

Building Healthier Communities

Newsletter - Issue 3 - September 2019

Welcome to the third newsletter of the Newham Building Healthier Communities (BHC) Programme. We are proud to be able to share some of the stories where our work is underway and making a difference.

Primary Care Networks: what they mean for you

Primary Care Networks (PCNs) form a key building block of the NHS Long Term Plan. Bringing general practices together to work at scale is part of a national drive to provide a wider range of services to patients at neighbourhood level and to integrate more easily with the wider health and care system.

Since 1 July 2019, almost all of the GP practices in England have come together in some 1,300 networks, covering populations of approximately 30–50,000 patients each. Ten PCNs are confirmed for Newham. Newham Health Collaborative, the local GP federation, and a lead partner in BHC, is at the heart of this transformation in local health service delivery.

In future, funding for primary care will increasingly flow through PCNs rather than through individual GP practices. Integrated care and partnership working is key and we are

working together with Barts Health, ELFT and the London Borough of Newham to support and help develop the networks, to ensure that the services delivered meet the aspirations of the people of Newham.

End of Life Care and the BHC Programme

Sandra Rennie, a service user and member of the Patient and Public Engagement Group for the BHC Programme, discusses some of the complex issues around end of life care with Jane Naismith, Director of Clinical Services at St Joseph's Hospice and Coral Alexander, Senior Transformation Manager with Newham CCG who are both members of the End of Life Task and Finish Group.

Jane comments: "Good end of life care is about managing symptoms and allowing choice about where people die and who's around them when they die, while making sure that people have high-quality care. That's why BHC is so good, because all of us start to look at pathways bringing everyone together – district nurses, informal carers, and so on as we all have our part to play."

Collectively we are working to provide quality services. In Newham our six care homes are all part of the Gold Standards

Framework and our GPs are working towards the Daffodil Standards, developed by Marie Curie as a best practice framework for End of Life Care, recognised and incentivised by the Royal College of GPs. Coral notes: "It's not just about money, it's about working effectively across the wider system. The BHC Programme is an opportunity to bring together the best of what we've currently got, recognise the gaps and bring about more choice."

The BHC programme is also investing in training to support improved end of life care. Jane said: "It's worth noting that end of life is not what GPs deal with every day, so we need to be able to support them too and be mindful of their educational needs." Some 25 GPs and acute clinicians in Newham are undertaking a 'Difficult Conversations' course to look at issues around communication, and a bid has been submitted to secure £25,000 to support end of life care training for carers and clinicians.

"I can look forward to hearing in 12-24 months that things have improved even more significantly", says Sandra. "I'm really heartened to think that we'll be getting it even better."

Carers FIRST

Newham's Integrated Carer Support Service was launched by Carers FIRST in July. Offering informal carers:

- Information, advice, advocacy and onward referral
- Emergency planning
- Individual befriending/mentoring
- Activity based peer support groups

For more information or to refer a carer for support, please call 0300 303 1555, email info@carersfirst.org.uk or visit www.carersfirst.org.uk.

Stroke Support Services

The Stroke Association has developed an information pack for stroke survivors leaving hospital, full of useful tips such as:

- Words your medical team might use
- Useful information following a stroke
- Advice for family members supporting a stroke survivor

The Association has also launched an online guide, found at mystrokeguide.com.

To find out more, and for details of outreach events across the borough, call 0303 3033 100 or email Lucia.Garratt@stroke.org.uk

A spotlight on the 150Club

A non-medical approach to health and wellbeing

The 150Club works to tackle high rates of diabetes and cardiovascular disease in Newham. Taking its name from the recommended 150 minutes of exercise people should take per week, this ground-breaking collaboration between NHS Newham CCG, West Ham United Foundation, Newham Council and the Staywell Partnership won the prestigious BT Sports Industry Community Programme of the Year Award in 2018.

Are you or your patients eligible?

GPs across the borough can now refer patients aged 18 or over with a BMI under 45, who have one or more of the following:

- HbA1c 42-47 (within last 3 months)
- Qrisk over 10%
- History of GDM

As part of the 24-week programme, lifestyle advisers provide individual support, guidance and signposting to over 30 activities delivered within 20 local community organisations. Activities range from chair-based yoga to a running club, and include women-only sessions.

Why do we love it?

- Over 500 people have completed the programme to date



Pablo Zabaleta and Carlos Sanchez celebrating 500th 150Club completer.

- 325% increase in self-reported moderate physical activity
- Decrease in average blood pressure from 132/83 to 126/80
- 23% increase in hand grip test and 19% in Warwick Edinburgh MH Scale
- 'Ripple effect' as participants' families get active

Case Study

150Club completer Arif Qureshi knew he needed to make a lifestyle change after his father and sister died of diabetes. His GP referred him to the 150Club, which he says changed his life: "I came up as pre-diabetic, I was borderline. It was a rude awakening for me to do something. I was 100-plus kilos, I shed it off to 85 kilos now through this scheme attending Walking Football. My Lifestyle Advisor, Layla, was brilliant - so motivating and full of encouragement. I'm healthy, with a new lease of life, new friends, new family. Energetic. What more could I ask for?!"

For a referral to the 150Club, residents should check with their GP. For more information, call 07850 086 914 or email 150club@westhamunited.co.uk

Get in touch

For more information about the BHC Programme please contact lina.christopoulou@nhs.net

Building Healthier Communities is a partnership programme being delivered by: NHS Newham CCG, East London Foundation NHS Trust, St. Joseph's Hospice, West Ham United Foundation, Barts Health NHS Trust, Mildmay Mission Hospital, London Borough of Newham, Accelerate CIC and Newham Health Collaborative.