

Somerset Clinical Commissioning Group

Working Together to Improve Health & Wellbeing

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In This Issue

- [Editorial](#)
- [Have you had your say?](#)
- [Endoscopy 100 day challenge](#)
- [Somerset Integrated Digital e-Record](#)
- [Face to face diabetes prevention programme](#)
- [Somerset Maternity Voices Partnership Update](#)
- [Getset consultation](#)
- [Self-care campaign](#)
- [New Moving Medicine Tool](#)
- [Safeguarding Children](#)
- [Keep Antibiotics Working campaign](#)
- [New Social Care and Support Guide](#)
- [How the health system in England really works](#)

Editorial

Welcome to the combined October and November edition of the newsletter. We hope that you are taking good care of yourselves in these colder darker winter months and that you have braved your flu jabs!

As always, there has been a great deal going on in the county. The Fit for my future public drop-in sessions have been a very welcome step in getting out and about, connecting with, and hearing from people all over Somerset. Thank you to those who organised and supported these sessions and to the members of the public to come along to hear about our work and to share their views. More detail from Rosie below.

I hope you enjoy reading about all of the developments and initiatives included in this edition – as always please respond, question, suggest or cajole – the more we can tap into your skills, knowledge, experience, wisdom and enthusiasm the better job we will be able to do for the people of Somerset.

Dr Will Harris - Editor

Have you had your say?

The Fit for my future public drop-in sessions are continuing at pace, helping to shape the future direction of Somerset's health and care services. The team will have held 16 public drop-in sessions across Somerset by the beginning of December as well as attended a number of workshops/events to talk directly with a variety of groups about how they'd like Somerset's health and care delivered in future. Lots of conversations and lots of comments – from the importance of lifestyle choices, easily accessible services, working closer together and a more co-ordinated approach with the patient at its heart.

There's now even more chance for people to have their say with two further evening drop-in dates taking place at the Albemarle Centre, Taunton, on Thursday 22 November and Wells Town Hall on Thursday 6 December, both 6pm to 9pm. Please help us get the word out and encourage as many people as possible to come along and find out why we have to change, the services under review and our emerging thoughts on how health and care could be delivered in future. They can grab a free tea and coffee, talk to the team and complete a questionnaire. All feedback received counts and will help shape Somerset's future health and care. For more information, including the dates and times of the remaining events or to complete the survey online, check out www.fitformyfuture.org.uk and click 'get involved'. Also, don't forget to follow us on social media @FFMFSomerset!

For more information contact Rosie.Benneyworth@nhs.net

Somerset first to trial Endoscopy 100 day challenge

On 13 November 2018, the CCG and NHS England co-hosted a launch event to mark the start of an Endoscopy 100 day challenge at the local Hornsbury Mill in Chard. We had a range of clinical and operational colleagues join us from Taunton and Somerset NHS Foundation Trust, Yeovil District Hospital NHS Foundation Trust, Symphony Healthcare Services, and our Referral Management Centre.

Many will now be familiar with the 100 day methodology that our partners in NHS England use to rapidly test innovative ideas and learn from these. It is especially exciting this time around as Somerset are the first and only system involved to trial the pre- HII (High Impact Intervention) stage with our NHS England colleagues; so we have the opportunity to break new ground and share our learning with NHS colleagues; informing future practice nationally!

The findings from this pilot will contribute directly to the specification for this intervention, with an intention to develop a high impact intervention in Endoscopy for potential roll out in 2019/20.

Helena Fuller, Deputy Director of Acute Programme Transformation and Commissioning with Somerset CCG, and one of the executive sponsors for this initiative said: "It is so exciting for Somerset to have the opportunity to test out new ways of working to both address the current challenges within Endoscopy but also offer sustainable solutions for the future. We look forward to working with our Somerset System partners as well as with our NHSE colleagues and share our learning following our 100 day challenge".

For more information contact Helena.Fuller1@nhs.net

Somerset Integrated Digital e-Record (SIDeR)

Making sure that the right person has the right information at the right time is so important for health and care staff to provide the best care. The SIDeR Programme aims to improve electronic information sharing and it will mean that patients get the right treatment faster and will save health and care staff valuable time. Below is our long term vision for the SIDeR programme, illustrated by Bob's journey through the health and care system both before information is available to be shared, and after SIDeR is implemented.

Until a couple of years ago, health and care services were not able to share information electronically with each other, which means that information took longer to reach other services, if it was shared at all. Bob suffers from diabetes and [this is an example of what his journey through the health and care system might have looked like just a short time ago](#)

Somerset is currently on a journey to connect health and care systems together electronically to share information for the purposes of direct care. From October 2016 Yeovil District Hospital, Somerset Partnership, Musgrove Park Hospital, NHS 111 and the GP Out of Hours service have been able to see Somerset patient's GP Records on their computers when

they provide people with direct care, and this Tool has been accessed over 45,000 times. But this is only the start of enabling information to be shared to the right person at the right time. [This is what we want Bob's story to look like in the future](#)

The first Somerset Integrated Digital e-Record (SIDeR) Programme services will go live in early 2019 and an update will be provided in the next newsletter. Information shared through SIDeR will only be available to appropriate staff and only when people need care, not for any other reason.

For more information contact Jess.Brown@nhs.net

Face-to-face diabetes prevention programme for Somerset

The national face-to-face diabetes prevention programme has commenced in Somerset with the provider [Living Well, Taking Control](#).

The face-to-face programme follows the success of the digital programme which saw more than 900 pre-diabetic patients enrol in a programme that offered interventions and apps which allowed users to access health coaches, online peer support groups and electronic goal setting electronically. Some patients also received wearable technology to help them monitor activity levels and receive motivational messages and prompts.

The face-to-face programme differs in that it offers pre-diabetic patients the opportunity to enrol in a 12 month face-to-face behaviour change programme that offers tailored, personalised help including: education on lifestyle choices, advice on how to reduce weight through healthier eating, and bespoke physical activity programmes. Together these interventions have been proven to reduce the risk of developing Type 2 diabetes. The programme works best when delivered within a neighbourhood area, therefore we will be rotating to all areas of Somerset over the next eight months.

For more information contact Georgina.Clayton@nhs.net

Somerset Maternity Voices Partnership Update

After three successful recruitment events for the Maternity Voices Partnership (MVP) in Somerset, we have advertised for chairs for each of the four locations: Somerset West & Taunton, Sedgemoor, South Somerset and Mendip. The role of the chair will be to ensure that commissioners and providers of Somerset's maternity services have a greater understanding of the needs and experiences of the people who are using or have used their services. They will have a seat on the quality assurance meetings relating to maternity and we are also looking for a county-wide lead to look at the Perinatal and Infant Mental Health (PIMH) services. If you know of anyone who would be interested, please keep an eye on the Somerset MVP Facebook page (www.facebook.com/somersetmaternityvoices) where you will see more information about how to get involved.

For more information contact Lee.Reed2@nhs.net

Have your say on proposed changes to County Council's support and services for children and their families

The County Council is seeking views on proposals to reduce some of the support it currently provides through the getset service to children and families who have some additional needs. The information gathered will help inform a decision being made by elected members next year. A questionnaire to enable you to give your views can be found here: <http://www.somersetconsults.org.uk/consult.ti/Getset/consultationHome>

Or complete a questionnaire at a drop-in session (<https://somersetnewsroom.com/2018/11/14/drop-in-sessions-for-getset-service-consultation/>) at a Family Centre, library or by post. The consultation closes on 31 December 2018 at 23:59.

For more information email getsetconsultation@somerset.gov.uk or phone 011823 357479.

Self-care is still the best care when it comes to minor illness and ailments

During the recent National Self-Care Week (12-18 November 2018) Healthwatch Somerset, pharmacists and GP Practices from across Somerset helped to raise awareness of the simple things we can all do to stay healthy and help ourselves and our family should we be affected by minor ailments or illness.

These important messages which will be vital this winter include: encouraging people to visit their local pharmacy first, before their condition gets worse, where they can buy over the counter remedies and get clinical advice from pharmacists; helping people understand which NHS service best suits their need; and encouraging people to become empowered to make small changes to improve their health, such as eating a balanced diet and exercising more.

For the top 10 self-care health tips and to find out more [visit the Somerset CCG website](#)

New 'Moving Medicine' Tool

A new digital [Moving Medicine tool](#) will help healthcare professionals advise patients on how physical activity can help to manage their conditions, prevent disease and aid recovery. The website has been developed by the Faculty of Sport and Exercise Medicine, PHE, and Sport England, with funding from the National Lottery. It provides disease-specific [tools](#) (step-by-step guides, behaviour change insights, and evidence) for clinicians to engage patients in a short conversation about their physical activity -

Moving Medicine - <https://movingmedicine.ac.uk/>

Promotional resources - <https://movingmedicine.ac.uk/promotional-materials/>

Twitter - https://twitter.com/moving_medicine

PHE Press Release - <https://www.gov.uk/government/news/new-physical-activity-resource-for-health-professionals>

Sport England Press Release - <https://www.sportengland.org/news-and-features/news/2018/october/16/moving-medicine-tool-launched/>

This new resource should be used in conjunction with existing tools including:

BMJ e-learning on physical activity -

<https://learning.bmj.com/learning/course-intro/physical-activity.html?courseId=10051913>

CMO Physical Activity Infographics for health professionals -

<https://www.gov.uk/government/publications/start-active-stay-active-infographics-on-physical-activity>

Physical Activity Clinical Champion Programme training – email

physicalactivity@phe.gov.uk to book your free training session (for healthcare professionals).

A new suite of modules is currently being developed by PHE/ Sport England as part of the Moving Healthcare Professionals Programme. These will be launched on Health Education England's new e-learning platform in early 2019.

For more information contact CArcott@somerset.gov.uk

Latest news from the CCG's Safeguarding Children team

The November edition of the 'The Safeguard' will be shortly available on the CCG website. This is the monthly newsletter produced by the Somerset CCG's Safeguarding Children team and this, and previous newsletters, can be found here: <https://www.somersetccg.nhs.uk/about-us/how-we-do-things/safeguarding-children/>

Please see also the [Independent Inquiry Child Sexual Abuse newsletter for November 2018](#). This includes information on upcoming public hearings and seminars, and an update on the Truth Project and 'I will be heard' campaign.

For more information contact mel.munday@nhs.net

Keep Antibiotics Working Campaign

Somerset CCG supported Public Health England's recent [Keep Antibiotics Working campaign](#). The campaign delivers a message of the personal risk of the inappropriate use of antibiotics to motivate the public to change their behaviour without deterring those who do need antibiotics. Antibiotic resistance is a serious issue and all NHS colleagues are asked to safeguard antibiotics – and all the patients who rely on them – by supporting the ongoing campaign. Help to fight one of the biggest threats facing us today and make a pledge to become an [Antibiotic Guardian](#).

New Social Care and Support Guide

A new guide to social care is available on the NHS website. It contains information for people who might need social care, their families and carers, to help them understand their options and access services. Councils, NHS organisations and care providers can signpost people to the information.

Editor

Dr Will Harris

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Contact Us

Please send feedback on this newsletter to:

somccg.enquiries@nhs.net

They can also reuse it on their own websites through a free syndication service which pulls up-to-date content directly from nhs.uk onto their website or mobile application. Visit the [social care and support guide](#) or [find out more about reusing content](#) on your website.

‘The NHS Explained’ - How the health system in England really works

The King’s Fund has a [new four-week online course](#) to help people understand the building blocks that make up the health care system in England, through videos with King’s Fund experts, articles and quizzes.

The course is for anyone interested in the NHS in England and how it works. This includes NHS and social care staff in England (working in both clinical and non-clinical roles), anyone considering a career in the NHS in England, and patients and the public. There are also some taster videos to try.
