

Bradford hosts its very own NHS carol service

Bradford Cathedral celebrated the work of local healthcare staff when it held its first NHS carol service.

Over 200 staff from NHS organisations across Bradford, Airedale, Wharfedale and Craven and invited guests, including the Lord Mayor Cllr Joanne Dodds, got in the festive mood and enjoyed a service of traditional Christmas carols and readings.

Your Future, Your Health

Over 500 students from across the district visited the Your Future, Your Health event in October.

In partnership with healthcare providers and voluntary and community services, the local CCGs teamed up to help young people on their healthcare journey.

Each student received a health passport to collect stamps from a range of health information zones which tackled issues including emotional health and wellbeing, drugs awareness and the effects of smoking or drinking.

'Future in Mind' plans for mental health

Improved and expanded mental health services for children and young people across Bradford are in the pipeline.

The NHS is investing an extra £5.5m over the next five years in the Bradford district to transform access and support for local children and young people's mental health and wellbeing.

It is part of the NHS' national parity of esteem agenda which aims to ensure that services which assess and treat mental health conditions are on a par with physical health illnesses.

The funding, from NHS England, will bring more specialised mental health workers, improve existing services and build new services across both the NHS and voluntary sector. The planned transformation will also allow workers to support secondary schools with young people who have emerging mental health concerns.

The CCGs worked with Bradford



Council to develop the local Future in Mind transformation plan to support improvements in children and young people's mental health and wellbeing.

Dr Brendan Kennedy, GP and chair of the CCGs' group responsible for the transformation of mental health services, said: "With 75% of mental health problems in adult life, excluding dementia, starting by the age of 18, there is a compelling case for change and investment in services for children and young people.

"That's why this funding is such good news for Bradford district. Our plans are ambitious and it will be challenging to deliver everything we hope to, but there is a real commitment from all of us in health and our partner organisations to make some vital improvements for our young people."

To see the local report, visit here www.bradfordcityccg.nhs.uk/wp-content/uploads/2015/10/CYPMH_Transformation_Plan_Bradford_District_Craven_2015-2020.pdf

Feet first for diabetes care in Bradford



The Bradford Beating Diabetes team put their feet first as they splashed around in City Park's mirror pool to highlight the importance of foot care

for people with diabetes – and reduce the risk of amputation. Bradford City CCG backed Diabetes UK's Putting Feet First campaign

which aims to bring an end to the thousands of potentially preventable amputations.

New support hub joins up care closer to home

A new integrated intermediate care hub has been rolled out across Bradford to help provide health and social care closer to home for elderly patients.

It provides a single point of access for GPs, staff in the community and other health and social care professionals to refer patients from the Bradford district into all intermediate care. This includes short-term hospital beds and services that give patients support to stay in their own homes, rather than being admitted to hospital.

The service is based at St Luke's Hospital and run by health and social care staff who will have an overview of capacity across the district.

It has been developed jointly by the Bradford CCGs, Bradford Teaching Hospitals NHS Foundation Trust, and Bradford Council's Adult Services.

CCGs move to phase 2 of programme

Our three local CCGs, in a partnership led by Bradford Teaching Hospitals NHS Foundation Trust, have been accepted for Phase 2 of the Well North programme, which is a Public Health England initiative and has £1m of investment linked to Bradford over the next few years.

Well North will fund the 'Well Bradford' pilot for three to five years. They have agreed to supply a minimum of £1m in support in the first three years; this will be match-funded by partners at the Integration and Change Board (ICB).

Encouraging take-up of flu jab

The CCGs have supported public health's campaign to encourage people to get the flu jab this year.

Just under half of people in an 'at risk' medical group failed to take up their free flu vaccination last year across the Bradford district and they are being urged to make sure they have their vaccination from their GP.

Bradford Council's public health team and the CCGs are advising people who have been invited to have a flu vaccination that it is an important part of staying well this winter.

People in the clinical at risk groups are 11 times more likely to experience complications if they get the flu; yet last year around half of all under 65-year-olds didn't their vaccination.

This includes adults and children suffering from heart, liver, kidney or lung disease, diabetes, stroke or a lowered immune system.



Patient Shahir Sheikh and healthcare assistant Haleema Iqbal at The Lister Surgery's flu clinic

Dr Louise Clarke, the CCGs' clinical lead for children and young people, said: "While flu is an unpleasant illness for all who get it, it poses a real threat to the most vulnerable in society – small

children, the elderly, those with long-term health problems and for pregnant women. Getting the vaccine is the best way to protect yourself and your loved ones from catching flu."

24-hour access to lifesaving defibrillators



NHS staff and local residents with a newly delivered cPAD

NHS Airedale, Wharfedale and Craven CCG has funded a number of community public access defibrillators (cPADs) to help people suffering cardiac arrests.

In partnership with Yorkshire Ambulance Service NHS Trust (YAS), the CCG identified a number of areas and communities that could benefit from using the equipment. Several local businesses and organisations are

supporting this community initiative by storing the equipment.

Dr Colin Renwick, clinical chair for the CCG, said: "Following a cardiac arrest the chance of survival decreases by 23% per minute, so it's vital that medical treatment starts as soon as possible. This lifesaving equipment can be used while the ambulance is on its way to someone suffering a cardiac arrest."

Aiming to be more dementia-friendly

Over 15 members of staff from NHS Airedale, Wharfedale and Craven CCG have received training to help the organisation become more dementia-friendly.

Organised by Dementia Friendly in Keighley, the interactive session aims to raise awareness of how dementia can affect people's lives and discuss how to support those affected by the condition.

Jacinta Costello, the CCG's

transformation support manager, said: "We were able to look at how some small changes can make a positive difference to those living with dementia in our communities and as a result of the session, many of us have now signed up to become dementia friends."

And Dyneley House Surgery in Skipton has scooped a national award for its 'outstanding contribution to dementia friendly communities'.

Recognising the steps taken by the surgery to improve the lives of people living with dementia, the practice received the accolade at the 2015 England and Wales Dementia Friendly Awards, hosted by television presenter Angela Rippon.

Earlier this year, Dyneley House took the pioneering step of adapting its reception area to become dementia friendly.

Exceptional work is recognised

Two Bradford CCG staff have been honoured with awards for their exceptional work.

Sasha Bhat, head of engagement and experience, was just one of 38 people across England to be named as a public sector hero for helping vulnerable people and for being a driving force on a local project helping to deal with health inequalities. She was given the award by Locality – the national network of

ambitious and enterprising community-led organisations.

And deputy director of strategy, Clare Smart, was awarded an 'Oscar' at the House of Commons by Thrombosis UK - for whom she is now an ambassador. Clare received this award for her leadership in the development of the local Bradford deep vein thrombosis (DVT) pathway that has now become national policy.



Sasha Bhat

Clinical leaders report on their second year of business

NHS Airedale, Wharfedale and Craven CCG's annual general meeting (AGM) was an ideal opportunity for people to have their say about local healthcare services.

Over 30 people attended the meeting in September, where the CCG shared information from its annual report and the audience was given the opportunity to ask questions and share their views.

Discussions also took place about the new models of care being developed across the district. As a national pioneer, the CCG aims to join up health and social care services and design new ways of delivering care to support people.

See the annual report and information about the new models of care at: www.airedalewharfedalecravenccg.nhs.uk

CCGs' chief finance officer has new role



Jane Hazelgrave, chief finance officer at the two Bradford CCGs, has left to become director of finance at The Mid Yorkshire Hospitals NHS Trust.

We wish Jane well in her new role.

CCGs' celebrate home-grown award winners at AGMs



Dr Anne Connolly stars in Bradford Districts' video

People who are making a real difference to the health and wellbeing of Bradford patients were celebrated at the CCGs' annual general meetings (AGMs).

NHS Bradford City and NHS Bradford Districts CCGs wanted to recognise and celebrate the achievements of NHS staff, GP practice members, volunteers and partners.

The award categories were especially focused on those roles that can often go unnoticed.

Max Mclean, lay member for patient and public involvement at Bradford City CCG, said: "This was our first awards ceremony and we wanted to thank people who quietly get on and help those around them make a difference - whether by being a volunteer, promoting good causes and better health in GP

practices or an all-round community champion."

The awards formed an important part of the CCGs' AGMs which were held at the end of September and attended by audiences of public, patients, partners, volunteers, membership and staff.

The AGMs were a chance for the CCGs to report back on their second year in business, highlight achievements in improving the quality of services for local people, and address some of the future challenges facing the NHS both locally and nationally.

Bradford Districts CCG's AGM also included a video, featuring members of staff saying what made them proud of the CCG and how it was improving the quality of services. See our annual reviews on our websites.

Beating diabetes right across Bradford

The innovative Bradford Beating Diabetes (BBD) campaign has expanded across the district to help thousands more people at risk of developing Type 2 diabetes.

People in the Bradford Districts CCG area are now being offered the chance to get a diabetes check-up and, if needed, advice and support to improve their lifestyle and cut their diabetes risk.

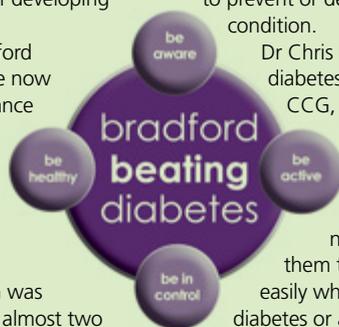
The BBD campaign was launched in Bradford almost two years ago to tackle the growing problem of Type 2 diabetes among local people.

It is aimed at identifying anyone in Bradford who may be at risk of

becoming diabetic in the future and making sure they receive the most appropriate advice, care and support to prevent or delay the onset of the condition.

Dr Chris Harris, GP lead for diabetes at Bradford Districts CCG, said: "We're really excited about bringing the benefits of Bradford Beating Diabetes to so many new people, and helping them to find out quickly and easily whether they actually have diabetes or are at a stage where they can make some lifestyle changes to prevent it."

To find out more, visit: www.bradforddistrictscg.nhs.uk/your-health/bradford-beating-diabetes/



Patients can have their say

Patients at two Bradford GP practices are being asked to have their say about the future of their doctor's surgeries.

Bradford Districts CCG needs to make changes at Woodhead Road Surgery as the company that ran it came to the end of its contract in September. Another GP practice is running the surgery on a short-term basis while the CCG considers different options to make sure the practice's 3,000 patients continue to receive good quality care in the longer term.

And Bradford City CCG wants to understand patients' views about Manningham Medical Practice in Lumb Lane, Bradford 8, as the company that has run it for the last five years, Local Care Direct, approaches the end of its current five-year contract in June 2016.

The deadline for responses for Woodhead Road is 8 February and for Manningham is 31 March. For more details visit: www.bradforddistrictscg.nhs.uk/category/current-consultations/ and <http://www.bradfordcityccg.nhs.uk/category/current-consultations/>

Wellbeing centre success

A new primary care wellbeing service, funded by NHS Airedale, Wharfedale and Craven and NHS Bradford Districts CCGs, was selected as a finalist in the General Practice Awards.

Two local GP practices: Kilmeny Group Medical Practice, in Keighley, and Tong Medical Centre, in Bradford, are providing this innovative new service to their patients with long-term illnesses or chronic diseases; and who frequently visit their doctor with physical and mental

health problems.

The team, which includes a consultant clinical psychologist, occupational therapist, physiotherapist, advanced nurse practitioner and a consultant psychiatrist, works with patients to:

- better support the patient's long-term condition or illness
- improve patient care and clinical outcomes
- reduce unnecessary hospital admissions
- improve the quality of care.

Practice is the tops

A Bradford GP practice was the first surgery in Yorkshire and Humber to be given the highest inspection rating by the Care Quality Commission (CQC).

The CQC found the quality of care provided by Tong Medical Practice, part of Bradford Districts CCG, to be 'outstanding' following an inspection carried out in early 2015.

Websites get a makeover

Bradford City and Bradford Districts CCGs are giving our websites a new look! The new sites will make it quicker and easier to find the information you need from your local CCG including all the latest news, how to get involved and information on your health and local services.

We will be posting more updates on Twitter @NHSBDCCG and @NHSBfdCityCCG and our Facebook page NHS in Bradford.

Don't just survive: Thrive!

Life can be tough and confusing for everyone at times, but especially so for teenagers. Barnardo's in Bradford has launched a new website to help young people navigate through their teenage years – it is called Thrive Bradford www.thrivebradford.org.uk

This site was commissioned by Bradford City CCG and developed in partnership by Barnardo's, Bradford District Care NHS Foundation Trust, Bradford Council and Yoomie Digital Ltd for the young people of Bradford.

Lights, camera, action...

A film crew descended on NHS Airedale, Wharfedale and Craven CCG in November to interview clinical leaders and patients.

As a national 'Pioneer' site to integrate health and social care services, staff showcased how the CCG has been working with partners to progress its new models of care.

The film will be used as part of NHS England's forthcoming Pioneer annual report.

Risk of stroke falls by 75%

More than 700 people in the Bradford area are now on vital stroke preventive medicine thanks to an innovative health campaign: Bradford's Healthy Hearts.

This means that the risk of stroke has fallen by up to 75% in these patients, avoiding nearly 30 devastating strokes per year.

The campaign is the brainchild of Bradford Districts CCG and was launched last year. It is aimed at reducing the risk of stroke and heart attack in people who are in risk groups and is being developed over three years targeting three main areas.

All the CCG's 41 GP practices are



involved in the campaign which has also seen a reduction of 10% in strokes, heart attacks and deaths from

cardiovascular disease (CVD).

Over 1,000 new patients have also been diagnosed with high blood pressure and are now receiving the appropriate treatment and support.

Bradford's Healthy Hearts has also scooped two national awards. At the General Practice Awards, the campaign team won general practice team of the year and clinical team of the year – cardiovascular.

The campaign has its own website, packed with lots of helpful tips about how to keep your heart healthy:

www.bradfordshhealthyhearts.co.uk

Stop the pressure

As part of the world-wide Stop Pressure Ulcer Day in November, clinical leaders took to the streets to raise awareness of pressure ulcers.

Staff from NHS Airedale, Wharfedale and Craven (AWC) CCG, along with specialist nurses from Airedale Foundation NHS Trust and Bradford District Care NHS Foundation Trust caught up with shoppers in two local supermarkets, to provide information and share prevention advice.

Steph Lawrence, executive nurse at the CCG, said: "We have an increasing number of older people living in our

district, so it's vital that we raise public awareness, especially among carers and families of those who are vulnerable to developing a pressure ulcer."



AWC staff at the event

Self-Care Week celebrated

The district marked national Self-Care Week in November. Organised by the Self Care Forum, the annual campaign aims to raise awareness about the benefits of self-care and encourage people to look after themselves.

In partnership with Bradford Council and voluntary and community services, staff from the CCGs were out in the community to talk to local residents about their health and wellbeing.

A number of events and activities were held across the district including Shipley, Keighley, Skipton and Bradford to

promote the self-care message, and even the Lord Mayor of Bradford joined in by starting the Bradford Park Run.

There was also an event at the Mercure Hotel, Bingley, aimed at bringing together anyone interested in self-care, including members of the public, people working at the frontline in health and social care services and people who commission services. The speakers provided a balanced and inspiring insight which provoked some really good discussion and many different people shared their experiences and ideas.

Action plan prepared for stroke services

Last summer, the three CCGs engaged with patients, carers and members of the public on the planned changes to stroke services. The invaluable feedback received is now available in a report which can be found at: www.airedalewharfedalecravenccg.nhs.uk/news/report-on-the-ccgs-stroke-engagement-work

In November, the CCGs – together

with staff from the providers of services, Airedale NHS Foundation Trust, Bradford Teaching Hospitals NHS Foundation Trust and Yorkshire Ambulance Service – met to discuss the recommendations in the report and developed an action plan. The engagement report and action plan has been presented to commissioners; and the hospitals and ambulance providers will present the reports to their executive

meetings in January.

As a result of the feedback – among a range of other actions – improvements are planned in both how and what we communicate to patients who have experienced a stroke, their carers and their families. The CCGs will be providing a 'You said, we did' report to share information about the actions taken forward and any of the recommendations that cannot be met.

Coordinated support for people with complex needs

People with complex care needs living in Airedale, Wharfedale and Craven will benefit from a new health and social care service to help them stay as well as possible at home.

A new complex care team – funded by NHS Airedale, Wharfedale and CCG – will start work in April to provide more coordinated support to people with complex needs.

The team, from Airedale NHS Foundation Trust, Bradford District Care NHS Foundation Trust and Yordales (a federation of local GPs), will provide treatment wrapped around patients' needs, in or closer to their homes to reduce their need for emergency hospital care.

A unique addition to this team will be the personal support navigators (PSN) role delivered in partnership with the local authorities and voluntary and community services.

The PSN will be a dedicated point of contact for these people and an integral part of the team.

For more information, visit: www.airedalewharfedalecravenccg.nhs.uk/new-models-of-care-nmoc/