MWHC Board Meeting

Our most recent Board meeting took place on Monday 5th September 2016 at the Council Chambers, Penmorfa, Aberaeron, Ceredigion. Members of the public were welcomed to observe the meeting and there was an opportunity for them to talk to the MWHC team and Independent Co-chairs before and after the meeting.

Three Innovation Group Chairs presented to the Board their update papers; Primary Care and Community Services, Communications, Engagement and Involvement and In Hospitals Services. Update papers from the other Innovation Groups were incorporated into the report of the Lead CEO, Mr Steve Moore. The papers detailed up to date information regarding the on-going work of each group and their action plan.

The Board papers for the meeting are available through our website at the link below for anyone who wishes to view them.  
http://www.midwalescollaborative.wales.nhs.uk/board-meeting-5-september-2016

Details for our final Board meeting of 2016 are highlighted below:

| Friday 9th December 2016 | 10.00am | Powys County Hall, Spa Road East, Llandrindod Wells, Powys, LD1 5LG |

www.midwalescollaborative.wales.nhs.uk
Community Engagement Events

The Mid Wales Healthcare Collaborative has successfully held two series of community meetings during 2016 with a third series planned for November. We have been pleased to welcome members of the public at each event to talk about our various work streams. So far each event has been very different due to the communities we visited and issues that people were experiencing but extremely valuable in informing the work of the MWHC and the Innovation Sub-Groups. A wide range of topics were discussed and ideas were shared with staff from the organisations that form part of the MWHC.

The third and final series is going to be held during November and each event will have a specific theme relating to the work of some of the Innovation Groups. This series of events will enable us to discuss the progress that has been made in the last few months and people will have the opportunity to give their opinion on the work to date.

Events will take place as follows:

- **Friday 11th November** at The Morlan Centre, Aberystwyth, Ceredigion, SY23 2HH. Topics to be discussed are Mental Health Services, In Hospital Services, Health and Well Being and Primary Care and Community Services.

- **Thursday 17th November** at Glan Wnion Leisure Centre, Dolgellau, Gwynedd, LL40 1LH. Topics to be discussed are Telehealth, Palliative Care Services and Access and Transport.

- **Tuesday 22nd November** at The Elephant and Castel Hotel, Newtown, Powys, SY16 2BQ. Topics to be discussed are Primary Care and Community Services, Telehealth and Mental Health Services.

Each event will have an afternoon session starting at 2pm which will then be repeated again in the evening at 6pm. We hope that this will widen the opportunity for members of the public to attend. Each session will last approximately 2 and half hours and refreshments will be available.

We look forward to welcoming regular faces as well as new faces to our final round of events; please keep an eye out on Facebook, our website and also in your local communities for advertisement of these events to share with friends and family.
Bronglais Open Recruitment Day

On Friday 14th October 2016 Bronglais General Hospital will open its doors for an Open Recruitment Day. The day will start at 10am and will give perspective employees the chance to talk to Dr Phil Kloer, Medical Director, Dr Phil Jones, Hospital Director, Mr Matthew Willis, General Manager as well as various other clinicians, nurses and staff. There will also be a tour of the hospital with visits to various wards and departments.

Hywel Dda University Healthboard delivers healthcare services to 384,000 people in Mid and West Wales and is now advertising both consultant and nursing vacancies at Bronglais. There are a number of roles to complement areas within Scheduled and Unscheduled Care which includes Acute Medicine, Surgery, Orthopaedics and Critical Care.

Come along and find out what Bronglais has to offer you and also how you can make a difference to this busy high performing rural hospital – if you have dreamed of living and working in this beautiful part of Mid Wales then now is your chance to make those dreams come true.
Tele-dermatology

A six-month dermatology pilot which allowed patients to be seen by consultants without having to travel outside their community has been a success.

Patients were seen at one of seven GP practices involved in the pilot which make up the north Ceredigion cluster. All the GP practices were issued with cameras which allowed them to take images of the skin problem and send them to specialist consultant dermatologists in Cardiff to look at and then advise the GP’s on how to treat the condition.

The scheme improved access to quality health care for patients, reduced waiting times for specialist opinion and improved the prioritisation of urgent suspected cancers and ensured that patients were seen sooner by the most appropriate clinician.

The scheme will now be further extended across mid Wales to ensure that more people have access to this fantastic service.

Resilience & Wellbeing Programme for Carers

We have recently been working alongside Ceredigion County Council’s Carers Unit and the Hywel Dda University Health Board’s Investors in Carers Scheme. By working in partnership we are pleased to announce that a training programme to build resilience and improve the well-being of Carers across Ceredigion has started and is being run during the month of October. The programme will allow carers to gain further skills and knowledge to support them in the caring role. The carers taking part will also enable us to understand better how we can support carers in the future.

This is the first time that this programme has focused solely on building Carers’ resilience and improving a Carer’s wellbeing.

The course is being run over four separate days during October and the uptake of carers applying to take part on the course has been very positive.

It is hoped that we will run more of these programmes in the future.
Green Health and Prescribing

A green prescription is a referral given by a doctor or nurse to a patient, with exercise and lifestyle goals written on them. A green prescription differs to the usual prescriptions given to patients for medications, and emphasises the importance of exercise in improving their condition, and not relying on drugs. The green prescription is written after discussing the issues and goals in the consultation. Studies have shown that an increase in exercise and a better sense of well-being can reduce the risk and also improve many medical conditions including stress, depression and high blood pressure.

In order to bring together health professionals who have a special interest in green health and the wider third sector organisation’s, charities and groups we are planning a “Green Health and Prescribing Event” in conjunction with the Welsh Assembly Government. The aim of this event is to improve the platform of interaction between clinicians and the third sector, to scope current initiatives and evaluate what is already working out in the communities. We will also be looking at what we can do to promote and improve Green Prescribing in Mid Wales.

The event is currently in the planning stages and it is hoped that it will be held early in the New Year.

If you have an interest in this field please do get in touch with us if you have any ideas for the event or would like to take part. Please pass this information onto friends, family and colleagues.

To contact us or for more information please email mwhc@wales.nhs.uk

Clinical Hospital Director, Bronglais General Hospital

We are pleased to announce that a permanent appointment has been made to the above post in recent months.

Dr Phil Jones, Consultant Physician was successful in gaining this role and he will work closely with the General Manager and Lead Nurse to ensure a sustainable future for Bronglais General Hospital. Dr Jones will also be leading on the work of the In Hospital Services Innovation Group as part of this role.
**Telehealth Smoking Cessation Project**

A trial of a Telehealth Smoking Cessation Project commenced mid September 2016 with funding from Public Health Wales (PHW). It is being run from Church Street Practice, Aberystwyth for 14 weeks and at the end of this time the outcome will be evaluated. Smokers who wish to quit are able to attend the surgery on Wednesday mornings to speak one-to-one with a Stop Smoking Wales Advisor through video conference technology and undertake a course of intensive behavioural support, equal to that received face-to-face with the added benefit of being close to home. Public Health Wales issued a press release highlighting this new innovation and the first of its kind in Wales. The hope is that this project will provide another effective and accessible option for smokers who wish to quit in rural areas – in addition to the usual clinics, the new Pharmacy Level 3 service and the in hospital service in Bronglais Hospital.

**Surgical Services Model for Mid Wales**

A Regional Conference entitled “Sustainable surgery in rural Wales” took place recently in Aberystwyth. This was arranged by the Royal College of Surgeons in order to look at the rural surgical model for Bronglais General Hospital and the mid Wales area.

The conference involved key staff from various Health Boards and Trusts not only from within Wales but also further afield who have a passion and experience of rural areas.