interviews. John has worked in and with the NHS in Board level roles for more than 25 years and is the first permanent appointment to the role, as

Joined Up Care Derbyshire looks to pave the way for greater integration of health and care services in the future.

Announcing Mr MacDonald’s appointment, Vikki Taylor, Derbyshire STP Director, said:

*“We are delighted John has agreed to become the independent chair of Derbyshire’s Sustainability and Transformation Partnership following a rigorous, national selection process. John has a long and proud history of public service in Derbyshire, the East Midlands and more widely across England and abroad. His experience at a senior level in the NHS and significant experience as a Chair will help steer the Derbyshire health and care system as we tackle some of the major health and care challenges facing local people.”*

John is currently the Chair of Sherwood Forest Hospitals NHS Foundation Trust and will continue in that role. Having worked overseas in the early part of his career, he has worked inside the NHS in various Board and consultancy roles since 1990. As a former Chief Executive of Derbyshire Royal Infirmary, Oxford Radcliffe Hospitals and Queens Medical Centre in Nottingham, John has significant leadership experience with a strong track record of delivering large scale transformation programmes to improve care. will work with leaders of Derbyshire’s hospital trusts, mental health provider, Local Authorities, primary care networks and NHS clinical commissioning group to enhance NHS and care services.

## Introducing primary care networks

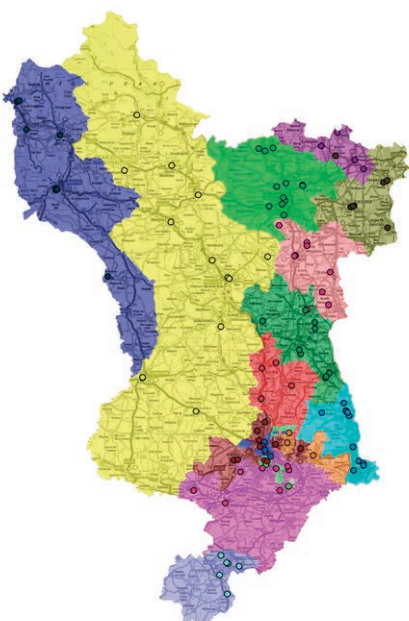
In July 2019 Derbyshire signed off plans for the creation of 15 primary care networks (PCNs) in the county.

These networks are based on GP practice patient lists, typically serving communities of around 30,000 to 50,000 people. They are aimed to be small enough to provide the personal care valued by both patients and GPs, but large enough to have impact through better collaboration between practices and others in the local health and social care system.

The networks build on current primary care services to offer patients more convenient access to treatment and support from a wider range of healthcare professionals including clinical pharmacists, social prescribing link workers, physiotherapists and others.

Clinicians have described this as a change from reactively providing appointments to proactively providing care for the people and communities they serve.

Further information about primary care networks is available at [www.england.nhs.uk/pcn](http://www.england.nhs.uk/pcn).



## Raising awareness of Joined Up Care Derbyshire

Joined Up Care Derbyshire has developed an interactive workshop to deliver to communities in the city and county, with a specific focus on 'seldom-heard' groups.

Delivery of the workshop began in June to support the planning refresh, but the aim is that it will continue beyond the summer, to support continuous engagement on local projects.

### The workshop aims to:

1. Raise awareness of Joined Up Care Derbyshire
2. Support people to understand the concept of integrated care in a way that matters to them, through examples that they can relate to
3. Gauge public opinion about the work of Joined Up Care Derbyshire and hear concerns, comments, ideas for improvement and common questions, and ensure this is fed into plans
4. Provide regular updates on the progress being made in Joined Up Care Derbyshire, through periodic re-visits and updates to community groups.

Anyone wishing to have the workshop visit their group can contact the team at [joinedupcarederbyshire@nhs.net](mailto:joinedupcarederbyshire@nhs.net)



## Advancing stroke care

The National Stroke Programme has been developed jointly by NHS England and the Stroke Association in consultation with clinical experts and people affected by stroke. Building on the work of the 2007-17 National Stroke Strategy, the programme supports the health and care system to deliver better prevention, treatment and care for the 80,000 people who have a stroke in England each year, and meet the ambitions set out in the NHS Long Term Plan. More information is available at <https://www.stroke.org.uk/get-involved/campaigning/nhs-long-term-plan>

# Have your say via our Citizens' Panel

Joined Up Care Derbyshire has developed a Citizens' Panel to ensure that we can listen to and learn from our local people.

By sharing your feedback and opinions on health and care services, you can help us to design services that take into account 'what matters to people', on a range of topics related to health and care services.

Panel members will be contacted throughout the year to provide input and views on health and care services in Derbyshire. Members will be invited to take part in a range of surveys which you can fill in online or through the post, and you can also opt to attend focus groups, working groups or committees in person to talk about health and care in more detail.

There are many benefits of being a Citizens' Panel member:

- You will be helping to ensure we provide better quality care in a way that matters the most to local residents.
- You will have the opportunity to have your views heard by local health and care decision makers.
- You will find out about new plans and ideas for Derbyshire.
- You can get involved as much or as little as you like, in the comfort of your own home through taking part in our online surveys, or you can choose to attend one of our workshops or focus groups
- You will be reimbursed reasonable travel expenses for participation in face-to-face meetings such as focus groups.



Every aspect of the panel is entirely voluntary - we only ask that you interact with the panel at least once in every six-month period. To sign up as a panel member, complete our online form at <https://secure.membra.co.uk/JUCDerbyshireApplicationForm/> or email [joinedupcarederbyshire@nhs.net](mailto:joinedupcarederbyshire@nhs.net) for a paper form that can be completed and sent by post.

## NHS chief executive visits Derbyshire

Simon Stevens, chief executive of NHS England, visited the East Midlands recently to look at the way in which local services are improving care for local people, and to brief health and care service leaders on his vision for the future.

Along with Dale Bywater, NHS England and NHS Improvement's regional director for the Midlands, Simon met Adam Chilcott and Dan Walmsley, the team's 'experts by experience', alongside Jackie Fleeman and Rachel Johnson from the learning disability strategic health facilitation team. The group discussed the development of annual health checks for people with learning disabilities and how the team works with Derbyshire GPs, nurses and dentists to ensure that people with learning disabilities are able to access NHS services in a timely and effective way.

Following a visit to Kingsway Hospital, Simon met colleagues Dr



Debbie Edwards (Acute Liaison Nurse), Ifti Majid (Chief Executive of Derbyshire Healthcare NHS Foundation Trust), Jackie Fleeman (Lead Strategic Health Facilitator), Simon Stevens (NHS England Chief Executive), Adam Chilcott (Expert by Experience), Dan Walmsley (Expert by Experience), Rachel Johnson (Strategic Health Facilitator) and Dale Bywater (NHS England and Improvement Regional Director – Midlands).

Simon Thacker (consultant old age psychiatrist and clinical director for mental health assessment services) and Dr Kripa Chakravarthy (consultant liaison psychiatrist and lead on alcohol and substance misuse) from the Trust's psychiatric liaison team in a wider visit to the Royal Derby Hospital. Acute liaison nurse Debbie Edwards shared case studies to illustrate new ways that Derbyshire Healthcare had provided support to people with learning disabilities within the Royal Derby Hospital.

Derbyshire Healthcare chief executive Ifti Majid said:

*"This was a marvellous opportunity to talk about the great work that our staff are doing on a day-to-day basis. I'm pleased that Simon was able to meet face-to-face with our colleagues and experts by experience. As a Trust, we were delighted to have had the opportunity to showcase some of our current successes and discuss how we intend to improve and develop in the future."*



# Designing an Integrated Care System

Just as you get to understand what a STP is, along comes some more initials. This time, it's an ICS. The NHS Long Term Plan sets out the ambition that every part of the country should be covered by an integrated care system (ICS) by 2021. But what is an ICS and how does that differ from a STP?

Since 2016, health and care organisations in Derbyshire have been working together as a sustainability and transformation partnership (STP). STPs aim to join up planning and service delivery across historical divides: primary and specialist care, physical and mental health, health and social care. Joined Up care Derbyshire - the STP in our county - is also helping to prioritise self-care and prevention so that

people can live healthier and more independent daily lives.

An Integrated Care System (ICS) will form an even closer collaboration, with the pooling of certain budgets. Notable features will be:

- Using a growing share of funding for primary and community services to help build 'primary care networks'. These networks will have expanded neighbourhood teams which will comprise a range of staff such as GPs, pharmacists, district nurses, community geriatricians, dementia workers and allied health professionals such as physiotherapists and podiatrists/chiropodists, joined by social care and the voluntary sector'
- Better understanding data and

other intelligence about the health and wellbeing of all people in our area, so that we can improve day-to-day physical and mental health, and reduce health inequalities between different groups

- Closer working with local government and voluntary sector partners on prevention and health inequalities
- Pooling the resources of all our partners, and taking a shared responsibility for how these collective resources are used to improve health results and quality of care, putting people and patients at the heart of the decisions that are being made.

Partners in Derbyshire are holding a series of workshops through summer 2019 to determine how we become an ICS by 2021.

## Mental wellbeing support in schools

Derbyshire is set to benefit from NHS England and Department for Education funding for the roll-out of mental health support teams in schools and colleges. The teams will provide mental health and emotional wellbeing support to children and young people and their families and carers through schools and colleges. This is an extension of the work to improve access to mental health care for young people set out in the NHS Long Term Plan.

A further 123 mental health support teams will be introduced nationally in 57 areas of the country, including Derbyshire, during 2019-20 on top of the 59 teams announced in December 2018. Each will support several schools and colleges, covering a population of around 8,000 children and young people.

Their new workforce of education mental health practitioners will work with education settings to provide early intervention on mild to moderate mental health issues and provide help to staff in schools and colleges. Teams will also act as a link with local children and young people's mental health services and be supervised by NHS staff.

Within the Joined-Up Care Derbyshire (JUCD) footprint there will be four Mental Health Support Teams. These will be based at:

- Lady Manners working with educational settings across the Derbyshire Dales district (approximately 8,000 children and young people)
- Bolsover Secondary School working with approximately 8,000 children in the North East Derbyshire and Bolsover locality

- Ormiston Ilkeston Academy working with approximately 8,000 children in the Erewash locality
- Kingsmead Pupil Referral Unit and All Age Special School within Derby City Opportunity area, working with approximately 20 Pupil Referral Units and Special Schools across the county and city. 500 children and young people will benefit from direct individual support in a cohort of 2,000 children.

### Did you know?

More than 1,500 'be a mate' anti-stigma ambassadors have been trained in schools to help improve students' personal resilience.

# Local appointments

## University Hospitals of Derby and Burton

University Hospitals of Derby and Burton Chair John Rivers CBE DL retired at the end of July 2019 following more than ten years of NHS service as chair. During this time John has overseen a transformation in care since the new Royal Derby Hospital opened and the merger between Burton Hospitals NHS Foundation Trust and Derby Teaching Hospitals NHS Foundation Trust. In John's tenure the Trust has grown to become one of the largest university teaching hospitals in the country.

Governors at UHDB have successfully recruited a new chair. Dr Kathy McLean OBE has been appointed as board chair from 1



August 2019. Until recently Kathy held a national role as a board member of NHS Improvement as executive medical director and chief operating officer. The council of governors has also agreed the appointment of Dr Ian Gell and

Justin Shannahan, as two new non-executive directors, replacing Paul Doona and Dr John Davies.

Maura Teager, lead governor, said: *"I should like to place on record our thanks to chair John Rivers. We shall be celebrating his contribution to the Trust when he retires this summer, but we would wish to recognise the work, dedication and leadership he has given for the benefit of all of our patients, communities and staff over the past decade. We are delighted that Dr Kathy McLean has agreed to become the new chair of UHDB. Kathy has strong ties with the trust from her time as a consultant physician and Medical Director."*

## Chesterfield Royal Hospital



Chesterfield Royal Hospital NHS Foundation Trust has appointed Angie Smithson as its new chief executive from 2 September 2019. Angie is currently a deputy chief executive/chief operating officer (COO) who has been based in Liverpool since 2014. She has more than 30 years of NHS experience, starting her career in nursing and midwifery in 1986, before moving into a range of leadership positions.

Since 2017 she has combined her COO role with the responsibilities of integration director, leading a complex and challenging merger to combine Aintree University Hospital NHS Foundation Trust with the Royal Liverpool and Broadgreen University Hospitals NHS Trust.

Angie replaces Simon Morritt who will become chief executive at York Teaching Hospital NHS Foundation Trust.

## Derbyshire Community Health Services

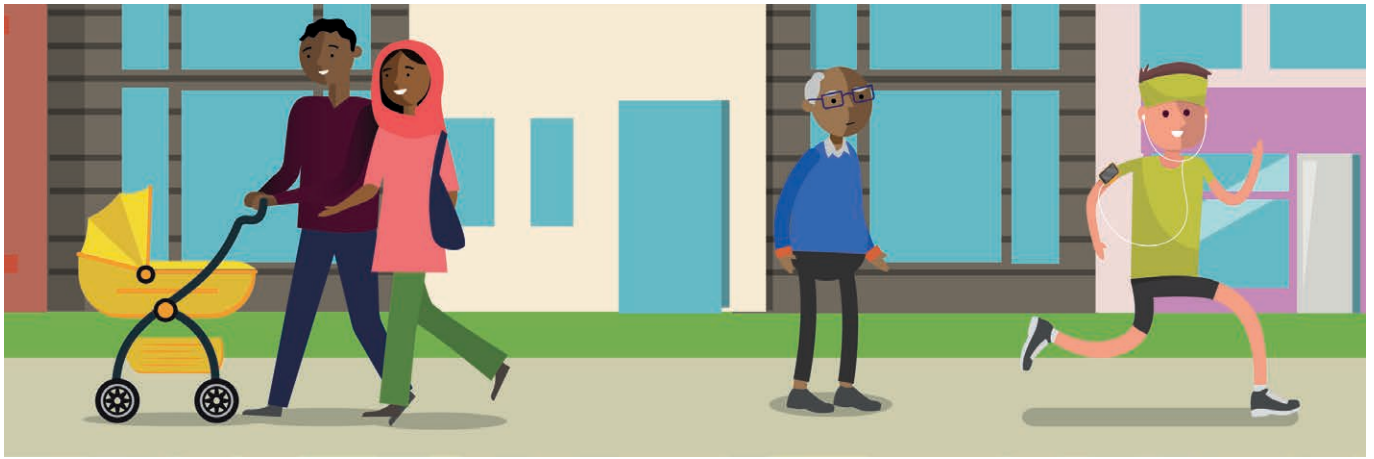
Dr Ben Pearson has taken up post as the new medical director at Derbyshire Community Health Services NHS Foundation Trust. Dr Pearson was previously a consultant physician at the University Hospitals of Derby and Burton NHS Foundation Trust, a role he had held since 2004. Before that, he worked as clinical director for acute medicine and divisional medical director for integrated care, also in Derby. He brings a wealth of experience as both a physician and geriatrician in

the care of older patients. Recently he has focused on the delivery of integrated care and the development of community focused multi-disciplinary frailty services across Derbyshire, as a leading member of the Joined Up Care Derbyshire clinical and professional reference group. He also holds key clinical leadership roles within the East Midlands Clinical Senate and for the mid-Nottinghamshire clinical commissioning groups.

Dr Pearson took over the role of medical director on Monday 3 June

from Dr Rick Meredith who retired at the end of May 2019.





## Taking a population health perspective



Better insight leads to better decisions; better decisions lead to better outcomes. That is the proposition behind a new support programme commissioned by NHS England and NHS Improvement (Midlands) to be provided by a partnership of organisations led by NHS Midlands and Lancashire Commissioning Support Unit.

The programme will support STPs, building capability and capacity to embed population health management practices into the new integrated care systems; and will initially cover eight STPs in NHS England's Midlands region including Joined Up Care Derbyshire.

The programme will focus on improving the use of data in designing and delivering services to improve people's health. But it will also focus on the 'human factors' – such as leadership, culture, decision-making and analytical skills - needed to translate insights into action and outcomes.

## GP appointments at the weekend

All Derbyshire GP practices now offer longer opening hours on some evenings and at weekends, meaning there are now more than 108,000 additional appointments available. Practices have been working hard to provide mutual cover, and this is providing shorter waits for appointments, helping people access care outside of traditional working hours.



MOTHER HUB

## Mother Hub website launched

The 'Mother Hub' website has been launched, providing reliable information for pregnancy, birth and the early days with baby, including the choices that women have.

Visit <https://motherhubderbyshire.co.uk/>.