

# 60 Second Bulletin – Issue 4 – July 2016

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## Welcome to the July edition of our 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*'.

Our aim is to give you 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, Clinical Chair

## The Gloucestershire Sustainability and Transformation Plan

Partners across health and social care have been developing the local five year Sustainability and Transformation Plan (STP) for Gloucestershire, which is currently in draft outline form.

It describes our overall approach to achieving an improved and more sustainable health and care system.

Information about our priorities and our approach is outlined in a [Community Partner Briefing](#).

## 2015/16 Annual Report published

The CCG has published its 2015/16 Annual Report.

The report highlights the great work that is going on across the county and within our local communities to improve health and care, despite the challenges facing the NHS.

Looking ahead, we are building plans to work with our community partners to build stronger, healthier communities and transform the quality of care and support we provide to local people.

## CCG sets out priorities for investment in GP premises

The CCG has confirmed its intent to support investment in the future of GP premises across the county and has outlined plans for the next five years in its Primary Care Infrastructure Plan.

The plan takes into account population and housing growth, the current level of provision and the condition of existing buildings and sets out what might be feasible and appropriate in different areas of the county.

Buildings will be developed in a flexible way to take into account future demand and bring together other community, care and leisure services.

Where possible, we hope to encourage health and care professionals to work in a joined up way, supporting people to retain their independence and to stay healthy. We are also working towards making a range of services available closer to home, 7 days a week.

## **Gloucestershire GP recruitment campaign**

As a county, one of our key priorities is around workforce planning and recruitment initiatives, including marketing Gloucestershire as a great place to live and work.

National issues around GP recruitment and retention difficulties are reflected locally, and along with Gloucestershire's increasing and ageing population, demand on practices is very real.

We recently launched a high profile, GP recruitment campaign with the British Medical Journal to advertise Gloucestershire GP practice vacancies.

Find out more about the campaign at:

Twitter: @BeaGPinGlos

[www.beagpingloucestershire.co.uk](http://www.beagpingloucestershire.co.uk)

## **New Irritable Bowel Syndrome (IBS) service up and running**

Since February 2016, a new Refractory IBS Service has been supporting patients who don't respond to the usual treatments for IBS, making their condition difficult to manage.

The service, provided by Gloucestershire Hospitals NHS Foundation Trust, helps reduce the number of patients from having unnecessary, extensive investigations, such as colonoscopies and other tests.

The service is run by specialist dietitians, with support from consultant gastroenterologists, and will provide around 300 refractory IBS sufferers a year with assessments, support to manage their condition and any further investigations that are needed.

The recommended diet, given to patients by the service, can be really helpful in relieving IBS symptoms.

## **Specialist Weight Management Service wins national award**

The Specialist Weight Management Team has won an Advancing Healthcare Award for achieving excellent results for their patients.

The team, managed by Gloucestershire Hospitals NHS Foundation Trust, won their category for combining the skills of clinical psychologists and dietitians.

The service is based at Gloucestershire Royal Hospital and is open to any patient who is registered with a Gloucestershire GP and meets the referral criteria (i.e. people with a BMI above 50 or anyone with a BMI above 40 who has a medical condition that could be improved or better managed with weight loss).

Patients can be referred via their GP or the Diabetes and Respiratory teams.

## **Stroud and Berkeley Vale**

### **One Place, One Budget, One System - the 'place-based' model**

We are piloting a new 'place-based model' in parts of Gloucestershire.

Essentially, these are local communities, with GP practice populations at their core. They involve health, social care and voluntary and community sector organisations working together to provide services for these natural communities.

The model will be big enough to allow for input from service providers and small enough to support the feeling of a coherent community that can meet and support the needs of local people.

This locality has been grouped into four 'clusters' based around GP practice populations (Berkeley Vale, Stroud Central, Frampton/Stonehouse and Stroud Rural).

We are currently developing strategies which we hope will reduce the need for people to visit a hospital.

## **North Cotswolds and Gloucester City**

### **Macmillan Next Steps – specialist clinical cancer support**

A new team of NHS clinical cancer specialists, the Macmillan Next Steps Team, is now supporting people with breast, colorectal and prostate cancer in Gloucester City and the North Cotswolds.

The clinicians have a range of skills including physiotherapy, dietetics, radiotherapy, occupational therapy, healthy lifestyles and specialist cancer nursing and work in community settings.

They can support people who are living with the consequences of breast, prostate or colorectal cancer to manage their condition through individual clinics and/or Next Steps group programmes.

The team offer practical advice and support which can help reduce the risk of a cancer recurring and minimise the effects of fatigue, pain, fear, anxiety and depression. They can also explain how diet links with cancer and give tips about new ways to regain confidence.

The service is available initially to people living, or registered with a GP practice, in North Cotswolds and Gloucester City. Once established, it will be extended across the county.

## **Gloucester City**

### **Crisis Café extends opening hours**

Thanks to funding support from the CCG, the Crisis Café at Westgate Street is now open every evening from 6pm – 11pm, offering mental health support to people at times when they need help most.

The café, which opened in 2014 alongside a community hub, is run by Kingfishers Treasure Seekers, a voluntary organisation with a long history of supporting people with complex needs.

The extended opening hours will allow trained staff and volunteers to provide non-clinical support to help people feel less isolated, cope with anxiety and meet new people.

They offer a listening ear, and low-level interventions such as board games, adult colouring and more inclusive activities such as quiz nights. The café offers an inclusive and supportive environment, with a 'snug' and quiet space upstairs when privacy is needed.

Although based in Gloucester, the service is available to anyone in the county with mental health problems.

## **Tewkesbury, Newent and Staunton**

### **Roses Theatre exploring how culture can help wellbeing**

Local artists are working with the Roses Theatre in Tewkesbury to develop cultural and art-based activities which may help improve the health and wellbeing of local residents.

This initiative is part of the CCG's Cultural Commissioning Programme which is linking clinicians, patients, commissioners and patient representatives with artists and musicians to develop interventions that support people with dementia, diabetes, chronic pain, obesity, mental health and lung conditions. The interventions can include music therapy, art, drama, comedy, animation, singing and song writing.

One project is exploring how arts-based early interventions can help young people with mental health issues whilst another is helping people who have had prostate or colorectal cancer get back into everyday work and life.

The hospital-based Specialist Weight Management Service is also working with the theatre to explore how arts can help reduce psychological barriers such as shame and stigma in clinically obese people.

We will be working with the University of Gloucestershire to evaluate these projects later this year.