

NEWS-SHEET—November 2016

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REMINDERS

- 1. December Meeting:** Our meeting on 1st December includes only urgent business so that we can adjourn early to welcome in the festive season with mince pies, shortbread, seasonal drinks and a chance to socialise with other members.
- 2. No mailing in December:** Our next mailing will be in mid January. It will have full details of our February meeting. Remember to diarise our first routine meeting of the year, at the Post Graduate Centre, Mount Vernon, at 7.30pm on Thursday 2nd February 2017.
- 3. January Meeting:** This discussion meeting – no guest speaker - will be on Thursday 5th January, 7.30pm, in the Post Graduate Centre at Mount Vernon. Come with ideas on how to make us strong and effective in the years ahead. This meeting is for members only.

DATES FOR YOUR DIARY

- 1. Paul Strickland Carol Concert:** 7.30pm, Friday 2nd December at Holy Trinity Church Northwood. Apollo Male Choir and children of Holy Trinity CE Primary School. Tickets Tel. 01923 844290: Adults £8 / Under 12s £5. All proceeds to the Scanner Centre.
- 2. Michael Sobell's Santa Dash:** 12 noon, Saturday 3rd December, one mile sponsored walk jog or run through Northwood to raise funds for the hospice. Tel. 020 3826 2367 for details.
- 3. Mind in Harrow AGM:** Thursday 8th December, 1500-1900 Members Lounge, Civic Centre, Harrow.

NATIONAL NEWS

- 1. NHS Finances 2015-16:** The NHS budget of £11.64 billion had to cope with nearly 23 million A&E attendances (the highest number ever), 14 million GP referrals to acute hospitals, almost 6 million hospital admissions, 19 million first outpatient attendances and more than 9 million calls to ambulance switchboards. Local authorities spent £13.8 billion on adult social care services, covering short and long term care for more than a million people. NHS providers overspent their budgets for 2015-16 by £2.45 billion. Local authorities were reported to have spent £168 million more than their budgets.
- 2. Nursing Home beds:** In the past nursing home beds have grown in number to meet the needs of people requiring care but this has come to a halt in the last 16 months. Profit margins have reduced due to pressures on fees available, compounded by the impact of the national living wage - so the number of available beds has reduced with knock on effects across the whole health and care system - more emergency admissions to A&E, more delays for people ready to leave hospital and more pressure on other services.
- 3. Training places for doctors:** From September 2018, government funding will provide an additional 1,500 student places each year, and there may be a requirement for students to work a minimum period in the NHS following graduation.

LONDON NEWS

1. **London Ambulance Service:** The Care Quality Commission inspection in 2015 rated the service inadequate overall and inadequate for safety and quality of leadership, but with a rating of good with respect to caring. The trust was operating with a shortage of trained paramedics due to a national shortage and to paramedics leaving LAS for better pay elsewhere. However staff were highly dedicated to and proud of the important work they were undertaking, and the inspectors saw staff being caring and compassionate, often in very difficult and distressing circumstances.
2. **Third Runway at Heathrow:** The Hillingdon Hospitals Board will use this decision as an additional justification for rebuilding Hillingdon Hospital - work during construction and afterwards more staff and passengers will increase the hospital's workload.

HARROW NEWS

London North-West Healthcare NHS Trust

1. **Dementia friendly improvements to Hardy Ward:** The Trust's charitable funds have financed new floors, better signage and pastel colours in this elderly care ward.
2. **Staff flu vaccinations:** By 20th October 836 frontline staff had been vaccinated (11.5%), incentivised by an end of campaign draw for three members of staff to win extra days leave and, each week, for five staff to get £5 Costa vouchers in a random draw.
3. **Tesco award to be decided by its customers:** Meadow House Hospice is in line to receive an award of £8k, £10k or £12k to modernise its garden, including new seating, a water feature and easier wheelchair access.

Harrow Clinical Commissioning Group

1. **New Walk-in Centre:** This long awaited facility, at the Belmont Health Centre in Kenton Lane, was opened on 12th November, to serve the eastern part of Harrow.
2. **Mental Health Funding:** We await a response to our letters of 16th September and 20th October asking what plans the CCG has to improve its mental health funding. The latest published national figures, for 2013/14 show the Harrow CCG's funding of mental health services was at £9.71m per 100,000 population, next to bottom in the country, compared with a national average of £14.58m.

Harrow Healthwatch

1. **Harrow enquiry about Harrow Healthwatch activities:** We await a response to our letters of 20th August and 20th October to the Chief Executive of Harrow Council asking when its report on the activities of Harrow Healthwatch will be made public. We contend that these activities are a matter of public concern and that there should be a public meeting where the report is open to discussion and comment.

HILLINGDON NEWS

The Hillingdon Hospitals NHS FT

1. **Opening of the Peter Pan Ward Extension:** The official opening on 22nd October was performed by Boris Johnson MP for Uxbridge and South Ruislip. It was followed by a tour of the new Pharmacy and the new Paediatric A&E.
2. **A&E Performance:** The 95% four hour standard could not be met in September. A&E arrivals increased by 7.6% compared with a year ago, paediatric activity was up 14%

and blue light ambulances were up by 19.9%. Since 2013 the average number of patients per day has risen from 148 to 178 and the number of blue light ambulances from 5.3 to 10 – all with no expansion of physical capacity.

- 3. New role for Edmunds Ward?** If agreed this step-down project will be run by GPs and Social Services, to provide the equivalent of nursing home care for discharged patients.
- 4. Finance:** The Trust ended September with a year to date surplus of £61k, £84k behind plan. The Finance Director noted that if everything went well the Trust might break even at year end in March 2017 but it risked a deficit in excess of £6m, particularly as some possible funding depends on achieving very challenging targets.

Hillingdon Clinical Commissioning Group

- 1. Northwood and Pinner Hospital site:** NHS Property Services is freeholder of the site. The CCG is clear that the site is not needed for future health care delivery, but it would not be averse to NHS Property Services re-providing Northwood Health Centre on the hospital site with disposal of the rest of the site. The NHS Property Service appraisal of options ended in September and a preferred option has been identified which is being worked up to share with residents in December 2016.
- 2. Admiral Nurses:** Hillingdon has two Admiral Nurses who work as part of the Memory Assessment Services which target early intervention, diagnosis and treatment of dementia. These nurses offer on-going support to individuals diagnosed with dementia, their families and carers. Other areas are not so fortunate eg Harrow which has none.
- 3. Finance:** At end of September the CCG was achieving its year to date planned surplus of £1.8m and it expected to achieve its end of year planned surplus of £3.6m, but to do this it used all its available reserves and factored in a non-recurrent gain of £2.2m from 2015/16, so it has little residual ability to manage any further cost pressures.
- 4. Single Point of Access for mental health:** There is now one 'phone number to call on mental health issues, from which the caller will be transferred to an appropriate 'phone for a response. The telephone number is 0800 0234 650 or email cnw-tr.spa@nhs.net
- 5. Investments in mental health:** Hillingdon CCG has provided an uplift this year for mental health services funding and will continue to do so pro rata to the national allocation. In the past 18 months it has made significant new investments including dementia services, learning disability services, and other mental health services.

Hillingdon Council

- 1. Cllr. Carol Melvin:** Our delegate from Ruislip, Northwood and Pinner Conservatives, is currently Deputy Mayor of Hillingdon and she is expected to become Mayor for 2017-18.

SOUTH WEST HERTFORDSHIRE

West Herts Hospitals NHS Trust

- 1. Thomas Sawyer Way opened on 16th November!** This long awaited road provides direct access into Watford General Hospital's car park from the M1 and central Watford. From the Town Hall follow the A411 to B&Q then turn right into Dalton Way and follow the signs to the hospital.
- 2. Minister visits Watford General Hospital:** Minister for Health, Philip Dunne MP, accompanied by local MP Richard Harrington, recently visited this hospital to see first-hand the improvements since the Care Quality Commission's inspection last year.

They saw the Alexandra Birthing Centre, Emergency Department, Windsor Unit, the Ambulatory Care Unit and they talked to staff. The Ambulatory Care Unit, which opened in 2014 is now one of the busiest in the country, treating people on the day they attend to

aid swift discharge. The Windsor Unit opened in August to provide geriatric assessment for frail emergency patients. These units help to reduce hospital admissions.

Herts Valleys Clinical Commissioning Group

Antibiotic Resistance: Herts Valleys CCG is tackling one of the biggest global health threats. Antibiotics are important medicines in treating bacterial infections, but they are losing effectiveness because bacteria adapt and find new ways to become resistant. Antibiotic Awareness Week (November 14 to 20) aims to slow down antibiotic resistance.

To mark the event, Herts Valleys has produced a YouTube video noting that: “You should only use antibiotics prescribed by a certified health professional, always take the full prescription even if you feel better, never use leftover antibiotics, never share antibiotics with others and prevent infections by regularly washing hands and keeping vaccinations up to date.” Members of the public are encouraged to become Antibiotic Guardians at antibioticguardian.com where they can find out how to make better use of antibiotics and how to avoid this vital medicine becoming obsolete.

GENERAL HEALTH NEWS

Royal Brompton’s world first in printing 3D heart model

Summarised from Evening Standard 2nd November 2016

Doctors are using extraordinary 3D printed replicas of patients’ hearts to improve surgery and to predict those at risk of life-threatening changes in heartbeat. Images from a cardiovascular magnetic resonance scan are used to create an exact model of the heart complete with any tissue scarring. The hospital’s charity is raising money to buy a 3D printer to enable more of the replicas to be created.

Can lack of sleep make you fat?

From The Week 12 November 2016

Having a bad night’s sleep leads people to consume, on average, an extra 385 calories – equivalent to about four slices of bread – the following day, scientists at King’s College London have discovered. The study, a re-analysis of previous research into the effects of poor sleep, defined a bad night as one with less than five-and-a-half hours’ sleep, and a normal night as seven or more hours. The researchers suspect that sleep deprivation affects the body’s ability to regulate the production of hormones such as ghrelin and leptin, which control feelings of hunger and fullness respectively. If long-term sleep deprivation continues to result in an increased calorie intake of this magnitude, it may contribute to weight gain”, said senior study author Dr Gerda Pot.

Eating eggs may prevent strokes

From The Week 12 November 2016

Despite their reputation as a source of cholesterol, eggs, it seems, may actually reduce the chances of having a stroke. A study tracking 30,000 people over 30 years found that those who ate one egg a day – whether boiled, scrambled, poached or fried – were on average 12% less likely than non-regular egg eaters to have a stroke. The reputation of eggs nosedived in the 1970s as evidence grew that a high cholesterol diet increases the risk of heart disease and stroke. But since then, studies have suggested that their benefits – they are a rich source of antioxidants and vitamins – outweigh the cholesterol’s negative impact. However, the EpidStat Institute Michigan researchers said it was not clear why they may prevent strokes. Victoria Taylor, of the British Heart Foundation, said the research was “interesting” but shouldn’t be taken as a licence to eat a full English breakfast.