



# JIGSAW

PIECING TOGETHER CARE IN WEST SUFFOLK

September 2015

## YOUNG PEOPLE

### THE STATISTICS

#### The State of Suffolk Report 2015

- 31.7% of children aged 10-11 in Suffolk are overweight or obese.
- 7 children aged 11-14 start smoking every day.
- 2,454: 16-24 year olds in Suffolk with a recorded special educational need or disability.
- 5.2% of 16-18 year olds in Suffolk were not in Education, Employment or Training in February 2015.

### CHILDREN'S EMOTIONAL WELLBEING STRATEGY

The Children's Emotional Wellbeing Group is currently reviewing the Suffolk Children's Emotional Wellbeing Strategy and developing a Suffolk Transformation Plan, as set out as a requirement in the Children and Young People's Mental Health Taskforce report 'Future in Mind 2015'. If you would like any further information about this, please email: [hannah.neumann-may@westsuffolkccg.nhs.uk](mailto:hannah.neumann-may@westsuffolkccg.nhs.uk)

#### Welcome to JIGSAW

A newsletter for staff working in the health and social care system in West Suffolk. There is a lot happening to bring hospitals, community, mental health, voluntary sector and the West Suffolk Clinical Commissioning Group (CCG) together to help patients.



### STAND TALL

By Keiran Williams, Sport and Physical Activity Development Officer, Abbeycroft Leisure

Stand Tall is a 12-week physical activity course delivered by Abbeycroft Leisure at several sites, including; Bury St Edmunds Leisure Centre, Haverhill Leisure Centre and The Gym Ipswich. It is aimed at 14-25 year olds suffering from mental health concerns, such as depression or anxiety, who are physically inactive and undertaking less than 30 minutes vigorous exercise per week.

The Stand Tall Project is funded by Sport England and is part of Suffolk County Council's 'Suffolk Get Healthy Get into Sport' programme which aims to help increase physical activity levels in the county and contribute to Suffolk's

ambition of becoming the most active county in England.

Participants take part in weekly sessions which combine a physical element based on boxing techniques as well as theory aspects such as the effect of diet and smoking which aim to support them with behaviour change, health improvements and increases in activity levels.

All participants that completed the programme to date have raised their exercise levels, and 80% of the participants reported an improvement in mental wellbeing.

One of Stand Tall's participants, a 15 year



old girl, said: "It was fun, I could interact well with coaches and have fun with them. I usually don't enjoy exercise... I find it boring. Boxing is my favourite activity I get to take anger out on foam without hurting myself and have fun."

Referrals to the course can be made at the following link: <http://acleisure.com/health-wellbeing/stand-tall>

For more information email [Keiran.Williams@acleisure.com](mailto:Keiran.Williams@acleisure.com)

# BACK TO THE FUTURE:

## INTEGRATION AND CONNECTIONS BETWEEN PAEDIATRIC STAFF AND PRIMARY CARE

By Drs Peter Powell, Katherine Piccinelli & Raman Lakshman  
Consultant Paediatricians at West Suffolk Hospital

**It was only a decade ago that there were many Paediatric outreach clinics spread across the district from Sudbury to Thetford, but over the years these gradually fell by the wayside and nearly all Outpatient activity for children became concentrated on the Hospital site.**

In a recent move to help provide Paediatric expertise closer to peoples' homes, a group of three Paediatricians has begun to re-establish working clinics outside the Hospital grounds.

Dr Katherine Piccinelli has begun a monthly clinic in Haverhill and continues to work in Sudbury, Dr Peter Powell visits Stowmarket, working out of the StowHealth practice on a monthly basis and Dr Raman Lakshman is now establishing a specialist clinic in Newmarket.

The Paediatricians are keen to see this as more than just re-providing outpatient services in a convenient location for children and families. Instead, this will form part of a long-term strategy of reconnecting clinicians from WSFT with colleagues in Primary Care. It is hoped that expertise in Children's health problems will then be much more confidently provided out of GP practices, thus gradually reducing the need for both emergency and planned attendances at the hospital in this group of very special patients.

Dr Raman Lakshman writes about his experience of the Newmarket clinic so far. "The Newmarket paediatric clinic was set up with the idea of optimising care of children with eczema, asthma and food allergies. It serves the families who live in and around Newmarket and, by bringing care closer to their homes, minimises disruption to their lives.

The clinic runs on most Tuesday mornings from 0830-1300 and will see both new and follow up patients who may be repatriated to this clinic from the clinic at Bury. I have been able to improve the links with GPs in the Rookery Medical Centre and have also established a partnership with Nicky Jones, Senior Practice Nurse at the surgery, who is keen to further develop her interest in paediatric allergies and asthma. Nicky will sit in the clinics with me and will, in due course, be able to share care with me and also carry out allergy assessments including skin prick testing. The link has also led to health care assistants from the surgery coming to the Rainbow Outpatient department at WSFT to be trained in paediatric phlebotomy. The vision is to empower the local teams with skills to optimise care of children with allergies and then move away but continue to provide remote support when necessary. Once this is achieved we can adopt another outreach practice and repeat the process."

# INTEGRATED ROTATIONAL APPRENTICESHIPS

By Victoria Fennell, Apprenticeship Coordinator, West Suffolk CCG

**West Suffolk and Ipswich and East Suffolk Clinical Commissioning Groups have taken the lead on an Integrated Rotational Apprenticeship project that will be launched at the end of September.**

The project encompasses two groups of six apprentices who will complete three, four month placements in an acute, community healthcare and social care setting. The aims of this project are to increase the links between Health and Social Care, change the way people think about the sector and raise awareness of career pathways.

This is an exciting opportunity for people in Suffolk who are looking to start a career within the Health and Social Care Sector. The rotations will provide valuable work experience within a variety of settings that will enable the learners to share good practice in each of their placements. This project is a positive approach to tackling the current recruitment crisis and will help us to work towards reducing the amount of unfilled vacancies in the future. If you would like to find out more about this exciting project, please contact Victoria Fennell, Apprenticeship Coordinator, [victoria.fennell@suffolk.nhs.uk](mailto:victoria.fennell@suffolk.nhs.uk), 07572 129008.

# CHILDHOOD EPILEPSY

By: Hattie Warriner, Paediatric Epilepsy  
Clinical Nurse Specialist, WSFT

**Epilepsy is a common neurological disorder, affecting 1 in 200 children under the age of 16. A diagnosis of epilepsy can have a manifold impact on the health and lifestyle of an affected child or young person.**

The quality standards by NICE in 'The Epilepsies in Children and Young People' recommends treatment be tailored to meet the child/young person's individual circumstances and needs.

NICE states that there is evidence that epilepsy specialist nurses improve clinically important outcomes, such as knowledge, anxiety and depression for people with epilepsy.

With this guidance, West Suffolk Clinical Commissioning Group and West Suffolk Foundation Trust have worked together to create a new role - Paediatric Epilepsy Clinical Nurse Specialist.

I have been in post for over 6 months and have enjoyed the challenge of setting up a new role with the ultimate aim of improving epilepsy care for children and young people in West Suffolk. I work together with the hospital consultants, and also in the community with school staff. My role is to empower and enhance the school nursing team support for these children. I also provide training to parents in the emergency treatment of seizures to reduce unplanned admissions to the hospital.

I maintain contact with patient's families between consultant reviews via telephone, in Nurse Led Clinics and through home visits and endeavour to provide every child with a diagnosis of epilepsy under my care with an individualised epilepsy care plan.

For further information or advice, please email [harrietwarriner@wsh.nhs.uk](mailto:harrietwarriner@wsh.nhs.uk) or telephone 01284 713860.

# GET INVOLVED

**If you have any news or views on any of these projects, please contact the partners through this email address:**  
[getinvolved@westsuffolkccg.nhs.uk](mailto:getinvolved@westsuffolkccg.nhs.uk)