

**NHS Rotherham CCG Governing Body February 2016  
CHIEF OFFICER'S REPORT**

Lead Director:	<b>Chris Edwards</b>	Lead Officer:	n/a
Job Title:	<b>CCG Chief Officer</b>	Job Title:	n/a

### **Purpose**

This report informs the Governing Body about national/local developments in the past month.

### **Vote of Confidence:**

In accordance with the CCG's constitution, Rotherham CCG undertakes a vote of confidence from its member's each year. Two questions were asked:

1. Do you have confidence in the executive teams of the CCG? 97% - 33 out of 34 practices said 'Yes'.
2. Do you have confidence in the direction of travel? 91% - 31 out of 34 practices said 'Yes'.

### **Healthy Workforce**

January has started well and there have been lots of activities for all employees to get involved in.

- At the time of writing, In week 1 and 2 of our CCG weight management programme we have lost 74 pounds in total!

A regular Newsletter will go out to everyone to keep you in touch with what's happening.

Appendix i)

### **Communications Update**

- A press release has distributed to local media that marks a milestone in development of the Emergency Centre. Representatives from the CCG, TRFT and Kier gathered on the building site of the extension to Rotherham Hospital to give the newly erected steel frame the seal of approval. The steel work now clearly marks out the shape and size of the centre which is due to open in 2017.



- The CQC report on services provided by Rotherham Doncaster and South Humber NHS Foundation Trust (RDaSH) has been published and interest received by media across the area. More information on the report outcome can be found at - <http://www.cqc.org.uk/provider/RXE>
- Radio 5 Live recently featured health services in Rotherham, relating to Child Sexual Exploitation. The programme looked at the support available to victims since the Jay Report was published, linking it to feedback provided by the CQC in the Children Looked After and Safeguarding report in 2015.
- National trade media interest has been received for the social prescribing programme following a national evaluation event at New York Stadium, organised by Voluntary Action Rotherham.



Week 2

## Healthy Workforce Programme

**NHS**  
**Rotherham**  
Clinical Commissioning Group

Hello everyone and welcome to week 2 of our healthy workforce programme. Below is what is happening in each area and links to apps and information about each area.

Just to let you know in week 1 of our CCG weight management programme we have lost 62 pounds! Wow that is amazing 😊 Keep up the good work everyone.

### Physical (Moving Well)



- Pilates class - starts on the 4 February, I have had approx. 20 requests for this class! For all people taking part I have sent you a PAR-Q form to complete for the instructor, please ensure you return this to me by Wednesday 20<sup>th</sup> January. Just to let you know the CCG are funding the classes as part of the healthy workforce programme so there will be no charge to you for taking part!
- Colour Run - How about taking part in a colour run? Have a look at the [Colour Run](#) and see if this is something you would be interested in doing! If you can let me know we can look to maybe arranging it for June this year!

Gym memberships – Hellaby Hall are offering the following deal during January. £99 for 3 months (full peak membership) or £175 for 6 months.  
Bannatynes – are offering NHS staff a 7.5% discount and no joining fee. Full membership is being offered at £36.99 a month for a 12 month contract.

Walk Leader training is available for any staff who are interested. The training is Friday 4<sup>th</sup> March at Dalton Parish Hall, 9.30am to 3.30pm. 6 places are available. Booking deadline is 19<sup>th</sup> February (5pm). The course is free, but if you fail to turn up you will be invoiced for £20 per participant. Please let me know if you would like to attend and I will book the places.

### Managing Stress



- Mindfulness App – Thank you to everyone who has completed the survey monkey. Everyone should have received their codes by Monday 18<sup>th</sup> January, if you have not please let me know.
- I am currently arranging some training around mindfulness for staff however in the meantime or if you choose there is a free Mindfulness Course through our online futurelearn training. Just access it through the following link. Please can you let me know if you will be taking the course so I can keep a register and ask for your feedback on the course.

<https://www.futurelearn.com/courses/mindfulness-wellbeing-performance>

- There are FREE TRAINING courses available on how to help someone who is feeling suicidal? Please see attached flyers. Please discuss with your line manager before booking on the courses.

## Wellbeing (sleeping well)



- Geocaching – Janet Sinclair-Pinder will be doing a presentation on Geocaching in January/February. Please can you let me know if you would be interested and I will arrange a date?
- Do you have problems sleeping? There are some apps out there that may be able to help you. The link below is a good example that has evaluated well. Have a look and let me know what you think?

<https://www.sleepio.com/>

## Eating Well



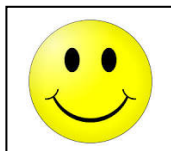
- CCG weight loss challenge - Our CCG weight loss challenge is happening during the months of January and February. It's not too late to join, just see Gordon!
- Weight Watchers - Remember we do have a 50% discount with weight watchers, I am finalising the details and will let you know once I have more details.
- Eating healthy Vegan Style – Jason Punyer has kindly offered to talk to staff about eating healthy vegan style. The Willow room has been booked for the 19 January at 12:00. If you would like to come to the talk please let me know and I will book you a chair!
- I am pulling together a folder of healthy recipes which I will put on the windowsill. Please help yourself to a copy, if you take the last copy please replace with further copies. Please feel free to share any recipes you like, just add them to the folder!
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## Drinking Less



- Dry January – Anyone can take part in this national scheme. Even if you are not taking part officially why not try cutting down or just cut alcohol out of your daily routine for 2 days a week. Research shows that your liver needs 2 days off from alcohol per week!
- We are arranging some training from Lifeline – they have agreed to come to the March staff meeting

If you have any suggestions for the newsletter or information you would like to share please let me know





## Healthy Workforce Programme Activity Plan for 2016



Month	Physical (moving well)	Wellbeing (sleeping better)	Managing Stress	Healthy Eating (Eating well)	Drinking Less	Smoking Less	Checking yourself
January	Pilates <b>Lead</b> Julie Wisken <b>Location</b> Oak House <b>Day</b> Thursdays commencing 4 Feb	Geocaching presentation <b>Lead</b> Janet Sinclair-Pinder <b>Location</b> Oak House <b>Day</b> TBA	Mindfulness APP <b>Lead</b> Julie Wisken Survey monkey will be sent to establish who would like the App in early Jan	Slimming World/Weight Watchers 50% discount with weight watchers agreed <b>Lead</b> Julie Wisken <b>Location</b> Local Class	Dry January <b>Lead</b> Julie Wisken Information to be circulated	Smoking cessation classes Information to be circulated	Pedometers, computer apps, self checks
	Walking Groups <b>Lead</b> Julie Abbotts, Julie wisken <b>Location</b> Around Bramley <b>Day</b> TBA			Eating healthy vegan style <b>Lead</b> Jason Punyer <b>Location</b> Willow room <b>Day</b> 19 Jan 12:00 pm	Lifeline training		
				CCG Challenge <b>Lead</b> Gordon Laidlaw	Alcohol Talk		

<b>February</b>	Pilates <b>Lead</b> Julie Wisken <b>Location</b> Oak House <b>Day</b> Thursday evenings	Health Checks <b>Lead</b> Julie Wisken <b>Location</b> Oak House	Mindfulness training <b>Lead</b> Julie Wisken <b>Location</b> TBC	Slimming World/Weight Watchers <b>Lead</b> Julie Wisken <b>Location</b> Oak House <b>Day</b> TBA			Zone for checking blood pressure
	Walking Groups <b>Lead</b> Julie Abbotts, Julie wisken <b>Location</b> Around Bramley <b>Day</b> TBA		Mental Health First Aid training <b>Lead</b> Julie Wisken/Public Health <b>Location</b> TBC				
<b>March</b>	Salsa classes/Sh'bam <b>Lead</b> Julie Wisken <b>Location</b> Oak House <b>Day</b> TBA			Slimming World/Weight Watchers <b>Lead</b> Julie Wisken <b>Location</b> Oak House <b>Day</b> TBA			

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