

Update for Overview and Scrutiny Committee (Adult Social Care)



February 2023

If you would like more information about any of the items contained in this update, if you have any questions about local health services, or any particular issues you would like to raise, please call 07557 205 544.

Sefton Partnership Board

The Integrated Care System has now begun to provide additional clarity of its strategic intentions through the publication of its draft strategy in December 2022. This was followed by the publication NHS operational planning and priorities guidance. In January 2023 the Government also announced that its consultation on its proposed action on major conditions and diseases will commence, with the outputs of this resulting in a Major Conditions Strategy for the NHS. All of this now provides further clarity for how places can be aligning their programmes of work.

The Sefton Partnership Board (SPB) has now been running for 12 months with the last six months under more formal arrangements. As we head into 2023-2024 there is the opportunity to review and refine the way in which we operate. It is proposed that we use the SPB meeting in April as a development session to enable time for reflection and to consider what our priorities and reporting requirements are for the year ahead.

Sefton Place review meeting

At the end of January our Place Director and members of our Sefton team met with NHS Cheshire and Merseyside Integrated Care Board (ICB) executive team members to review progress to date. The meeting was positive and constructive, with general feedback as below:

- Good progress in respect of primary care with a suggestion that we could develop this into a strategic document to reflect transformation ambition
- Recognition in relation to urgent care in relation to North West Ambulance Service and in mapping 111 data to inform commissioning plans and hospital discharge
- There will be challenging cost improvement plans so there is a continued need to focus on areas of spend within our control
- Continue to develop integrated approaches across all partner organisation. The team noted that there is good evidence of this in Sefton with strong partnerships with primary care networks (PCNs) and experienced leadership through clinical directors and PCN leaders
- Patient experience and good quality outcomes should continue to be at the centre of commissioning and transformation and good evidence of this with examples given
- The next meeting will focus on our Partnership priorities. This will be discussed in more detail at our development session in April

Industrial action

In response to recent industrial action we have been informing Sefton residents where to seek healthcare support if they need it, as well as continuing to plan and prepare for the future strikes by Royal College of Nursing, GMB, Chartered Society of Physiotherapy and North West Ambulance Service.

The NHS continues to do everything it can to go ahead with planned procedures – especially for patients in greatest clinical need – and will contact people if their appointment needs to be

rescheduled. Anyone who has not been contacted should please attend their appointment as planned.

Local services are keeping their websites and social media accounts up-to-date with information about service disruption – so we ask that people please check before they travel.

Irrespective of any industrial action and ongoing system pressures, we ask that people please do not hesitate to come forward to access care if they need it.

We're urging people to make NHS 111 Online their first port of call if they need urgent health advice on days of strike action and reminding them that NHS 111 Online can tell you:

- Where to get help for your symptoms
- How to find general health information and advice
- Where to get an emergency supply of your prescribed medicine
- How to get a repeat prescription

Upcoming strike dates and the latest information can be found here:

www.cheshireandmerseyside.nhs.uk/posts/nhs-industrial-action/

System pressures

Across Cheshire and Merseyside, NHS services continue to experience high demand – including high numbers of people attending emergency departments (A&E) and GP practices.

A position statement issued at the start of February gave an overview of measures introduced across the system to help relieve current pressures including:

- Work with NHS Trusts to ensure all possible capacity across the healthcare system is utilised and to support the release of ambulance crews
- National funding is being utilised across Cheshire and Merseyside to support hospital discharge processes and ensure more care packages are available in the community
- Significant investment is being made in virtual wards to support more people to be treated out of hospital. There is investment in reablement services, while the national additional roles reimbursement scheme is helping to create capacity in primary care

The statement also reminded people to ensure their flu and COVID-19 vaccinations are up to date and continue to follow self care advice, using NHS 111 online when they need access to healthcare services but its not an emergency.

You can read the statement here: <https://www.cheshireandmerseyside.nhs.uk/posts/nhs-cheshire-and-merseyside-update-on-system-pressure-4/>

Update on COVID-19 vaccination campaign

The Joint Committee on Vaccination and Immunisation (JCVI) announced interim recommendations for the future of the COVID-19 vaccination programme at the start of February.

It followed news from NHS England signaling the end of the current autumn booster campaign on 12 February.

In summary, the JCVI recommendations are:

- Plans should be made for those at higher risk of severe COVID-19 to be offered a further booster vaccination during Autumn 2023
- For a smaller group of people, such as those who are older and those with a weakened immune system, an extra booster vaccine dose may be offered in Spring 2023 (further guidance is still being discussed)
- Emergency surge vaccination response may be required, for example in response to a new variant
- The offer of a non-seasonal booster dose for people aged 16 to 49 years, who are not in a clinical risk group (including people who are pregnant or have an underlying health condition) will also end in England on 12 February, except with clinical discretion
- The 'evergreen' primary course (usually the first and second dose) should move during 2023 to become a targeted offer made during vaccination campaigns to protect those at higher risk of severe COVID-19 (ie not continually available)

You can read more about the JCVI's interim advice here:

<https://www.gov.uk/government/news/jcvi-advises-an-autumn-covid-19-vaccine-booster>

Promoting flu and COVID-19 vaccines

We have been continuing to remind eligible residents to make sure they are up to date with both their flu jabs and COVID-19 vaccines.

This has included intense social media activity and more traditional methods, such as leaflets ahead of the end for the current COVID-19 autumn booster campaign on 12 February.

- For eligibility on the flu vaccination visit: www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/
- For information and eligibility of COVID-19 vaccinations please visit: www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination.

Respiratory hubs come to Sefton

Additional support is aiming to provide more effective support to residents with acute and persistent breathing infections during the winter period.

NHS England allocated each region with funding to open an [acute respiratory infections \(ARI\) hub model](#) in Autumn 2022.

The hubs are being introduced to give additional capacity to support primary and secondary care pressures matching the needs of each population and hubs are due to close 31 March 2023 when the funding ends.

Here in Sefton, Southport's hub opened on 23 January at Southport Hospital and south Sefton residents will soon have access to a hub at Maghull Health Centre which is planned to open on 14 February.

Each hub is for acute respiratory illnesses and patients are referred to the hubs by their GP practice if they recommend a face to face appointment through triage to the clinically led sites.

The Southport hub is at Southport Hospital in the same building as the GP On Call and operates morning (9.30am – 1.30pm) and afternoon (2pm – 6pm) Monday to Friday for adults and children subject to clinical cover.

The south Sefton hub is aiming to open on 14 February at Maghull Health Centre. The service will be available Monday, Tuesday and Friday from 10am – 6pm. At first the service will be open to adults via referral and they plan to open this up to children in the coming weeks.

Long COVID – Eric story

We have been raising awareness of the support available locally for people with Long COVID with the help of Sefton resident Eric Morris.

Eric caught COVID-19 in 2022. He continued to suffer ongoing symptoms, completely losing his mobility and independence, before eventually finding out he had Long COVID.

Even after testing negative for COVID-19 with the virus, Eric's health continued to deteriorate, resulting in breathlessness, loss of his physical abilities and what he terms 'brain fog' – he has no memory of the early days of suffering from the condition.

Eric eventually sought help from his GP who recognised the signs of Long COVID and referred him to the Mersey Care Long COVID clinic in Southport for treatment.

The team assessed his condition and started him on a programme of rehabilitation and support including breathing exercises, physiotherapy, mobility support and equipment to help improve his condition and support him to become more independent at home again.

If you think you might have Long COVID, do contact your GP and they can refer you into our service. We have GPs, physiotherapists and social prescribers on site to help you, but can also refer you into community services such as occupational therapy.

The service is available to all Sefton residents. For more information visit: www.mersecare.nhs.uk/our-services/southport-formby/long-covid-service.

Watch Eric's video here: www.youtube.com/watch?v=ObZ26eGirCA

Social prescribing service – Danny's story

Danny's experience of our local NHS social prescribing services is encouraging others to reach out and get help from the service when they need it.

The 26 year old Southport resident was experiencing anxiety and depression when he found the social prescribing service. Danny spoke to his GP and was referred to the service.

Social prescribing is designed to help people with their health and wellbeing by linking them with local services for practical, social, physical and emotional support.

The social prescribing service is a collaboration between Sefton CVS, Southport and Formby Primary Care Network and South Sefton Primary Care Network.

Across Sefton, people can be referred to the social prescribing service by anyone in their GP practice. People can find out more about their social prescribing service and how to access it by talking to their GP practice.

You can see videos of Danny and social prescribing link worker, Niki Williams on our website along with more information about the service here: www.seftonpartnership.org.uk/social-prescribing

Crisis Café – Brittney's story

Sefton resident Brittney, who suffers with severe depressive episodes, has thanked the Crisis Café in Southport for saving her life after she had experienced suicidal thoughts earlier this year.

Brittney lives in Southport and hit a really low point while struggling with poor mental health. On one evening in particular she was suffering from very strong suicidal thoughts and had taken steps to harm herself. Fearing the worst, she decided to visit the Sefton Crisis Cafe in Southport - a local mental health support service - to find help.

A support worker at the Crisis Cafe sought immediate help for Brittney, giving her emergency assistance to de-escalate the crisis situation she was in, preventing her from taking her own life and supporting her to get back to a safer mental state.

The Sefton Crisis Cafes are based in Crosby and Southport, and offer out of hours support to anyone aged 18 years or over in Sefton experiencing a mental health crisis. They offer drop-in sessions from 5pm to 11pm on Friday, Saturday and Sunday evenings to give local residents a place of safety as an alternative to A&E.

The Sefton Crisis Cafe service was set up thanks to the local NHS in Sefton, Sefton Council, Mersey Care NHS Foundation Trust, Sefton CVS and Parenting 2000.

Find out more about the Sefton Crisis Cafes at: www.seftoncvss.org.uk/project/crisis-cafe or get in touch with the team by emailing: crisiscafe@seftoncvss.org.uk or calling 0300 323 0197.

Further information on mental health and wellbeing support and services in Sefton can be found by following #SeftonInMind on social media.

Read more here: www.seftonpartnership.org.uk/crisis-cafe-saves-womans-life

Board meetings

NHS Cheshire and Merseyside's Board meetings continue to rove across the region, with the next taking place on 23 February in Knowsley. The session will be held at Whiston Town Hall, L35 3QX from 10am to 12.30pm.

All meetings are live streamed via NHS Cheshire and Merseyside's Youtube channel for anyone not able to attend.

You can details of all forthcoming meetings here:

<https://www.cheshireandmerseyside.nhs.uk/get-involved/upcoming-meetings-and-events/>

Papers from all previous meetings can be found here:

<https://www.cheshireandmerseyside.nhs.uk/get-involved/meeting-and-event-archive/>

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