

Stakeholder newsletter

June 2018

A brighter spotlight on clinical issues and good quality outcomes

The CCG's Governing Body is responsible for approving our commissioning plans and the monitoring of the performance and quality of local services. It also oversees the organisation's good governance processes and promotes the strong involvement of member practices, the local community and other key stakeholders.

'Place' is becoming increasingly important in the Vale of York and the move to focus on population and place is allowing us to plan with partners and challenge where things do not work as well as they could for patients.

To support this work the CCG's Governing Body has reviewed its membership to help ensure there is an even brighter spotlight on clinical issues and good quality outcomes for local patients.

A copy of the new Governing Body membership is attached. The next Governing Body meeting takes place in public on Thursday 5 July 2018. We hope that you can join us at this meeting, or one [at a later date](#), to observe the discussion and meet the new membership.

How many causes of heart disease can you identify?



It is our priority to prevent people in the Vale of York from dying prematurely and that's why we want to work with the local community to beat heart disease and stroke.

High blood pressure is one of the Vale of York's biggest killers. It rarely has noticeable symptoms and, if left untreated, increases the risk of developing a heart attack or stroke. It is estimated that more than 34,000 local people have undiagnosed high blood pressure.

For information and to learn how you can reduce your own risk, go to the website

www.valeofyorkhealthyhearts.co.uk

Vale of York Commissioning Intentions

Earlier this year we launched our Commissioning Intentions. The intentions reflect the views of local people who attended the CCG's series of 'Big Conversation' engagement events, where the community was asked 'what is important to them about local healthcare services?' Topics including cancer, dementia, mental health, access to health prevention / education and access to primary care services were identified by participants.

Dr Kevin Smith, the CCG's Director of Primary Care and Population Health, said: "The Commissioning Intentions, which have been approved by the CCG's Governing Body, are the start of a journey of local transformation.

“Our partner organisations have committed to work differently to achieve this transformation recognising that the change needed can be achieved through partnership working.”

To read more about the CCG’s Commissioning Intentions and to download a copy of the document [click here](#).



Dr Kevin Smith



If you are unwell or injured it is important that you receive the most appropriate treatment. Choosing the right care, first time means that you and your family will get the best treatment available and allows busy NHS services to provide treatment and care in the most appropriate setting.

You can often self-treat many minor illnesses and injuries at home by keeping your medicine cabinet and first aid kit well-stocked with medicines such as paracetamol and ibuprofen. Most simple ailments will begin to get better within a couple of days.

A group of local GPs have starred in a series of educational videos designed to help people in the Vale of York self-treat common illnesses at home. GPs from York Medical Group and Priory Medical Group appeared in front of the camera to explain how to treat common illnesses and ailments using over-the-counter remedies available at pharmacies. The videos cover the following topics:

- Medicine cabinet essentials
- Cold and flu
- Coughs
- Sore throats
- Ear infections
- Back pain
- Diarrhoea
- Sinusitis
- Viral infections
- Musculoskeletal pain
- Anxiety and low mood
- Sleep disorders
- Fatigue

Many illnesses are self-limiting, meaning they will eventually clear up on their own, so you don't need to see your GP for treatment. They can be treated at home using over-the-counter products that are available from your local pharmacy.

Dr Victoria Middleton, a GP and partner at Priory Medical Group, said: "The videos contain the advice your GP would provide during a face-to-face consultation, so by following the advice in these videos, in effect, you're saving yourself a trip to see your GP when you're unwell.

"Of course you should make an appointment to see your GP if you have an illness or injury that won't go away. Please call NHS 111 if you have a condition that needs treatment quickly, or seek emergency treatment if you have a serious or life-threatening illness or injury."

To watch the videos go to <https://www.youtube.com/watch?v=-b0BjeDXbcc>



We'd like to share information about how the CCG will be celebrating 70 years of the NHS and the legacy we would like to build with the community to improve everyone's health and wellbeing.

We are asking our local communities to get involved in the NHS birthday celebrations, and what better way to celebrate one of the nation's most loved institutions, than with a cup of tea?

Events will be taking place across the Vale of York area where we will be talking to local people about our work and helping them to consider ways to improve their lifestyle. The schedule of events is [available here](#). Please do come along if you can, you'll be very welcome.

We want to stimulate a conversation around health and wellbeing, and how we can help keep our community well. In particular; working with our partners, we want to break the cycle of isolation and create a community that builds a legacy of combatting loneliness.

York resident Ian creates film to help other depression sufferers

A man from York has created a film in which he talks about his struggles with depression to help people who are experiencing mental health issues of their own.

Ian Cartwright teamed up with the CCG to create the five-minute film in which he talks frankly about his struggles with mental health over the years.

The film was launched to coincide with Mental Health Awareness Week, last month, in the hope that it will help persuade others to talk about their problems and seek help if needed.

Ian, 60, who works for the City of York Council as a Community Involvement Officer, first suffered from depression 30 years ago while working as a general manager for a power tools company.

Ian, also a retired Methodist Minister, went on to suffer from several different bouts of depression in the ensuing years. His most recent one, which was also the most significant, occurred three years ago and led to his early retirement. But now that he's well on the road to recovery following various streams of healing and treatment, Ian wants to share his story to help others who might be experiencing mental health problems of their own.

He said: “I’m pleased to have been given the opportunity by the Vale of York CCG to share my story to help raise awareness about mental health conditions, and what better time to do so than during Mental Health Awareness Week.

“I hope that by speaking openly about my experiences, it will encourage others to do the same and get the help they need. You’re not alone, there are many other people out there who suffer from depression.

“I can honestly say that I was embarrassed when I was first diagnosed with depression and in the times thereafter, but as soon as I was able to admit that I suffered from depression it opened up so many conversations with people who have suffered similar circumstances.” The film is available at <https://youtu.be/O1bCb-cKx78>

The CCG thanks Ian for sharing his story about his mental health struggles. It takes great courage to talk about issues of such a personal nature and by sharing his experiences he will help others going through similar difficult circumstances.

General Data Protection Regulations

You may have recently received an email from us about our mailing list. The CCG is currently in the process of updating its email contact list in line with the new [General Data Protection Regulations \(GDPR\)](#). These regulations strengthen controls around use of personal data and explain your rights in respect of your data. You can find more information on your rights [here](#).

It is important that we have your permission to use your contact details to notify you of NHS Vale of York CCG’s activities, events and news. We will only use your details to contact you by email to send you updates and newsletters.

These updates may also include:

- our regular newsletter
- invitations to join events
- links to surveys, so you can have your say about local services
- general updates and news stories about the work of CCG

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