

## **An update from the Norfolk and Waveney Health and Care Partnership**

### **A message from our Independent Chair, Rt Hon Patricia Hewitt**

Thank you to everyone for their continued hard work and commitment at this challenging time; health and care staff, everyone involved in our local councils, voluntary and community groups, carers, volunteers and many, many others.

I would like to take this opportunity to welcome the new Secretary of State for Health and Social Care, Sajid Javid. His previous experience as Local Government Minister and, of course Chancellor of the Exchequer should be helpful as he negotiates with the Treasury for a badly-needed funding settlement for social care as well as the NHS. At a personal level, he has had the devastating experience of losing his older brother to suicide and will, I hope, identify with everyone who has experienced mental illness personally or within their families.



Not surprisingly, the NHS Bill that will put Integrated Care Systems onto a statutory footing has been put back. Like other ICS chairs and all my Partnership colleagues, I hope the delay is only for days rather than weeks or months. We have achieved so much by working together to cope with COVID-19 and we mustn't lose momentum now.

Finally, a continued special thanks to everyone who has enabled our partnership to roll out one of the fastest, most successful vaccination programmes in the country. If you, or anyone in your family, hasn't yet had their vaccination and you are eligible, please book your vaccine appointments as soon as possible!

With best wishes and continued thanks for everything you and your organisation are doing.

Patricia

### **Canaries defender Ben Gibson adds weight to Norfolk and Waveney's COVID-19 vaccination drive with video message**

Canaries defender Ben Gibson is supporting Norfolk and Waveney's vaccination drive by calling on everyone aged over 18 to come forward and get their COVID-19 jabs.

[In a video message](#) shared on social media, Ben says: "I have had my COVID-19 jab. If you are over the age of 18, please, please go out and get your vaccination done. There are so many different opportunities and different ways you can get it booked in and get vaccinated now, protecting not only yourself, but your friends, your family and other people that you come into contact with.

"You can book via the national booking system, calling 119 or by going to the many different walk-in centres across Norfolk and Waveney. Let's get back to doing the things we love together and protect ourselves and our friends and family."

Melanie Craig, Chief Executive of NHS Norfolk and Waveney Clinical Commissioning Group (CCG) said: "We would like to thank Norwich City Football Club and Ben Gibson for lending their support to our vaccination campaign. Getting the vaccine is our best defence against COVID-19,

with the jobs saving thousands of lives already. I would encourage everyone who is eligible for a COVID-19 vaccination to take the opportunity to protect themselves and others by having the vaccine when it is offered.”

According to data [published today by NHS England and NHS Improvement](#) 88% of people aged over 18 in Norfolk and Waveney have received their first dose, compared to 83% of adults in England.

Some 69% of people aged over 18 in Norfolk and Waveney have received two doses of COVID-19 vaccine, compared to 61% of adults in England.

More than a million doses of vaccine (1,307,844) have been given in Norfolk and Waveney. In the latest week, 31,594 doses were given of which 19,830 were first doses and 11,764 were second doses.

Norfolk and Waveney has got off to a flying start with vaccinations for younger people with 52% of 18-24 year olds, 69% of 25-29 year olds and 80% of 30-34 year olds having received their first dose.

## New Pregnancy Resources

Nationwide, local maternity systems have developed plans and resources to improve maternity services in their areas. The maternity transformation programme (Better Births 2016), supports changes to the way maternity services are delivered and gives families more choice in their decisions regarding their pregnancy and birth.

The Norfolk and Waveney Local Maternity & Neonatal System (LMNS) has developed a [comprehensive digital resource](#) to help prospective parents, pregnant women, and birthing people to achieve the birth they plan, in the place they would like and feel safe, wherever possible. The booklet summarises the main options available and will help people to choose what is right for them and their family.

Mums to be and new mums will find the information useful when talking with their midwife or specialist maternity doctors at antenatal appointments. It can also help to support any decisions made in partnership with healthcare professionals involved in care during pregnancy.

The Norfolk and Waveney LMNS is committed to considering the values and opinions of our Maternity Voices Partnerships (MVPs) and service users to develop services that truly meet the needs of our patients.

The Norfolk and Waveney LMNS has worked closely with Trusts, clinical staff, specialist midwives, and local MVP groups from across Norfolk and Waveney, to develop this resource. Information and signposting will be rolled out to all GP practices, pharmacies, and other locations, where it may be useful. The options for giving birth in Norfolk and Waveney are:

- Birth in a consultant-led birthing unit or delivery suite.
- Birth in a midwife-led birthing unit
- Birth at home with midwives

All three hospitals were involved in the development of this material. Some people who have recently given birth commented about the resource:

“The release of the choices booklet will make a big difference to expecting parents. It will give parents a chance to be educated on the journey they are about to go through. It will give parents a chance to ask questions before they reach different stages which in turn will hopefully help both parents remain as calm as possible. ‘Happy Mum, Happy baby!’”

“I think it’s really important for information to have been included about different services offered at each hospital so parents can make informed choices of where they would like to give birth as

feeling comfortable where you are during birth can be a huge factor in how women labour and how they can feel post-birth.”

“As a mum who has recently given birth, I was very fortunate that I had excellent pregnancy care so I was informed of choices I could make, however, this is not the situation in all cases. Being aware of what choices a parent has and being as informed as possible can make a tremendous difference to how a parent looks back on their pregnancy and birth and I really feel that this booklet can help more parents look back with happy memories!”

This resource also comes at a time when people of childbearing age are now eligible for the COVID-19 vaccination. The local NHS is urging everyone who is eligible to get the vaccine. Anyone who has questions about having the vaccine whilst pregnant or breastfeeding, or who is planning a pregnancy, can find lots of information on the [Just One Norfolk](#) website.

## Norfolk and Waveney one of new pilot sites for pelvic health clinics

Tens of thousands of pregnant women and new mums will receive support to prevent and treat incontinence and other pelvic floor issues, thanks to new clinics set up by the NHS. The new services will be initially rolled out in 14 areas of the country with up to 175,000 women set to benefit from the additional support every year. Norfolk and Waveney is one of the first pilot sites.

Clinics will offer a one stop shop for women with symptoms, bringing together midwives, specialist doctors and specialist physiotherapists under one roof. Every woman receiving maternity care in the pilot sites will be able to access the service throughout their pregnancy, which includes providing exercises that can help to prevent problems from developing in the first place.

Physiotherapists can teach women how to exercise pelvic floor muscles correctly, give advice on diet and fluid intake as well as helping women to monitor their progress.

There will be an option to self refer so that women don't feel embarrassed seeking help in addition to GPs being able to refer patients for help. Clinics will also provide training and support for local clinicians who are working with women, including GPs and midwives.

Professor Jacqueline Dunkley-Bent, NHS England's Chief Midwifery Officer, said: “We know many women don't report issues with incontinence because they are embarrassed about seeking help. Bringing together experts in pelvic health in one place will offer women a way of seeking help quickly and easily, as well as sending the message that postnatal incontinence is nothing to be ashamed of and can be treated.

“We all have a duty to share evidence-based messages – including that incontinence products are, primarily, a temporary support, and women with incontinence should seek medical support. We must make sure that these messages are reinforced wherever possible, and not contradicted.”

“Our message to women is that issues like incontinence are preventable and treatable and that the NHS is there for them if they need support, including at these 14 new sites.”

Further information can be found on the [NHS Norfolk and Waveney CCG website](#).

## Learning Disability Awareness Week 14-20 June

For many people with a learning disability and their families, getting involved in creative activities has been a way to remain connected with others, prevent feelings of isolation and help mental wellbeing through the challenges of the last year. For National Learning Disability Week 2021 the theme was 'art and creativity' and within [Norfolk and Waveney we did just that!](#)

The CCG Learning Disability (LD) health improvement team, local NHS Trusts and the UEA School of Health Sciences came together with those they support with learning disabilities to celebrate the occasion with an exciting public event in Norwich. Learning Disabilities Nurses and students were in attendance to promote their wonderful field of nursing. The focus of the event was on promoting careers in learning disabilities nursing. The event took place on 23 June at The Forum in Norwich.



Musical sessions were led by award winning harpist, Xenia Horne, a highly experienced professional harpist and composer, performing and creating music across a wide range of genres. She was accompanied by a sign-a-long choir of students and qualified Learning Disability nurses, people with a learning disability and their friends, families and carers.

The event was planned by a number of different organisations, who have an interest in promoting Learning Disability Nursing including the CCG, Norfolk Community Health and Care NHS Trust, Norfolk and Suffolk NHS Foundation Trust, the University of East Anglia and Hertfordshire Partnership NHS Foundation Trust.

On the day members of the public were able to talk to nurses and other specialist learning disabilities professionals including physiotherapists, social workers as well as people who use Learning Disability services about potential careers within the region as well as having some fun. Filming across Norfolk & Suffolk is currently being undertaken to develop a series of short recruitment and careers advice videos that will be used in schools for Year Ten pupils to explore their futures as Learning Disability nurses this project is being funded by Health Education England.

Cath Byford, Chief Nurse with NHS Norfolk and Waveney Clinical Commissioning Group (CCG), said: "This was a great opportunity to not only promote careers in Learning Disability nursing, but also to promote to those people who use services and their friends, family and carers of the important role that nurses have in promoting the good physical and mental health of those they care for.

"People with a Learning Disability are more unlikely than the general population to access physical health checks and we talked to families and carers about the importance of annual health checks. We're hoping that the people who came along had fun, enjoyed the music and singing and learnt more about Learning Disability nursing."

### **Norfolk's Carers invited to apply for new round of free Wellbeing Packs**

Two thousand additional Wellbeing Packs are being made available for unpaid carers, free of charge, after the first round of packs were taken up enthusiastically across Norfolk.

Norfolk Adult Social Services and Norfolk and Waveney CCG are using COVID-19 funding to send out special packs to support unpaid carers earlier this year – and now a second batch of packs are available for those who missed out first time around.

Cllr Bill Borrett, Norfolk County Council's Cabinet Member for Adult Social Care, said: "We know that unpaid carers work hard and never has that been more true than during the Covid 19 pandemic. These Wellbeing Packs are our way of showing just how much the hard work they do is appreciated.

"This pack, and all the support offered by Carers Matter Norfolk, are available for anyone who has a caring role. There may be thousands of people in Norfolk who support a loved one and don't realise they are in fact a carer, and there is help out there for them. I hope this pack not only encourages more of them to get in touch, but to also discover the full range of support that is out there."

The packs include some Personal Protective Equipment (PPE) to support recipients in their role as a carer, but also includes a range of items for the carer to enjoy, including chocolate and other items to bring a little joy in these difficult times.

Anyone who would like to receive a pack free of charge can register their details online, where their details will be assessed. Those who are eligible will have a pack posted directly to their home.

“It was a lovely surprise and treat,” said one carer who has received a Wellbeing Pack, and asked to remain anonymous, “It really was a pick-me-up – I had been feeling particularly low with the situation I was in and the sudden treat brought a feeling of happiness followed almost immediately and unfortunately by tears.”

Unpaid carers can also find a wide range of support available via Carers Matter Norfolk, a service commissioned by Norfolk County Council. Details of the personalised support available for carers can be found on the [Carers Matter Norfolk website](#) or by calling 0800 0831 148 (Monday to Friday 9am to 8pm, Saturday 10am to 2pm)

Packs can be ordered by [completing a short form](#) from the Norfolk County Council website.

### **Mental health support available for the public**

- It's important that we look after our mental wellbeing during this time – for tips and advice visit [www.everymindmatters.co.uk](http://www.everymindmatters.co.uk).
- If you are worried about your own mental health and wellbeing call First Response, a free 24/7 helpline offering immediate support, on 0808 196 3494.
- 11 to 25 year olds in Norfolk and Waveney can get support and online counselling via [www.Kooth.com](http://www.Kooth.com). The service provides support or advice on any topic, including managing your feelings during the pandemic.
- JustOneNorfolk has a wealth of information and links to support the health and wellbeing of your family: [www.justonenorfolk.nhs.uk](http://www.justonenorfolk.nhs.uk).