

newsletter.

Spring
2015



Improving health and wellbeing

April 2015 marks two years since NHS Horsham and Mid Sussex CCG was formed to plan, buy and monitor local NHS services for our communities. There have been many changes to services and new projects brought about to improve people's health and wellbeing, with patient involvement vital to their design.

Our CCG is one of only five in England to pilot a Tailored Health Coaching programme - a new way of working with people who have a long term health condition. Health coaching is about putting the patient in control of their own goals, care and lives - with the right support from us.

March saw the introduction of four Admiral Nurses, specialist mental health nurses with expertise in dementia care. They help families to live positively with the condition, developing skills to improve communication and maintain relationships.

Support for positive lifestyle changes within GP Practices and Hospitals has seen new free weight management services, new opportunities for minimal cost exercise, improved links to social support and a new Home from Hospital support service.

The new musculoskeletal service (MSK) launched in October 2014 has transformed care and reduced waiting times for patients suffering with joint, bone and muscle pain across Horsham and Mid Sussex.

The key challenge for the CCG remains our commitment to move more care into our local communities and reduce demand on acute care at the bigger hospitals. The 5 Communities Plan - providing local NHS services fit for the future - goes into phase two this summer looking in detail at which services should be delivered and where. Patient input is crucial to ensuring the detail is right, which is why they will be recruited to new working groups for each community to directly inform plan designs.

Sue Braysher
CCG Chief Officer

Join us in celebrating the achievements of staff, members and volunteers who have gone above and beyond the call of duty.

You are warmly invited to nominate clinical, non-clinical or lay representatives of the CCG, including local GP Practices.

The six categories are Putting patients at the heart; Health and Wellbeing champion; Working together (partnership work); Making a difference; Living our values; Above and beyond.

To nominate an individual or team for an award, visit the Get Involved pages of our website and download the form to tell us about what makes this person or team stand out from the crowd. The deadline is 4 May and shortlisted

nominees will be invited to attend the awards evening at

- Thursday 11 June at 5pm
- Crawley Crowne Plaza

The event forms an important part of our Annual General Meeting (AGM), at which we will formally present

our Annual Report and Accounts. Members of the public are invited to attend. To register, please email marie.shelton@nhs.net or phone **01293 600300** ext. **3965**.



Patients Voice

Now that the provision of many health services is being commissioned on a local basis, patient and public involvement has become of greater importance to ensure that services are tailored to suit the needs of the local population.

As research suggests that greater public engagement leads to improved outcomes and reduced costs, I believe that we patients have an important part to play; our involvement will help to ensure an inclusive provision and delivery of local health services.

Patients can offer a common sense point of view based on personal and familial experience, and our varying life experiences can enhance the contribution we make in assisting with the planning of services and by providing continuing feedback.

Anyone can become involved. You can join the Patient Participation Group (PPG) at your own GP practice, which exchanges information with the local Clinical

Commissioning Group (CCG) via our patient representative group (the CPRG); or you can become a member of the CCG's Health Network (see the back page for details) to receive updates about local NHS services. Information on public engagement events can found on the CCG website: www.horshamandmidsussexccg.nhs.uk/getinvolved. Your input can be made online as well as attending public engagement meetings.

Penny Blackburn
CCG Commissioning Patient Reference Group (CPRG) member



Patients In Control

People who have experienced diabetes as a patient or carer have joined up with GPs and health managers to transform diabetes services for thousands of people across Horsham, Mid Sussex and Crawley.

The group is exploring how best to approach changes to planning an individual's care; what's important when it comes to managing your health and wellbeing; and how care and support should be delivered.

Diabetes patient Tony said: "I am a whole person and should be treated as so, not segmented into the multiple health conditions I have."

Diabetes patient Steph added: "Self-management of health conditions is important to stop things getting to an emergency stage - that is bad for me and that is bad for the NHS too."

The group is not simply about patients providing feedback to the CCG. The sessions are about collaborative working, side by side and 'thinking outside the box' to develop ideas - ultimately changing the way we plan locally for diabetes care.

In Horsham and Mid Sussex there are 9,300 people with either Type 1 or 2 diabetes. Type 2 is the most common, affecting 90 per cent of those with the condition, normally occurring in those aged 40 or over. Type 1 diabetes is normally diagnosed in childhood and is characterised by a shortage of insulin in the blood.

NHS Horsham and Mid Sussex CCG Clinical Director for long term health conditions, Dr Karen Eastman, said: "Each person's experience of diabetes is different so we really want to hear from patients and carers so that we can provide improved personalised diabetes care."



Admiral Nurses appointed in Horsham and Mid Sussex

New specialist dementia nurses will prevent crises and help families manage dementia symptoms more effectively, to stop unnecessary admissions to care homes and hospitals

NHS Horsham and Mid Sussex Clinical Commissioning Group (CCG) - working in partnership with Dementia UK, NHS Crawley CCG, Sussex Partnership NHS Foundation Trust, and West Sussex County Council - has appointed four specialist dementia nurses, called Admiral Nurses.

With their unique clinical and social skills, the Admiral Nurses will work in an integrated manner with other health and social care providers in Crawley - a Dementia Friendly Town since May 2013 - including existing voluntary and community organisations, to ensure a unified service.

Crawley, Horsham and Mid Sussex Admiral Nurse Team Leader, Tracy Coles, added: "For families living with dementia, having the support of the Admiral Nurses - with their unique clinical and social skills - will better enable

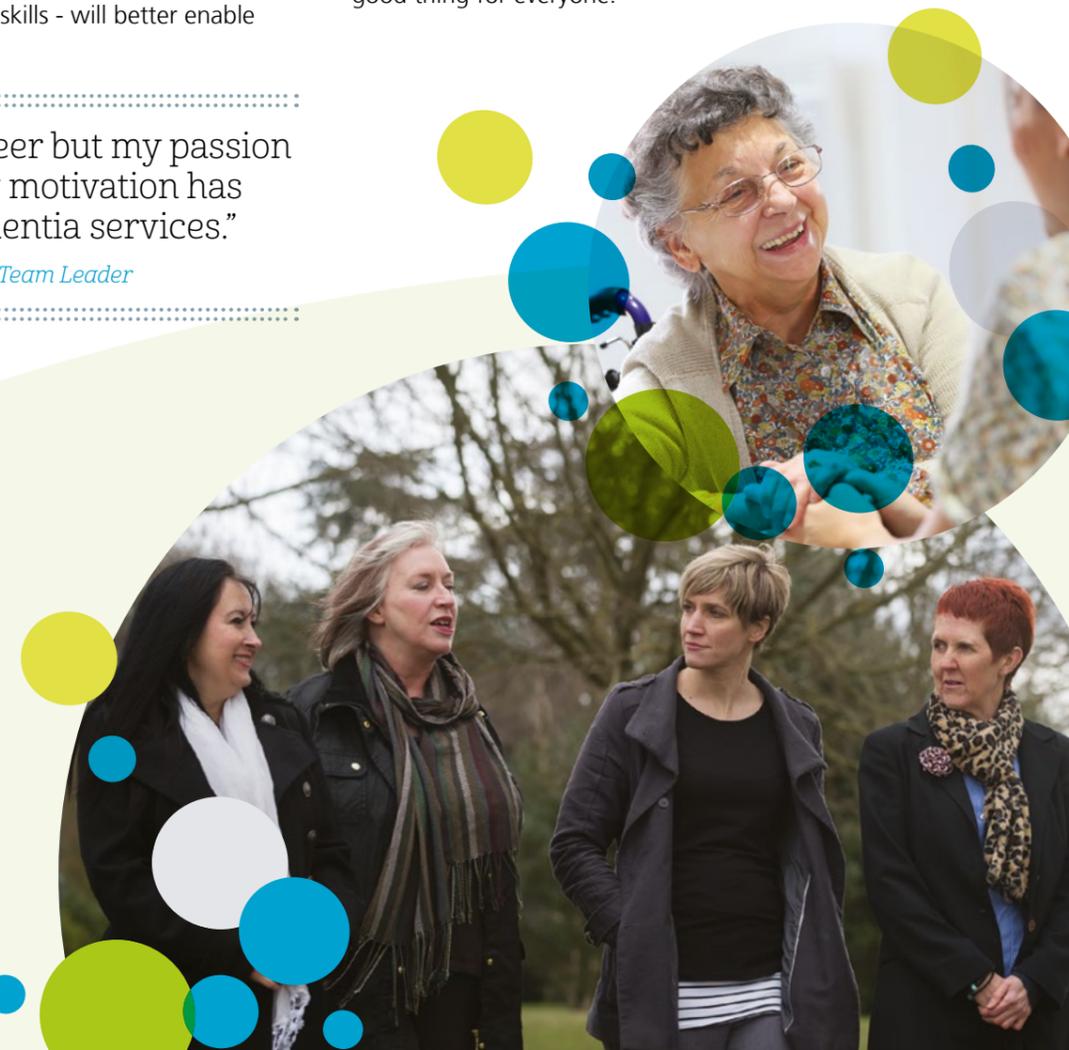
them to make timely decisions and choices that are right for them. Working in a fully integrated way with other health and social care providers means we can help families manage the ever changing emotional and practical aspects of life. The Admiral Nursing service has been established in response to direct patient feedback and the need to improve the quality of care for those living with dementia in the area.

NHS Horsham and Mid Sussex CCG Clinical Director and dementia lead, Dr Terry Lynch, said: "Admiral Nurses respond to the needs of the whole family living with dementia, and help to save the NHS and Local Authorities money through preventative work, which helps to stop unnecessary admissions to care homes and hospitals - a good thing for everyone."

"It's not only my career but my passion - and my continuing motivation has been to work in dementia services."

Tracy Coles - Admiral Nurses Team Leader

The Admiral Nursing team (L to R) Tina, Nichola, Sarah and Tracy.



Join the network.

Visiting our communities

We have been very busy visiting our communities in Crawley, Horsham and Mid Sussex, talking to many different groups of people; in particular the British Sign Language (BSL) Link for Communication, Independent Lives for people with learning disabilities, Carers Support West Sussex, ethnic minority groups and residents of Crawley Open House.

These meetings enabled us to seek valuable feedback on the following live projects that we are working on in the CCG to improve NHS services of the future:

- A newly designed Patient Transport Service (PTS) for the whole of West Sussex.
- Expansion of services currently provided at Crawley Hospital, including urgent walk in care, children's services and mental health services.
- Working collaboratively with diabetic patients and carers to shape the way in which people are supported to manage their health more effectively, and interact with NHS services in decisions about their care (see inside pages for more on this project so far)
- Seeking patient views on local specialist Urology services, such as bladder ultrasound, prostate scanning and bladder incontinence in community clinics.

We want local NHS services to meet the needs of our patients and our communities. To help us do this we are keen to hear and learn from your experiences and your ideas for how to improve care.

There are a number of ways that our patients and members of the public can get involved to help improve local health services. One of these is our Health Network.

In our last newsletter we spoke about the huge response that we have received from our 5 Communities events. This response has resulted in the Health Network membership increasing from 70 to over 300 - which includes members of the public as well as different organisations.

We need you

We are still interested in hearing the views of all patients and the public, on all of the above projects and if you wish to have your say - or join the Health Network - please contact us.

In the coming months we will be seeking feedback on other services too, such as cardiology, renal and COPD (progressive lung disease). If you are interested in these areas, please do let us know and we will be in touch with more information very soon.



Contact us

NHS Clinical Commissioning Groups (CCG)

Lower Ground Floor, Crawley Hospital, West Green Drive, Crawley, West Sussex, RH11 7DH
01293 600300 extension 4255

HSCCG.Contactus-horshamandmidsussexccg@nhs.net

