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## DATES FOR YOUR DIARY

- CNWL's Carer's Conference:** Friday 21<sup>st</sup> October, Friends House, Opposite Euston Station 10am – 4pm. Tel: 0207504 5571 to register.
- Afternoon Drop-in for Harrow's Mental Health Carers:** 376/378 Pinner Road North Harrow, 1.30pm to 3pm, Fri. 28<sup>th</sup> October. Tel: 020800 868 5224 for details of mental health support.
- Sale of local charity Christmas Cards:** We will have cancer charity cards on sale at our meeting on 3<sup>rd</sup> Nov., 7.45pm Post Graduate Centre Mount Vernon Hospital – come early.
- CNWL Harrow Mental Health Carers Surgery:** Mental Health Centre, afternoon of 4<sup>th</sup> November Tel: 0208 869 3268 to book appointment with Jane Tufano.
- Paul Strickland Quiz Night:** 7.30pm Friday 4<sup>th</sup> November, The Fairway Inn, Rickmansworth Golf Club, Moor Lane Rickmansworth - teams of six, £14 per person includes fish and chips supper or vegetarian alternative. Tel: 01923 844290 to book.
- Michael Sobell Festive Gift Fayre:** Sat. 5<sup>th</sup> November, 10am – 2.30pm, Michael Sobell Centre, Mount Vernon Hospital – seasonal goodies, gifts, music, food and much more.
- Paul Strickland Christmas Concert:** 7.30pm Friday 2<sup>nd</sup> December at Holy Trinity Church, Rickmansworth Rd., Northwood HA6 2RP featuring Harrow Apollo Male Choir and the children of Holy Trinity School. Fee: £8 / £5 for under 12s. Refreshments available in the interval. Tel: 01923 844290 to advance book.

## NATIONAL NEWS

- Operation of NHS Improvement's Single Oversight Framework:** Starting on 1<sup>st</sup> October, this uses the Care Quality Commission's assessments of whether a provider's care is safe, effective, caring and responsive, and where available, delivery of the four priority standards for 7-day hospital services. There will be four possible outcomes: Maximum autonomy / Targeted support / Mandated support / Special measures.
- A paperless NHS:** (*HSJ 21 Sep. 2016*) A government-commissioned review urges Ministers to ditch their "unrealistic" flagship target to achieve a paperless NHS by 2020 – and warns that much more money will be required to achieve a digital health service.
- NHS England reveals four hour target for mental health:** (*HSJ 21 Sep. 2016*) A new waiting time target for mental health services expects patients in crisis to be treated within four hours, mirroring the acute accident and emergency standard.
- Junior doctor strikes:** All strikes have been called off, to the great relief of patients.
- Health Research:** The Dept. of Health has announced a five year, £816 million investment in health research – the largest ever investment into health research. Mental health research gets nearly £70million, dementia over £45 million and deafness over £15million. For every £1 the Dept. of Health invests, hospitals / universities expect to generate £6 from charities and industry. The UK is already a world leader in pioneering medical breakthroughs and this record investment will ensure this tradition continues.

## LONDON NEWS

- 1. Royal Brompton & Harefield FT's proposed sale of 151 Sydney Street:** The Trust faced financial deficits for the first time following loss of Project Diamond funding in 2014/15, worth £13.3m income. Its property at 151 Sydney Street has been held for income generation / capital appreciation and is leased to third party tenants, so selling this property on the open market was considered, but it is inextricably linked with the adjacent 250 Kings Road property, owned by the Trust's linked charity and uncertainty is also caused by the possible construction of a Crossrail 2 station under the property. So it has been agreed to sell the property to the Charity for £24m, a sum supported by market valuations, with an option to purchase an adjacent parcel of land for £2m – to fund the Trust's capital expenditure for 18 months.
- 2. Royal Brompton's Congenital Heart Services:** There have been no developments of which we are aware. We wrote to the Chief Executive offering our support, as requested by members at our September meeting.
- 3. Children looked after by CNWL:** CNWL provides this service for Harrow and Hillingdon, for Harrow a new service. In Hillingdon the CLA team has saved Hillingdon CCG £42,099 by bringing back into Hillingdon children previously placed out of borough.
- 4. CNWL's Mental Health Crisis Line:** The introduction of a single point of access has proved very popular, with double the number of calls expected. Tel: 0800 0234 650.

## HARROW NEWS

### LONDON NORTH-WEST HEALTHCARE NHS TRUST

- 1. Dementia Strategy:** This strategy was launched on 2<sup>nd</sup> September 2016. It builds on previous work and caters for the over 6000 current patients with dementia in Harrow, Brent and Ealing, which is expected to rise to over 7000 by 2021. The Trust has pledged via the National Dementia Alliance that it will become a dementia-friendly organisation.
- 2. Flu vaccine for frontline staff:** NHS England offers financial inducements to NHS trusts to vaccinate front-line staff, for whom the vaccine is free. The Trust is offering vaccinations in work areas, or if preferred at a local pharmacy.
- 3. PLACE assessments:** Patient-led assessments of the care environment (PLACE) look at patients' privacy and dignity, food, cleanliness and general building maintenance, but do not cover clinical care. The Trust's 2016 scores were an improvement on the 2015 scores. Condition, appearance and maintenance improved across all sites and cleanliness improved at Northwick Park, St. Mark's and Central Middlesex hospitals.

### HARROW CLINICAL COMMISSIONING GROUP

- 1. New Pulmonary Rehabilitation Service:** This service will start soon in Harrow, with two sessions per week for six weeks, with referrals from either GPs or a hospital.
- 2. Harrow's talking therapies:** Talking about how you are feeling when you are stressed or anxious can help you to feel better. Tel: 020 8515 5015 / 5016 for this free, confidential NHS service that offers help to adults in Harrow.

## HILLINGDON NEWS

### CENTRAL & NORTH WEST LONDON FT

- 1. Improvement in Hillingdon performance:** The Trust's September Board Meeting in public heard that its Hillingdon services had recently improved after earlier concerns and would soon be back on track. It was also confirmed, in response to our questioning, that Hillingdon Clinical Commissioning Group has recently increased its mental health funding, which has allowed CNWL to improve its services and that further Hillingdon CCG funding increases are expected in the years ahead.

## THE HILLINGDON HOSPITALS NHS FT

- 1. Staffing:** In common with many other providers the Trust has high vacancy and turnover rates. In August, despite its 2,944 staff, an increase of 268 whole time equivalent over the last year (3%), it was unable to achieve the £985,400 ceiling target for agency expenditure set by NHS Improvement.
- 2. Infections:** No cases of clostridium difficile were reported in August but two had been reported in September – they will be reviewed with commissioners to determine whether or not they were avoidable, which impacts on the Monitor quality governance rating.
- 3. Pressure ulcers:** The rate in August was 1.2 per 1000 bed-days, which is above the hospital's target of 1.0 but the year to date rate remains on track.
- 4. Patient falls:** The August rate reached 4.7 per 1000 bed-days against the Trust target of 3.9. The year to date rate of 4.4 is also outside the Trust's own target, but is lower than the most recently published national figures. Movement sensors are to be trialled on high risk wards.
- 5. Finance:** In August the deficit was £439k, £52k worse than plan with year to date a deficit of £2,705k £65k better than plan. Medical, nursing and health care assistant pay causes particular concern.
- 6. Births:** At 385 these were 6 less than August last year and year to date 211 higher, including 153 more births from Ealing. Maternity transferred from Ealing Hospital in July last year.
- 7. New GP outpatient referrals:** At 476 these were 8.4% higher than August last year.
- 8. A&E attendances:** An increase of 271 was 3.9% up on August last year and 2678, 7.6% higher year to date, an average of an additional 18 patients per day compared with last year and 28 additional patients per day compared with 2014. Expansion of ambulatory care has prevented more emergency admissions.

## HILLINGDON CLINICAL COMMISSIONING GROUP

- 1. Services for children / young people with mental illness:** Hillingdon Healthwatch has published "Listen to Me", a report on young people's mental illness, noting that uncertain funding, lack of early intervention and fragmentation reduce the effectiveness of services and it calls for a joint approach to provide improvements. Hillingdon Clinical Commissioning Group and London Borough of Hillingdon have incorporated various "Listen to Me" recommendations into the Joint Social Emotional Wellbeing and Mental Health Strategy 2015-2018
- 2. Combatting the risk of stroke:** Atrial fibrillation is a heart condition causing irregular heart beats, of which the patient may be unaware. Those with this condition are at high risk of having a stroke. However new medication can reduce the stroke risk dramatically, but many who would benefit are not being treated. Now this CCG is addressing the problem with a request for a grant of £50k to fund a pharmacist to audit GPs' lists of patients to identify those patients whose medication should be changed.
- 3. Care Quality Commission (CQC) rating:** This CCG was rated as "Requires improvement". However a letter from Dr. Anne Rainsberry, Regional Director London, states that, despite that rating, "The Hillingdon CCG has achieved a significant financial turnaround in the years from the CCG's inception. This is a major achievement and the CCG is to be congratulated on it. .... In the view of NHS England, the CCG's overall financial performance in 2015-16 was sound".
- 4. Disabled Facilities Grants and Carer's Respite:** In Quarter 1, 26 people aged over 60 years were enabled to stay in their own homes through disabled grants and 130 carers were provided with respite or another carer, at a cost of £230.7k. This underestimates the total care provided as carers were also supported by other means.

## SOUTH WEST HERTFORDSHIRE

### WEST HERTS HOSPITALS NHS TRUST

1. **Care Quality Inspection:** In September the CQC re-inspected the Trust. Its immediate feedback was praise for maternity, critical care, the dementia and delirium service, nursing in general and documentation. Its formal report is due early in 2017.
2. **New access road to Watford Hospital:** This is due to open mid-November 2016, linking the hospital to the M1, bringing many benefits to staff and patients.
3. **European Referendum:** At least a fifth of the Trust's nursing workforce comes from non-UK parts of the EU so the referendum outcome caused concern. The Trust sent out a clear message committing its support to staff from abroad. The Trust does not anticipate any changes in the short term and will continue to recruit from overseas.
4. **Six year old boy raises cash for the Trust:** Billy Hughes suffers from cystic fibrosis. His family has annually raised money for West Herts Hospitals and The Cystic Fibrosis Trust, this year a whopping £4,000, providing gym equipment for the Trust's paediatric physiotherapy team. Dr Amanda Equi, consultant paediatrician, said: "We have 35 cystic fibrosis patients and some require admissions to hospital for two weeks each time for intensive treatment including intravenous antibiotics and physiotherapy several times a day. Exercise is also an important part of the treatment and so this donated equipment be utilised on a daily basis, and the children on the ward will be really happy to use it."
5. **The Trust's x-ray team has donated a domiciliary x-ray set to the London Science Museum:** The kit dating back to the 1960s was used to take radiographs in homes of patients who were unable to attend the hospital due to health or mobility issues.

### OTHER HERTS. NEWS

1. **Expansion of support for children with eating disorders:** Herts. Valleys CCG, East and North Herts CCG and Herts. County Council are working, over five years, to deliver the Herts. £2m Child and Adolescent Mental Health Service (CAMHS) transformation plan to improve emotional wellbeing services for children and young people. One priority is to enhance the eating disorder services provided by Hertfordshire Partnership University NHS Foundation Trust. The two CCGs and Herts. County Council have given a £600,000 funding boost to the CAMHS specialist eating disorders team to get extra staff so they can support more families.
2. **The Hospice of St Francis' Spring Centre:** This Centre is available for anyone over 18 in Herts. living with a potentially life-limiting illness and it offers free support from diagnosis onwards. The outpatient Spring Centre also provides services to support carers and family members affected by illness, aiming to promote resilience and helping people to live well with their condition. Services include exercise groups like Tai Chi and Physio, art therapy, CBT, Complementary Therapy and Coping with Fatigue sessions. To find out more, call 01442 869550 or visit [www.stfrancis.org.uk/springcentre](http://www.stfrancis.org.uk/springcentre)

### GENERAL HEALTH NEWS

1. **Kidney transplants:** (*The Week 14 Sep. 2016*) Two patients have become the first in Britain to have kidney transplants performed by a robot, reports The Sunday Times. The keyhole operations were carried out by a robot arm, controlled by a surgeon, with such precision, and causing so little damage to surrounding tissue, that one of the patients only required paracetamol – rather than morphine infusions – as a post-op painkiller, and both left hospital after just four days. Pain was reduced because the robot operated through a small incision rather than cutting through layers of muscle.
2. **Cancer drug news:** (*All-Party Parliamentary Health Group online Mon. 10<sup>th</sup> Oct.*) An immunotherapy drug has been described as a potential "game-changer" for treating cancer, according to the results of new research presented at the European Cancer Congress. In a study of head and neck cancers, more patients taking nivolumab survived for longer compared with those who were treated with chemotherapy. In another study, combining nivolumab with another drug shrank tumours in advanced kidney cancer patients.