

# Humber, Coast and Vale Health and Care Partnership Stakeholder Newsletter

January 2021

## We're proud to protect people from coronavirus through the vaccine programme - but while we're moving quickly this is a marathon, not a sprint

**Since the beginning of the coronavirus pandemic, health and care staff have been working under tremendous pressure to continue to provide care and keep services open. We are all human and we sometimes struggle with our emotions and feelings of burn-out.**

So when, on 9th December, we were able to offer the coronavirus vaccine to the first person in Humber, Coast and Vale I couldn't help feeling moved and privileged to be part of the vaccine programme in our region.

It was a slither of positivity and hope amid a hectic and challenging period for the NHS, as well as the wider health and care sector.

Sheila Page, 84, received her first dose of vaccine in our first Hospital Hub run by Hull University Teaching Hospitals NHS Trust. It was just a quick injection, but getting to the point when we were ready to start vaccinating people was preceded by weeks of tireless planning from all partners.

Soon after, family doctors and nurses started community vaccinations for people aged 80 and over, care home residents and health and care staff. This has now been extended to people aged 70 and over.

We are proud to be playing our part in the national effort to protect people from coronavirus. But it is important to say that while we are moving fast, this is a marathon, not a sprint. Our area serves a population of 1.7 million people – it will take some time to vaccinate everyone.

We are working as quickly as possible with all NHS organisations in Humber, Coast and Vale to expand the programme and deliver it to more people over the coming weeks and months. More local vaccination services have gone live in January and more will follow.

Many of us are excited at the prospect of returning to normal. We know many people will be eager to get protected, but please do not contact your GP to get an appointment.

When it is the right time for you to receive your vaccination, you will receive an invitation to come forward. This may be via the phone, or through a letter either from your GP or the national booking system.

Even after you have received your vaccine, we will need you to continue to follow the guidance around social distancing, hand hygiene, and wearing face coverings in enclosed public spaces.



Partnership news

In the meantime, I urge everybody to play their part in reducing the spread of the virus and follow the restrictions to protect each other, and the NHS.

I know we still have a long way to go. Nevertheless, I wanted to thank the health and care staff across Humber, Coast and Vale who are doing an incredible job to roll out the biggest vaccination programme the NHS has ever undertaken.

**Beverley Geary,**  
Senior Responsible Officer  
Humber, Coast and Vale  
Covid-19 Vaccination Programme

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Humber, Coast and Vale

## Online support service launched in Humber, Coast and Vale to help men with their mental health



[qwell.io/hcv](http://qwell.io/hcv)

A free online mental health and emotional wellbeing support service has been launched to help men living across the Humber, Coast and Vale area.

Men living in North Yorkshire, York, Hull, East Riding of Yorkshire, North Lincolnshire and North East Lincolnshire can now register to use Qwell – a free, anonymous online counselling and emotional wellbeing service which can be accessed anywhere using a computer, smartphone or tablet device.

In England, around one in eight men have a common mental health problem such as depression, anxiety, panic disorder or obsessive compulsive disorder. Around three-quarters of registered suicides in England and Wales in 2019 were among men (4,303).

Men can access Qwell, which is accredited by the British Association for Counselling and Psychotherapy, to access one-on-one online sessions with qualified counsellors, receive and provide peer-to-peer support through moderated online forums, and read and contribute to articles.

Qwell can also be used to keep an online journal and track wellbeing via an interactive goal tracker. There are no waiting lists or thresholds for use, so men can use the free service as soon as they register.

Qwell has been commissioned for use by the Humber, Coast and Vale Health and Care Partnership. This marks the first time a digital mental health service has been commissioned specifically in response to male suicide.

Jo Kent, Suicide Prevention Lead at Humber, Coast and Vale Health and Care Partnership, said: “We are really pleased to announce that Qwell is now available to men in the local area. We know that men can often find it difficult to talk about their mental health and the way they are feeling. With free access to Qwell, we can ensure that they have access to the right support, wherever and whenever they need it.

“Qwell is available 24 hours a day and those accessing support have the option to remain completely anonymous. We encourage men from all walks of life to use it.”

Qwell can be accessed by visiting [qwell.io/hcv](http://qwell.io/hcv)

### Next steps to building a strong and effective integrated care system

In November, NHS England and NHS Improvement (NHSEI) set out **principles for the future of integrated care systems (ICSs) in England** and outlined two proposals for how ICSs could be embedded in legislation by April 2022.

Whilst the NHSEI document invited views on the proposals, and the Partnership and its partner organisations have had the chance to comment, much of the approach is already being developed or is in place in partnerships across England including in Humber, Coast and Vale; and we need to build on that as we consider the adjustments that need to be made to reflect the policy changes.

HCV Partnership leaders have agreed to define what the proposals mean for all parts of our health and care system, so all colleagues can have greater clarity.

The change will be organised around a number of clear steps and we will keep communication and engagement open as things progress further.

With support from NHSEI colleagues and the neighbouring ICSs we will continue to move forward and aim to implement shadow arrangements from 1st April, with further work to be undertaken during 2021 as part of the transition period, prior to full implementation in April 2022.

#### Partnership news



# £500,000 investment to connect people with nature to improve mental health amid Covid-19 pandemic



The HCV Partnership is one of seven health and care partnerships in the country to secure £500,000 as part of a national scheme to help the mental wellbeing of communities hardest hit by coronavirus.

The ‘green social prescribing’ project has been established to examine how health and care services, working with communities and local organisations, can connect more people with nature and nature-based activities to improve their mental health and wellbeing.

The Covid-19 pandemic has highlighted the importance of being outdoors to people’s mental and physical health, as well as the inequality of access to green space. Green social prescribing connects people with nature and their local environments to improve their health and wellbeing. This could include a wide range of activities, including walking or cycling groups, gardening or community allotments, conservation tasks and creative activities.

Connecting with nature has a huge range of physical and mental health benefits. Evidence shows that the NHS could save more than £2billion in treatment costs if everyone in England had equal access to good quality green space. Across Humber, Coast and Vale hundreds of local nature-based initiatives, community activities and eco-therapy projects are already working to improve lives and provide support by connecting people with nature and local green spaces.

Securing the investment and a place on the national programme will enable partners to expand the offer to our communities and help more people to improve their mental health and wellbeing by getting out and exploring the amazing green spaces that the Humber, Coast and Vale region has to offer.

Andy Barber, Chief Executive, Smile Foundation and Social Prescribing Lead for the Humber, Coast and Vale VCSE Steering Group, said: “The Covid-19 pandemic had a significant impact on many peoples’ mental health and wellbeing. It has also highlighted the close links between our own health and the environment and the benefits that getting outside and connecting with nature can have.

“This extra funding will enable our local projects to support more people and ensure the NHS and other health and care services are better connected and aware of the fantastic work that voluntary and community sector organisations are already doing across our region.”

Watch this [video](#) to find out more about green social prescribing.

# NHS 111 First helps improve patient safety across emergency departments during pandemic

Social distancing and managing capacity within emergency departments in Humber, Coast and Vale has been improved thanks to the introduction of NHS 111 First, a national programme encouraging people to contact 111 to arrange a timed arrival slot before attending emergency departments.



The new system, rolled out in December 2020, is operational across all acute providers in Humber, Coast and Vale, taking bookings into timed arrival slots in emergency departments to help manage safety and capacity.

Across the Partnership hospitals have implemented a new digital system known as EDDI (Emergency Department Digital Interface), enabling NHS 111 to provide patients with a timed arrival slot at their local emergency department for urgent treatment.

This approach minimises the risk of infection, and importantly patient information can now be sent ahead to the emergency department so they know when the patient will be arriving and why they are there.

The message is clear that during winter the NHS is still here to help, and that patients will receive the right care, first time and every time by the right healthcare professional for access to the most appropriate service.



**NHS**  
**no more waiting in line**

Save yourself the wait and access GP practice services online.

[nhsonline.info](https://nhs.uk/nhsonline.info)

## No more waiting in line or on the line

Patients in Humber, Coast and Vale can access medical advice and help from their GP – without needing to visit their GP practice or wait on the phone.

The free online GP practice service removes the need for unnecessary phone calls or trips to the GP practice to request help. Find out more: [nhsonline.info](https://nhs.uk/nhsonline.info)



Digital

To celebrate the work of our digital teams, towards the end of last year the Partnership hosted several webinars to share our digital success stories and provide insight into how they benefit our patients.

## Humber, Coast and Vale residents help to improve cancer services by completing survey

People living with and beyond cancer in Humber, Coast and Vale are helping to improve cancer services by completing a national survey.

Recognising that quality of life outcomes are as important to patients as survival, NHS England and NHS Improvement and Public Health England launched the Quality of Life survey in September.

The survey will help to find out how a cancer diagnosis can impact an individual’s quality of life long-term, to establish where NHS care is working well or not so well, and to understand whether or not new services are needed.

Initially, people who have been diagnosed with breast, prostate or colorectal cancer are sent a Quality of Life survey 18 months after their diagnosis and people with all cancer types will be included from this year onwards.



### Cancer

Since the survey launched in September, people living with and beyond cancer across Humber, Coast and Vale have helped contribute to a national response rate of 48%.

As the programme is ongoing, Humber, Coast and Vale Cancer Alliance is continuing to encourage as many people as possible in the region to complete the survey, in order for the information collected to fully represent our population.

To complete the survey or find out more, please visit: [cancerqol.england.nhs.uk](https://cancerqol.england.nhs.uk).

## Digital success stories shared with colleagues during webinar series

The Covid-19 pandemic has been a challenging time for our region, staff and patients. Nevertheless, the Humber, Coast and Vale digital programme has led the way with a number of exciting innovations, products and services for our patients.

To showcase this work, as well as discuss future digital developments for the health and care sector in our region, colleagues from partner organisations were invited to attend these webinars in November and December – and almost 300 colleagues registered to attend.

The first webinar provided an overview of the Humber, Coast and Vale digital programme, while the subsequent webinars had a specific focus area, including: end-of-life care, digital inclusion and care homes.

In January, the Yorkshire and Humber Care Record (YHCR) team delivered a webinar to update on the progress of the YHCR and discuss how it is making a positive impact and enabling organisations across the health and care partnership to respond to key challenges, including Covid-19. If you were unable to attend any of these webinars, they can be viewed **here**.



[humbercoastandvale.org.uk](https://humbercoastandvale.org.uk)

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## Humber, Coast and Vale exceeds Government Apprenticeship target



Workforce

The Partnership surpassed the Government’s target for recruiting apprentices in 2020 – which has led to the recruitment of an extra 110 trainee health and care professionals in our area.

The Government’s Apprenticeship Levy sets public sector organisations the target of employing 2.5% of their workforce in apprenticeship roles. In the Humber, Coast and Vale Health and Care Partnership area, 2.7% of the workforce is currently participating in apprenticeships.

Funding has been secured for 110 apprentices, 10% of which are new roles, and a further 100 Trainee Nursing Associates are due to begin training in 2020/21. Previous funding has partly gone towards training 170 Nursing Associates, performing a vital role in bridging the gap as new members of the nursing team.

Jayne Adamson, HCV Partnership People Lead, said: “We have a collective drive and determination to invest in the next generation of caring professionals, working with our partners to meet the needs of our region’s health and social care organisations in the future.

“The numbers are a great achievement but we know there is more to do in partnership with our local employers and Health Education England to maximise use of this important resource to ensure the levy is retained and used in support of our health and care system.”

## Mental health conference proves popular

More than 300 mental health colleagues joined guest speakers including author Alastair Campbell, Prof of Psychiatry and Population Health Nav Kapur, and NHS England and NHS Improvement’s National Director for Mental Health Claire Murdoch CBE in attending the Partnership’s virtual mental health and learning disabilities annual conference in December.

The ‘Stepping Stones to Success: Building Resilience during a Pandemic’ conference demonstrated the programme’s achievements over the past 12 months, and explored the impact Covid-19 has had on people’s mental health. The conference was delivered virtually to an audience from across the globe, with significant engagement from delegates through interactive question and answer sessions.

Mental Health

## Perinatal mental health staff training to identify domestic abuse victims

Health and care professionals working in community perinatal mental health teams across Humber, Coast and Vale have completed specialist training to help them identify patients who might be suffering from domestic abuse.

According to a report by the UN cases of domestic abuse have increased by 20% worldwide during the coronavirus pandemic, while two-thirds of women in England living with domestic abuse told a Women’s Aid survey that their ordeal had got worse during the UK’s first lockdown.

During October 2020, the Partnership’s perinatal mental health team delivered training to 35 perinatal mental health support staff, including nursery nurses, speciality doctors, clinical psychologists and specialist mental health midwives. The number of staff trained equates to 98.5% of the Humber, Coast and Vale perinatal mental health workforce.

Staff who have undergone the training are now more equipped to identify patients with mental health difficulties who may be vulnerable and in need of additional support.



Mental health

The training will benefit many patients, with the perinatal mental health teams helping 771 women across the Humber, Coast and Vale area last year.

