

TOGETHER

A HEALTHIER FUTURE

The Accountable Health and Care Partnership For Pennine Lancashire

Introduction

Hi everyone,

It is my pleasure to bring this February edition of the 'Together a Healthier Future Workforce Newsletter' to you. As Chief Executive of Lancashire Care NHS Foundation Trust, looking at how we can establish ways to improve health care services and improve people's health in the areas we work in, including in Pennine Lancashire, is really important to us. Being able to deliver quality healthcare and ensuring people are at the heart of everything that we do is what drives us to be innovative and we can only do that by working in partnership with organisations such as 'Together a Healthier Future'.



Last year was an extraordinary year for us in many ways—we kicked off the year with the announcement that the Trust received a 'good' rating from the CQC, which was an absolutely fantastic achievement and was solely down to the hard work and effort of our workforce. 2017 also saw some partnerships to strengthen our offer in terms of the services that we provide to the local community. This included the launch of the pioneering and innovative Myplace project with The Wildlife Trust that is making a huge impact in the lives of many young people in both Pennine Lancashire and Central Lancashire, and something that received royal recognition with the visit of His Royal Highness Prince Harry. We are also working hard on a collaboration with Lancashire Teaching Hospitals and Lancaster University to deliver the NIHR Lancashire Clinical Research Facility, a project that is providing more opportunities for the residents of Lancashire and Cumbria to participate in high quality research.

There is an increase in demand for mental health support nationally, and this is something that we are also seeing. We have consequently risen to the challenge by continuing on with the innovation and looking at new ways to keep people well in the community and prevent them from going into hospital. This has involved innovative ways of reaching out to people, including working in partnership with Lancashire Women's Centres to improve access to psychological therapies for people with mild to moderate anxiety and depression. You can see a short video about this work here: <https://youtu.be/cydt8n87NGo>.

As the year progresses, we are looking forward to further exciting times and more new developments such as the opening of a specialist perinatal unit which will be one of only four new specialist services in the country. On that note, we look forward to changes and developments, which include responding to the changing shape of the local health economy and meeting the health and wellbeing needs of local people now and into the future together with our partners.

Professor Heather Tierney-Moore
Chief Executive, Lancashire Care NHS Foundation Trust

3 things you need to know....

- Together a Healthier Future is the Local Delivery Plan set up to help improve our health and care system in Pennine Lancashire which is a part of the wider vision for Lancashire and South Cumbria [Sustainability and Transformation Partnership](#).
- The Programme presents us with some exciting opportunities. Not only will it improve the experience of our patients and residents using our services but give us the opportunity to think about appropriate and best use of staff and how we deliver services ensuring that we can make the best use of our workforce – both paid and unpaid.
- We are encouraging the development of neighbourhood health and wellbeing teams in each district of Pennine Lancashire to bring health, care services and support closer to people's homes. The teams will work together to understand and meet the needs of the local community, promoting health and wellbeing and supporting people and their families should the situation deteriorate. People will be given information and support to access and use non-medical, community based initiatives within their own neighbourhoods.

Programme Updates



Draft Pennine Plan Proposals - Thank you!

The Together A Healthier Future team would like to thank all members of staff, volunteers and organisations for your support on gathering feedback on the draft Pennine Plan proposals.

In planning **Together a Healthier Future** we want to harness everything that is good about **Pennine Lancashire**; **our** people, **our** communities, **our** volunteers, **our** open spaces and **our** services.

We want to put you and your family at the centre of everything we do and provide health and care around your needs, and not those of organisations.

We have received some very valuable feedback from people across Pennine Lancashire this winter and will be using this information, taking into consideration suggestions put forward by staff, residents and organisations to shape our final Pennine Plan.

Health chiefs listen to the concerns of young people



Young people across East Lancashire and Blackburn with Darwen have told health and care chiefs of their concerns for health and wellbeing following a survey of over 800 young people.

Healthwatch Blackburn with Darwen and Healthwatch Lancashire were commissioned by East Lancashire CCG as part of the Pennine Lancashire Transformation Programme (which included both Blackburn with Darwen and East Lancashire CCGs) to gather the views and experiences of children and young people aged 8 to 25 across Pennine Lancashire as part of the engagement carried out to develop the draft Pennine Plan for health and care in the area. [Read more](#)

News and Events



Adverse Childhood Experiences (ACEs)

The term Adverse Childhood Experiences (ACEs) is used to describe a wide range of stressful or traumatic experiences that children can be exposed to whilst growing up. ACEs range from experiences that directly harm a child (such as suffering physical, verbal or sexual abuse, and physical or emotional neglect) to those that affect the environment in which a child grows up (including parental separation, domestic violence, mental illness, alcohol abuse, drug use or incarceration).

This ACE animation, produced in conjunction with Blackburn with Darwen Public Health, tells the story of a young boy growing up, and how his experience with ACEs could affect his life experience. If you would like to know more about ACEs, the work of the Specialist Public Health Team, or be involved, please contact: publichealthadmin@blackburn.gov.uk

Feedback requested on revised clinical policy for assisted conception services

As part of the ongoing work across the eight CCGs in Lancashire and South Cumbria to harmonise clinical policies, the CCGs are now consulting on the revised Assisted Conceptions Services policy. As it is important that we understand any potential impacts of these proposed changes to the policy we are keen to hear people's views. For some areas, especially in East Lancashire and Blackburn with Darwen, this means an increase in access to fertility treatments; for example, we have increased the upper age limit from 40 to 42. More information about this, with details of how to feedback, can be viewed at: <http://www.blackburnwithdarwenccg.nhs.uk/get-involved/current-consultation/lancashire-wide-review-harmonisation-clinical-policies/assisted-conception/>

Stroke Information Guide

Stroke is the third largest cause of death in England.

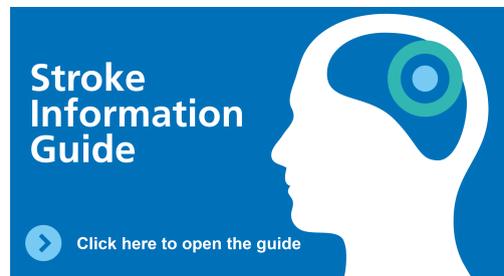
A stroke could happen to anyone at any time and is caused by either a block in a blood vessel that leads to the brain or by bleeding in or around the brain. Following a stroke some people recover completely, others need rehabilitation and further support, but others do not survive.

Organisations across Lancashire and South Cumbria have worked together to create an easy to understand Stroke Information Guide to provide access to good quality, appropriate information for professionals, stroke patients, their families and carers and anyone affected by stroke.

The information within the guide aims to be useful to aid recovery and prevent an initial or further stroke.

The guide was created with the involvement of health and care professionals, local people, stroke survivors and their carers and relatives.

<http://www.healthierlsc.co.uk/our-priority-areas/stroke-information-guide>



Cancer lead launches campaign to promote cervical screening in 25 year olds

A campaign aimed at encouraging 25 year olds to attend their cervical screening has been launched across Pennine Lancashire.

Women aged 25-30 are less likely to accept an invitation for screening than those in their 30s and 40s. Practices across Pennine Lancashire are working together to improve uptake. Each practice has a nominated cancer champion who attended a recent training course on how to support more 25 year olds to have a smear. [Read more](#)



This newsletter aims to keep you up to date with everything is happening in the Together A Healthier Future programme as well as health and care updates in Pennine Lancashire.

For further information about the programme and health and care, please visit www.togetherahealthierfuture.org.uk or email ELCCG.Togetherahealthierfuture@nhs.net

