

NHS Southport and Formby Clinical Commissioning Group

A guide to who we are and what we do



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We are a new kind of NHS, led by local doctors, nurses and other healthcare professionals. On 1 April 2013 we took over the majority of planning and buying or 'commissioning' of local health services. This guide tells you more about what this means for you, what we plan to do in our first year of full operation and how you can get involved. You will also find some useful contacts, if you want to know more about our work or if you have questions or comments about your local health services.

Why we are different

Because we see hundreds of Southport and Formby residents in our surgeries and clinics every day, we know what the main health problems are that affect the area. As medical professionals, we also have a better understanding of which treatments work best and how we can help people to stay as well as possible, for as long as possible.

Our patients are best placed to tell us what local health services are really like - how they can be improved, when they work well and what is needed in the future. Over the past year we have been collecting the views and comments of Southport and Formby residents, and these are already helping us to shape our plans.

We know we can achieve more by working together with our partners like Sefton Council, patient groups and other NHS organisations. We now have the chance to work even closer with these organisations than ever before.

We are a membership organisation, bringing together all doctors' practices in Southport and Formby. Our members are actively involved in making health services better for you and you will read more about their work later in this guide.



Meet our Governing Body

Our Governing Body members make decisions on behalf of our 20 member practices across Southport and Formby. They have been elected by practices to represent their views. You may even recognise some of the names below from your doctor's practice.

- Dr Niall Leonard – Chair and GP
- Dr Rob Caudwell – Clinical Vice Chair and GP
- Helen Nichols – Vice Chair and Lay Member
- Fiona Clark – Chief Officer
- Martin McDowell – Chief Finance Officer and Deputy Chief Officer
- Dr Graeme Allan – GP
- Dr Hilal Mulla – GP
- Dr Martin Evans – GP
- Dr Liam Grant – GP
- Dr Rob Caudwell – GP
- Roy Boardman – Practice Manager
- Karen Leverett – Practice Manager
- Debbie Fagan – Board Nurse
- Dr Jeff Simmonds – Secondary Care Doctor
- Roger Pontefract – Lay Member

Our Governing Body meets in public every two months and you can see a list of dates, times and papers by visiting www.southportandformbyccg.nhs.uk or by calling 0151 247 7000.



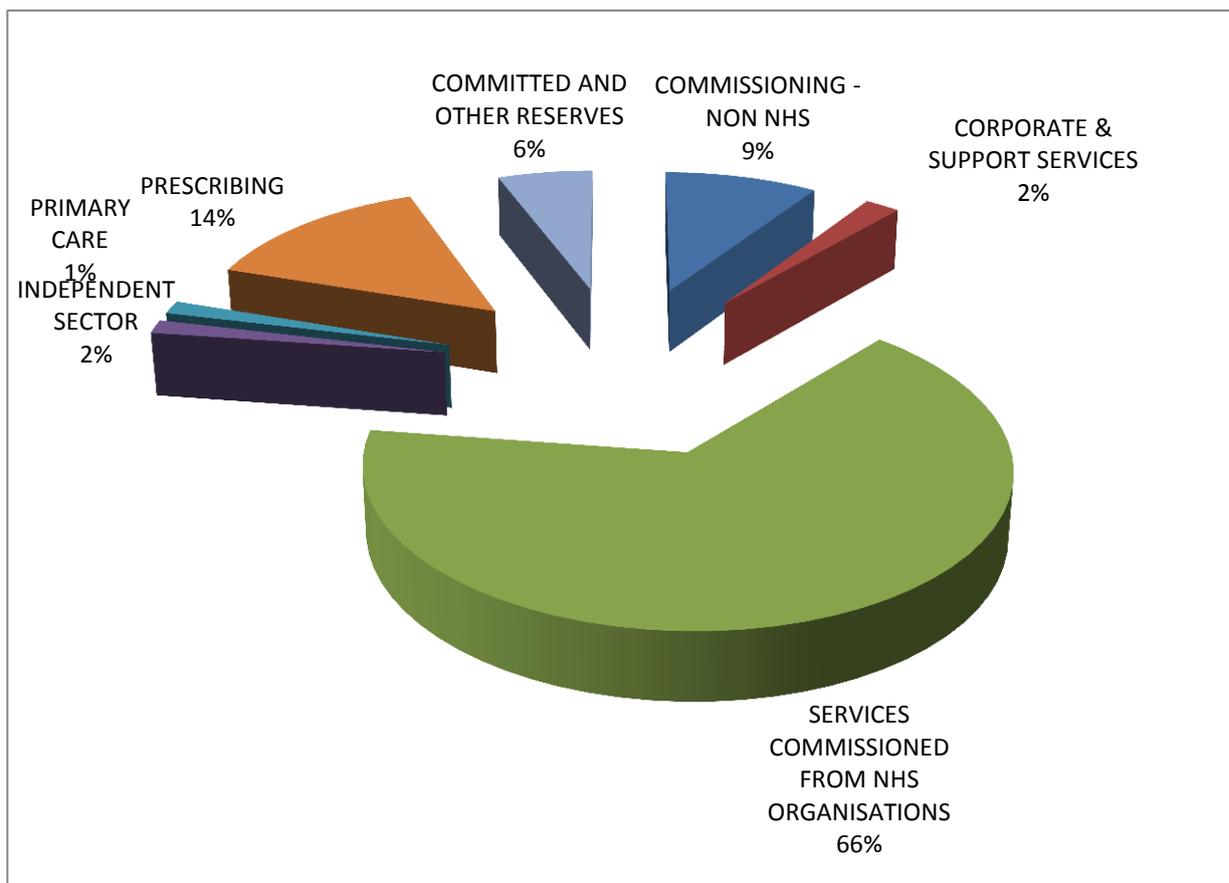
What we do

We are responsible for commissioning the following services and making sure they are safe and the highest possible quality.

- Most hospital services – including Accident and Emergency (A&E) care, maternity and mental health services, routine surgery and outpatient clinics
- Community healthcare – including blood testing, heart, diabetes and asthma clinics, rehabilitation, speech and language, podiatry, dermatology and district nursing
- Out of hours GPs – this service means you can still see a doctor outside normal practice opening hours if you need to. Simply call your practice phone number and follow the instructions

What we spend on your health services

We have a budget of over £160 million for 2013-2014 and we plan to spend it in the following ways....



Our plans for 2013-2014

We spent last year looking at our plans to improve health services and speaking to local people and our partners to make sure they were right.

So, as well as providing a full range of hospital and community services we will also focus on the following during our first year:

Childhood mental health

- Improve the School Nurse Service, so it focuses on children's mental wellbeing as well as their physical health
- Ensure vulnerable children moving into the care of adult services are better supported
- Enable good and timely access to the Child and Adolescent Mental Health Service

Adult mental health

- Review mental health services, particularly psychological therapies (including psychological support for people with cancer)
- Better detecting dementia in our patients

Long term conditions

- Improve the identification of long term conditions like asthma, and support people to better manage their condition at home
- Ensure good access to services for people with diabetes
- Explore how care for the breathing illness, Chronic Obstructive Pulmonary Disorder (COPD), across hospitals and primary care can work better together to reduce the need for people being admitted to hospital
- Re-design heart or 'cardiology' services based on the results of a recent review
- Reduce the number of children with asthma admitted to hospital, which is currently higher than the national average

Obesity

- Better identify obese children in schools and in primary care, and provide support for their parents, families or carers
- Review bariatric surgery to make it more effective, and use any savings from this to fund more school obesity programmes



End of Life

- Support more people to die in the place of their choice

Sexual health

- Re-commission services to ensure they are the most effective and efficient for Southport and Formby residents

Prevention

- Develop our programme that identifies and supports people an alcohol dependency
- Better identify people at risk of developing diabetes
- Review breastfeeding services to find out how we can encourage more women to breastfeed
- Focus stop smoking support on women, young people and remind parents of the dangers of passive smoke
- Explore the potential of a 'pre-falls' programme or service for older people
- Design meaningful support programmes for carers based on a review of their health and wellbeing needs
- Review services provided by community, voluntary and faith organisations which target at risk and vulnerable people
- Review dental health services for children

You can find out more about our work programme for 2013-2014 on our website www.southportandformbyccg.nhs.uk



Working in your neighbourhood

We know that different parts of Southport and Formby often have differing health needs, so our four locality groups bring together doctors, nurses and staff from practices to design healthcare which tackles these differences. Below are some examples of the work being done by localities in 2013-2014:.

Ainsdale and Birkdale - Central - Formby - North

- Developing a weight loss and management service for those at risk of diabetes
- Exploring ways to increase the number of appointments and the times they are offered in practices, to make it easier for people to get the care they need
- Reviewing musculoskeletal services to see how they can be improved
- Expanding Choose and Book to offer patients more choice about where they are treated
- Improving data systems so patients on existing disease registers are regularly reviewed, so they always receive the right care and support for their illness
- Making more treatment rooms available in practices, to help reduce the number of people going to A&E when they do not need to
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Who else is responsible for my healthcare?

These are some of the organisations we work closely with, and nearly all of them are new. They are all responsible for looking after different bits of your healthcare, although we often come together to make sure services and programmes are the best they can be.

Sefton Council

The council hosts the Health and Wellbeing Board (HWBB). This new committee brings together everyone with a responsibility for health and social care in Sefton. Whenever we can, we will join forces to make improvements. By working together we will be able to do and achieve more.

Sefton Council is now also responsible for promoting and protecting good health. It has taken on much of the Public Health work previously carried out by your local NHS, like commissioning Healthy Sefton - the telephone and internet support service that puts people in touch with free programmes to help them live healthier by stopping smoking, being more active, drinking and eating sensibly, or offering health checks to those most at risk of preventable conditions such as heart disease and diabetes. To do this, the council works in partnership with us, NHS England and another new national body – NHS Public Health England – which has a lead role in promoting and protecting health.

Other CCGs

Sometimes we commission services and treatments with neighbouring CCGs because it is more effective to so. We also share a small management team with NHS South Sefton CCG, which means we can learn and benefit from each other's good work, avoid duplication and reduce costs, so as much of our money as possible is spent on your care.

NHS England

This new body leads the commissioning of primary care services. It oversees standards and holds the contracts for doctor's surgeries, dentists, pharmacists and opticians. NHS England is now the organisation to contact with queries or concerns about any of these, or for help to find your nearest. NHS England also commissions specialist healthcare, screening and immunisation programmes, and prison and armed forces healthcare.



HealthWatch Sefton

The new independent consumer's champion, that gathers and represents the views of people living in the borough. Because it is independent, Healthwatch can challenge those who provide services but it can also work in partnership with the CCG and others to improve frontline health and social care. One of the ways Healthwatch gains feedback is through its network of Community Champions but there are many other ways Healthwatch works on your behalf to ensure health and social care services are safe, effective and right for you.



Need to speak to someone about your health services?

Here's who to contact if you have a question, comment or concern about ...

- Your doctor, dentist, pharmacist or optician – NHS England Customer Contact Centre 0300 311 22 33 or england.contactus@nhs.uk
- Your treatment in hospital or by a community clinic / clinic – most hospitals and community health care providers have their own customer contact team, ask them for details, but because we commission most of these services, you can also contact our Patient Advice and Liaison Service if you prefer 0800 218 2333 pals@sefton.nhs.uk

Here are some other useful contacts

- Healthwatch Sefton – to find out more about the independent champion for health and social care call 0151 920 0726 ext 240 or email info@healthwatchsefton.co.uk Healthwatch Sefton also provides a signposting and information service to help you find the right health and social care services. Call freephone 0800 206 1304 weekdays, 9am – 5pm.
- Healthy Sefton – to find the right programme to support you to a healthier lifestyle call 0300 100 100
- Looking Local – our digital TV and intranet information service can be found on Sky p539, or Virgin Media by pressing the interactive button

How you can get involved what we do

There are a number of ways you can get involved in our work and your local NHS:

- Come to our public events – last year we held two 'Big Chat' events and jointly hosted a number of 'Talking Health and Wellbeing in Sefton' sessions with the council, and the views we collected have informed our plans for 2013-2014
- Come to our Governing Body meetings – we hold bi-monthly Governing Body meetings in public, so you can hear us discussing our work and making decisions about local health services
- Sign up for our quarterly newsletter – it includes our latest news, dates of our Governing Body meetings, and it tell you about our public events when they happen
- Join your practice's patient group – ask at reception for details of how you can get involved and have a say in services at your practice



How to contact us

Call us – 0151 247 7000

Email us – communications@sefton.nhs.uk

Visit our website – www.southportandformbyccg.nhs.uk

Write to us - NHS Southport and Formby CCG, Curzon Road, Southport, PR8 6PL