

## Autumn 2019 newsletter



## Progressing our plan ready for a November submission

Over the summer months we have been talking to a wide range of stakeholders to inform the refresh of our Sustainability and Transformation Partnership (STP) Plan, this partnership is referred to as Joined Up Care Derbyshire. This engagement culminated in an event hosted by the Joined Up Care Derbyshire Board in September which saw people including MPs, Patient Participation Group members, councillors, voluntary sector representatives and representatives from campaign groups hearing the early headlines emerging from the planning. The main themes emerging from the discussion included:

- The requirement for the Derbyshire system to focus on a smaller number of key priorities rather than try to solve everything at once
- The importance of seeing overlaps between different areas of care to link priorities together where possible
- The importance of sharing data across all partner organisations to ensure we can truly streamline care
- The importance of seeing the voluntary sector as a partner and working with them as a provider
- The need to join up our approach to meeting workforce challenges and to ensure we are working as a system and not as individual organisations

- The need for a greater balance between health and care – the plan to date is very much based on the priorities of the NHS.

A full summary of notes from the event, and a delegate list, can be found on the [website](#).

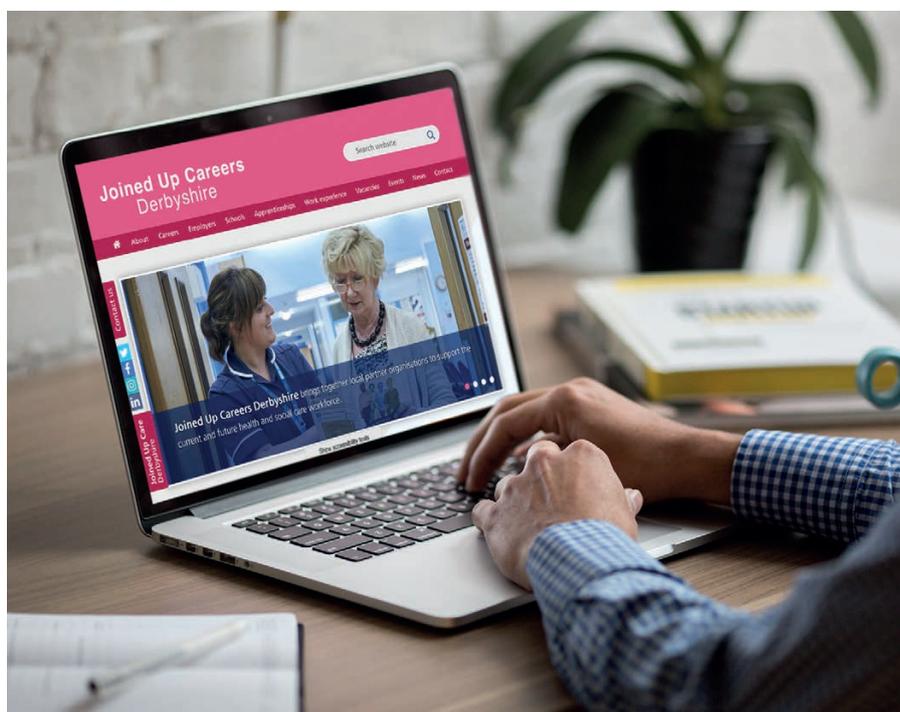
Following on from this engagement the first draft of the Joined Up Care Derbyshire Plan was submitted to our NHS regulators on 27 September 2019. The plan outlines how Derbyshire aims to deliver the commitments made in the NHS Long Term Plan, published in January 2019, and identify the main areas of focus for improving the health and care of local people.

As part of our on-going engagement to further inform the development of the plan ahead of the final submission in November, a draft version is now available on our [website](#) for you to review and comment on. It should be noted that crucial numbers around workforce, finances and provision of care are still being crunched, but we felt that it was important that our stakeholders had early sight of the plan and the opportunity to comment.

# Everything you ever wanted to know about Joined Up Care



An introductory guide has been produced to explain all about Joined Up Care Derbyshire – what it is, what it does, and what it wants to do. The guide is available on the [Joined Up Care Derbyshire website](https://joinedupcarederbyshire.co.uk) and features articles explaining some of the challenges facing the provision of health and care today – and some of the activities that are taking place and that are planned to tackle these challenges. The publication also details the progress being made by Joined Up Care Derbyshire’s various workstreams and looks at some of the big national changes as set out in the NHS Long Term Plan, such as setting up integrated care systems.



## New-look website for Joined Up Careers

Joined Up Careers Derbyshire, which brings together local partner organisations to support the current and future health and social care workforce, has launched a new website – see <https://joinedupcareers.co.uk>

The new website has an expanded range of information on recruitment and retention activities across partner organisations in Derby and Derbyshire and a number of new features. It brings together all partner organisation vacancies on the home page and within the site and features clear links to Joined Up Careers’ four social media channels.

The site hosts information on a broad-range of career-related subjects such as work experience, promoting careers in schools and colleges, apprenticeships and sector-based work academies. The site provides information on the types of roles available within the local health and care sector and signposts out to relevant national organisations.

The website is also accessible via the ‘Jobs and careers’ menu tab on the main Joined Up Care Derbyshire STP website – <https://joinedupcarederbyshire.co.uk>

Susan Spray, programme lead for Joined Up Careers Derbyshire, said: *“The new website provides Joined up Careers and all of its partners with an exciting opportunity to build greater accessibility and equality for individuals and widen the talent pool for employers to ensure a diverse future workforce. Aimed at creating a consistent solution through the system-wide platform, we are working closely with partners by creatively exploring new approaches to raising the profile of careers in health and care. We are also working to provide individuals with the skills they need for a better future, not just in real world experiences, but through class and interactive experiences.”*



## Citizens' Panel grows membership

Joined up Care Derbyshire Citizens' Panel, launched this summer, now has 1,649 members, and the aim is to increase this to 2,000 members by the end of the year.

Panel members have been invited to four welcome events that have taken place across the county to find out more about the work of Joined Up Care Derbyshire. The event taking place in Derby had more than 30 attendees while the Chesterfield event attracted more than 50 attendees. Participants at these events received a presentation to inform them about the primary care digital strategy in Derbyshire, delivered by David Hill, service delivery manager for Derby and Derbyshire Clinical Commissioning Group. There are two further welcome events taking place in Buxton on 17 October, 1.30-3.30pm, and in Swadlincote on 22 October, 1-3pm.

All members were asked to give their views on online access to health services in August via a survey. The results of this survey are currently being collated and will be reported on in the next issue of this newsletter. They will feed into Derbyshire's digital strategy, and the STP refreshed plan.

You can find out more about the Citizens' Panel and become a member through the [website](#).

# Taking a population perspective

'Population health' is an approach aimed at improving the health of an entire population. It is about improving the physical and mental health outcomes and wellbeing of people, while reducing health inequalities within and across a defined population. It includes action to reduce the occurrence of ill-health, including addressing wider determinants of health, and requires working with communities and partner agencies.

The NHS has launched its new [Academy for Population Health Management](#) website. The website brings together the most up-to-date and inspirational information around population health management techniques for the NHS and its partners. Any staff member within a health and care system can register to join by emailing [england.stgphm@nhs.net](mailto:england.stgphm@nhs.net).

See this NHS England infographic for more information.

### A quick guide to population health management

How can it help you?

**Our health and care needs are changing:** we are living longer with more multiple long-term conditions like asthma, diabetes and heart disease.

Much of this is down to lifestyle factors and where we live rather than the health and care services treating us.

Population health management helps us understand and predict future health and care needs so that we can better target support, make better use of resources and reduce health inequalities.

**Which factors impact your health?**

- Our environment** 5% housing quality and our built environment
- Healthcare** 10% being able to access good quality care
- Social and economic circumstances** 15% education, employment, income, family/ social support, community, safety
- Our behaviours** 40% smoking, diet, alcohol use, poor sexual health
- Genetics** 30% your genes can directly cause or increase your risk of developing a wide range of medical conditions

**Each year lifestyle and environmental factors cost the NHS £11 billion**

**Impact of social and economic inequalities costs a further £4.8 billion**

**What is population health management?**

The NHS and its public sector partners use expert analysis of data on factors like health, housing, employment and where people live as well as current medications.

They can find new insights about specific groups of people and whether they are being seen by the right professionals.

Expert medics, clinicians and public health professionals assess the data and can tailor care better to those patients.

Past public health research shows this personal care improves physical and mental health and reduces health inequalities.

**Why does it matter and who is involved?**

To solve wider issues impacting people's health, expert insights take a more complete snapshot of a person's needs and environment.

All our public services are involved • the NHS • the public • schools • fire service • councils • voluntary sector • housing associations • social services • police.

**A flavour of what's been achieved so far**

- In Lancashire and South Cumbria they used data on households with assisted bin collections to find frail patients in need of more proactive personalised care to keep them living well at home.
- In Leeds analysis pinpointed 80 patients with frailty at risk of further problems - they now get better personalised care to stay well, active and independent.

Population health management is a key building block in the development of integrated care systems. To find out more visit [www.england.nhs.uk/integratedcare](http://www.england.nhs.uk/integratedcare) #futureNHS #datasaveslives

## Supporting suicide prevention

The International Association for Suicide Prevention (IASP) marked [World Suicide Prevention Day](#) in early September with the event showcasing a number of ways in which individuals and organisations can get involved to raise awareness about mental health and suicide prevention.

Suicide prevention remains a universal challenge. Every year, suicide is among the top 20 leading causes of death globally for people of all ages. The impacts are devastating - every life lost represents someone's partner, child, parent, friend or colleague.

World Suicide Prevention Day provides an opportunity every year for communities to come together to raise awareness of suicide prevention, tackle the stigma that prevents people from seeking help when in distress, and support and signpost people in need to sources of support. Local organisations can show their support for this agenda by signing up to membership of the [National Suicide Prevention Alliance](#).

Derbyshire has a [suicide prevention strategy](#) in place – with [training on mental health and suicide prevention](#) also available. Local support on suicide prevention is available by contacting [ASCH.Suicide.Prevention@derbyshire.gov.uk](mailto:ASCH.Suicide.Prevention@derbyshire.gov.uk)



## JOINED UP CARE DERBYSHIRE MATERNITY WORKSTREAM

# Mums call for more breastfeeding-friendly spaces

Breastfeeding mums have asked more businesses and community spaces to become breastfeeding-friendly places in Derby and Derbyshire.

Mums and babies met at the QUAD in Derby earlier this summer as the contemporary arts centre became the first venue in Derby to receive the City Council's Breastfeeding Welcome Here Award.

Claire Heggison, a 34-year-old breastfeeding mum from Chaddesden, says she purposefully seeks out venues she knows support breastfeeding on their premises. "It's really important to find places where you feel comfortable, particularly during the early months," the mum-of-two explains.

Laura Moore, deputy chief nurse for NHS Derby and Derbyshire Clinical Commissioning Group, said:

*"The For You & Baby support network is here to help by sharing tips and guidance on breastfeeding. Evidence shows breastfeeding provides a range of health benefits for mum and baby to help strengthen their bond and provide protection against many illnesses, including ear and chest infections, tummy upsets and lowers the risk of diabetes. When mums can breastfeed, we want to support them in that, so we're delighted the QUAD has joined the Breastfeeding Welcome Here Award scheme."*

- Derbyshire Maternity Voices (DMV) want to hear your views and experiences of maternity care during pregnancy, birth and after. DMV is a team of women, parents, midwives, health visitors, doctors and commissioners working together to review and contribute to the future of local maternity care. Email [derbyshirematvoices@gmail.com](mailto:derbyshirematvoices@gmail.com) or follow on Twitter @DerbyshireMVP



You can also find out a wide range of information about breastfeeding at the For You and Baby website. Visit [www.foryouandbaby.org](http://www.foryouandbaby.org).



## Integrating local services

Derbyshire is a large county with a vibrant, busy city. We have a population of more than one million people and each part of the county has its own identity and local character. In order to help make sure care and support best meets the needs of local people, we have divided the county into eight geographical areas and called them 'Place Alliances'.

Place Alliances involve commissioners, community services providers, local authorities, primary care, the voluntary and community sector, and the public working together. Place Alliances meet regularly to work towards operating as a single team, to wrap care around a person and their family, tailoring services to different communities. To deliver this vision we are working out what people and local communities need to stay well and what already works.

Key representatives from each Place Alliance meet every month to form a 'Place Board', which sets the framework for the Place Alliances.



## Meet the Place Board Chair

Derbyshire resident and Wirksworth GP, Penny Blackwell is the Place Board Chair. In this role she brings together the expertise of leaders and citizens from across the eight Derbyshire Place Alliances to join up health, care and voluntary services for individuals, families and communities. Her role has been transformational in creating the environments in which to have inter-organisational conversations to think about new ways of working differently together.

Penny is a GP Partner at Hannage Brook Medical Centre in the Derbyshire Dales. She is passionate about building community resilience to promote improved health and wellbeing outcomes and previously, as Derbyshire Dales Place Alliance Chair, she was responsible for forging strong relationships between Public Health and Place in the Dales. Penny originally trained as a clinical biochemist, a job which she loved for 9 years, before retraining for a medical degree to enable her to work more closely with people. In her spare time (!) she continues her love of biochemistry by being the GP lead for Shared Care Pathology along with two Clinical Scientists and previous colleagues from



Derbyshire Pathology, based at Royal Derby Hospital.

Penny has strong support for third sector schemes, and outside of work, she is a Director of Flourish Rural Derbyshire, a social enterprise which creates arts and activity projects to support local people's wellbeing and prevent loneliness and isolation. You might also see Penny playing the French Horn at Derby Concert and Chamber Orchestra. She shares her Derbyshire home with Headteacher husband David, their two children and three cats.

## Get involved in Place

### Are you keen to participate in your local Place Alliance?

On each Place Alliance we have lay representation – people in the community with an interest in local health, care and voluntary services. We are currently recruiting lay representation to our North East Derbyshire and Bolsover Place Alliance and the Derbyshire Dales Place Alliance; other Places will have vacancies in future months. Lay representative vacancies are advertised to Citizens' Panel members, so ensure you are on the Panel to find out more.

# Personalising care, health and wellbeing in Derbyshire

Personalised care is one of the five major, practical changes to the NHS that will take place over the next five years, as set out in the recently published [Long Term Plan](#). Working closely with partners, the NHS nationally will roll out personalised care to reach 2.5 million people by 2023/24 and then aim to double that again within a decade.

Personalised care means people have choice and control over the way their care is planned and delivered. It is based on 'what matters' to them and their individual strengths and needs. Personalised care represents a new relationship between people, professionals and the health and care system. It provides a positive shift in power and decision making that enables people to have a voice, to be heard and be connected to each other and their communities.

Derbyshire's many varied programmes of work developing personalised care have been held up as best practice at national events. Joined Up Care Derbyshire has recently mapped out how we are seeking to meet NHS England's [comprehensive model of personalised care](#).

Among the activities being progressed which promote personalised care are:

- Championing 'prevention' of ill health
- Seeking to ensure patients with musculoskeletal (MSK) conditions have direct access to MSK First Contact Practitioners such as physiotherapists
- Increasing supported self-management for people with long-term conditions such as diabetes, respiratory and cardiovascular disease
- Providing a continuity of carer through the maternity workstream
- Providing more personalised care in the community for people with a learning disability and/or autism including the use of personal health budgets
- Advancing work by the [Live Life Better Derbyshire](#) Healthy Workplaces team and the [Livewell Derby](#) and Workwell team to support employers looking to develop a positive and proactive approach to mental health and wellbeing
- Derbyshire's Social Prescribing Plan.

## Social prescribing – what's it all about?

Social prescribing is part of the NHS England Long Term Plan commitment to personalised care.

People's health is strongly influenced by a range of social, economic and environmental factors. Social prescribing, sometimes referred to as community referral, enables GPs, health and care professionals and sometimes others to include information and access to a range of local, non-clinical services, activities and community initiatives that can help address their needs in a holistic way.

There are many different models for social prescribing, but most involve a link worker or navigator who is skilled in person-centred care planning and has knowledge of local sources of support and community activity. These activities are often provided by voluntary and community sector organisations but may also be facilitated by health and care staff or be small self-managed gatherings. Those who could benefit from social prescribing schemes include people who are socially isolated, people with long-term conditions and those who attend either primary or secondary health care frequently. To help with this, NHS England is funding new Social Prescribing Link Workers as part of Primary Care Networks who will be well placed to provide exactly what their job title states – a link between health, care and the community.

NHS England has asked local areas to work together to take a system-wide approach to social prescribing. This approach will take account of initiatives already out there which in Derbyshire include existing social prescribing and social connector schemes, related roles such as local area co-ordinators and care co-ordinators, public health initiatives and the work of local voluntary sector infrastructure services. At the request of NHS England, a range of partners representing all sectors have come together to form a Social Prescribing Advisory Group to advance our plans. For more information contact Christine Bell at Derby and Derbyshire CCG via email [Christine.bell1@nhs.net](mailto:Christine.bell1@nhs.net).

# Active Recovery celebrates second anniversary



Active Recovery, the Derby County Community Trust's cancer rehabilitation programme, celebrated its second anniversary on 23rd September. Over the last two years nearly 400 participants have engaged in the programme as part of their own recovery journey from cancer or through supporting a friend or family member through recovery.

The event, hosted at Pride Park Stadium, was attended by more than 80 of the programme's past and present participants, six of whom shared their stories before lunch and cake with donations going to Macmillan as part of their coffee morning week – which raised £111.45 for the charity.

Vincent Martin was one of the participants who shared his story. Vincent said: *"I was diagnosed with myeloma in 2016 and it was a complete shock to everyone. I went from being the life and soul of the party to experiencing chronic back pain as a result of the cancer which made it unbearable to even move sometimes."*

*"My counsellor told me about the Look Good Feel Better event at Pride Park Stadium where I met the Derby County Community Trust team. I only went to my first session in June, but it has already changed my life. The team, the exercise, meeting people I can talk to about my problems – it's all revolutionised the way I think about things and I can deal with my back pain much more. I look forward to it every week and I'm even able to go on holiday again now which I never thought would be possible."*

*"The Cancer active recovery programme helps individuals through their cancer recovery, during and post treatment, through gentle exercise classes designed to benefit and improve their lives whilst overcoming the disease. It not only helps those in treatment, but their families too. It has created a network of support for many participants involved who may not just be suffering from the physical side effects of cancer treatment but also the mental ones, which the programme helps to tackle by*

*providing chances to socialise and share experiences with those who understand most.*

*"The aims of Active Recovery are to ensure that patients maintain activity levels to the best of their abilities and benefit from the proven advantages of exercise during and after their treatment, along with gaining advice on food choice, relaxation and sleep techniques. As mentioned, the social side of the programme has also become invaluable for its participants."*

Denise Crouch Macmillan Cancer Lead Nurse/Cancer Programme Director Lead STP Joined Up Care Derbyshire

Active Recovery is available to anybody who is undergoing treatment or in the five years following their treatment. It is also open for partners, friends or family attend in support of the participant. To make a self-referral to join the programme please contact [stephanie.thompson@dcct.co.uk](mailto:stephanie.thompson@dcct.co.uk)

# Free public health e-learning

Public Health England has launched new free All Our Health bite-sized e-learning sessions to improve the knowledge, confidence and skills of all health and care professionals in preventing illness, protecting health and promoting wellbeing.

The sessions cover some of the biggest issues in public health from cardiovascular disease prevention to child oral health and they contain signposting to trusted sources of helpful evidence, guidance and support to help professionals embed prevention in their everyday practice.

Access the free e-learning sessions here

[www.e-lfh.org.uk/programmes/all-our-health/](http://www.e-lfh.org.uk/programmes/all-our-health/)



## All Our Health: Adult Obesity

The information in this session will help all health and care staff use their trusted relationships with patients, families and communities to promote the benefits of achieving and maintaining a healthy weight.



## All Our Health: Best Start in Life

This is a bite-sized session to give health and care professionals an overview of how to give children the best start in life - including key evidence, data and signposting to trusted resources to help prevent illness, protect health and promote wellbeing in the early years.

# Service making it home sweet home

The Derbyshire Home from Hospital Support service provides practical support for vulnerable people leaving hospital, or those living at home but at risk of being admitted into hospital.

The service is available for anyone who lives in Derbyshire (not including Derby City), or is registered with a GP in Derbyshire and has limited support from family or friends.

The service offers a range of support from undertaking shopping, making sure someone's home is warm and comfortable, support with day-to-day tasks like making appointments, and collecting medicine prescriptions.

Anyone can make referrals including self-referrals by phone 01283 817417, Monday to Friday, 9am to 5pm.



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