

Tackling the health impact of rising costs of living



Chair Sue Symington shares her thoughts on the cost-of-living crisis, and its impact on people across our region.

We know the cost-of-living crisis poses risk for Humber and North Yorkshire, for our communities, for our staff, and for the health and wellbeing of those we serve. In particular, the most vulnerable. The poverty rate in Yorkshire and the Humber is 24%.

NHS and system 'pressures' are known and understood by most. The cost-of-living crisis adds to the list of pressures we face collectively across our health and care services into the winter months.

- Children growing up in cold homes have more respiratory and psychological problems than children growing up in a warm house.
- Nine-in-10 community pharmacists say they have patients who go without prescription medicines because of price.
- In April, 7.3 million adults lived in households that said they had gone without food or could not physically get it in the past month.
- Stress, anxiety and worry have a well-established link to poor mental health.
- Nearly 75% of households that include a person with a disability have fallen into debt this year.
- 18 million families are likely to be in fuel poverty by January 2023.

The ICB has identified a range of specific actions, including those relating to supporting our coastal communities, developing and supporting our workforce, creating an evidence base by working with university research partners and accelerating our approach to social prescribing.

Sharing initiatives and sharing actions as partners will enable a coordinated, Integrated Care System-wide approach to supporting our population during the most challenging season. We know poverty has a direct impact on both physical and mental health.

Dr Jacqueline Andrews, Executive Medical Director at Harrogate and District NHS Foundation Trust, appointed as HNY Lead for Innovation, Research and Improvement



An exciting new programme of work has been launched to create a joined-up system for research, innovation and improvement across the HNY Health and Care Partnership, hosted by the Clinical and Care Professional Directorate of the ICB, led by Nigel Wells.

The Innovation, Research and Improvement System (or IRIS for short) will provide visibility, structure, process and capacity to ensure that as a system we are communicating easily and with maximum impact on our health and social care 'grand challenges' to external researchers and innovators whilst also supporting our internal innovators and researchers to help signpost them to external and collaborative opportunities.

Our aim as HNY Health and Care Partnership is to be one of the most innovative integrated care systems, where we excel at facilitating the invention, testing, adoption and spread of innovation locally, regionally and nationally.

Dr Jacqueline Andrews, who has been Executive Medical Director and Executive Lead for Digital at HDFT since June 2020, will lead the IRIS programme. She joined HDFT from LTHT where she held the roles of Director for Research and Innovation, Associate Medical Director and Consultant Rheumatologist. Jacqueline has extensive strategic and operational experience of leading research, innovation and quality improvement programmes and is passionate about 'demystifying' innovation and creating a continuous improvement culture for the NHS, health, and care.

For more information, get in touch via hnyicb-ery.iris@nhs.net.

Humber and North Yorkshire Cancer Alliance pleased to announce the appointment of Lucy Turner as Managing Director



Humber and North Yorkshire Cancer Alliance has announced the appointment of Lucy Turner as its Managing Director.

Lucy succeeds Simon Cox, and will join on 1 January 2023 from York and Scarborough Teaching Hospitals NHS Foundation Trust, where she currently works as the trust's Deputy Chief Operating Officer.

Previously, Lucy was General Manager for the Oncology Clinical Service Unit at Leeds Teaching Hospital NHS Trust and worked at York and Scarborough Teaching Hospitals NHS Foundation Trust for 12 years in different roles.

Commenting on her return to the Cancer Alliance, Lucy said: "I am excited to return to the Cancer Alliance. Cancer services are under great pressure across our region as well as the rest of the country and I'm looking forward to working with the core Cancer Alliance project team and colleagues across the regional health and care system to address the issues affecting our cancer patients. "While there are many challenges to address, particularly around cancer waiting times, there are many exciting projects being delivered to help improve earlier diagnosis and outcomes for cancer patients in our region."

Q&A: Neil Cartwright, Senior Net Zero Programme Manager



Who are you and what do you do?

My name's Neil Cartwright, I live in Cleethorpes, and I am excited to have been appointed to the Greener NHS Regional Team as the Net Zero Programme Lead for the Humber and North Yorkshire ICB. I'm working with incredible colleagues from across the region who are dedicated to both reducing the environmental impact of our sector and ensuring that we build the necessary resilience for a future that is now inevitably seeing the irreversible effects of climate change.

What's your professional experience of the NHS?

I joined the NHS in 2009, starting out in the Care Directorate of North East Lincolnshire Care Trust Plus. After a few years we formed Care Plus Group (CPG), a Community Benefit Society.

Tell us a bit about your life outside work?

Living in Cleethorpes, near the Prom' is handy for paddleboarding after work – my family and I love it here. I have a bit of a weightlifting habit and I drink way too much coffee.

Learn more about Neil's work and our Climate Change and Sustainability Programme here.

Time for change: HNY marks Black History Month with actions, not words

Our partnership was proud to support Black History Month; an annual commemoration of the history, achievements, cultures, and contributions of Black people in the UK which takes place each October.

We held a virtual discussion panel that saw colleagues from across health and care come together to discuss the theme of this year's event – time for change: action not words.

We were joined by activist and author, Dr Godfred Boahen for the discussion exploring racism in the workplace and society, allyship, working together for change and some of the great work already underway. It was one of several events to mark the month.

Jayne Adamson, executive director of people for Humber and North Yorkshire, said: "We were proud to work in partnership with our network of network members to mark Black History Month, but our work on tackling racism in the workplace doesn't end here.

"We must commit, as a health and care system and as individuals, to educating ourselves on the experiences and inequalities still faced by our colleagues from ethnic minority backgrounds and step forward as allies for action.

"Black History Month in Humber and North Yorkshire marked another step in our journey towards a system free from racism and discrimination, but it is a journey we must commit to, every day and every month, together."

Local Maternity and Neonatal System (LMNS) release an action plan to improve equality and equity for mothers, babies, and maternity staff across the region



To reflect the ambitions of the maternity transformation strategy derived from the original 'Better Births' document in 2016 and the NHS Long Term plan (2019) the Local Maternity and Neonatal System (LMNS) has coproduced an Action Plan covering the next five years up until 2026/27.

Our Action Plan details how they, along with partners and stakeholders, will:

- Increase support for at-risk pregnant women and birthing people

- Improve how ethnicity and risk factors are recorded
- Ensure access to all to Personal Care Plan resources
- Better understand the local population and staff experiences
- Design interventions to improve equity for women and babies/race equality for staff
- Ensure equity in access, experience, and health outcomes for all
- Address the leading causes of perinatal mortality and morbidity for Black, Asian and Minority Ethnic Groups and women and birthing people living in the most deprived areas.

To read the action plan of the Humber and North Yorkshire Health and Care Partnership's Local Maternity and Neonatal System please visit the LMNS website.

New 'Quit Together' tobacco dependence treatment services across Humber and North Yorkshire ICB

Humber and North Yorkshire Health and Care Partnership has launched 'Quit Together' - comprehensive tobacco dependency treatment services for staff and patients in secondary care settings. This is a key priority for the ICB, as smoking remains the leading cause of preventable death (NHS Long Term Plan)

Andrew Burgess was recently a patient at Grimsby Hospital and used 'Quit Together' to become smokefree. He said: "I didn't plan to stop smoking when I went to hospital, but after being told by the nurses and doctors, I knew I had to quit for my health.



For anyone else thinking about becoming smokefree in hospital, I would say to stick with it, especially if in hospital for a week or more. Get the patches to help with cravings and use being in hospital to help you quit, because you can't go off the ward to smoke anyway!" This new approach to tobacco dependence will be fully embedded into trust systems across the ICB by 2024.

We'd like to extend our warm congratulations across the Partnership to everyone whose hard work was recognised at the Health Service Journal Awards 2022

The annual Health Service Journal Awards, which took place in London on Thursday 17 November, shone a light on the outstanding efforts and achievements delivered across the Healthcare sector.

Special recognition went to Humber and North Yorkshire Health and Care Partnership Mental Health programme. The programme was highly commended for its work focusing on maternal mental health and the integrated care framework for children and young people, in the Integrated Care System of the Year category.

Our partners also received accolades in the Covid Vaccination Programme, Towards Net Zero, Primary and Community Care Provider of the Year and NHS Communications Initiative of the Year categories, among others.

The full list of winners, finalists and commendations is available to read here.

HSJ
AWARDS 2022

Text alert drives patient engagement in diabetes care

A Humber and North Yorkshire study exploring the efficacy of ICB-managed text messaging to help pre-diabetic patients engage more with health intervention programmes is generating positive results.

The study was designed to investigate whether some of the latest digital communications software – when managed at ICB-level – was more effective than traditional postal invites at getting patients to actively involve themselves in healthy lifestyle programmes.

Key outcomes from the trial included:

- > Text prompts led to a 1,000%+ increase in referrals to the NHS Diabetes Prevention Programme (NDPP).
- > A 331% rise in the number of patients attending at least one session of the NDPP – going from an average of 16 patients attending per month to 69 in the first month of the study.
- > A 181% improvement in the number of patients attending sessions over a three-month period – going from an average of 16 patients reaching Milestone 1 per month to 45 patients per month.

Dr Tom Milligan, a GP and the Clinical Lead for Diabetes in Humber and North Yorkshire, said:

“Before this study, I thought we were doing NDPP referrals well, but in fact we were missing hundreds of patients with pre-diabetes. The software used for this pilot enabled the ICB to conduct advanced searches for the first time, so they could identify, invite and refer patients that would otherwise have been missed.

“The result was far greater uptake of the NDPP as well as significant time saved for clinical staff. Given the current capacity challenges within General Practice and the cost to the NHS of lifestyle-related conditions like type 2 diabetes to the NHS, the findings here could have a huge impact.”

International recruitment: developing relationships with Kerala

Over the last few years, Humber and North Yorkshire Health and Care Partnership partner NAViGO has been working with officials in the Indian state of Kerala, to enable psychiatrists to apply for jobs within the NHS directly.

Both NAViGO and local institutions were keen that any arrangement made would be ethical and mutually beneficial. A Memorandum of Understanding (MoU) was therefore created between three hospitals in Kerala, NAViGO and Rotherham, Doncaster and South Humber NHS Foundation Trust (RDaSH), whereby the organisations would work to collaborate and support each other in research, exchange and exposure, training and sharing appropriate staff.



The successful collaboration has led the Ministry of Health and Family Welfare (India) and the Department of Health and Social Care (UK) to both demonstrate an equal keenness for the State of Kerala and Humber and North Yorkshire Health and Care Partnership to work together.

We hope to extend the range of clinical and allied health professionals coming to work within our system, including primary care, community, mental health, and acute services.

Developing the partnership with Kerala is being supported by NHS Humber and North Yorkshire Integrated Care Board (ICB). Stephen Eames CBE, Chief Executive for the ICB said: “We are delighted to be supporting the partnership between local trusts in Humber and North Yorkshire and the state of Kerala. Our main ambition is to improve the lives of people who live and work across our region, and by focussing on developing our workforce we can ensure we provide the high-quality services needed to our population.

“We remain committed to growing and training our workforce locally, but we are also keen to embrace new ways of working and this partnership is a fantastic example of this.” More information will be shared as this work progresses.