



WORKING TOGETHER TO KEEP FRAIL PATIENTS AT HOME

An initiative designed to ensure frail patients receive the right health and social care support to keep them in their own homes and prevent their frailty from worsening is being trialled across West Suffolk following a successful pilot in Mildenhall.

The initiative encourages GPs to refer patients with moderate frailty to community matrons, who then provide a wrap-around service to ensure their health and social care needs are met. This could include optimising their medication, referring them to mental health teams or social services or helping with benefits claims or accessing taxi vouchers.

Patients with greater needs are discussed by a frailty multi-disciplinary team so that further interventions can be put in place. The most complex cases are referred to a geriatrician from West Suffolk Hospital, who will go onto visit the patient at their GP surgery or in their own home, depending on which is most convenient.

The aim of the project is to prevent people's frailty from getting worse while improving their quality of life by providing them with a convenient service which aims to meet all of their needs. This should also help ease the pressure on the NHS by reducing falls, medication wastage and hospital admissions.

The results from the initial pilot which took place at Market Cross Surgery in Mildenhall are currently being evaluated, however there have been some positive impact, with less hospital admissions and GP appointments since the initiative began.

The lessons learnt are now being used to shape a wider trial involving one GP surgery in each of the six West Suffolk localities. Once that work is complete, the third phase of the project will see the initiative offered to all 24 practices in the CCG area.

COMMUNITY MATRON SERVICE EXPANDS

A community service which wraps individual care around people with complex needs has been expanded by West Suffolk NHS Foundation Trust as part of its drive to support alliance working.

There are now six community matrons who look after patients with chronic, long-term conditions and help them achieve the best possible quality of life while preventing unnecessary admission to hospital.

HELPING SCHOOL CHILDREN GET MORE ACTIVE

The NHS has joined forces with Babergh and Mid Suffolk District Councils to fund a three-year programme designed to help combat obesity among primary school pupils.

The Active Schools initiative will use targeted interventions to increase physical activity among children, in turn helping them maintain a healthy weight and develop good habits at an early age while improving their quality of life.

It comes in response to figures which show that 15% of children in the Babergh and Mid Suffolk districts are obese, with even more falling into the overweight category and therefore at risk of developing health problems in the future.

The project has part funded by the CCG and the councils and is supported by Active Suffolk. It is initially running in two primary schools and will be rolled out to a further 20 over the next three years.

WORKING TOGETHER TO TRAIN THE PUBLIC ON ECONSULT

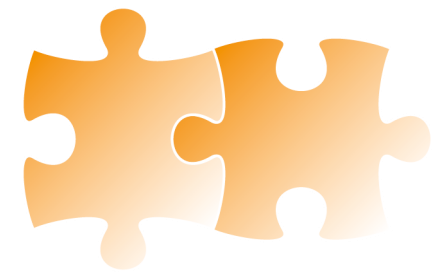
Three alliance partners have been working together to deliver training to help Haverhill patients use a new online system which aims to make it easier to book appointments.

The eConsult system is being introduced at Christmas Maltings and Clements Surgery to reduce the amount of time patients are waiting on the phone to book appointments.

It operates by asking patients to describe their current medical concern before answering questions about their symptoms. The system submits this information to the surgery, where it is reviewed by a clinician within 24 hours. The surgery will then get in touch with the patient to offer them an appointment or signpost them to the most appropriate support to meet their needs.

More than 75 people attended three patient training sessions, which took place at Haverhill and Kedington libraries. Their aim was to familiarise patients with the new system and give as many as possible the confidence to use it when it goes live.

The training was delivered collaboratively by Andrew Cutting, surgery practice manager, Siobhan Hemmett, engagement lead for mental health transformation from Suffolk User Forum and Amanda Webb-Heath, alliance locality coordinator for Haverhill from West Suffolk CCG.



LIFE-CHANGING PROJECT ROLLED OUT

LifeLink has formally launched in Mildenhall and Brandon following a successful trial in Haverhill.

The social prescribing project helps link people with groups or activities within their community which could make a positive difference to their wellbeing. This includes tackling loneliness, improving mental health and confidence or helping people to get a job or volunteering opportunity.

The initiative has expanded into Brandon and Mildenhall following a £600,000 investment from West Suffolk Council, Suffolk County Council and NHS West Suffolk Clinical Commissioning Group.

For more information, visit www.westsuffolk.gov.uk/community/lifelink

HOW CHILD-FRIENDLY IS YOUR HOME?

Suffolk County Council's public health team is encouraging parents with young children to keep their homes hazard-free to reduce the risk of injury.

The campaign asks 'Is your home a child-friendly zone?' and offers advice to parents along with stickers and signage for families to place around their home as reminders of actions they can take to reduce risk.

To complete a quiz and find out more, visit www.healthysuffolk.org.uk/childfriendly



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