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Welcome from Dr. Andy Ker

September saw the launch of a new campaign called Start a Conversation that aims to help prevent suicide by raising awareness of the risks and showing what support is available across Leicester and Leicestershire. We also celebrated the formal launch of the Leicestershire Children and Families Partnership Plan with partners making their pledges.

We have updates from the Prevention at Scale Project on their work with patient volunteers identified by local GP practices and the Steady Steps programme which is part of the falls prevention work stream.

Stoptober is upon us, so it is an ideal time to take look at the work being done by the QuitReady team and remind ourselves of the services on offer. Plus as part of the ongoing efforts to support unpaid carers across Leicestershire, the county council now has a new online assessment form to make it easier for carers to request an assessment.

Available now in our Resources section is a revised version of the Better Care Fund (BCF) Plan on a page for 2017-19: <http://www.healthandcareleicestershire.co.uk/wp-content/uploads/2018/09/BCF-Plan-on-a-page-2017-19-rev.092018.pdf>

Further information about our Integration Programme, including the Better Care Fund is available on the Integration Programme main page: <http://www.healthandcareleicestershire.co.uk/health-and-care-integration/>

A presentation highlighting our achievements over the past two years is also available at: <https://prezi.com/view/4S3DihUulx4Oo860Mrfu/>

For previous editions of this bulletin please follow this link:

www.healthandcareleicestershire.co.uk/health-and-care-integration/health-and-care-integration-newsletters/

New suicide prevention campaign launched

A new campaign called **Start a Conversation** launched on 10 September to coincide with World Suicide Prevention Day. It aims to help prevent suicide by raising awareness of the risks and showing what support is available through a new website www.startaconversation.co.uk



The campaign aims to:

- Remove the stigma and myths around suicide and encourage people to talk openly about it
- Provide information and advice to people at crisis point
- Build safer communities by raising awareness
- Help people to maintain good mental health
- Support people who have been bereaved through suicide

The campaign is a joint venture led by Leicestershire County Council involving district councils, Leicester City Council, Leicestershire Police and NHS partners.

Death from suicide has devastating consequences for family, friends and colleagues. The campaign wants to make sure local residents are aware of the warning signs of suicidal behaviour and have an open and honest approach to conversations about mental health generally, including thoughts of suicide.

There are on average 55 deaths from suicide each year in Leicestershire and it remains the biggest killer of men under 50 and the leading cause of death in young people. Three-quarters of suicides are among men, with those aged 45-49 most at risk. For each suicide approximately 135 people suffer intense grief or are otherwise affected.

You can support the campaign by making your pledge to highlight the steps you will take to help tackle suicide and the issues surrounding it and sharing details of the campaign with your patients, colleagues, friends and family.

Prevention at Scale Project update

The Prevention at Scale project is a nationally funded initiative developing insights into the value of preventative services. Leicestershire is working with GP surgeries to understand why up to 30% of GP appointments are categorised as patients seeking non-medical interventions. We want to understand the reasons for this and what solutions can be found to resolve this issue. In doing so, we can support patients and GPs with easy access to the most suitable support for their non-medical needs either via their GP practice and from within other agencies and the community itself, thus releasing more GP capacity/appointments for those activities that only GPs can/should deliver.

Through 20-25 in-depth interviews with patients aged between 60 and 80 that began in September, we will bring together the high level findings from customer and staff experiences to create profiles that characterise the cohort of people attending a GP appointment for non-medical interventions. We will also map out the typical customer journeys from the findings of the interviews.

Our patient volunteers come from practices in Kibworth, Measham and Rosebery Medical Centre, Loughborough. Once the practice has provided their details, we contact the patient to obtain their consent to participate in the interviews. The interviews are being undertaken by the project team and take between 1-2 hours each.

Our patient volunteers will be people who have visited a GP surgery for a non-medical intervention. We will be looking to identify any barriers to accessing existing preventative services. We are also looking to understand whether our patient volunteers had other needs (social care or public health) identified and whether these were met.

We aim to use this data to understand:

- How do we evaluate the service model based on the profiles identified?
- How do we access people in a better way than how we access them now?
- How can we define the prevention model in a better way?
- How do we get to those people that aren't being accessed?
- How are GP's categorising non-medical interventions – is it cause and effect – e.g. flagged as lower-level mental health problems?
- How do we access the 15% that don't need a GP appointment at all?
- How do we make sure we get someone into the system, alongside dealing with non-medical and medical interventions?
- How to identify common themes and issues these people have so we can aim to access them from a different angle to GP surgeries?

The findings from this work will inform how prevention services in Leicestershire can best be configured and developed to support patients, practices and integrated locality teams across Leicestershire. If you are interested in further details about the Prevention at Scale project then please contact [Richard Smeeton](#) on 0116 305 6465

Stoptober is back

Last year [QuitReady](#), Leicestershire's stop smoking service, supported more than 270 local residents to ditch the cigarettes during the 28-day stop smoking challenge, and this year they hope to support even more people to quit.

The best thing a smoker can do for their health is stop smoking, and research shows that people who stop for 28 days are five times more likely to quit for good. Quitting isn't easy, but there is more help and support available than ever before.

QuitReady provides non-judgmental advice and support, including free stop smoking medication for quitters.

- To coincide with Stoptober, QuitReady is launching **free E-Cigarette starter packs** with follow on nicotine liquids, available to anyone signing up to a 12-week quit programme.
- Patients who sign up to Stoptober will have access to additional support and advice via an app, e mail and Facebook, not to mention the backing of thousands of other quitters across the country.

Stoptober is a great time to kick the habit, so please encourage patients or service users who would like to quit smoking to contact QuitReady by visiting www.quitready.co.uk, calling 0345 646 66 66 or texting 'ready' to 66777.



Leicestershire's Children and Families Partnership launch

Leicestershire Children and Families Partnership officially launched with the signing of a charter at an event held at County Hall on 20 September. Partners who attended the event spoke to young people and signed individual pledges outlining what their organisations will be doing to make the voices of young people heard.

The partnership has five priorities:

- Ensuring the best start in life,
- Keeping children and young people safe and free from harm,
- Supporting families to be resilient and self-sufficient,
- Ensuring vulnerable families receive personalised, integrated care and support
- Enabling children to have good physical and mental health.

You can visit:

www.leicestershire.gov.uk/LCFP
to view the Children and families partnership plan and 'plan on a page'.



For more information contact Mala Razak, Children and Families Partnership Manager, email mala.razak@leics.gov.uk or call 0116 305 8055 or



Steady Steps programme update

From September 2017 to August 2018 the Steady Steps programme funded by health and care partners and coordinated and delivered by Leicester-Shire & Rutland Sport has delivered 24 courses to more than 250 people aged 65 and over across the seven county localities and Rutland County Council.

Steady Steps is a community based strength and balance programme aimed at those aged 65 and over, who are deemed to be at risk of falling. Participants can either self-refer, or be referred by a health professional.

This evidence based programme has been shown to reduce falls, increase physical activity levels and have other health and wellbeing benefits including reducing isolation.

For more information on the next round of Steady Steps courses being planned across Leicestershire and Rutland contact Lucy Baginskis, Sports Development Officer, Leicester-Shire & Rutland Sport L.Baginskis@LRSport.org or visit <https://www.lrsport.org/steadysteps>.

The falls services provided by Leicestershire Partnership Trust and University Hospitals of Leicester are still available for more frequent fallers or people needing further investigations.

Carers Assessments

Unpaid carers across Leicestershire are being encouraged to come forward and see what support may be available to them. The county council has developed a new carer's assessment form which aims to make the assessment process simpler and easier for carers to discuss their needs.

Carers now have the option to submit their assessment online at any time of the day by visiting www.leicestershire.gov.uk/carers-assessment. Carers who are unable to access the form can contact the Customer Service Centre to start their assessment over the phone by calling 0116 305 0004 (Monday to Thursday, 8.30am – 5pm, Friday, 8.30am - 4.30pm).

What's new?

A revised version of the Better Care Fund (BCF) Plan on a page for 2017-19 is now available in our Resources section: <http://www.healthandcareleicestershire.co.uk/wp-content/uploads/2018/09/BCF-Plan-on-a-page-2017-19-rev.092018.pdf>

You can also access the latest BCF Integration Resources Summary which is uploaded monthly at www.healthandcareleicestershire.co.uk/national-resources/

Contact us



Follow us on Twitter @LeicsHWB

See our website: www.healthandcareleicestershire.co.uk

Download our [Better Care Fund plan on a page for 2017-19](#)



Better care **together**

To find out more about Better Care Together – Leicester, Leicestershire and Rutland's five year health and care strategy visit www.bettercareleicester.nhs.uk

For enquiries about this bulletin please email BetterCareFund@leics.gov.uk or call 0116 305 5749