

Healthy

# People

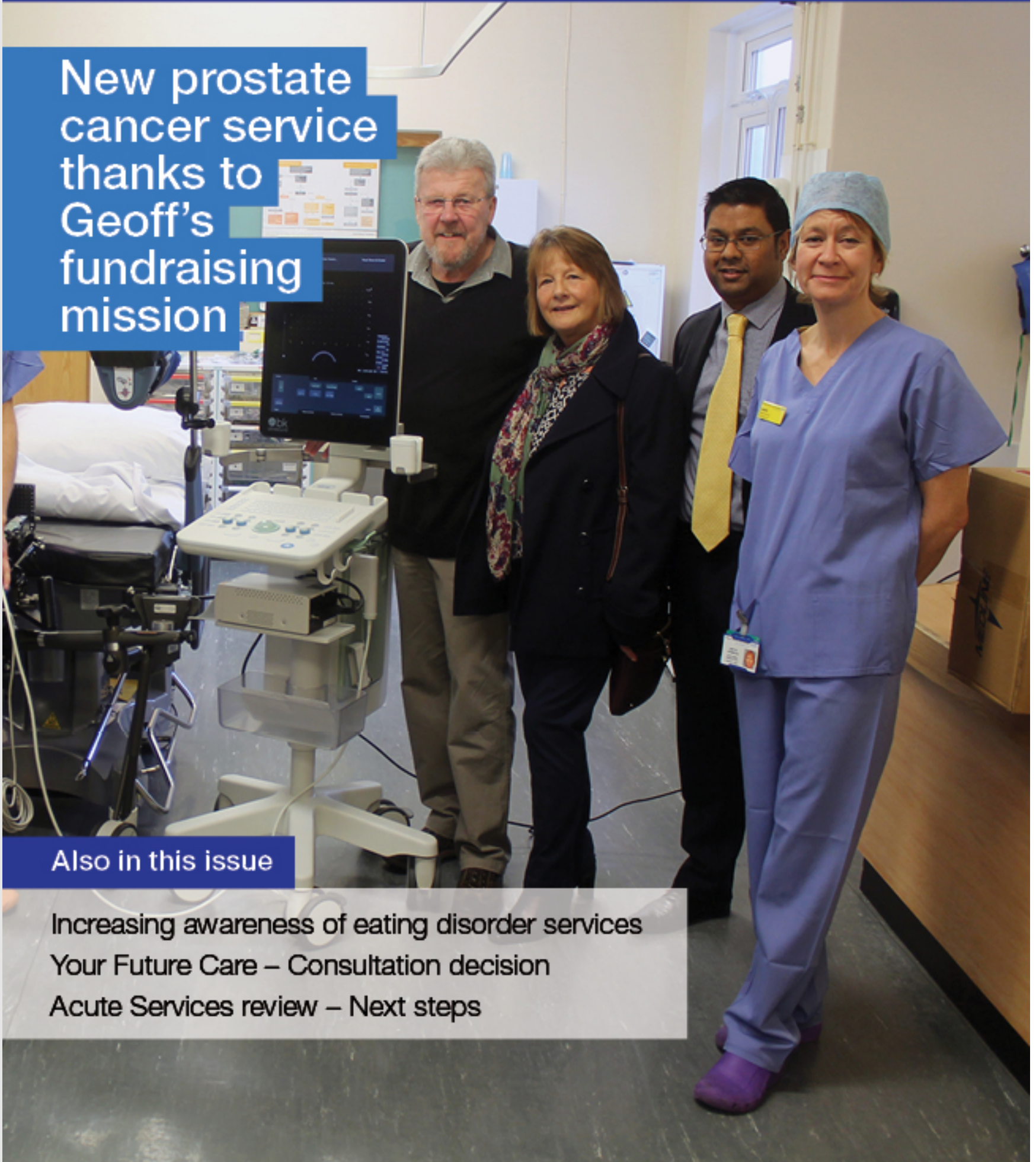
**NHS**

Northern, Eastern and  
Western Devon  
Clinical Commissioning Group

NHS NEW Devon CCG's monthly newsletter  
for staff, stakeholders and the public

March 2017

## New prostate cancer service thanks to Geoff's fundraising mission



### Also in this issue

Increasing awareness of eating disorder services  
Your Future Care – Consultation decision  
Acute Services review – Next steps

# Devon does its bit for Prostate Cancer Awareness Month



**March is Prostate Cancer Awareness Month, a campaign by Prostate Cancer UK to increase awareness of this killer disease and raise funds to support sufferers and their families.**

Doing his bit to raise the campaign's profile is Sky Sports presenter Jeff Stelling who is repeating his March for Men - a marathon trek of almost 400 miles, starting at Exeter City's St James Park on 2 June and visiting 40 football clubs in 15 days.

Last year Jeff, accompanied by more than 400 sporting celebs, fans and fundraisers, completed the first March For Men and raised £420,000 along the way. This year his fundraising goal is £500,000 to help to fight a disease killing one man every hour in the UK.

[Read more »](#)

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## New prostate cancer service thanks to Geoff's fundraising mission



*Geoff and Anne Fidler with the new ultrasound scanner at Exmouth Community Hospital.*

Patients in East Devon can now benefit from better access to diagnostic facilities for prostate cancer at Exmouth Community Hospital thanks to a fundraising mission of one man.

Sixty-five year old Geoff Fidler, from Exeter, has raised almost £47,000 for the urology team at the Royal Devon and Exeter NHS Foundation Trust to part-fund an ultrasound scanner used to diagnose prostate cancer. The additional cost of the £100k scanner was funded thanks to a donation from Chestnut Appeal...

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## Main News

### Decision by Governing Body on Your Future Care consultation

On Thursday 2 March 2017, the NHS Northern, Eastern and Western Devon Clinical Commissioning Group's (NHS NEW Devon CCG) Governing Body met to discuss the Your Future Care consultation and consider the recommendations which have come out of that. You can find the Governing Body papers [here](#).



In October 2016, the CCG launched a public consultation on the reduction of community hospital beds in the Eastern locality of Devon, accompanied by the development of a model of care throughout Northern, Eastern and Western Devon, designed to shift the focus of services to integrated local care in people's own homes. The consultation ran from 7 October 2016 until 6 January 2017, with a focus on proposals to provide more care and support for elderly and frail people at home and in the community...

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### Wider Devon STP overview document

A public overview document for the Wider Devon Sustainability and Transformation Plan (STP) has been published this week. You can find this on the newly launched Devon STP website [here](#).

You can also download this [here](#) or contact the Communications Team if you would like a booklet copy on [d-ccg.corporateservices@nhs.net](mailto:d-ccg.corporateservices@nhs.net)

An STP video describing the case for change for all of Devon has been produced. You can view it [here](#).

## In this issue

### Feature Article

Devon does its bit for Prostate Cancer Awareness Month

New prostate cancer service thanks to Geoff's fundraising mission

### Main News

Decision by Governing Body on Your Future Care consultation

Wider Devon STP overview document

Acute Services Review: Next steps

New diabetes education service

Building work starts on Budleigh Wellbeing Hub

Tackling eating disorders

Care workers share the love for their roles

### What's Changing...

Move to improve stroke rehabilitation services in East Devon

CCG website redesigned

New resources for patients and professionals on inhaler use

Congratulations to new SWASFT chair

### Meet the GPs

Meet the GPs

# Shaping Future Care

A sustainability and transformation plan for Devon



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## Acute Services Review: Next steps

As you may know Devon's Acute Services Review (ASR) was announced on 4 November 2016, when the final draft of the five-year Wider-Devon Sustainability and Transformation Plan was published. The detailed case for change is set out on the websites of [NHS NEW Devon CCG](#) and [South Devon and Torbay CCG](#).

This Plan sets out why we need to transform health and care services across Devon. It has seven main priorities, one of which is to secure clinically and financially sustainable acute hospital services across Devon.

Acute services are currently provided for the people of Devon by our four major hospitals (in Barnstaple, Exeter, Plymouth and Torbay). The review will have three parts:

1. Examine the gaps in our current acute services and/or whether we

### Across the area

CQC notes significant improvement and rates Devon's mental health services as 'good'

New renal unit for North Devon patients

Trust launches new bowel cancer screening service

Parkinson's service up for national award

Family donates over £4,000 to RD&E's neonatal unit to say thank you

### Have your say

End of life care experience survey

Proposals for congenital heart disease services

### Listening to you

Mental health Together Event

### Get involved

Next CCG governing body meeting date

### Campaigns

Highlighting the risk of prenatal infection

Be Tick Aware when out and about this Spring

### Other

Child sexual exploitation awareness 2017

Services offer place to say goodbye after loss of a baby

Launch of work with care homes to improve awareness of acute kidney injury

 [Useful links](#)

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are fully meeting the national clinical standards to achieve 'best care for Devon'.

2. Identify those acute services that are vulnerable because of workforce shortages, or other challenges and which are at risk of becoming unsustainable in the near future.
3. Engage our staff, stakeholders and the public on what they consider to be most important about the acute services within the Review and the criteria for decision-making...

[Read more »](#)

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## New diabetes education service

NHS Northern, Eastern and Western Devon Clinical Commissioning Group has announced the launch of an free innovative education service for people newly diagnosed with type 2 diabetes in Devon's Eastern\* locality.

The Oviva Diabetes Education programme is now available for all newly diagnosed people with type 2 diabetes throughout Eastern Devon, extending from Okehampton to Axminster to Tiverton. It provides a unique new approach to helping boost access to learning about diabetes and improving people's confidence in managing their condition.

The new service involves offering patients a telephone appointment with a dietitian to create a personal plan, and participating in a face-to-face group session to learn about what changes people living with type 2 diabetes can make to control their condition. Patients participating in the service will also benefit from access to online learning and advice about other local services to support them in improving their health.

[Read more »](#)

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## Building work starts on Budleigh Wellbeing Hub


Work began this week for building and refurbishment work at Budleigh Salterton Hospital. This work will be completed in the summer, ready for the Wellbeing Hub to be opened. A lease for the building has now been signed following negotiations between the NHS, the league of friends and Westbank Healthy Living Centre.

Dr David Evans, chairman of The League of Friends of Budleigh Salterton Hospital, said: "It is now a pleasure to report that all necessary legal documents and agreements have been completed to ensure a viable and sustainable future for the Wellbeing Hub. This could not have been done without the support and guidance from Mary Nisbett, Chief Executive Officer of Westbank and her fellow Trustees. It is through their expertise that our Hospital has been saved for the benefit of the local community.

"Our Wellbeing Hub will be based on the superb facilities at Westbank

[Print version](#)

[Visit our website](#)

 **Have Your Say!**

If want to get in touch with the CCG, send us an email [here](#) or call 01392 205205

 **Take Our Survey**

What do you think of the new Healthy People design?

Contact us on the details above.

**@NEWDevonCCG**

NEW Devon CCG

Please fill in our end-of-life survey:

<https://t.co/BaxpriCecl>

You can make a

difference. [@sdtccg](#)

<https://t.co/hGxPVkbZwX>

12 hours ago · reply

Ovarian Cancer Awareness Month - Feeling bloated most days for 3+ weeks is a common sign of [#ovariancancer...](#)

<https://t.co/raD5ezfZF0>

13 hours ago · reply

75% of the salt we eat is already in everyday foods such as bread, breakfast cereal and ready meals

[#saltawareness](#) [#salt](#)

14 hours ago · reply

Know the signs of a [#stroke](#)? Knowing what to look out for could save someone's life or even your own...

<https://t.co/QV40VCuGOo>

yesterday · reply

Take care of your [#teeth](#). Sign up to an [#NHS](#) [#dentist](#) today

<https://t.co/4rE6RQiqKC>

<https://t.co/j2sUT1RLjc>

2 days ago · reply



Healthy Living Centre covering every aspect of enhanced community services.

“The hospital and grounds will now be sealed off for building and refurbishment. NHS Property Services will be repairing defects in the roof, and the league of friends, in conjunction with Westbank Healthy Living Centre, will address the refurbishment of the hospital.”



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## Tackling eating disorders



Eating disorders affect about 800,000 people in the UK and can affect people of any age. The National Institute of Health and Clinical Excellence estimates about 89 per cent of those affected by an **eating disorder** are female.

The main eating disorders are anorexia nervosa, bulimia and binge eating disorder (BED) and it is estimated that, of those with eating disorders, 10 per cent are **anorexic**, 40 per cent are **bulimic** and the rest fall into the **EDNOS** (Eating Disorders Not Otherwise Specified) category which includes **BED**.

Devon Partnership NHS Trust provides treatment and support for people affected by eating disorders and Andy Wray, from specialist services, said: "During **Eating Disorders Awareness Week** in March every year we aim to encourage anyone who is concerned about a friend or relative to ask them to talk to their doctor before their illness reaches a serious

stage. That first step is often a difficult one, but the earlier someone can enter treatment for an eating disorder, the greater their chance of recovery.

[Read more »](#)

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## Care workers share the love for their roles



A campaign that celebrates the true value of care workers is going from strength to strength according to new figures from Devon County Council.

The **Proud to Care** campaign aims to attract more people to the care profession by raising its profile and encouraging people to see it as a rewarding and worthwhile career choice.

It is hoped this will address the difficulties that some care providers have in recruiting people to care-worker posts, which is vital in helping ensure that there is enough care provision to meet local demand...

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## What's Changing...

### Move to improve stroke rehabilitation services in East Devon

Plans to integrate the stroke rehabilitation unit based at Ottery St Mary Community Hospital together with acute stroke services at the Royal Devon & Exeter Hospital at Wonford will conclude this April.

Royal Devon and Exeter   
NHS Foundation Trust

This is the final stage in completing recommendations from a 2013 consultation led by NHS NEW Devon CCG and the Stroke Association. The move aims to further improve care for stroke patients in eastern Devon by providing more joined-up services, enhanced rehabilitation and developing a skilled and resilient multidisciplinary stroke team...

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## CCG website redesigned

The CCG has refined its website in response to feedback from staff and public. The homepage has been revamped, to make it more user-friendly and easy to navigate. Improvements to the search engine and feedback function have also been made, while the overall speed of the site has increased.

The new site will 'go live' in March/April 2017 and there should be no discernible disruption for visitors during this time.

The website address will remain the same – [www.NEWDevonCCG.nhs.uk](http://www.NEWDevonCCG.nhs.uk)



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## New resources for patients and professionals on inhaler use

The medicines optimisation team at NHS NEW Devon CCG has produced a number of pages on the CCG website with useful resources for patients and healthcare professionals, including help for patients on using prescribed inhalers correctly.



### Who they are for?

Patients, carers and healthcare professionals who have a respiratory condition or care for someone who has a respiratory condition.

### What information is included?

When diagnosed with **Asthma**, **COPD** or **another respiratory**



**condition**, an inhaler may be prescribed. This information will help patients and healthcare professionals with the correct inhaler technique.

Inhalers will be a metered dose inhaler (MDI) or dry powder inhaler(DPI), and the action required - whether you breathe in slowly and deeply; or strongly and deeply - will depend on which inhaler has been prescribed.

There are explanatory videos on the website along with a checklist for each type of inhaler. These **checklists** describe step by step how to use the inhaler correctly and can be viewed and downloaded [here](#).

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## Congratulations to new SWASFT chair

Janet Fitzgerald and Dr Tim Burke, chief officer and chair of NHS Northern, Eastern and Western Devon Clinical Commissioning Group, have congratulated Tony Fox on his appointment as chairman of South Western Ambulance Service NHS Foundation Trust (SWASFT).



Tony was appointed to the board of directors in February 2013 and became chairman on 1 March 2017.

With more than 30 years' senior leader experience of managing large and complex operations, Tony has held numerous executive positions within the regulated and privatised sector.

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## Meet the GPs

### Meet the GPs



**1. Why did you become a GP?** I became a GP because I liked the idea of being a long-standing part of a small Devon community.

**2. Tell us about your practice.** I worked in Topsham for 31 years

between 1984 and 2015 and oversaw big changes, and hopefully improvements! Now I do GP sessions around Exeter and East Devon.

**3. What do you do for the CCG?** Now I am Eastern lead for the CCG's planned care group and am co-chair for Exeter sub-locality.

**4. What was your nickname at school?** My nickname at school was a not very imaginative Turnip (Turner) which later became Turnip weed as I was tall for my age...

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## Across the area

### CQC notes significant improvement and rates Devon's mental health services as 'good'

The provider of the county's mental health and learning disability services has been awarded an overall rating of 'good' by the Care Quality Commission (CQC).



The services inspected at Devon Partnership NHS Trust in December 2016 were rated as 'good' across the board in the five domains assessed by the CQC: safe, effective, caring, responsive and well-led. Among these the secure service, which is based at Langdon in Dawlish, received a rating of 'outstanding' for its responsiveness.

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### New renal unit for North Devon patients



*Barrie Petts was one of the first patients to try out the new unit. He has had dialysis at South Molton for the past six years and previously travelled to Exeter for treatment.*

A new satellite renal facility offering dialysis treatment has opened in Barnstaple.

The new unit replaces existing facilities in South Molton, which no longer met the needs of the growing service. The RD&E awarded Fresenius Medical Care the contact to equip and manage the unit.

The purpose-built facility at Roundswell includes 20 state-of-the-art dialysis stations which can provide treatment for up to 60 patients a day. Read more [here](#)

Like  (0)

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## Trust launches new bowel cancer screening service



Northern Devon Healthcare NHS Trust has launched a new cancer screening service this month.

The bowel scope screening service is part of the NHS Bowel Cancer Screening Programme and will take place in the endoscopy unit at North Devon District Hospital.

George Thomson, medical director at the Trust, said: "We are delighted to be able to offer bowel scope screening at North Devon District Hospital..."

[Read more »](#)

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## Parkinson's service up for national award



The Neurology Parkinson's Service at Plymouth Hospitals NHS Trust has been shortlisted as a finalist in the first UK Parkinson's Excellence Network Awards.

The awards, which are the first of their kind, aim to recognise and celebrate outstanding services that make a difference to people in the UK affected by Parkinson's.

Dr Camille Carroll, *pictured above*, honorary consultant neurologist at Derriford Hospital, said: "I am delighted that our service has been recognised in this way, particularly as we have only been in existence for just over a year..."

[Read more »](#)

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## Family donates over £4,000 to RD&E's neonatal unit to say thank you



The Thomas family from Tiverton has raised more than £4,000 for the Neonatal Unit (NNU) at the Royal Devon and Exeter Hospital as a thank you for the care their son received there.

Three-year-old Maximus spent more than 12 weeks on the unit in September 2013 after being born at 27 weeks. He was allowed home the day before his due date and has been monitored by the team for just over two years after discharge...

[Read more »](#)

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## Have your say

### End of life care experience survey

A survey asking people to share their experience of end-of-life care is being carried out to help ensure services and support are as good as they can be.

The Patient Advice and Complaints Team is carrying out the survey on behalf of NHS NEW Devon and South Devon & Torbay CCGs and wants to hear from:

- Patients receiving palliative/end-of-life care
- Carers, relatives or friends of someone who has recently passed away
- People who know someone who is receiving or who has recently received end-of-life or palliative care...

[Read more »](#)

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### Proposals for congenital heart disease services

NHS England has launched a consultation on proposals regarding the future commissioning of congenital heart disease (CHD) services for children and adults nationally.



The proposals were published in July 2016 and describe steps to ensure a consistent standard of care for CHD patients across the country, for now and for the future.

NHS England is proposing a **national service standards** at every hospital that provides CHD services. The effect of the proposals, if implemented, will be that some hospitals will carry out more CHD surgery and catheter procedures, while others, which do not meet the relevant standards, will stop doing this work.

The consultation launched on 9 February and runs until 5 June, and provides **information about the proposals**, and the potential impact they may have, if implemented, on the delivery of services, and to seek views through webinars, face-to-face events and online.

University Hospitals Bristol is the South West centre, but is not directly

affected by the proposals.

Find out more [here](#)

Like  (0)

## Listening to you

### Mental health Together Event

Devon Partnership NHS Trust (DPT) is committed to working with people with lived experience of mental health and learning disability, their carers and families, and local communities. The Together programme aims to ensure that services are shaped by the voices of people who use them and those who support them. The launch is designed and led by people with lived experience, their carers and families.



These events will bring Together local people, staff and local health and social care organisations to hear stories and talk about a wide range of issues. DPT will work together to develop our strategy for user and carer involvement.

Please come along and help shape services for the future – two events have been planned:

- Wednesday, 19 April 2017 from 10am to 4pm at Buckfast Abbey, Buckfastleigh – [click here for further details and how to book a place](#)
- Wednesday, 3 May 2017 from 10am to 4pm at Best Western Tiverton hotel, Tiverton – [click here for further details and how to book a place](#)

Like  (0)

## Get involved

### Next CCG governing body meeting date

NHS NEW Devon CCG Governing Body meetings are held in public. The Governing Body papers will be produced one week in advance of the meeting and will be available for view or download [here](#).



**The public are welcome to attend our Governing Body meetings. To book your place:**

- Email [d-ccg.corporateservices@nhs.net](mailto:d-ccg.corporateservices@nhs.net)
- Phone 01392 267 670 or 01392 267 638

Questions will be taken in advance from the public if relevant to the published agenda. These questions would need to be submitted no later than two working days (48 hours) in advance of the meeting.

The next governing body meeting held in public is:

- **4 May 2017 1pm** - see the CCG website [here](#) for more details

## Campaigns

### Highlighting the risk of prenatal infection



Raising awareness of the risks of group B strep to unborn and new babies was a key theme of a campaign by health charity Group B Strep Support (GPSS).

The charity based its campaign on the fact that February was International Prenatal Infection Prevention Month, and used it to promote information aimed at educating and empowering mums to be.

Many women carry group B Strep naturally, it usually causes no problems, but can be devastating. It is the most common cause of serious infection in newborns and meningitis in babies under three months. Most Group B Strep infections in babies are preventable and knowing about it can help to protect unborn babies...

[Read more »](#)

### Be Tick Aware when out and about this Spring

While out and about this summer, Devon County Council's Public Health team is reminding people to be 'tick aware' as they enjoy the great outdoors.



The message comes as the Devon Nature Partnership's Naturally Healthy campaign springs into action, alongside a host of activities to get people out and about in their natural surroundings.

Dr Virginia Pearson, Devon's Director of Public Health, said: "Ticks are something many pet owners are already aware of, and know how to deal with, but as many of us take to the moors, woodlands and coastal paths to enjoy our beautiful scenery and fresh air, we are more likely to come

into contact with ticks, and need to be aware what to look for.

“Ticks are tiny spider-like creatures and are found in woodlands, parks and gardens. They are most prevalent in late spring, summer and autumn. Lyme disease is a bacterial infection which is transmitted by tick bites. Often the only symptom of Lyme disease is a rash, which gradually spreads from the site of the tick bite. The rash can cover a large area and last for weeks if left untreated. Some patients may also have flu-like symptoms.

[Read more »](#)

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## Other

### Child sexual exploitation awareness 2017

Plymouth, Torbay, Cornwall and Devon Safeguarding Children Boards have teamed up to promote awareness of Child Sexual Exploitation (CSE) to parents.



To coincide with Child Sexual Exploitation Awareness Day on 18 March, led by national charity Network Group (NWG), all the Boards, working with Devon and Cornwall Police, local authorities and charities including Barnado's, NSPCC and and NHS Northern, Eastern and Western Devon Clinical Commissioning Group (NEW Devon CCG), are making parents aware of what signs to look out for in case their child is at risk of being sexually exploited.

Sexual exploitation is a type of child abuse. It puts a young person at huge risk of damage to their physical, emotional and psychological health. Signs to look out for include unexplained gifts or money, excessive or secretive use of mobile phone, self-harm, significantly older friends or playing truant/going missing.

For more information about CSE, visit the new dedicated webpage for Devon and Cornwall [here](#).

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### Services offer place to say goodbye after loss of a baby

Anyone who has experienced the loss of a baby, whether through miscarriage, still-birth or death in infancy, is invited to 'saying goodbye' services in Exeter and Plymouth next month.



The services are being organised by the charity Mariposa Trust which supports people who have lost babies at any stage of pregnancy, at birth, or in infancy. It was founded in 2012, by Zoe and Andy Clark-Coates, who saw a critical lack of support for people like them, who had gone through baby loss.

With more than 258,000 babies lost annually in the UK alone, the charity aims to offer befriending and support and organises remembrance



services called Saying Goodbye Services, for people to join together and remember the children they have lost.

The next one is on 8 April at 130pm in Exeter Cathedral, and following that there is a service at St Andrew's Minster, Plymouth, on 29 April at 4pm.

Find out more [here](#)

## Launch of work with care homes to improve awareness of acute kidney injury

A useful set of educational resources has been made available to help prevent acute kidney injury (AKI) in care homes.



For the last 18 months Think Kidneys has been working to develop practical resources to raise awareness and help with the prevention, detection and management of AKI in care homes and today we launch this work on the website.

The work was done by a cross-professional group comprising health care assistants, nurses, dieticians, care home managers, commissioners, hydration specialists and academics.

Find out more [here](#)

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Get in touch, we'd love to hear from you

Send us your feedback

