

HRW CCG News

November 2018

Welcome to the latest newsletter from your local NHS clinical commissioning group. We welcome your feedback: hrwccg.media@nhs.net

Single accountable officer appointed for three North Yorkshire CCGs

A single accountable officer has been appointed to oversee a shared leadership team across three North Yorkshire NHS Clinical Commissioning Groups (CCGs).

The current Chief Officer of Harrogate and Rural District CCG, Amanda Bloor, has been appointed to the post by NHS England's Chief Executive, Simon Stevens and will commence her new role on 1 December 2018.

Our Chief Officer, Janet Probert will remain in her current role for a few more weeks to ensure there is a smooth transition. Staff and Governing Body thanked Janet for her "kind and inspiring leadership" over the last few years. [Read more](#)

We've created a timeline of key CCG programmes, projects and events since our inception in 2013 - click the image to take a proper look.

[Update on the status of the Full Outline Business Case for the Whitby](#)

Hospital redevelopment

The project team has recently met to discuss next steps with the redevelopment of Whitby Hospital.

A strategic project document known as the 'Full Business Case' was due to be reviewed by the CCG's Governing Body at a meeting scheduled for 22 November.

The quotes from potential contractors who will be moving forward with the remodelling of the hospital are taking longer to come through and the costs are also higher than anticipated. The CCG and partners are therefore working together to look at opportunities to bring costs in-line with what was originally agreed. [Read more](#)

Dates agreed for transferring mental health inpatient beds

Previously agreed plans for transferring mental health inpatient beds from the Friarage Hospital in Northallerton have now been finalised and services will move by the end of February 2019.

In October last year, following a public consultation, the CCG and Tees, Esk and Wear Valleys NHS Foundation Trust agreed to strengthen community services to support more people at home and reduce the need for admission to hospital. [Read more](#)

New website launched to support children and young people's mental health

Compass BUZZ, who are commissioned by the five North Yorkshire and York CCGs to provide mental health services for children and young people, has launched a new website to build on the existing service which offers help and support around some of the most common mental health and wellbeing difficulties.

The new website - www.compassbuzz.org - gives children and young people as well as parents, carers and professionals, direct access to videos and helpful tips on identifying and managing

difficulties including anxiety, bullying, eating problems, loss, low mood and self-esteem as well as stress and self-harm. [Read more](#)

People experiencing anxiety and depression encouraged to contact local service

Residents of Hambleton, Richmondshire and Whitby experiencing mental health difficulties are being encouraged to refer themselves to a NHS talking therapy service known as 'IAPT'. IAPT can support people experiencing mild to moderate difficulties with any of the following:

- depression
- anxiety and worry
- panic attacks
- health anxiety
- social phobia
- specific phobias
- post-traumatic stress disorder (PTSD)
- obsessive-compulsive disorder (OCD)

You can read more [here](#) or view these materials:

- [Flyer](#) (250KB)
- [Poster](#) (253KB)

Safe and Connected - Whitby pilot

Since October, people over 65 in the Whitby area have had the opportunity to take part in a Government-funded trial. Postmen and postwomen from Royal Mail's Whitby delivery office visit participants twice a week to check on their wellbeing. They will ask them set questions about the person's health and happiness, whether they have had difficulty taking part in social activities, whether they've had problems with anyone bothering them and whether they would like to speak to someone about anything they need help with or that is worrying them.

There are still places left on the scheme so if know of anyone who would be interested in taking

part please contact Louise Partlett by 7 December who can give you more information. Her contact details are below.

Louise Partlett – Living Well Coordinator
Tel: 01609 532962
E: Louise.Partlett@northyorks.gov.uk

- [Safe and connected leaflet](#)

Strong and steady programme

Strong and Steady is a 12-week programme designed to encourage people to become more active and reduce the risk of trips and falls. Delivered by friendly, qualified instructors, the specialised programme aims to improve balance and strength, increasing confidence and improving ability in everyday tasks. For more information please click [here](#)

Update for patients with wet age-related macular degeneration (AMD)

It's your choice

If you've been diagnosed with wet age-related macular degeneration ('wet AMD'), the NHS can offer a range of treatments for your condition. Following a recent case at the high court in London, the NHS in our region can now offer a wider range of drugs for wet AMD.

What is age-related macular degeneration?

Age-related macular degeneration (AMD) is caused by changes to the macula, which is the central area of the retina, at the back of your eye. It usually occurs in people over 55 years old, and in later stages of the disease it causes vision impairment. Read [more](#)

Helpful mobile apps to download

Feeling unwell? Not sure where to go to get the help you need?

Health Help Now will help you find the right treatment for your health needs whatever the time, wherever you are. Download now:

Health Help Now

NHS Smokefree is a 28-day plan to help people stop smoking for good. You get daily messages to keep you motivated, badges to reward your progress, and help with cravings if things get tough. If you stay smokefree for 28 days, you're up to five times more likely to stay smokefree for life. Download now:

NHS Smokefree

Rally Round is a free and secure online tool that allows family, friends and carers to organise support for an older person. Features like the to-do list, email and text notifications, and the noticeboard keep everyone in the loop. Download now:

**Rally Round
older person**

Dates for your diary

- Governing Body meeting - 1.30pm, Thursday 24 January 2019, Whitby area (TBC)

Contacting your HEN Representative

As a member, you can directly contact your Health Engagement Network representative:

- Hambleton – Jim Forrest (Interim) – hambleton.hen@nhs.net
- Richmondshire – Jane Ritchie MBE – richmondshire.hen@nhs.net
- Whitby and surrounding area – Doff Pollard – whitby.hen@nhs.net

Please help us to grow our network! Membership forms can be completed online or [downloaded from our website](#)