

SOURCES OF INFORMATION

1. **Sources:** Most information in this news sheet comes from reports from our own representatives. Outside sources are usually noted. We are always willing to respond to queries about the source of the information we provide.

GENERAL REQUEST

1. **Volunteers are needed for a Work Group to set up our Hard of Hearing project:** Volunteers should contact the Chairman.
2. **Representatives are needed to attend London Ambulance Service meetings:** These are in Waterloo Road SE1, 5.30pm – 7.30pm: Volunteers should contact the Chairman.

DATES FOR YOUR DIARY

1. Friday 24th March 1.30 – 3pm: **Harrow Carers Afternoon Drop-in for Mental Health Carers:** 376/378 Pinner Road North Harrow.
2. Friday 7th April **CNWL Harrow Mental Health Service Carers' Surgery:** Mental Health Centre, Northwick Park Hospital. Tel: 0208 869 3268 to book afternoon appointment.
3. Saturday 8th April: **Michael Sobell Hospice Easter Eggstravaganza:** An Easter egg hunt at Mount Vernon. No child will leave empty handed!
4. Saturday 6th May: **Michael Sobell Hospice Annual Plant Sale:** In the gardens of Michael Sobell Hospice.

NATIONAL NEWS

1. **Guidance on conflicts of interest:** NHS England has published new guidance for application from 1st June 2017. Staff should decline anything that may affect their professional judgement and gifts from suppliers of more than £6 in value. Only modest hospitality, travel and accommodation can be accepted without senior approval. Outside employment including clinical private practice should be declared.

LONDON REGIONAL NEWS

London Ambulance Service

1. **Response times:** Demand continues to outstrip capacity with activity 5% above plan. Additional workforce hours and private ambulance services have been used to combat increased demand, but response time targets have still not been met.

Royal Brompton & Harefield NHS FT

1. **March to support retention of Royal Brompton's congenital heart services:** This 2km march through central London was scheduled to take place on Saturday 18th March.

HARROW NEWS

London North-West Healthcare NHS Trust

- 1. Maternity consultant ward coverage:** The Trust does not employ enough obstetric consultants to meet the standard requiring consultant presence during working hours Monday to Friday. (*Hillingdon CCG Board papers March 2017*)
- 2. The North West London Change Academy:** This is now open for teams to submit their ideas on how to improve health and social care. The Change Academy is an innovative leadership programme, designed to bring together teams from across health and social care at all levels in North West London. (*Trust website*)
- 3. Cardiac Research donation:** The Lions Club of Sudbury has donated £4,500 to the Department of Cardiac Research at Northwick Park Hospital, which has enabled purchase of a new heart monitoring system for use with exercise bikes. These bikes, when used with heart ultrasound, are the most suitable form of exercise for assessing patients with heart valve disease. (*Trust website*)

Harrow Clinical Commissioning Group

- 1. Control of local GP services:** Harrow GPs have voted in favour of Harrow CCG taking control of its own budget and becoming directly responsible for local GP services, instead of sharing that responsibility with NHS England. (*CCG website*)
- 2. New Children's Wellbeing Service:** Harrow young people are getting a new flexible Emotional Health and Wellbeing Service, an early intervention service to be launched in April 2017, targeted at children and young people with an identified need (*CCG website*)
- 3. New smartphone app. "Health Help Now":** Over 5,000 Harrow residents downloaded the new "Health Help Now" app in its first week of release. It helps to identify services to meet patients' needs. (*CCG website*)

HILLINGDON NEWS

The Hillingdon Hospitals NHS FT

- 1. A&E waiting times:** Hillingdon Hospitals January performance for the target to treat or discharge patients within four hours achieved only 79.8% against the national standard of 95%. Key actions include four ambulatory clinics running on weekends in the acute medical unit and extra staff to manage winter pressures.
- 2. Maternity consultants at Hillingdon Hospital:** Meeting the 168 hour target for consultant coverage would require eight more consultants, but no serious incidents have been reported as a result of the shortfall. The Trust is in line with the Kings Fund guidance recommending that units delivering 4-5,000 women should have 98 hours of consultant ward coverage.
- 3. Finance:** The Trust ended January with a deficit of £831k, £1575k behind plan. However year to date the Trust has a surplus of £2.742m, £0.5m ahead of plan. The year to date position benefited from a £7.3m gain on the value of investment properties. Compared to last year there was a net increase of 224 whole time equivalent staff, 104 of these being substantive staff and the rest agency or temporary staff. Year to date agency staff cost were £1230k lower than last year, but the NHS Improvement target of reducing agency cost for the year to below £10.5m remains very challenging.

The Trust now forecasts that it will not meet its financial Control Total for the year. It has submitted a planned deficit of £15.3m for 2016-17 in its Operational Plan. As a result the Trust is now classified as being “in distress” and as such it will apply for “interim support” from the department of Health in the form of a new revolving working capital facility.

- 4. Staffing:** Overall vacancies have decreased but remain significant, There has been an increase in Registered Nurse vacancies on the Mount Vernon site, although the numbers are small.. Staffing requirements have continued to be met but with continued reliance on temporary staffing . Matrons ensure that all shifts are led by experienced substantive staff. Pagett Ward has continued to be used as extra capacity for inpatients in addition to functioning as a day-care unit.

Hillingdon Clinical Commissioning Group

- 1. Finance:** Overall at end of January the CCG was achieving its year to date planned surplus and it expected to achieve its £3.6m planned surplus at year end in March despite unfavourable variances in Acute Service Level Agreements and in Continuing Care. However it has used all its available reserves so there is some uncertainty.
- 2. End of Life Integrated Support:** Hillingdon’s current service is complex and it can be confusing for patients, carers, and health and social care professionals. There is limited out of hours provision and capacity issues across palliative care – from community services to inpatient beds. Patients and carers report frustrations when attempting to navigate this complex landscape and many are unaware of the different types of support available, such as befriending and counselling. The recommended option is to commission a Single Point of Access and Urgent End of Life Night Time Nursing Service.
- 3. H4All Pilot Service evaluation:** H4All is a collaboration between Age UK Hillingdon, Disablement Association Hillingdon (DASH), Harlington Hospice, Hillingdon Carers and Hillingdon MIND. The pilot service supports older people to self manage and participate in their own care planning and health and wellbeing.

Evaluation of this pilot’s first 10 months found 38% reduction in contacts with GPs outpatients, A&E and hospital admissions, valued at £547.34 per client. The service supported 1099 patients, with 11,675 contacts with or for patients. 44 of the Hillingdon GP practices referred to this Wellbeing Service and feedback was very positive.

SOUTH WEST HERTFORDSHIRE

West Herts Hospitals NHS Trust

- 1. Need for increased hospital capacity in South West Herts.:** Population growth and changing needs mean that acute services capacity will need to grow over the next 20 years. Also Watford General Hospital does not meet current NHS building standards e.g. the neo natal unit is only about 30% of required size, only 10% of beds are in single rooms (standard is 50%), delivery suite rooms are only about 44% of required standard.
- 2. Uprating following the Care Quality Commissions re-inspection September 2016:** After the CQC 2015 inspection this Trust was rated “Inadequate” and placed in “Special Measures”. In a report on the 2016 inspection the Trust is overall uprated to “Requires Improvement” and many services are rated “Good”. Two departments - Maternity and Gynaecology, and Critical Care - have been uprated from “Inadequate” to “Good”, an impressive achievement. Paediatric Caring is still “Outstanding”.
- 3. Recruitment success:** This success bucks the national trend and the Trust’s reduced reliance on agency nurses and doctors is not only great for patient care but also saves around £7m compared to the cost of agency staff last year.

4. **Delayed discharges:** More than 10% of beds are occupied by patients well enough to be discharged for whom there are no arrangements for them to return home or to move into a nursing or residential setting. This limits the flow of patients through the trust.

GENERAL HEALTH NEWS

Regular activity may help some people stay 'fat and fit' (NHS website 5th March 2017)

"You can be fat and healthy," is the misleading headline from the Daily Mail. While a Dutch study did find that activity could help avoid the increased risk of cardiovascular disease associated with obesity, it didn't look at the risks of other obesity-related conditions such as type 2 diabetes and some types of cancer. The study of 5,344 people aged 55 or over concluded that:

- people who are a healthy weight and do plenty of physical activity had the lowest risk of heart attack or stroke
- people who were overweight or obese, but physically active, had the same risk as people of a healthy weight who exercised regularly
- people at highest risk were those who were obese and did less exercise

It is worth noting that the category researchers used to define "low activity" – an average of two hours of moderate activity a day – was actually more than many people manage in the UK. So the risks of heart disease may actually be higher for people in the UK who are not regularly physically active, whatever their weight.

Another important point is that the study only looked at the risk of cardiovascular disease. Other obesity-related conditions were not considered and, as we have covered previously, 11 types of cancer are now linked to being overweight.

In conclusion, exercise is always beneficial, but if you can make the extra effort to achieve a healthy weight, then the benefits may be enhanced. If you want to lose weight you can try the NHS Weight Loss Plan.

The study was carried out by researchers from Erasmus University Medical Centre in the Netherlands and was funded by Erasmus University, the Netherlands Organisation for Scientific Research, the Netherlands Organisation for Health Research and Development, the Research Institute for Diseases in the Elderly, the Ministry of Education, Culture and Science, the Ministry for Health, Welfare and Sports, the European Commission and the municipality of Rotterdam.

Although several of the researchers work for a research centre funded by Nestlé, there does not seem to be a conflict of interest. The study was published in the peer-reviewed European Journal of Preventative Cardiology.

The Daily Mail's headline that "You can be fat and healthy" is misleading as the study looked only at cardiovascular disease. Being overweight or obese also affects the chances of other conditions, including cancer and diabetes.

And this came only a day after the same newspaper reported "How being obese can increase the risk of developing 11 types of cancer including breast, stomach and bowel", so you could forgive their readers for being more than a little confused.

Also, the study's authors specifically say their results do not refute the cardiovascular risk associated with overweight and obesity.

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