

Neighbourhood Care Networks' Newsletter

Welcome to the **Neighbourhood Care Networks' (NCN) Newsletter** for ABUHB.

This regular newsletter aims to keep you updated about how our NCNs are progressing their plans and working with partners to deliver community based services that meet the needs of the population served.

Putting NCN Plans into action – what we've achieved so far...

Across Gwent

Our Primary Care Nursing Team win the Magretts Scholarship Award!

All NCNs have End of Life Care in their NCN plans, and several NCNs have also included improved **working with Care Homes**.....so it is *extra special* that we can shout out that the ABUHB Primary Care Nursing team won the **Magretts Scholarship Award** at the ABUHB Nursing and Midwifery Conference for their work on **Advance Care Planning (ACP) in Care Homes across all 12 NCNs**

Our team of qualified practice nurses work with the staff of care homes to increase their skills in dealing with complex and vulnerable patients. In this case, the team supported the professional development of nurses in Care Homes to increase the potential for patients to express their wishes, about where they would like to receive care as their conditions deteriorate, through recorded Advanced Care Plans. Divisional Nurse Tanya Strange said "*Working in partnership, this initiative supports co-production and prudent healthcare and should **prevent avoidable and often distressing hospital admissions***".



PiCRIS scheme launches again for practices to develop their research potential



Health and Care Research Wales and the NCNs are pleased to announce the launch of the 2016/17 Primary Care Research Incentive Scheme (PiCRIS). Many ABUHB practices are now involved in the scheme after successful **NCN recruitment**. The aim of PiCRIS is to increase capacity in primary care to support high quality research. The funding scheme aims to engage general practices in research and help practices to access the necessary training and support required to embed research into their day to day work. Contact your local R&D office on ABB.R&D@wales.nhs.uk for the application form and guidance documents. **Deadline:** Closing date for applications to local R&D offices has been set locally, however they must all be returned completed to Health & Care Research Wales by **Friday 25 November 2016**.

NCN Independent Dental Advisor Vacancy



There's still time to apply to join our NCN team as an **Independent Dental Advisor!** If you are a registered Dentist, available to work with us for 1 session per week and can provide clinical leadership and drive forward community and Primary Care service transformation to improve health and health services, we want to hear from you!

Visit [NHS Jobs](#) to view the job description and apply online. The closing date for all applications is **13th November**.

Catching 'em young.....



In October, the **NCN leads** hosted a presentation from the Admissions Director for **Cardiff University** Undergraduate Medicine Course, Dr Sue Emerson. As a former GP in Risca, she is very well aware of the recruitment and retention issues in Primary Care in Gwent, and she described the innovations and projects that Cardiff University is undertaking to boost numbers of local school students to study Medicine. This includes providing support to practices to host work experience students from schools. The NCN leads plan to work closely with Sue and support her work.

Next month, representatives from ABUHB Primary Care are will be meeting **Swansea University's** Dean of Graduate Entry Medicine & Admissions Director to see how NCNs can work with them to improve local recruitment.

Blaenau Gwent Across the East...

Childhood Obesity is not just a health thing ...ask the children why!



Blaenau Gwent East NCN's plan commits the NCN "To tackle the issue of *Childhood Obesity*" and pledges "Families will have access to a wide range of children and young people's services, initiatives and projects addressing obesity issues". However, Primary Care can't do this alone so it needs to work in partnership. Fortunately, it can learn from the work of the Blaenau Gwent Healthy Theme Group, which works on behalf of the Public Service Board to improve working in partnership to fulfil the local Health & Wellbeing priorities.

The **Gwent Childhood Obesity Strategy** has three themes of

- promoting/creating healthier early years and school settings;
- creating (safe) active communities
- influencing healthy food choices.

As part of informing the actions that need to be taken around these themes, a consultation exercise was designed to undertake with the Blaenau Gwent Grand Council. This council is made up of **50 primary school children**, 2 representatives from each of the primary school councils in the area. Children were asked what they liked to do activity wise both within and outside of school and what barriers they faced which stopped them being active in their schools or communities. Their report will help the NCN choose what actions to take in the future.

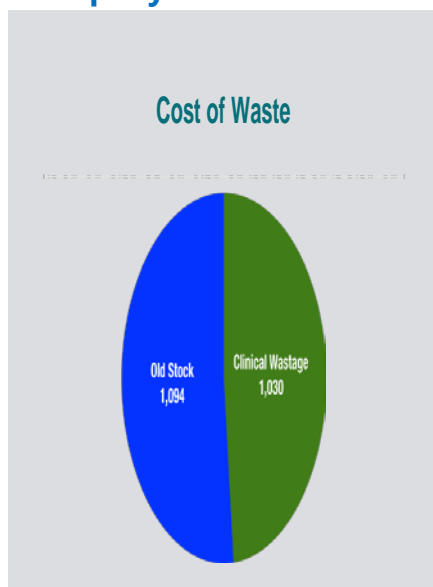
Practice-based Pharmacist appointed!



Blaenau Gwent West NCN would like to welcome **Simon Nelson**, the newly appointed Practice based Pharmacist who joins the NCN on a 6 month contract. A **highly experienced and local Community Pharmacist** - Simon commenced in role at the beginning of October 2016.

NCNs are trying alternative ways to quickly obtaining the services of Pharmacists in practices without the difficulties of recruitment. Slippage money from NCN budget is being used to contract with Community Pharmacies to provide a set number of sessions in Practices – and who better to provide them but your friendly local popular community pharmacist?

Exemplary Innovation in the West



Blaenau Gwent West NCN lead Dave Minton is pioneering a project that is looking at wasted medications in Care Homes. In one home alone with 29 residents, Dave discovered 1 home 683 wasted medications over 6 months, worth £2,123. He has now recruited three care homes to work with and identified three ways to reduce waste across the NCN;

- Homely remedies
- Repeat dispensing
- Homes to use *My Health Online* to order repeat prescriptions

The Bevan Commission has spotted Dave's project as something that could work nationally and have selected Dave as a **Bevan Commission Innovator & Exemplar** for extra support.

Across Caerphilly

Increased Practice-based Pharmacist provision



Each of the 3 Caerphilly NCNs have appointed Practice-based Pharmacists to **increase the provision** that each NCN established during 2015/16.

The new Pharmacist for Caerphilly East NCN commences in role in December 2016, whilst the new Pharmacists for Caerphilly North and South NCNs commence in January 2017. The new recruits will be warmly welcomed by the Caerphilly Practices following the **success** of the introduction of the Practice Based Pharmacists last year.

Practice-based Social Workers appointed and available in a Surgery near you!

Welcome to the following Practice-based Social Workers, **joint funded** by the **Caerphilly NCNs, Social Services** and **Intermediate Care Fund (ICF)** in the NCNs:

↑north	Tammy Humphries	Lynne Wintle
	Mary Jones	Sian Colquhoun
	Jade Foukes	

east→	Cheryl Hunt	Dana Dumitrescu
	Cerys Jenkins	Leanne Woodward

south↓	Osian Ap Cenydd
	Ellie Edmonds
	Patricia Furber

The new recruits are joining our **3 original Practice-based Social Workers**, funded via the NCNs in 2015/16. Alun Edwards, Caerphilly South NCN Lead reported "*They are settling into their new roles and working with practice staff including GPs, Practice Nurses, District Nurses and Practice-based Pharmacists to most **appropriately identify and meet patients' needs***". Practices reported last year that practice-based Social Workers were helping to relieve GPs and Practice nurses of workload - another key action to increase practice sustainability.

Across Monmouthshire Joint approaches to tackling obesity



Tackling obesity in **antenatal women** and **children aged 0 – 4 years** (in defined areas) has been adopted as a priority across **North and South Monmouthshire Neighbourhood Care Networks (NCNs)**.

A recent meeting of the Monmouthshire NCN Management Team, which is made up of representatives from both NCNs, Public Health, Integrated Services Team, Midwifery, Flying Start, Quality Improvement Team, Primary Mental Health Team etc. agreed to establish a task & finish group in order to drive delivery of agreed actions, which include:

- Establishing a **baseline position**, in relation to pregnant women and children aged 0-4 years, who are overweight/obese
- **Mapping local level 2 services** for weight management & recommending/referring people following brief intervention
- **Increasing awareness and access to level 2 services** for both target groups, and raising the issue of weight and health routinely, and offering referral to local services

The Management Team will monitor progress of the group with regular reports provided at key meetings.

Across the North... Direct Access Physiotherapy



An agreed priority for the **North Monmouthshire NCN** in 2016/17 is to recruit a **Direct Access Physiotherapist (DAP)**. Considering the effectiveness of a pilot service in **Blaenau Gwent West** in 2015/16, the NCN agreed to support NCN funding of a drop-in triage DAP service, which ultimately will lead to **increased capacity for GPs**. Patients will be able to **self refer** into the service and **receive expert advice** in self-care, or receive onward referral if necessary. This new service is another innovation to promote sustainable general practice.

Across the South... GP Practice Based Pharmacists



Following the success of the **Practice-based Pharmacists** (PBPs) working across the 5 **South Monmouthshire** GP Practices in 2015/16, the NCN agreed to support further funding in 2016/17 of another **part-time** PBP. The new recruit will start from January 2017 and work alongside a full time PBP across South Monmouthshire.

Examples of success delivered by this service between June and September 2016, using a Gwent wide audit, include

- **Polypharmacy reviews** were the area of greatest activity, approx 42% of GP time saved was achieved by performing these, followed by audit and prescription queries.
- **Prescription queries**, which could not be managed by Practice Receptionists and usually given to GP to deal with, equated to a total of 340 queries, **saving an estimated 188 hours of GP time**.

Across Newport

Digital Health Proposal



Melin Homes, one of many thirds sector organisations that actively participate in NCNs, has successfully submitted an innovative bid for NCN monies. Inspired by the *Widening Digital Participation* programme, which recognises the huge crossover between those who are **digitally excluded**, and those at **risk of poor health**, the project aims to provide people with digital skills to allow them to take charge of their own health. It is primarily aimed at supporting patients who have a **chronic condition** and who would benefit from more information to assist them in managing. The initiative, which is funded via the **NCN Small Grants Fund**, will deliver face-to-face support to help people improve their digital skills across Newport.

One key measurable outcome will be how many of the patients who participate will use the My Health Online service for booking appointments and requesting repeat prescriptions.

Across the North... Six month pilot for a Paediatric Dietician to undertake an audit of children who have a diagnosis of cow's milk protein allergy



The NCN has committed funding for a **Paediatric Dietician** to undertake a six month pilot, auditing children who have a diagnosis of cow's milk protein allergy, reviewing those who require **specialist advice**, ensuring **appropriate prescribing** and cascading specialist knowledge to other health professionals. Anticipated benefits from the audit include the following:

- Improved patient care - **timely access** to dietetic intervention for children with a diagnosis of cow's milk protein allergy (CMPA) where extensively hydrolysed milk formula (EHF) products fail to control symptoms
- Specialist guidance – improved **access to advice and information**. Clinical benefits to child i.e. improved growth
- Specialist guidance – **support** to parents/guardians
- **Education** to staff working in areas that have a high expenditure on CMPA

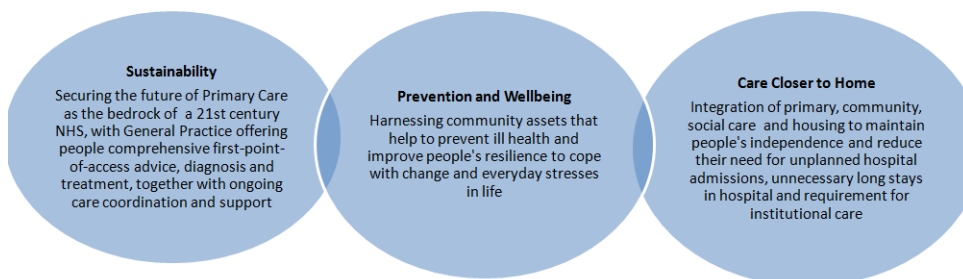
- products
- **Cost effective** health care

Across the East... Introducing Will Beer, Newport East's newly appointed NCN Lead



Will Beer,
Newport East NCN Lead

Will Beer was appointed as **Newport East NCN** Lead on 9th September 2016 and has already made an impressive start to his new role. Will has been working in **Public Health** since graduating in 1998 and is a Defined Specialist with the UK Public Health Register and Member of the Faculty of Public Health. He commenced his IQT sliver award course on 14th September and also visited Bromley by Bow Centre in Tower Hamlets to further explore Social Prescribing. He chaired his first Newport East NCN meeting on 15th September, during which the NCN Plan for 2016/17 was signed off and it was agreed to fund for additional Practice Based Pharmacist sessions. He shared his vision for the future of the NCN with the Members who welcomed his **dynamic approach**:



Priorities		
Access (e.g. Enhanced Service, My Health Online) Practice Based Pharmacists Peer support Practice Managers Forum Advance Nurse Practitioner training Phlebotomy service PCMHSS	Social prescribing Smoking cessation Obesity and weight management services Immunisation	Older Peoples Pathway Adult Social Care Teams realigned Frailty Service integration Integrated Diabetes Model

What is our overall strategy?
Looking forward... What needs/unwarranted variation/inefficiencies? What service areas? What new service models? What are the differentiators (e.g. quality, reliability, VFM)? What is the economic logic (e.g. economies of scale)? Staging of initiatives?

When Will was interviewed for this post, he was asked what his **vision** was for Newport East NCN cluster. His interviewers were stunned to see the detailed plan (left) which he produced from his pocket. He has captured the important priorities of **sustainability, prevention/ well-being** and **Care Closer to Home**.

Across Torfaen

Across the North...Practice Based Pharmacist



Following the success of the **Practice Based Pharmacists** (PBPs) working across the 6 North Torfaen GP Practices in 2015/16, the NCN agreed to support further funding in 2016/17 of another **part-time** PBP. The new recruit will start from November 2016, working alongside the existing PBP. One key role they will have is to provide cover across the **North Torfaen NCN** area whilst the fulltime PBP undergoes **Independent Prescribing** training, funded by the NCN. Another example of increasing sustainability of services in an NCN.

RCN in Wales Nurse of the Year Award Finalists



Michelle Donovan and Jo Williams, primary care nurses at **Torfaen North NCN's** Trevethin Health Centre, have been announced as finalists in the **RCN in Wales Nurse of the Year Awards** in the Community Category. Their work with patients from the practices that use this innovative nurse-led

service has caught the attention of judges. We wish them good luck in the final!



We're so excited about the DVD to promote Primary Care we made a mistake in Issue 7 (September). This project was funded by **Torfaen South NCN**, not all NCNs in Gwent as previously stated – don't worry, once complete the DVD will be made available to all NCN areas. [See page 6 for this month's update...](#)

Across the South... Joint funded Social Prescriber agreed!



Torfaen South NCN and Torfaen County Borough Council have agreed **joint funding for a Social Prescriber (SP)** following a positive evaluation of the jointly funded role undertaken in Torfaen North NCN last year.

As in the North, the SP role provides a link between Primary Care and the wide network of services offered in the community, providing **support to prevent ill-health**, tackle **underlying causes of ill health** and **promote self help**.

This new post will increase the number of people who are referred from Primary Care to the important range of existing, quality assured, and local community services - covering a range of issues including: debt management, legal services, mental wellbeing, carers support, benefits advice, housing, routes to employment, domestic violence, befriending.

This service, provided from out of GP Practices will give people **direct access** to advice and support, but with a wider intention also to **free up GP and Practice staff time**. The SP will feedback progress at South Torfaen NCN meetings and a 12 month evaluation will also be undertaken.

Primary Care careers DVD



Further work has been undertaken by **Dr Amanda Head, Torfaen South NCN Lead**, Corporate Headquarters and Scott Carey, Red Slate Films Director to ensure that the film **DVD** funded by Torfaen South NCN to encourage young people to consider **a career in Primary Care** meets the **bilingual needs** for students in Wales.

It is recognised that General Practice is facing significant challenges with recruitment and staff retention. The DVD is part of a programme being undertaken along with the Local Authority, specifically Education, to engage with young people promoting career opportunities within Primary Care. The next steps of delivery to Sixth Form students in Torfaen are being explored, with the aim is for the programme to be rolled out across to all schools and colleges in Gwent.



Do you want to share what's happening in your NCN area?
To submit an article, please contact your **NCN Network Support Officer**.

What's on?

The Gwent-wide NCN meeting schedule for November is shown below. We would be grateful if all members could ensure that representation is provided.

Date	Time	Meeting name	Location
<i>November</i>			
Thursday 3 rd	09:00 - 11:00	Caerphilly Management Team Meeting	Seminar Room 1, Ysbyty Ystrad Fawr, Ystrad Fawr Way, CF82 7EP
Thursday 3 rd	13:30 - 15:30	Torfaen NCN Management Team	Ty Siriol, County Hospital, Coed-y-Gric Road, Griffithstown, NP4 5YA
Thursday 3 rd	13:00 - 15:30	Blaenau Gwent West NCN	Seminar Room, Ysbyty Aneurin Bevan, Ebbw Vale, NP23 8XE
Thursday 3 rd	13:00 - 15:30	Caerphilly East NCN	Avicenna Surgery, Pontllanfraith, Blackwood, NP12 2YU
Thursday 3 rd	13:00 - 15:30	Newport North NCN	Seminar Room A, St Cadocs Hospital, Caerleon, NP18 3XQ
Thursday 3 rd	09:30 - 10:30	Newport Leads	136-140 Corporation Road, Victoria House, Newport, NP19 0BH
Thursday 10 th	13:00 - 15:30	Caerphilly South NCN	Nantgarw Road Medical Centre, 4 Beddau Way, Caerphilly, CF83 2AX
Thursday 10 th	13:00 - 15:30	Newport East NCN	Lysaght Institute, 445 Corporation Road, Newport, NP19 0HE
Thursday 10 th	13:00 - 15:30	Torfaen North NCN	Pontypool Medical Centre, Pontypool, NP4 6DH
Thursday 10 th	09:30 - 11:30	Newport Integrated Partnership Board	136-140 Corporation Road, Victoria House, Newport, NP19 0BH
Tuesday 15 th	14:30 - 16:30	Monmouthshire Integrated Services Partnership Board	Chepstow Day Hospital, Tempest Way, Chepstow, NP16 5YX
Wednesday 16 th	13:00 - 15:30	Blaenau Gwent East NCN	Blaina Integrated Children's Centre, High Street, Blaina
Thursday 17 th	13:30 - 17:00	ABUHB Medicines & Therapeutics Committee	136-140 Corporation Road, Victoria House, Newport, NP19 0BH
Thursday 17 th	13:00 - 15:30	Caerphilly North NCN	Meddygfa Gelligaer Surgery, Heol Edward Lewis, Gelligaer, CF82 8FQ
Thursday 17 th	13:00 - 15:30	Newport West NCN	Bellevue Surgery, Bellevue Terrace, Newport, NP20 2WQ
Thursday 17 th	13:00 - 15:30	Torfaen South NCN	Bron Afon, Industrial Park, Brecon Court, William Brown Close, Cwmbran, NP44 3AB
Thursday 17 th	14:00 - 16:00	Blaenau Gwent Management Team	Blaina Integrated Children's Centre, High Street, Blaina
Tuesday 22 nd	13:15 - 15:30	Monmouthshire South NCN	Chepstow Day Hospital, Tempest Way, Chepstow, NP16 5YX
Wednesday 23 rd	13:00 - 17:00	Caerphilly CPD	Oasis Centre, Bryn Road, Blackwood, NP12 3LY
Thursday 24 th	14:00 - 17:00	NCN Clinical Leads	Boardrooms 1 & 2, Llanarth House, Newbridge, NP11 5GH
Thursday 24 th	09:30 - 11:30	Newport Management Team	136-140 Corporation Road, Victoria House, Newport, NP19 0BH
Tuesday 29 th	13:00 - 15:30	Monmouthshire North NCN	Bridges Community Centre, Drybridge Park, Monmouth, NP25 5AS
Wednesday 30 th	13:00 - 17:00	Blaenau Gwent CPD	Llanhilleth Miners Institute, Meadow Street, Llanhilleth, Abertillery, NP13 2JH

About NCNs

Area	NCN Lead	Clinical Specialties	Clinical Director	Network Team
BLAENAU GWENT EAST	Dr. Isolde Shore-Nye	Living Well, Living Longer Public Health Campaigns (excluding immunisation)	Dr. Anne Marie Cunningham	Network Manager Jon Lewis
BLAENAU GWENT WEST	Dr. David Minton	Renal Neurology Sustainability of services		Network Support Officer Ian Haywood ian.haywood@wales.nhs.uk Tel: 01495 241252
CAERPHILLY NORTH	Dr. Alun Walters	Palliative Care Care Homes	Vacant	Network Manager Jon Lewis
CAERPHILLY EAST	Dr. Stuart Thomas	Respiratory Emergency Dept/ WAST		Network Support Officer Stella Montgomery stella.montgomery@wales.nhs.uk Tel: 01495 241275
CAERPHILLY SOUTH	Dr. Alun Edwards	Cardiology Stroke Anticoagulation GP Webpages		
MONMOUTHSHIRE NORTH	Dr. Brian Harries	Cross-border issues Gastroenterology	Dr. Alastair Roëves	Network Manager Steve McDonagh steve.mcdonagh2@wales.nhs.uk Tel: 01495 241239
MONMOUTHSHIRE SOUTH	Dr. Andy Gray	Children Safeguarding		
NEWPORT NORTH	Dr. Graeme Yule	Substance Misuse, Mental Health & LD Dementia Veterans	Dr. Liam Taylor	Network Manager Ian Fido
NEWPORT EAST	Will Beer	ENT Vulnerable Groups		Network Support Officer Kate Hopkins kate.hopkins@wales.nhs.uk Tel: 01495 241231
NEWPORT WEST	Dr. Adi Burch	Radiology Laboratory Services		
TORFAEN NORTH	Linda Penny	Dermatology Wounds	Dr. Sally Lewis	Network Manager Steve McDonagh
TORFAEN SOUTH	Dr. Amanda Head	Women's Health		Network Support Officer Clair Roper clair.roper@wales.nhs.uk Tel: 01495 241278
ALL 12 NCNs	Vacant	High Street Dental Practitioners		
	Stephanie Campbell	High Street Optometry Practitioners		stephanie.campbell@wales.nhs.uk
	Paul Mayberry	High Street Community Pharmacists		paul.mayberry@wales.nhs.uk