

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

Free courses available to GPs and Nurses, organised Primary Care Operation Support Team

Aneurin Bevan University Health Board is working with NB Medical to provide the following courses:

- Hot Topics **GP update** and **Primary Care Nurse** courses on Saturday 11th March 2017 at Newport University Campus.
- Hot Topics **Urgent Care** course on Friday 3rd March 2017 at The Christchurch Centre, Newport.

For more information about the courses, view the flyers circulated with this issue of the NCN Newsletter.



Do you want to share what's happening in your NCN area?

To submit an article for the next newsletter, please contact your **NCN Network Support Officer**. For more information, see the contact list on the back page.

Across Blaenau Gwent

Motivational Interviewing



NCN funding has been approved to develop Communities First staff to gain certified **Motivational Interviewing Techniques** which will further support citizens in identifying and addressing barriers in order to make positive lifestyle changes.

Empowering citizens to **participate** in, and **access**, appropriate person centred activities; such as **community based physical fitness classes**, which provide a programme of safe and effective **exercise** for a range of citizens, motivating them to make **life style changes** and gain **health benefits** of physical activity and the importance of **healthy eating**. Blaenau Gwent citizens will be supported to set, achieve and maintain smart personal goals and **increased resilience to challenges** impacting on their wellbeing.

Across the East... Staying healthy at home



Abertillery Group Practice has been working with Care and Repair to identify elderly patients who may benefit from **adaptations to their accommodation to improve safety**.

The scheme, known as 'Staying healthy at Home', has been NCN funded and is a **short-term proactive project**. The project offers a home visit by a **Care and Repair** Officer to all patients over 75 who are aligned with the practices, to identify current and anticipate future needs and **intervene early with advice and services**.

Across Caerphilly

Practice-based Social Workers update!

Practice Based Social Workers have now been in place in Caerphilly for 3 months and the **first quarter evaluation** has been produced. Examples of good practice described included:

- Facilitated **early discharge** from hospital
- Liaison with Practice based Pharmacists to ensure **concordance with medication** in frail elderly patients
- and arranging **modifications to** housing to ensure patients stay safe at home

Monmouthshire

Across the South... Pulmonary Rehabilitation Nomination for Staff Recognition Award



The **Pulmonary Rehabilitation** (PR) Team attended the Staff Recognition Awards event on 16th December at the Christchurch Centre, Newport.

The team was very pleased to have been nominated under the **Partnership Working category**, in recognition of joint working between the NCN, Community Resource Team and the National Exercise Referral Scheme (NERS), which underpinned the establishment of the pilot PR service. The team was represented by Dr Andrew Gray, NCN Lead and members of the NERS team. In 2015/16 the NCN agreed to allocate funding to establish the pilot programme and to-date, has completed **3 successful programmes**, with a 4th currently running out of **Chepstow Leisure Centre**.

Across Newport

NCN funding used to ensure sustainability and equity of service



This year the Newport NCNs have attempted to offer the same support across the city to ensure **sustainability and equity of service to all patients**. Some of the initiatives have included:

- The purchase of **Doppler machines** for District Nursing and Practice Nurses
- Six months **IM&T Support** to provide support and consistency across all GP practices.
- Funding to support **ECG training** for the Health Care Support Workers on level 3 clinical skills diploma course
- Additional **Practice-based Pharmacists** in Newport West and East
- **Training** for Practice Managers and Practice based Pharmacists
- 50% towards laptops for practices to encourage **agile working**
- Training receptionists to undertake **phlebotomy training**
- Three month pilot for a **prescribing physiotherapist** in Newport West

The 3 NCNs are working together and with partner organisations to develop a model for Newport which will address:

- **Sustainability**

Securing the future of general practice/ primary care as the bedrock of 21st century NHS care provision, offering people comprehensive **first-point-of-access advice, diagnosis and treatment**, together with ongoing care coordination and support

- **Prevention and Wellbeing**

Harnessing community assets that help to **prevent ill health** and **improve people's resilience** to cope with change and everyday stresses in life

- **Care Closer to Home**

Integration of primary, community, social care and housing to maintain people's independence and reduce their need for unplanned hospital admissions, unnecessary long stays in hospital and requirement for institutional care. The M4 meetings have been topic led to discuss the **Vision for Newport**, with a view to developing a business case. Updates will be available in future newsletters as the model progresses.

Digital Health IT Sessions



Melin Homes have secured funding through the Small Grants Scheme to offer **Digital Health IT sessions** to all Newport patients.

The courses are short, easy and fun and patients can learn how to **register with their GP surgery, make appointments and order repeat prescriptions online** and explore more **information about their own health needs**.

Initial sessions have been arranged in **Ringland Community Centre** in February and March, and further dates and venues available shortly.

Across Torfaen Wound Care



Across Torfaen an initiative has been implemented to support Practice Nurses to develop skills in **wound management**. The District Nurses (and on occasion a Tissue Viability Nurse) will work alongside Practice Nurses to undertake a clinic within the surgery setting, whereby they will support the **assessment and development of treatment plans** for wound care patients.

Foodwise in Pregnancy



Foodwise in Pregnancy is a 6 week programme being piloted in Torfaen to help pregnant women to learn more about **achieving a healthy weight gain in pregnancy, keeping active** and get support and ideas to **change eating habits**. The sessions cover portion sizes, moving more, dealing with hunger and cravings, food labels, overcoming barriers and setting personal goals and are delivered in a fun and friendly setting. They are currently running on a Monday from the Power Station in Cwmbran and will be rolled out once the learning from the pilot has been shared.

Across the North... Living Well, Living Longer (Inverse Care Law Programme)



The Primary Care & Networks Division and Aneurin Bevan Public Health Division are working together to develop and implement a programme aimed at **reducing the gap** in life expectancy between the most and least deprived areas in Aneurin Bevan University Health Board.



Alex Jones

The NCN welcomed **Alex Jones** to the role of Social Prescriber in South Torfaen. This new post is **jointly funded** by the NCN and Torfaen County Borough Council.

Alex started on the 4th January 2017 and has a background of working in **homelessness** and **mental health**. Building on the progress of the well-established North Torfaen Social Prescriber role, Alex will work across the seven GP Practices in South Torfaen to identify opportunities and help patients, family members and carers to **access local support agencies**.

What's on?

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

Date	Time	Meeting name	Location
February			
Thursday 2nd	13:00-13:30	Newport West NCN	Bellevue Surgery, Bellevue Terrace Newport, NP20 2WQ
Thursday 2nd	09:00-11:00	Newport Integrated Partnership Board	136-140 Corporation Road, Victoria House, Newport, NP19 0BH
Tuesday 7th	13:15-15:30	Monmouthshire South NCN	Chepstow Day Hospital, Tempest Way, Chepstow, NP16 5YX
Thursday 9th	14:00-16:00	Caerphilly Management Team	Seminar Room 1 Ysybyty Ystrad Fawr, Ystrad Fawr Way, CF82 7EP
Thursday 9th	09:30-10:30	Newport Leads	136-140 Corporation Road, Victoria House, Newport, NP19 0BH
Thursday 16th	12:00-14:00	Newport Management Team	Conference Room 3, HQ Building, St Cadocs, Caerleon, NP16 3XQ
Thursday 16th	14:00-17:00	NCN Clinical Leads	Conference Rooms 1 & 2, HQ Building, St Cadocs, Caerleon, NP16 3XQ

About NCNs

Area	NCN Lead	Network Team	
BLAENAU GWENT EAST	Dr. Isolde Shore-Nye	Network Manager Jon Lewis jonathan.lewis@wales.nhs.uk Tel: 01495 241276	Network Support Officer Ian Haywood ian.haywood@wales.nhs.uk Tel: 01495 241252
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CAERPHILLY SOUTH	Dr. Alun Edwards		
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NEWPORT WEST	Dr. Adi Burch		
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TORFAEN SOUTH	Dr. Amanda Head		
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