

Mental health strategy

Local people are being involved in developing the district's mental health strategy for the future.

NHS clinical leaders in Bradford, Airedale, Wharfedale and Craven want to find out people's views on how the district's mental health services should be developed and delivered to make sure everyone has the best support to prevent mental ill health and achieve mental wellbeing.

They are working with community and voluntary sector organisations to hear people's experiences of using mental health services – both good and bad.

The strategy focuses on the themes of hope, wellness, recovery, and quality, and what can be done to promote and retain good mental health, prevent mental health problems and improve the health and wellbeing of those living with and recovering from mental illnesses.

As well as the core mental health services, there is also a need for local people and organisations, the NHS, local authority and voluntary sector to do the things that will support good mental health and wellbeing and remove barriers that prevent people from accessing care.



Power to the people!

The Bradford CCGs have set up a People's Board to provide a sounding board for their policy and service design ideas.

The People's Board is a new initiative designed to build on the strong foundations of patient and public involvement already in place.

The CCGs decided they wanted local people to have even closer involvement in their work by getting direct feedback from them on plans for new services and significant changes.

Now, 18 citizens from across Bradford, who have been selected through a rigorous recruitment process, will provide assurance and advice on the delivery of relevant CCG programmes of work.

In particular, the group will support delivery of the CCGs' Five Year Forward View plan, which includes proposals to transform healthcare services and deliver care closer to people's homes.

Max Mclean, lay member for

patient and public involvement at Bradford City CCG, said:

"This is a really exciting and ground-breaking initiative; the People's Board will strengthen and champion patient and public participation across the CCGs, providing a sounding board for important plans to improve local services."

The group will meet on a monthly basis until 2017, when the scheme will be reviewed.

Improving patient care and releasing savings

Like all public sector bodies, the NHS is facing immense financial pressure and the requirement to commission quality and efficient services is paramount. It needs to be innovative, radical, and challenge the way things are done.

Now, more than ever before, the NHS has to achieve value for money and the best possible quality so that patients get the greatest benefit.

The national NHS savings requirement is £22bn, to be delivered by 2020/21.

For the local CCGs, there is a gap between annual budgets and the increasing cost of providing healthcare to people living in Bradford, Airedale, Wharfedale and Craven. In Bradford Districts this gap is around £10.4m in Bradford City £2.6m and in Airedale, Wharfedale and Craven, there is a gap of £4.6m in 2016/17.

Our CCGs are looking at guidance about best practice and improvements

in patient pathways to make changes that will improve the experience for patients, but also release savings. They are working with local people and providers to agree these changes.

This is in line with the national QIPP (quality, innovation, productivity and prevention) programme – which is designed to support clinical teams and NHS organisations. QIPP aims to improve patient care while making sure we use the NHS budget in the most cost effective way.

The CCGs have robust clinical leadership to support identification and assessment of potential QIPP projects and it will be looking at both small, quickly implemented projects – such as changes to pathways; and longer, transformational projects which can deliver long-term savings.

The first area being looked at by the Bradford CCGs is the availability of gluten-free foods on prescription. A public

consultation began at the start of July to gather people's views on whether to stop prescribing gluten-free foods to people diagnosed with coeliac disease or consider other options. The consultation document is available at: www.bradforddistrictscgg.nhs.uk/get-involved/give-us-your-views

NHS Airedale, Wharfedale and Craven CCG is currently reviewing a number of clinical areas where procedures are not as effective for some patients as they are for others in line with national clinical best practice and NICE guidance. The CCG is working with healthcare providers to review the activity against these clinical areas with the intention to reduce any unnecessary procedures and will continue to look at alternative services that will benefit the patients more.

There will be further updates and information on the CCGs' websites as plans develop.

Website to support carers of those living with dementia

Dementiacarer.net is a useful website for you to signpost to carers of those living with dementia.

The website was developed for dementia carers by dementia carers and is a great place to:

- understand how to live well
- get advice and support from other dementia carers
- find local services and groups
- find more information about understanding dementia and daily life
- plan for the future.

You can visit the website at:

www.dementiacarer.net

Praise for practice staff at forefront of diabetes campaign

Bradford celebrated the work of local healthcare assistants and practice nurses who are at the frontline of the Bradford Beating Diabetes (BBD) campaign, seeing patients in GP practices and giving them advice and support to reduce their diabetes risk.

The CCGs gave awards to the practice staff in recognition of their commitment, and also to people who qualified as diabetes champions.

Over 20 patients who completed a BBD lifestyle course also received a certificate and a Club Active card to encourage them to get more physically active.



Royal visit to birth centre

Mothers, babies, midwives and doctors at Bradford Royal Infirmary welcomed a royal visitor when HRH the Princess Royal came to the maternity unit in May in her role as patron of the Royal College of Midwives (RCM).

Her Royal Highness visited the midwife-led birth centre, the consultant-led labour ward, and the Snowdrop bereavement suite. She also met staff and talked to mothers to hear about their experiences of birth.

The visit highlighted the work being done by midwives and other members of the maternity team at the unit, to enhance pregnancy and birth experiences. This includes the trust's Better Start Bradford project which aims to improve outcomes for women in a deprived area of the city and the landmark Born in Bradford project, a cutting-edge research study tracking the lives of thousands of children born in the district.

Ruth Hayward, the CCGs' commissioner for maternity and children's services, was introduced to Princess Anne – and is pictured sharing a joke with everyone. Here with Princess Anne are Liz Firth, chairperson of Bradford and Airedale Maternity Partnership; Shabina Bashir, from the Bradford-based women's group 'Here We Are'; Ruth Hayward, from the CCGs; Aliya Fazil, from the Bradford Doula Project; and volunteer doula Lindsey Flannagan.

Campaign marks its first year of making hearts healthier

Bradford's Healthy Hearts (BHH) campaign marked its first year of business with the release of new figures which show a dramatic improvement in the prevention of heart attack and stroke among local patients.

And it has just scooped another national award for its success – this time for clinical leadership team of the year at the BMJ awards.

BHH has so far helped 15,000 patients in the Bradford area and has already potentially prevented 131 heart attacks and 74 strokes. More than 960 people are now on vital stroke preventive medicine, which has reduced the risk of stroke by up to 75% in these patients, avoiding an estimated 88 devastating strokes per year.

By switching to different statins, over 6,000 patients have reduced their

cholesterol level, and nearly 6,000 patients at moderate to high risk of heart attack and stroke have been prescribed statins to reduce their risk. This means the potential savings to the local NHS is more than £1.5 million.

The next phase of the campaign aims to tackle high blood pressure. More than 50,000 people in Bradford have undiagnosed high blood pressure which, if left untreated, can damage arteries and organs, helping to cause narrowing of the arteries. This, in turn, results in strokes and heart attacks, as well as angina, heart failure, kidney failure and narrowed arteries in the legs.

All Bradford Districts CCG's practices are involved in the campaign, which also has its own website, packed with lots

of information about heart disease and healthy living advice:

www.bradfordshealthyhearts.co.uk



New leaflet on stroke care

A new leaflet aimed at helping carers and families of patients suspected of having a stroke has been developed.

As a result of the feedback we received last summer on the planned changes to stroke services, the three CCGs have developed the leaflet to help share information about the new hyper-acute stroke unit at Bradford Royal Infirmary and stroke care at Airedale Hospital.

The leaflet will be given to families and carers of patients from Airedale, Wharfedale and Craven by ambulance staff so that they have all the information needed to hand in the first 'critical hours' of care.

Dr Graeme Summers, clinical lead for stroke at NHS Airedale, Wharfedale and Craven CCG, said: "We know it can be worrying when someone is suspected as having a stroke and this leaflet aims to provide useful information to help families and carers.

"We hope the leaflet will answer some of their initial questions and help to alleviate any stress."

The leaflet includes useful information about both the hospitals that provide care to stroke patients living in Bradford, Airedale, Wharfedale and Craven, such as visiting times, location of the wards and other useful contact details.

Anyone who would like a copy of the leaflet can email:

engage@awcccg.nhs.uk



New mums share their views on maternity services

New mums and mums-to-be have shared their views about the district's maternity services recently.

Each year the Maternity Partnership, with support from the three CCGs and the two local hospital trusts, arranges a number of focus groups to talk to new mums, mums-to-be and their families.

This year's discussion groups aimed to identify what is important to those using maternity services and looked at the antenatal and postnatal care that is being delivered in Bradford and the Airedale, Wharfedale and Craven areas.

Dr Anne Connolly, the CCGs' clinical lead for maternity services said: "We are really grateful to the

women who shared their experiences. Giving women the opportunity to talk to us and share their experiences highlights areas of good practice and helps us make improvements if things haven't gone so well.

"By listening to women who have used maternity services in the past year or are currently accessing them, gives us a better understanding of their needs."

The Maternity Partnership is made up of members of the public as well as health professionals who work together to improve maternity services across Bradford, Airedale, Wharfedale and Craven.

Don't just survive – Thrive!

www.thrivebradford.org.uk – is there to help young people (between 11 and 18 years) navigate their teenage years.

The easy to use website is a great place to signpost young people to for advice, support, guidance and stories from real people on a range of issues, including:

- friends and relationships
- self-confidence
- sex and sexuality
- life choices
- curiosity and addiction
- self-harm
- how to get support.

The Thrive Bradford website has been developed by young people for young people by Barnardo's in partnership with Bradford City CCG and Bradford District Care NHS Foundation Trust.

First annual bereavement conference a success

More than 100 health and counselling professionals from across Bradford, Airedale, Wharfedale and Craven beyond took part in the district's first annual bereavement conference.

For delegates it was all about sharing what they know and knowing who to ask when a patient is dying or a family has been bereaved.

Bradford Hospitals' medical director, Dr Bryan Gill, said:

"Providing our patients and their families with good end-of-life and bereavement care is vitally important to us here in Bradford and Airedale.

"This important event, the first to be held in the Airedale and Bradford health economy, was extremely

relevant to our staff as it provided essential information about who, in our area, provides bereavement support across a variety of different situations and circumstances."

Question and answer sessions were facilitated by former Bradford Hospital's paediatrician, Dr Peter Corry, who now sits on Bradford City CCG's governing body as a secondary care consultant, and, the CCGs' clinical lead for end of life and cancer, Dr Ian Fenwick, pictured.

The conference also included stands about hospital and community-based services, what the services provide, and more importantly, how they can be accessed.



Bradford Beating Diabetes takes its message to Bradford shoppers

The Bradford Beating Diabetes (BBD) campaign offered shoppers the chance to get tested for diabetes when the team went out and about among Bradford supermarket shoppers.

The BBD team chatted to people at the Asda supermarket in Cemetery Road about Type 2 diabetes, how to prevent it and the support available if they are at risk.

There are thousands of people in Bradford who are at risk of developing the most common type of diabetes, Type 2. The BBD campaign, run by the Bradford CCGs, offers people the chance to improve their health by getting a diabetes check-up and, if needed, advice and support to improve their lifestyle and cut their diabetes risk.

Dr Sohail Abbas, diabetes lead at Bradford City CCG, said: "The number of people living with, and at high risk of, Type 2 diabetes is rising locally and nationally; but our message is that catching it early, with treatment and changes to diet and exercise, could help people control the condition much more easily. Many people are able to prevent the disease completely."

The CCGs are working with thousands of people who have been identified as being at high risk of developing diabetes.

Women urged to seek help for continence problems



The continence team from Bradford District Care NHS Foundation Trust

Women in the Bradford district are being encouraged to seek help for continence problems, instead of feeling too embarrassed to talk to their GP about 'taboo' issues.

Continence problems, of which bladder weakness is the most common, affect many women but very few actually see their GP or talk to anyone about this as they think "it's just one of those things that are a natural part of getting older."

Now the CCGs want women to know that there is a range of help available for this common problem which, without treatment, can seriously affect

their enjoyment and quality of life.

Dr Anne Connolly, the CCGs' clinical lead for women's health, said: "The first and most important point to remember is that everyone with a bladder problem can be helped and many can be completely cured. It's never too late to get help with your bladder problems.

"As we are all living longer this is going to be an even more common problem, so it's important to get help as early as possible."

The CCGs have a strong focus on improving women's health, and many

of their local initiatives – including re-launching the continence pathway, with a multi-disciplinary team working across the area to provide women with better care – mirror the chief medical officer's national recommendations.

Incontinence is the second biggest cause, after dementia, of older women being admitted to care homes. But the problem doesn't just affect older women: it can happen to younger women who are obese or have had a baby – and the effects can be psychological as well as physical.

Keighley neighbourhood pilot project

A new and exciting partnership project is under way in Keighley to help people with mental health issues.

NHS Airedale, Wharfedale and Craven CCG is working with a wide range of public, voluntary and community services to improve the quality of life for people with mental health issues, such as anxiety and stress.

To kick start the project, staff from across health and social care, education, police, fire voluntary and community services who work in the central area of Keighley took part in a recent workshop.

Over 30 people came along to share their expertise and knowledge about the services people with mental health issues frequently use or contact, along with looking at the concerns and issues they raise.

The focus of the workshop was to identify areas of development that could have a positive impact on people with mental health issues and also

the organisations that work so closely with them, and could potentially address some of the social needs in the area. Participants highlighted the importance of engaging with communities effectively to support people living with mental health issues.

Dr Phil Pue, chief clinical officer at the CCG, said: "We are really excited to be working on this project which gives a real opportunity to make a difference to people living and working in the area.

"The enthusiasm and commitment from all partners to look at how we can integrate services will ensure the success of this project and create a blueprint that other areas can use."

This project began in Keighley, chaired by West Yorkshire Police as part of the Bradford District Partnership that aims to support multi-agency work to improve health and wellbeing for everyone living in the Bradford district, and reduce inequalities.



New chief finance officer at Bradford

Julie Lawreniuk is the new chief finance officer (CFO) for the Bradford CCGs. Julie, who was chief finance officer at Greater Huddersfield and Calderdale CCGs, takes over from Jane Hazelgrave who has left to become director of finance at Mid Yorkshire NHS Foundation Trust.

Third Bradford practice rated one of best in the country

Another Bradford GP practice has been rated 'outstanding' by the Care Quality Commission (CQC) – making it one of the best in the country.

Windhill Green Medical Practice in Shipley, together with its branch practice, Cliffe Avenue Surgery in Baildon, is the latest Bradford practice to achieve the top rating in the CQC's primary care inspection programme.

The practice is part of NHS Bradford Districts CCG.

Its success follows 'outstanding' ratings for Tong Medical Practice and Bevan Healthcare, in Bradford City CCG, which provides health and social care to homeless people, asylum seekers and refugees, across the Bradford district.

Bevan has also received £499,997 in a round of Big Lottery Fund grants to work with vulnerable people to tackle the underlying causes of their crisis through advice on issues including employment, debt and health problems.



Self-care and prevention

A new self-care and prevention programme to encourage people living in Airedale, Wharfedale and Craven to look after themselves is under way.

NHS Airedale, Wharfedale and Craven CCG is planning a series of engagement events to raise awareness about the benefits of self-care and work closely with people to support their health needs and personal goals.

Self-care programmes across the district have been nationally recognised recently through the Self Care Forum. Bradford and Airedale's self-care and prevention programme received one of the first national Self Care Week awards, along with Dyneley House Surgery in Skipton which was one of the only GP practices to be shortlisted and highly commended.

Building on the work carried out across the district, AWC CCG plans to work with voluntary and community services, faith centres and other health care staff to support patients and encourage healthy behaviours with local communities to prevent ill health in the long-term.

The programme aims to:

- increase the number of people who receive targeted self-care messages
- engage with more hard to reach communities and share information about looking after themselves
- promote community activities such as walking groups, lunch clubs and other opportunities
- organise behavioural change training for staff.

If you would like to know more, please email: mohammed.sharif4@nhs.net

Bradford CCG welcomes new governing body member

NHS Bradford Districts CCG has welcomed a new face to its governing body to champion patient and public involvement.

David Richardson, pictured below, who lives in Bradford, has been appointed as lay member for patient and public involvement at the CCG.

As a senior police officer for over 30 years, David retired from West Yorkshire Police in 2004 and then acted as an advisor to Government Office for Yorkshire & Humberside; he was also chairman of Bradford Teaching Hospitals NHS Foundation Trust for nine years.

Dr Andy Withers, clinical chair of Bradford Districts CCG, said: "I'm delighted to have David on board.

"He brings a wealth of experience and expertise to the CCG which will strengthen our patient and public involvement – and help us to improve the quality of local healthcare services."



Pioneering clinic combats cancer

People who suffer from vague symptoms that could be signs of cancer will benefit from a pioneering multi-diagnostic clinic (MDC) in Airedale, Wharfedale and Craven.

To help save lives by detecting and diagnosing cancers as early as possible, NHS Airedale, Wharfedale and Craven CCG is developing a new service as part of the national Accelerate, Co-ordinate, Evaluate (ACE) programme.

In England, more than one in three people develop cancer and half will now live for at least 10 years following their treatment – 40 years ago average survival was just one year. But for some cancers – patients are being diagnosed late and their survival rates are below the European average.

Referrals pathways for patients with non-specific but concerning symptoms do not exist, so people often go back and forth between their GP and hospital for test after test until a diagnosis can be made.

Over the next few months, the CCG and Airedale NHS Foundation Trust plan to introduce the weekly clinic where patients can have several tests in the same place on the same day.

Led by an oncologist, the clinic will support patients with vague symptoms who tend to present late, and support GPs whom are unsure of the appropriate referral pathway.

To help them receive quicker diagnosis, patients will be referred to the clinic for investigation and tests and if a cancer is detected, treatment will begin much sooner.

Easier access to healthcare ambition for people with disabilities

The CCGs are leading the way in piloting a scheme to make accessing local healthcare services easier for patients with disabilities.

In the first pilot of its kind in the country, five Bradford GP practices have trialed a new way of flagging patients' access needs – such as visually impaired people getting GP and hospital letters in alternative formats, for example, large print or audio - so that receptionists and healthcare staff are aware of any individual requirements people may have.

Bradford Districts CCG responded to people's feedback in setting up the access needs pilot scheme,

and involved local patients and the public closely in its development.

The system works by flagging any access needs on a patient's electronic records, so that these are instantly highlighted to whichever health professional is looking at them.

The CCG's work to improve the way people with disabilities access NHS services is part of a wider national drive to make sure that people who have a disability or sensory loss get information in the right format for them and the support they need to communicate.

Max Mclean, lay member for patient

and public involvement at Bradford City CCG, said: "Giving good information and advice is the lifeblood of the NHS, that's why it's important that certain groups of patients are provided with this in alternative formats.

"I'm very proud that the CCGs have taken the initiative to trial the flagging access needs pilot. This is an important piece of work that's been made possible through a strong partnership with local disability organisations and input from patients and the wider public."

CCGs support NHS One You campaign

The CCGs are supporting the NHS One You campaign which is aimed at supporting people over 40 to make simple changes towards a longer and happier life. One You – www.nhs.uk/oneyou – provides tools, support and encouragement every step of the way, to help improve people's health right away.



AGM dates

The date of the CCGs' annual general meetings (AGMs), are as follows:

- NHS Airedale, Wharfedale and Craven: Friday 23 September, Keighley Civic Centre, North Street, Keighley
 - NHS Bradford City: Tuesday 20 September, Carlisle Business Centre, Bradford
 - NHS Bradford Districts: Wednesday 28 September, Carlisle Business Centre, Bradford.
- More details will be on the CCGs' websites nearer the time.

Farewell to CCG's executive nurse

Steph Lawrence, executive nurse at NHS Airedale, Wharfedale and Craven CCG, has left to become deputy director of nursing at Leeds Community Healthcare Trust.

Steph joined the CCG three years ago to head up clinical quality and governance and to provide nursing expertise to the CCG's executive group.

Her passion is to ensure high quality care for all patients and she is currently involved in the national Health Foundation Q (Quality) Initiative which is connecting people skilled in improvement across the UK. It aims to make it easier for people leading

improvement to share ideas, enhance their skills and make changes that bring improvements to health and care. In addition, she is also working with the Improvement Academy to embed the Q initiative in the Yorkshire and Humber region.

Steph said: "Although I'm looking forward to my new role in Leeds, I shall of course miss everyone at the CCG. It has been an absolute privilege working with such an enthusiastic and committed team and I have enjoyed every minute."

We wish Steph every success in her new role.



Update on health and social care integration

Our integration and change board (ICB) has set up a working group across all our local health and care partners with delegated authority to develop the local sustainability and transformation plan (STP). This will be our delivery plan for the NHS Five Year Forward View, which will help us improve health and wellbeing, care and quality, as well as finance and efficiency.

With other local health and care partners we are continuing to work together to create a sustainable health and care economy that supports people to be healthy, well and independent.

The Bradford District and Craven STP will be submitted in the autumn. NHS England along with NHS Improvement and Public Health England will assess each STP, with those plans of the highest standard gaining access to transformation funding from April 2017.

Discussions have also been taking place on 'accountable care systems' as the preferred operating model for new approaches to whole-system commissioning and new payment models to incentivise care around the needs of the person in the community.

This means that a group of providers agrees to take responsibility for all care for a given population for a defined period of time under a contractual arrangement with a commissioner.

Additionally, the ICB has carried out a 'radical efficiency review', looking at five of the areas where the health and care system has been successful in implementing change, which could help influence current projects. These are: Bradford's Healthy Hearts, Bradford Beating Diabetes, Gold Line, The Sanctuary at Mind and the Primary Care Wellbeing Service.

Find out more, get involved

For more information about patient and public involvement, contact:

- Airedale, Wharfedale and Craven CCG at: engage@awcccg.nhs.uk
- Bradford CCGs at: engage@bradford.nhs.uk

The CCGs also use Twitter and Facebook. Catch up at:

- @NHSAWCCC
- www.facebook.com/AWCCC
- @NHSBfdCityCCG
- www.facebook.com/NHSinBradford
- @NHSBDCCG
- www.facebook.com/NHSinBradford

New CCG websites

The Bradford CCGs' websites have been re-vamped and are now much more user-friendly and full of lots of useful information. Take a look round; the web addresses are the same:

- www.bradforddistrictscg.nhs.uk
- and www.bradfordcityccg.nhs.uk

Bradford GP practices pilot fast track cancer referral

A team of Bradford GPs has won funding to pilot a new fast-track referral system for patients who have symptoms suggesting problems with their gullet or stomach, which could be a sign of a developing cancer.

The Westcliffe Group of practices, part of NHS Bradford Districts CCG, has developed an innovative new way of fast-tracking patients for tests and diagnosis if they have any problems that could be linked to upper gastrointestinal (GI) cancer.

The most common sign of cancer of

the oesophagus is difficulty swallowing, with a feeling that food is getting stuck on its way to the stomach. Other symptoms include abdominal pain or discomfort, vomiting, hoarseness of voice and a long-lasting cough.

The Health Foundation, an independent healthcare charity, is supporting the practices with funding to pilot the online referral system with their 50,000 registered patients. If successful, it could be rolled out across Bradford or other CCG areas.

Patients will be able to use the

system to be referred directly for appropriate investigations and tests or to a specialist clinic, without waiting to get a GP appointment first. They will answer a series of questions to be triaged electronically: either being asked to go for tests; such as an endoscopy or ultrasound scan, and having a choice of which clinic to attend, or to see their GP for a routine appointment.

This means that patients will avoid delays in getting tests and a diagnosis – so, if needed, they get treatment for their cancer as soon as possible.