

## 60 Second Bulletin – Issue 3 – March 2016

### Welcome to the third edition of our bi-monthly community partner e-bulletin

We understand that our community partners lead busy lives, receiving information from a range of sources every single day and that's why we have produced the '*60 second bulletin*'.

The aim is provide you with a brief summary of local developments with an option to read more or watch our short videos.

I hope you enjoy the read.

Dr Andy Seymour, Deputy Clinical Chair

### Across the county

#### Digital technology set to improve care for diabetes patients

Patients in Gloucestershire will be among the first to benefit from a new initiative to modernise how the NHS delivers care.

The CCG is part of an innovative project which will allow people with diabetes to try out self-management technologies, such as wearable sensors, to help them manage their condition.

It is called the 'Diabetes Digital Coach' test bed project, and is one of seven national schemes the NHS is exploring, using technology to address complex health issues. Locally, the CCG is working with the West of England Academic Health Science Network and the healthcare community.

The initiative will support people with Type 1 or Type 2 diabetes to self-manage their condition and seek the right kind of help when they need it.

The CCG played a key role in developing the regional bid with Accountable Officer Mary Hutton being the programme's Executive Sponsor.

#### Joining Up Your Information to improve patient safety and care

The NHS and County Council in Gloucestershire are improving the way health and social care professionals share important patient information by giving them access to secure, online, carefully controlled details from across the care community.

Currently, patients and service users often have to repeat their stories each time they see a health or social care worker. This is because care providers often have different sets of records on systems that are not always joined up.

With the consent of patients, we are developing a system that will allow the most up-to-date care information about patients to be shared securely, for example, details that different health and care teams already share through telephone calls, letters and faxes.

More information is available at: [www.mylocalsharedcareinfo.org](http://www.mylocalsharedcareinfo.org) , including [frequently asked questions](#).

## **A big step in the fight against obesity**

The CCG, together with Gloucestershire County Council, is stepping up the fight to help people in the county lose weight and stay healthy.

In Gloucestershire, nearly 23.5% of adults are obese – that’s nearly 115,000 people. Obesity can have a significant impact on the health of both adults and children. It reduces our average life expectancy and obese people are often also subjected to bullying and stigmatisation, which can in turn lead to depression and low self-esteem.

In December, the county held a Healthy Weight workshop which more than 60 stakeholders from across the public and voluntary sector attended.

A number of objectives were agreed, and we are excited about taking initiatives forward with our partners, such as working with schools to encourage healthy eating and encouraging planners and licensing authorities to consider footpaths, cycle paths and playing fields in their plans. Other plans include inspiring more people to keep active, for example, through the “Walk a Mile” scheme in schools that encourages children to walk, run or skip a mile each day.

If your organisation would like to help, please contact [heike.fanelsa@nhs.net](mailto:heike.fanelsa@nhs.net)

## **New supported living houses open in Gloucester**

Working together, Gloucestershire County Council and the CCG are continuing to transform services for people of all ages who have a learning disability, autism, challenging behaviour or a mental health condition.

They have transformed Coombe End in Gloucester, which used to be a residential home, into eight independent, purpose-built flats to support people with severe learning difficulties and behavioural challenges.

The new houses will help people to live independently. Each person who lives there will have the opportunity to develop and strengthen their social and daily living skills, allowing them to take their rightful places in our community.

The development is the result of two years of joint working between Gloucestershire County Council, the CCG, Brandon Trust and Advance Housing. It has been built in line with the government’s national plan, Building the Right Support.

## **Community eye health services to be provided closer to home**

A new organisation, Primary Eyecare Gloucestershire (PEG), has been awarded the contract to provide community eye health services for the county.

PEG was formed by Gloucestershire Local Optical Committee. It manages a network of established and experienced optometrists which includes both independent practices and chains such as Spec Savers and Vision Express.

The new service will help patients access the right services closer to home through community opticians, often reducing the need to wait for hospital appointments. The service also hopes to raise awareness of conditions such as glaucoma, and encourage people, particularly those who are high risk, to get their eyesight tested.

It will also give staff opportunities to develop their skills and improve relationships with hospital and other clinicians.

Services will be introduced in phases over the course of this year from May, starting with glaucoma. The second phase will introduce new cataract services, followed by specific minor eye conditions in autumn and children's services at the end of the year.

## **Ill or injured? Not sure where to turn? - the ASAP App can help**

The NHS in Gloucestershire launched its ASAP campaign in April 2015 and it has already resulted in 5,000 App downloads and 12,000 website visits.

The initiative targets adults and parents of young children with advice on what to do if they are ill or injured and are unsure where to turn.

The promotional material encourages residents to check out the App (ASAP Glos NHS), Search the website ([www.asapglos.nhs.uk](http://www.asapglos.nhs.uk)), Ask NHS 111 or visit their Pharmacy.

The ASAP website and App allows users to 'Search by Service' or 'Search by Condition' – providing a step-by-step guide through symptoms, self-care and signposting to the appropriate NHS service/s.

Watch the video ([link directly the full ASAP video](#)).

## **New community urology service reduces waiting times**

The CCG has recently commissioned a new community service for patients with common urological conditions such as kidney, bladder or urinary tract problems. It is provided by GP Care at the Aspen Centre in Gloucester.

The service means that patients can be assessed and have any diagnostic tests they need to identify the nature of the illness in a non-hospital setting, as part of a single appointment.

Waiting times are very short (around two weeks) which can help reduce patients' anxieties, and most patients leave the appointment with a clear diagnosis and care plan.

We are working with GP Care to extend the service to another location in the county so that more patients can benefit.

## Locality highlights

### *Cheltenham*

#### **Cheltenham GPs go the extra mile to support carers**

Cheltenham GPs are currently exploring new ways to provide additional support for carers.

The locality's 17 practices have been going through their patient lists to identify carers and are reviewing any of these patients who have not recently had a health check. This highlights carers who might benefit from support, even though they themselves do not have a medical need.

With their agreement, practices are putting them in touch with their local Social Prescribing Co-ordinator. The Co-ordinator has extensive local knowledge of local community services and support groups, and can connect carers into these services.

This can help carers tackle issues such as loneliness, healthy living and coping with caring responsibilities.

### *Stroud and Berkeley Vale*

#### **Better screening for colorectal cancer**

GPs in Stroud and Berkeley Vale are improving arrangements for identifying colorectal cancer.

They are actively contacting patients who have not turned up for tests and, where appropriate, are encouraging patients to be screened. They explain the benefits of screening and provide a contact number for people to get a repeat testing kit.

Regular colorectal cancer screening is one of the most powerful weapons against colorectal cancer. It is important as it may detect bowel cancer in its early stages, and this can significantly improve survival rates.

### *Tewkesbury*

#### **Health professionals working together to improve care for children**

GPs in Tewkesbury have set up new ways of working to improve links with other healthcare professionals who play an important role in caring for ill children.

GPs now meet each month with paediatricians, occupational therapists, community nurses, school nurses and other professionals to review the way children are referred into services.

This allows patients to be directed to the most appropriate services, meaning they will get the right care when they need it. The health professionals can also use this opportunity to learn from each other.

### *North Cotswolds*

#### **Fun, fitness and healthy living advice at the North Cotswolds Health and Wellbeing Fair**

North Cotswolds Community Hospital will be hosting a Health and Wellbeing Fair to give residents the opportunity to find out about many of the local services and organisations on their doorstep and learn useful tips about keeping healthy.

The event will take place on Saturday 21 May from 12.00pm – 4.00pm in the hospital grounds. For some, it may provide helpful contacts and links to help people get the support they need to improve their wellbeing and quality of life; others may pick up on useful information about long term conditions and support for carers. There will be opportunities to meet new people, listen to the brass band and have a go at belly dancing!

There will be opportunities to find out about local sports and fitness, to become a blood donor and to meet local GP surgery staff.

### *South Cotswolds*

#### **Complex wound service provides new model of leg ulcer care**

A new service to provide care for people with serious leg ulcers is up and running in the South Cotswolds.

The service, run by Gloucestershire Care Services NHS Trust, is designed to deliver the best available treatment and management of leg ulcers, combined with social support, in a friendly environment close to home.

Each patient receives a 90 minute initial assessment and ongoing treatment at the request of their GP. It should reduce pressure on GP practices and hospitals, as well as offer flexible appointments.

Leg ulcers can cause extreme pain, interrupt sleep and reduce mobility, which can in turn lead to social isolation and a significant reduction in quality of life.

The service is being run from Cirencester Hospital and the Milsom Centre in Cheltenham. It is due to extend to Stroud in March and across the rest of the county throughout 2016.

## *Forest of Dean*

### **Get involved - Forest of Dean Health and Care Services Review**

Community health and care services in the Forest of Dean are being reviewed and we want to hear your views.

The review involves developing a plan for high quality and affordable community health and care services, which meet the needs of the local community, now and in the future. It will encompass all community services in the Forest of Dean, including those within the community hospitals.

To help us develop the plan – please tell us what’s important to you about local services and support.

More information about the review is included on our website [here](#).

## *Gloucester City*

### **Gloucester City GPs promote healthier lifestyles**

GPs from Gloucester City have been focusing their efforts on encouraging their patients to live healthily and, in the long term, reduce their risk of getting ill.

They have been learning techniques that will help them motivate patients to make healthy choices, and finding out about local opportunities for physical activity and sports, which they can pass on to appropriate patients.

Choosing to live healthily, helps make people less likely to develop heart disease, stroke, diabetes, liver problems, lung problems and certain cancers in future years.