



March 3, 2009

## Chief executive's message

We have recently received the publication of the first World Class Commissioning (WCC) assurance results for NHS Hampshire. The report notes a number of strengths including:

- NHS Hampshire's partnerships (such as the Local Area Agreement)
- Innovative schemes such as developing social enterprise
- The way in which NHS Hampshire listens and responds to local people

These results are available to view on our website:  
([www.hampshirepct.nhs.uk/index/documents.htm](http://www.hampshirepct.nhs.uk/index/documents.htm))

World Class Commissioning is an ambitious programme and the first of its type in the world. It takes best practice from this country, and from health systems around the world, to help PCTs commission services in the most effective way. It is an important development for all of us within NHS Hampshire because it will help us to ensure delivery of better services that are closely matched to local needs, improving health and well-being and reducing health inequalities across the community.

Our progress on WCC is assessed through an annual 'assurance' process, and because this is such an ambitious programme, no PCT was expected to score highly in this first year. The process did however identify a clear path towards becoming world class commissioners. We are at the start of an ambitious and challenging journey, but WCC can help us to better identify and meet the current and future needs of our community.

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## Hampshire PCT develops new divisional names

At its September 08 public Board meeting Hampshire PCT agreed to separate the part of the PCT that provides community services from the part of the organisation which commissions services on behalf of Hampshire residents.

This is in line with recommendations in Lord Darzi's NHS Next Stage Review and the NHS Operating Plan, which are both available on the Department of Health website.

Both parts of the organisation have been working to develop distinct brands to help explain this separation to local people. Hampshire PCT remains the legal organisation, but it now has two distinct divisions.

**NHS Hampshire** invests in the health of local residents. It gets about £1.6billion from the Government each year to pay for the healthcare that local people need and to invest in programmes to keep people healthy. It also makes sure that care is of the right quality and that it is meeting all national standards.

The part of the PCT that provides most community health services throughout Hampshire will be known as **Hampshire Community Health Care**. Over the past year, Hampshire Community Health Care has undergone a major transformation and is looking to become an independent, quality-driven community health service provider in its own right.

## First ever NHS Constitution signed

The new NHS Constitution was signed on 21 January at a historic ceremony at Downing Street. The Constitution, the first of its kind in the world, was signed by Prime Minister Gordon Brown, Health Secretary Alan Johnson and NHS Chief Executive David Nicholson.

In response to Lord Darzi's review of the NHS last year, it gives power to patients and the public by bringing their existing rights together in one place. It highlights what patients are legally entitled to and how to exercise their rights as well as understanding their responsibilities. It also contains a range of pledges to patients and staff, which the NHS and Hampshire PCT is committed to achieving.

Among many things it notes the right to NICE-recommended drugs and a new legal right to receive recommended vaccinations. Other rights include access to your own health care records, the right to make choices about your care and to the information needed to make those choices.

It also recognises patients' responsibilities and sets out expectations of how people can contribute to the effective working of the NHS, such as ensuring they register with a GP and turn up for appointments.

More information about the NHS Constitution can be found at [www.dh.gov.uk/nhsconstitution](http://www.dh.gov.uk/nhsconstitution)

## Performance Update

NHS Hampshire continues to perform well on key performance targets, with the following highlights:

### **18 weeks referral to treatment times**

The PCT achieved the December 2008 targets for patients to be seen within 18 weeks with 90% of admitted patients and 95% of non-admitted patients seen within 18 weeks. There have also been significant improvements for audiology patients at Portsmouth Hospitals Trust by end of November 2008, with the achievement of the 95% target for direct access audiology patients seen within 18 weeks.

### **Diabetic retinopathy screening**

Good progress continues to be made towards the 100% target for people with diabetes offered screening for diabetic retinopathy. 89% were offered screening in Quarter 3 (increase from 80.6% in Quarter 2). Salisbury Foundation Trust have provided assurance that they will meet the 100% target for patients offered screening by 31 March 2009.

### **Child and Adolescent Mental Health Services (CAMHS)**

The CAMHS target consists of four indicators relating to services for people with learning disabilities, appropriate services for 16 and 17 year olds, 24 hour cover and early intervention services. Each indicator is rated with a score of 1-4 (where 1 is for no protocols or services in place, and 4 is for a full range of services and full implementation). The PCT has met and exceeded its 2008/09 targets in Quarter 3, with a score of 4, 3, 4, 4 respectively.

### **Percentage of women (aged 53-64 & 65-70) screened for breast cancer in the last three years**

The PCT achieved both these targets, with 78.2% (against a target of 70%) and 77.5% (against a target of 65%) respectively.

Performance challenges:

### **Prevalence of breastfeeding at 6-8 weeks**

Our year end target is to achieve 85% of women having a breastfeeding status recorded at 6-8 weeks. Performance on coverage deteriorated slightly in Quarter 3 with 33.9% of infants with breastfeeding status recorded against an internal year-to-date trajectory of 55%. Immediate actions are being pursued for improvement in Quarter 4.

### **Proportion of people who spend at least 90% of their time on a stroke unit**

NHS Hampshire is reporting an underperformance against this target in Quarter 3, achieving 44.2% against a year-to-date target of 63%. Three of our main acute providers were unable to provide data for Quarter 3, and data for these missing trusts had to be estimated. Further assurance is required from these trusts that they will be in a position to report in Quarter 4.

### **Ambulance Response Times**

Due to winter pressures, it is unlikely that our target of 75% of immediate life threatening cases (category A) reached within 8 minutes, will be met. Also the target of reaching 95% of less serious cases (category B) within 19 minutes is also proving difficult. However, current year-to-date performance for NHS Hampshire shows 72.4% and 88.7% respectively.

For a full update on the progress of performance, please go to:

[www.hampshirepct.nhs.uk/index/documents/papers.htm](http://www.hampshirepct.nhs.uk/index/documents/papers.htm) to view the latest board paper.

## Finance update

The PCT is reporting a £2.7 million overspend for month ten. Overall, this represents a stabilisation of the PCT's position. The PCT continues to forecast break-even at year end however there still remains some risk over the last months of the year. In order to achieve this, the following schemes must deliver savings to the bottom line:

- Matching outpatient appointments to GP referrals in acute trusts and ensuring average treatment times remain constant
- Ensuring patients are treated in the most appropriate location
- Maintaining scrutiny of acute trust coding and counting
- Matching the planned activity levels in specialist commissioning
- Continuing to prescribe the most cost effective drugs
- Removing all discretionary spend in PCT HQ in the remaining months of the year.

### A new regular series introducing you to NHS Hampshire staff

## Meet the commissioner

### Name

Keith Douglas



### Job title

Director of contracting

### Background

Born and brought up in Liverpool. Trained as a radiotherapy and diagnostic radiographer at Guys Hospital qualifying in 1985. Has worked in many hospitals in the South East and in Southampton until 1999 when he moved to management.

### Roles and responsibilities

Responsible for all contracts for NHS Hampshire for acute and non acute care. Also responsible for performance managing contracts and for tendering and contracting new services.

### Current goals and priorities

To agree affordable contracts for 2009/10 while implementing a new coding system (HRG4).

### What do you like to do outside work?

Play tennis, golf and sail. Also enjoy watching sport and spending time with my family.

### How would your friends describe you?

Likes a laugh and enjoys life.

### Ideal holiday destination

Florida or somewhere in the Mediterranean.

### Interesting fact people wouldn't know about you

Had trials to be a professional footballer for Everton and Stoke City.

### Your idol

Kenny Dalglish and Bruce Springsteen.

### Favourite films

Jason and the Argonauts and Top Gun.

## New chair of Hampshire Community Health Care

Hampshire Community Health Care (HCHC), the organisation that provides community health services in Hampshire, has announced the appointment of Mike Petter to act as Non Executive Chair.

Mike was a Non Executive Director of Hampshire PCT from 1 June 2007 until resigning that post to take up this new role, which will run initially for a period of one year from January 15, 2009.

Mike Petter is a chartered engineer and has over 25 years' experience in the construction industry, most recently as managing director of a major regional civil engineering business, Geoffrey Osborne Limited. From 2004 to 2008, he was a member of the Hampshire and Isle of Wight Learning and Skills Council, and he now runs a business improvement consultancy.

## New equality and diversity lead

Nick Birtley, equality and diversity lead for NHS Hampshire, has recently joined colleagues at Omega House, Eastleigh. His new contact details are 023 8062 3285 or [nick.birtley@hampshirepct.nhs.uk](mailto:nick.birtley@hampshirepct.nhs.uk).

## All systems go for Fareham Community Hospital

NHS Hampshire in partnership with Solent Community Solutions Ltd (SCS) is delighted to announce that they have achieved financial close for Fareham Community Hospital under the NHS LIFT scheme. Planning approval for Fareham Community Hospital was granted by Fareham Borough Council on October 2, 2008 and work on the hospital construction started on January 26, 2009 with completion scheduled for Spring 2010.

The facility for the local community will accommodate existing services from sites in Fareham and Gosport and relocate some acute services from Portsmouth's QA Hospital into a primary / community care setting. The hospital will also bring together a range of primary healthcare professionals such as GPs, community nurses and therapists enhancing the delivery of primary care services.

## Hampshire interfaith network

For news of Hampshire Interfaith Network's plans for 2009, please follow the link:  
[www3.hants.gov.uk/communications/mediacentre/mediareleases.htm?newsid=276022](http://www3.hants.gov.uk/communications/mediacentre/mediareleases.htm?newsid=276022).

## Religion and Belief

The Department of Health have recently published a practical guide for NHS Staff on religion and belief which gives practical advice to help comply with recent equality legislation, understand the role of religion or belief in the context of healthcare, and integrate this knowledge into single equality schemes (SEs). The report is available at [www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH\\_093133?IdcSer](http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_093133?IdcSer).

## PBC is here to stay

Practice Based Commissioning (PBC) is here to stay – that's the message from the Department of Health and one that NHS Hampshire is committed to supporting.

Following extensive consultation with PBC leads and others, a new format for PBC has been agreed from 2009/10 onwards. This new format gives PBC localities the opportunity to develop as clinical commissioners both in the complexity of services brought closer to home and their skills. Underpinned by a competency framework aligned to World Class Commissioning, localities can work up through four levels each building in complexity.

More information can be found in the PBC Framework document 2009/10 available on our website at [www.hampshirepct.nhs.uk/index/documents.htm](http://www.hampshirepct.nhs.uk/index/documents.htm)

## Phlebotomy services changing for the better...

That's the message from NHS Hampshire following the success of recent pilots in South East Hampshire as 99% of patients rated the trial appointment based system for taking blood at local GP practices as good or very good.

The way in which we currently provide phlebotomy (blood taking) services in South East Hampshire has been under review for a number of reasons. Most importantly, local patients and GPs have told us that the current service isn't working very well and patients often face a long wait for the 'drop-in' services currently at Gosport War Memorial Hospital and Royal Hospital Haslar, and both of these services need to have new locations by July 2009.

We have been working with Portsmouth Hospitals NHS Trust, who provide the service, GPs and other key groups to look into how we can improve how the service is provided. Together, NHS Hampshire and Portsmouth Hospital NHS Trust have piloted an appointment based system at the Sylvan Clinic in Fareham and three local GP practices.

The drop-in services based at Royal Hospital Haslar and Gosport War Memorial Hospital will move to six local GP practices where patients will be able to make an appointment for their test. The service will be provided by phlebotomy staff from Portsmouth Hospitals NHS Trust who will hold clinics in the GP practices. The clinics held at these six sites will provide services for the local population so if patients are registered at a practice without a clinic they will be able to attend an allocated GP practice with a clinic.

## NHS Hampshire's Operating Plan 2009/10

NHS Hampshire's Operating Plan will set out what and how we will deliver against each of our five strategic goals:

- Reduce health inequalities by targeting initiatives on those areas of greatest need that would yield greatest impact
- Transform the pathways of care for the 'big killers' to improve health outcomes
- Improve the pathways of care for patients with long term conditions, focusing resources on early intervention and care closer to home
- Recycle an increasing proportion of our funding each year to deliver a sustainable healthcare system particularly with the aging healthy population
- Continuously improve the quality and outcomes of the services we commission

We are currently in the process of aligning our strategic goals to national and regional priorities, to develop more defined priorities for the year.

### Sign Up to NHS Hampshire

You may or may not know that NHS Hampshire has embarked on a scheme called 'Sign up to NHS Hampshire', which asks Hampshire residents to register their details and interest areas to receive targeted, regular information and engagement opportunities.

This is a very exciting time for the scheme as we are also launching a new website in April 2009 which will help with the registration process and provision of personalised newsletters.

If you or anyone you know is interested in getting involved please visit the website ([www.hampshirepct.nhs.uk/signup](http://www.hampshirepct.nhs.uk/signup)) and fill in the form. Or alternatively email James with your questions ([signup@hampshirepct.nhs.uk](mailto:signup@hampshirepct.nhs.uk)).



### Translation and Interpretation

Hampshire PCT is reviewing all services it uses for translation and interpretation. Currently, three different services are used for different forms of interpretation or translation, and feedback has been received regarding this current system to inform future provision.

Staff, service users and existing and potential service providers have been involved in the process and this has provided the basis for a report and recommendation to decide the best services for future use.

When this decision has been made all staff, GPs, dentists and pharmacists, who are able to use the service funded by NHS Hampshire, will be informed and trained on how to use the services available. This will ensure that all members of Hampshire's population have equal access to services. An update on this review will be provided in the next edition.

## The Health Walks scheme

NHS Hampshire currently works with a range of local authority partners and other organisations to get people to 'walk more and feel the difference'. Getting more people walking more often is one of the Governments' key priorities for achieving the national goal of getting two million more adults active by 2012. Together with Havant Borough Council, NHS Hampshire have developed a series of shorter, more convenient and accessible walks in Leigh Park and We-cock to complement the existing 'Health Walk'

programme in Havant. These are specifically aimed at people who are currently inactive and want to start to increase their levels of physical activity gradually, with an emphasis on 20 – 30 minute walks that provide a fun and sociable experience.

For more information on developing health walks in your area contact Lee Dawson on 023 8062 7644.

## Building Healthy Partnerships

NHS Hampshire is planning its second conference with the voluntary and community sector to continue work begun at the first event in October 2008.

This event, 'Building Healthy Partnerships' is to be held on April 2, 2009 at Winchester Family Church, in collaboration with Community Action Hampshire. The day will run from 9.30am to 4pm and will include a morning session around NHS Hampshire's health priorities for the coming year and an afternoon session around grant funding and the new national community contract.

There will also be a lunchtime marketplace with tables from each section of the organisation including public health, primary care, contracting, strategy and system reform and practice based commissioning.

For more information on attending this event please contact Rosie Taylor at Community Action Hampshire on 01962 857350 or [rosie.taylor@action.hants.org.uk](mailto:rosie.taylor@action.hants.org.uk) or book online at [www.action.hants.org.uk/index.php?id=232](http://www.action.hants.org.uk/index.php?id=232).

## Change 4 Life

Change 4 Life is a national healthy living campaign launched in January, aimed at the number of people, including children, who are obese. The idea of 'Change4Life' is to encourage families to change their lifestyles for the better and a dedicated helpline has been set up with specially trained advisors who can give advice on exercise, nutrition and support services. You can find out more about this and how you can make simple, easy, healthy changes to your lifestyle on the Change 4 Life website ([www.nhs.uk/change4life/Pages/Default.aspx](http://www.nhs.uk/change4life/Pages/Default.aspx)).



## More spaces for Lymington Hospital!

That's the message from staff and the League of Friends at Lymington New Forest Hospital, as the second car park gets the official go-ahead from New Forest District Council planners.

When complete, the new car park will boost the amount of spaces from 205 to 403 – nearly doubling the spaces currently available, by providing an extra 198. However, a caveat of the planning permission means the new spaces will be solely for staff use.

Work will start soon on the new car park and access path on the land adjacent to the hospital. The team at the hospital anticipate that it will take around 20 weeks to build, with the spaces open during the summer of 2009.



## New website – can you help us make it great?

NHS Hampshire is currently developing a new website, to be launched in April. We've already received a lot of feedback on what we need to think about for the site, but now we'd like to ask for your help in testing the initial versions of our new site before the launch. We'd like as much input as possible so if you are able to help us either by testing out some versions remotely or coming in to our HQ in Eastleigh, please contact Deborah Upham on [deborah.upham@hampshirepct.nhs.uk](mailto:deborah.upham@hampshirepct.nhs.uk) or call her on 023 8062 7431.

## Hampshire's the tops for quitters

More people in Hampshire are giving up smoking than anywhere else in the South Central region – and that's official!

Latest statistics published by the Department of Health on January 21, show that Hampshire Quit4Life service helped more people quit in Hampshire than in its neighbouring counties in the South Central region between April and September 2008.

For example, across all age ranges (from under 34 to 60+) Hampshire comes out top with 2,940 people who successfully quit over this period. When broken down by gender – 1,356 men successfully quit and 1,584 Hampshire women gave smoking the push.

Success in Hampshire is directly linked to the wide range of flexible support available including 'ongoing sessions' and one-to-one help, at times and locations to suit everyone. Quit4Life advisers have wide experience of helping people to quit smoking and understand the difficulties as well as the support required to successfully quit. For more advice on stopping smoking go to

## Providing the right care, in the right place, at the right time

One of the key challenges facing Hampshire is a projected rise of nearly 15% in the number of people over 65 by 2012. As part of the potential increase in demand for health and social care services, it has been agreed that the care system in and around Winchester needs to be redesigned to be more patient focussed while reducing unplanned or emergency admissions to hospital.

The aim is to provide the right care, in the right place, at the right time and reduce avoidable hospital admissions by providing alternative services within primary, community and social care settings.

A pilot will begin on February 23 at the Royal Hampshire County Hospital in Winchester and run for six months. Working closely with other health and social care professionals A&E Consultants and Primary Care Physicians will:

- Assess patients on arrival to A&E to identify whether the patient is likely to require an admission or will be able to be discharged within four hours
- Aim to identify patients who could have received care in the community rather than travel to A&E
- Identify appropriate services in the community would could enable a patient to visit this service instead or be discharged from hospital

It will operate for fixed sessions of four hours a week over different days and times. Following the six month pilot feedback will be reviewed to allow services to be correctly redesigned to provide alternative services and care closer to home. This will reduce unnecessary hospital admissions for local people. These proposals will be tested with the community and clinicians to make any adjustments before implementation.

For regular updates on this project please visit our engagement calendar [www.hampshirepct.nhs.uk/index/yoursay/engagement\\_calender.htm](http://www.hampshirepct.nhs.uk/index/yoursay/engagement_calender.htm). Alternatively speak to the project lead, Sara Owen on 01962 763940 or at [sara.owen@midhampshirepct.nhs.uk](mailto:sara.owen@midhampshirepct.nhs.uk).

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## Solent Surgery Update

The Solent Surgery Committee met on January 8 to review initial applications received to provide services at Solent Surgery. It was judged that at this point all applicants met the required criteria to progress to the next stage. Further details cannot be made public so as not to jeopardise the negotiations. The Committee also decided on the list of criteria full applications would be required to meet. The next stage will include the receipt of full submissions and presentations from applicants.

For further information and news updates please go to our website page at: [www.hampshirepct.nhs.uk/index/services/solent\\_surgery.htm](http://www.hampshirepct.nhs.uk/index/services/solent_surgery.htm). Alternatively for any further questions please contact Hannah O'Neil on 023 8062 7472 or at [hannah.o'neil@hampshirepct.nhs.uk](mailto:hannah.o'neil@hampshirepct.nhs.uk)

## Our Future, Your Say

Surrey Primary Care Trust and Surrey and Borders Partnership NHS Foundation Trust are currently consulting on proposals to develop three new hospitals for people with mental health problems, learning disabilities and drug and alcohol problems living in Surrey and North East Hampshire.

Public consultation around this began in September and people said they would like more information about the plans and more time to consider them. The consultation has therefore been extended to the end of March 2009.

Recently a new 80 page document, entitled "Case for Change" was published, which includes further details on the processes undertaken to determine the proposed hospital locations and the proposed bed numbers, as well as additional information on the health benefits of the planned changes. There is also a version specific to mental health services in North East Hampshire.

You can view all these documents and provide comments online at [www.sabp.nhs.uk/ourfutureyoursay](http://www.sabp.nhs.uk/ourfutureyoursay).

## IVF policies in South Central

The South Central Specialised Commissioning Group (SCG) has received many queries, comments, challenges, and appeals from patients, GPs, referring consultants and IVF providers concerning the two IVF policies currently in operation across NHS South Central.

The SCG recognises that we need a single IVF policy to make sure that everyone gets the same treatment across Hampshire, Isle of Wight, Berkshire, Buckinghamshire and Oxfordshire.

From February to April 17, 2009, NHS Hampshire is asking people to comment on the proposed new policy on access to IVF.

A 'Help us decide' discussion document and an online survey have been produced so that local people can give us their views. These documents are available at [www.hampshirepct.nhs.uk/index/yoursay/engagement\\_calendar/access-to-ivf.htm](http://www.hampshirepct.nhs.uk/index/yoursay/engagement_calendar/access-to-ivf.htm). After the closing date the South Central Specialist Commissioning Group will collate all the comments received and a decision on the next steps will be taken on May 7, 2009 and presented in public to the Hampshire PCT Board on May 28, 2009.

## Have your say on health inequalities

Would you like to help NHS Hampshire tackle health inequalities? As a service user or community representative your views can help make a difference. Have your say!

The NHS Hampshire Equality & Diversity Steering Group is made up of local people and staff with a passion for equalities, and making sure minority communities across Hampshire have a stronger voice. The Steering Group are currently looking for more members. Please contact Nick Birtley Equality and Diversity Lead for more information on 023 8062 3285 or [nick.birtley@hampshirepct.nhs.uk](mailto:nick.birtley@hampshirepct.nhs.uk).

## Andover Older People's mental health services

Hampshire Primary Care Trust and Hampshire County Council have recently published the Joint Hampshire Commissioning Strategy for Older Peoples Mental Health services ([www3.hants.gov.uk/adult-services/aboutas/consultation-involvement/consultation-outcomes/older-people-mental-health-consultation/op-mh-consultation-outcomes.htm](http://www3.hants.gov.uk/adult-services/aboutas/consultation-involvement/consultation-outcomes/older-people-mental-health-consultation/op-mh-consultation-outcomes.htm)) for the period 2008 to 2013. The strategy identifies challenges within local mental health services in terms of population changes, growing demand for services and a pressure on resources. In light of this strategy a number of drivers for change in the Andover area have been identified including:

- There is not as wide a range of community services in Andover area as in other areas
- Services are not always integrated with those provided by other care providers
- Not enough people get the care they want in their own home
- Patients who need help quickly in a crisis may have to wait or be admitted to hospital

Public engagement work has been undertaken jointly between NHS Hampshire and Hampshire Partnership NHS Trust with a range of groups and individuals to hear their views about current service issues, what needs to be addressed as a priority and the type of service model that should be developed in the future. Common themes from the discussions have been:

- A need for improved information and support
- Improved working with other organisations and services
- Enhanced service provision

The project group took the feedback to the Hampshire Health Overview and Scrutiny Committee's (HOSC) February meeting and it was agreed that the next steps will include a small workshop between health, adult services, voluntary sector providers and other local service user/carer groups, which will develop a range of options for the future to take to a larger stakeholder group for the development of a realistic, affordable preferred option. For further information, please contact on [deborah.upham@hampshirepct.nhs.uk](mailto:deborah.upham@hampshirepct.nhs.uk) or telephone 023 8062 7431.

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## NHS Hampshire draft patient and public involvement policy

NHS Hampshire has developed a draft patient and public involvement policy ([www.hampshirepct.nhs.uk/ppi\\_policy\\_draft\\_.pdf](http://www.hampshirepct.nhs.uk/ppi_policy_draft_.pdf)) and we welcome any comments you may have by Friday, April 24 to inform a final version. Please go to [www.hampshirepct.nhs.uk/index/yoursay.htm](http://www.hampshirepct.nhs.uk/index/yoursay.htm) to view the policy or contact us if you would like a hard copy. We would also be grateful if you could distribute it to anyone else you think may be interested for their comment. Comments should be sent to Deborah Upham at [deborah.upham@hampshirepct.nhs.uk](mailto:deborah.upham@hampshirepct.nhs.uk) or 023 8062 7431 or to FREEPOST NHS HAMPSHIRE.

## .....improving health and wellbeing in the community

Rushmoor Healthy Living is based in Farnborough, and although addressing health inequalities is at the core of the charity, they are also a social enterprise providing services commercially. This means their service delivery is not confined to Rushmoor, but spreads beyond the borough boundaries. They focus on nutrition, exercise and social wellbeing, and services are available to all ages, from children to older adults. Exercise classes (Street Dance, Pilates, Cardio Rehab etc.) are particularly popular and can be tailored to suit the client group. Venues can be a community setting or even a place of work. They liaise closely with partner organisations, using their ability to access client groups to deliver projects on their behalf. For further details contact RHL on 01252 362660, via e-mail on [admin@rushmoorhealthyliving.org.uk](mailto:admin@rushmoorhealthyliving.org.uk) or visit their website at [www.rushmoorhealthyliving.org.uk](http://www.rushmoorhealthyliving.org.uk).



**Basingstoke & Alton Cardiac Rehabilitation Charity** (“Cardiac Rehab”) has provided exercise classes and health education for those who have had heart surgery since the late 1970s. At its own purpose-built centre in Alton it provides both immediate post-episode exercise and instruction (in partnership with the local acute trust) and “exercise for life” classes.

The Centre is a supervised, controlled and safe environment for exercise, with highly qualified instructors. Easily accessible, it is used by exercisers from all over East, North and Central Hampshire and South West Surrey. It is one of the largest providers of its kind in the South of England.

From January 2009, Cardiac Rehab is expanding into preventative care. It is joining the East Hampshire GP Exercise Referral Scheme as a referral point for patients who are at high risk of coronary heart disease, CHD (20% or more over 10 years). More generally, high CHD risk patients will be accepted on referral from GPs throughout the Centre’s existing catchment area.

This targeted initiative to help prevent CHD fits squarely with NHS Hampshire’s priority to “reduce health inequalities”, and potentially does so across a large area of Hampshire. More information is available at [www.cardiac.rehab.co.uk](http://www.cardiac.rehab.co.uk) or telephone 01420 544794.

## Arthritis Care in South England

Arthritis Care aims to provide the best information and services for everyone who has arthritis.

To achieve this aim the services include:

### **Self-management training courses:**

The government white paper 'Saving lives: Our Healthier Nation' endorsed self management, mentioning Arthritis Care's course 'Challenging Arthritis' as an example of good practice. They have now added 'Challenging Pain' to their portfolio of courses for anyone with long term pain. These courses are free at the point of use.

### **Information:**

- Booklets on a range of issues relating to arthritis.
- Free phone helpline for people with arthritis and their families 0808 800 4050 10am to 4pm weekdays.
- A vibrant and interactive website for people with arthritis and professionals.

### **Support:**

They have 79 branches in the South offering support and social events. Their online forums offer a chance for people with arthritis to talk to each other from the comfort of their own home.

### **Campaigning to raise the profile of the needs of people with arthritis:**

Their Regional Policy and Campaigns Manager offers information to decision makers to broaden understanding of the needs of people with arthritis, and campaigns for better access to good local health and social care.

Further information is available on their website at  
[www.arthritiscare.org.uk](http://www.arthritiscare.org.uk).



**ARTHRITIS CARE**

*Empowering  
people with arthritis.*

For more information on anything in this issue contact Hannah O'Neil on 023 8062 7472  
or [hannah.o'neil@hampshirepct.nhs.uk](mailto:hannah.o'neil@hampshirepct.nhs.uk)