

**Scrutiny Briefing Report to:** Overview and Scrutiny Committee  
(Adult Social Care and Health)

**Date of Meeting:** 7 January 2020

**Subject:** Update Report of Fiona Taylor, Chief Officer

**Organisation:** NHS South Sefton CCG and NHS Southport and Formby CCG

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## **Purpose/Summary**

To provide Members of the Committee with an update about the work of NHS South Sefton CCG and NHS Southport and Formby CCG.

## **Recommendation(s)**

Members of the Overview and Scrutiny Committee (Adult Social Care and Health) are requested to receive this report.

## **Update for Overview and Scrutiny Committee (Adult Social Care) January 2020**

*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 0151 317 8456.*

### **Help Us Help You - holiday health advice**

In the run up to the Christmas and New Year holiday period, the CCGs worked with local partners to promote where people can go for health advice and treatment when their GP practice and other regular services are closed. At any time of the year there are a range of options for people to choose from outside normal opening times. This includes contacting NHS 111 online and by phone, speaking with a high street pharmacist, or visiting a walk in centre. The NHS App and pharmacies can provide a range of advice to help people to self care, whilst NHS 111 can arrange for anyone who needs to see a doctor outside regular working hours to do so. These options were promoted to residents in a number of different ways, from information on CCGs and partners websites and social media, to a four page advert in the Champion newspaper series, with cut out and keep details of pharmacy opening times over the bank holiday period and tips to help people self care for minor illnesses and ailments. This work supports the national Help Us Help You campaign from NHS England and Public Health England. Details of help and support at any time of the year can be found on the CCGs websites in the 'your health and services' sections.

### **Events encourage Sefton residents to join patient groups**

Sefton residents interested in getting involved in how local health services are delivered came along to two events in November 2019. The CCGs worked with Healthwatch Sefton to stage the events to encourage people to join their Patient Participation Group (PPG) based at their GP practice. Around 100 people attended the two events, where they heard about the role and purpose of PPGs and the difference they can make. This included hearing the experiences of existing PPG members and how they get involved in projects at their practice to make improvements for patients, like helping to design a new website. There was also a marketplace of health and wellbeing stalls at the event giving people the chance to chat with health professionals as well as representatives from the CCGs and Healthwatch. The events took place at Lord Street West United Church in Southport and Sing Plus in Waterloo. The PPG recruitment events were organised following an initial meeting in the summer of 2019 to explore how together, the CCGs, Healthwatch Sefton, practices and PPG members might strengthen the existing network of patient groups and how they might work alongside the newly developing Primary care Networks. You can read more about this work in the 'get involved' section of each CCG's website.

## **Sefton 2gether – five year plan for health finalised**

The Sefton 2gether five year plan has been completed and work is ongoing with Sefton Council and other partners to move towards implementation. This is being done in-line with the refresh of the Health and Wellbeing Strategy to ensure aligned delivery of the health and care system for the people of Sefton. In the early New Year the plan will go through its final governance before being shared and promoted with stakeholders across Sefton including voluntary, community and faith colleagues and the public.

## **Video campaign encourages Sefton residents to self care**

A series of short videos showcasing some of the free support that is available to Sefton residents to support their health and wellbeing was launched during Self Care Week (18 – 24 November). 'Think Self Care for Life' was the theme of the national campaign from the Self Care Forum, focusing on how people can make improvements in their lives to protect their physical health and mental wellbeing. Locally, the CCGs worked with professionals from Living Well Sefton, Access Sefton and NHS Informatics Merseyside to create the video campaign. The short videos and clips highlighted some of the services that can help residents with minor illnesses, as well as where they can go for tips and advice on how to look after their own health and wellbeing. The videos ran across partners' social media and websites during the week and can be found on the CCGs' websites and You Tube pages.

## **Patients urged to play their part to keep antibiotics working**

The CCGs' teamed up with Sefton Council at the end of last year to remind residents of their role in helping to keep antibiotics working over the winter months and all year round. Antibiotics are medicines that treat bacterial infections by killing or preventing the spread of that infection. They are only prescribed when:

- the condition is unlikely to clear up without them
- the infection could spread to others
- antibiotics could significantly speed up recovery
- the illness is serious

Antibiotics are not prescribed for viral infections, such as seasonal colds or flu because they are not effective in fighting these types of illnesses. Viral infections can be treated with a combination of self-care and over the counter medicines. Together, the CCGs and Sefton Council have been raising awareness of the fact that antibiotics are not always the answer, and we need to preserve these medicines for when we really need them. They invited residents to join them in tackling antibiotic resistance by listening to their GP, pharmacist or nurse's advice and only take these medicines when necessary. Anyone who does need antibiotics was reminded to use them properly if they are prescribed to them by making sure they are taking the recommended dose, that they are in date and that they finish the complete course as directed. Pharmacists can provide advice to anyone with queries about their prescriptions, or who would like advice for a seasonal illness.

## **New faces at governing body meetings**

Vikki Gilligan was welcomed as the new practice manager representative for NHS Southport and Formby CCG its governing body meeting in November 2019. Vikki has worked in the NHS for more than 30 years and has been a practice management for the past three years. Both CCGs first governing body meetings of 2020 will also be the first for their recently appointed interim chief nurse. Jane Lunt is carrying out the joint role until March 2020, whilst the CCGs' permanent chief nurse carries out a secondment. Both governing body meetings are held in public and start at 1pm on the dates and at the venues below:

- NHS Southport and Formby CCG – Wednesday 5 February, Family Life Centre, Ash St, Southport, Merseyside, PR8 6JH
- NHS South Sefton CCG - Thursday 6 February, 3rd floor boardroom, Merton House, Stanley Rd, Bootle, L20 3DL

Anyone wishing to attend is asked to contact 0151 317 8456 to book their place.

**Visit the CCGs' websites for more about their work [www.southseftonccg.nhs.uk](http://www.southseftonccg.nhs.uk) or [www.southportandformbyccg.nhs.uk](http://www.southportandformbyccg.nhs.uk), follow them on Twitter [@NHSSSCCG](https://twitter.com/NHSSSCCG) or [@NHSSFCCG](https://twitter.com/NHSSFCCG) or see a range of short films on You Tube for [NHSSSCCG](https://www.youtube.com/channel/UC...) or [NHS SFCCG](https://www.youtube.com/channel/UC...)**