Guide to NHS Cumbria CCG
Welcome

This booklet introduces you to the NHS Cumbria Clinical Commissioning Group (CCG), the lead organisation for commissioning health services for the people of Cumbria.

It includes information on:
• the changing commissioning landscape and the role of Clinical Commissioning Groups
• the vision and values for Cumbria Clinical Commissioning Group
• some of our recent clinically-led service developments
• our localities
• our lead GPs
• our key priorities
• health in Cumbria
• our finances
• involving you in decision making.

This booklet is a brief introduction to our first Clinical Commissioning Group Strategic Commissioning Plan. The full version is available at www.cumbriaccg.nhs.uk.
The changing commissioning landscape and the role of CCGs

NHS services are designed and delivered around the needs of local people.

Following the passing of the Health and Social Care Bill, GPs have taken on a more formal role through Clinical Commissioning Groups. Family doctors – not NHS managers – are responsible for making decisions about Cumbria’s health services as NHS Cumbria Clinical Commissioning Group, a GP member organisation that plans and designs health services based on the needs of our communities. For us that means a membership of 82 GP practices, represented by six lead GPs who represent the six localities of Allerdale, Carlisle, Copeland, Eden, Furness and South Lakeland.

NHS Cumbria CCG went through an authorisation process to become a statutory body and replaced the county’s primary care trust, the main commissioner of local NHS services on April 1 2013.

The Government believes that GPs are ideally suited to lead on commissioning, based on their understanding of the needs of their patients and local communities. This is a universal system involving all GP practices. Clinical Commissioning Groups hold real budgets and are able to reinvest any savings they generate into improving patient care.

In recent years, family doctors in Cumbria have been much more closely involved in looking at how and where different NHS services should be delivered for patients and how improvements can be made. In particular, we have established six localities each with clinical leaders elected through a process led by the Local Medical Committee. Through our localities we ensure engagement with healthcare providers and patients to plan services to improve the health of our communities.
Our Vision

We are here to make a real difference to people’s lives.

Firstly this is about making a difference by improving the health and wellbeing of individuals and their families. In particular it is about taking serious action to reduce the inequalities in health that exist between different communities across Cumbria. We want to add years to people’s lives, and quality life to these extra years.

Making a difference to people’s lives also includes improving the day to day experience of patients and those working to deliver better healthcare. Working for the health service in Cumbria should be a privilege and a source of pride. We want this to be true for all our colleagues, as we recognise that quite simply people who are happy in their jobs provide better care.

Our Values

Cumbria CCG has the responsibility for the significant resources that are spent on the provision of healthcare in Cumbria. We believe that with clinicians leading the planning and delivery of healthcare we are more likely to make a real difference to people’s lives, and we have a set of core values to guide us:

“Doing the right thing for our patients.” We strive to commission services that are safe and are based on the best research evidence available. As clinicians we believe our patients trust and support us in our role as providers. We want people to feel the same about us as commissioners.

“Putting ourselves in your shoes – is this the care we would want for ourselves or our families?” We expect those providing healthcare to deliver services of the standard we ourselves would be happy to receive. Clinicians have local knowledge of health needs and we receive daily feedback on our patients’ experiences. If a service is not of the standard we would expect, we want to see significant measurable improvements.
“Access to the right healthcare, in the right place, right when you need it.” When we need urgent help it is vital we can access this quickly and any initial treatment is safe and of a high quality. At other times we may have to travel to see the right specialist. We want services to be as close to patients’ homes as possible, but recognise that there needs to be a balance and that there is a particular challenge in rural areas like Cumbria.

“The Cumbrian health pound is finite and can only be spent once.” We must be responsible stewards for the resources entrusted to us on behalf of our community. This involves us, at times, in taking difficult decisions. We will engage our local population in discussions about those decisions and we will be honest and open about the difficult choices that have to be made.

Our key priorities

Cumbria Clinical Commissioning Group is committed to ensuring it has a clear evidence base behind its decision making. Critical to this is the Joint Strategic Needs Assessment (JSNA) which is an ongoing assessment of need and the health of the county, developed with Public Health, Cumbria County Council and input from colleagues in District Councils. In line with the JSNA and Cumbria CCGs strategic needs assessment, our key priorities for improved outcomes are:

- Improving care to respond to the challenges of an ageing population
- Improving the health of children and young people and the quality and integration of care services
- Improving mental wellbeing and reducing alcohol misuse
- Reducing health inequalities and premature mortality from cancer and cardiovascular disease
Our localities

Over the past few years we have been on a journey to develop clinical commissioning in Cumbria.

There are 82 GP member practices in Cumbria CCG; 16 in Allerdale, 12 in Carlisle, 9 in Copeland, 10 in Eden, 15 in Furness and 20 in South Lakeland (including Bentham).

In order to plan, make decisions and commission health services, every GP in Cumbria has voted for a group of six Lead GPs to represent them and meet at a county level to make decisions which affect the whole of Cumbria.

These GPs lead Locality Executives that represent each locality in Cumbria (South Lakeland, Furness, Copeland, Eden, Allerdale and Carlisle). Localities commission area specific services on behalf of their individual communities, such as exercise intervention programmes, local specialised GP services and single referral contact points.
Our lead GPs

Six Lead GPs meet at a county level (the ‘Cumbria Exec’) to make decisions which affect the whole of Cumbria.

These GPs lead Locality Executives that represent each area in Cumbria (South Lakeland, Furness, Copeland, Eden, Allerdale and Carlisle). Other GPs have been elected to each Locality Executive to provide clinical leadership in areas such as safeguarding, Long Term Conditions and Community Services.

Our Lead GPs are:

Dr Geoff Jolliffe
Furness

Dr David Rogers
Copeland

Dr Alistair MacKenzie
South Lakeland

Dr Hugh Reeve
Chair

Dr Rachel Preston
Eden

Dr Fayyaz Chaudhri
Allerdale

Dr Colin Patterson
Carlisle (Interim)
The Governing Body ensures that Cumbria Clinical Commissioning Group has appropriate arrangements in place to exercise its functions effectively, efficiently and economically and in accordance with clearly established principles of good governance. In Cumbria we have also set a prime focus for the Governing Body to ensure that the CCG stays true to its vision and values and in particular:

- As a membership organisation actively engages its members in decision making and delivery of its overall vision and objectives
- Puts patients and communities at the heart of everything it does, assessing their needs, building on their experiences and involving them in the design of health services and delivery of better outcomes
- Develops constructive and meaningful relationships with its partners and stakeholders in order to deliver high quality, continuously improving service.

Members of the public are welcome to attend to observe the meetings.
Health inequalities
• The gap in life expectancy between people living in different parts of Cumbria is up to 20-years.
• Smoking-related illnesses claim the lives of more than 900 people in Cumbria every year.
• There are more than 12,000 alcohol-related hospital admissions in Cumbria each year.

Children and young people
• One in ten reception year children and one in five Year Six children in Cumbria are obese.
• One in six mothers in Cumbria smoke during pregnancy.
• Nearly a third of 16 to 24 year olds in Cumbria smoke.
• Amongst 15 to 16 year olds in Cumbria, 12% of boys and 7% of girls drink the equivalent of a five litre bottles of cider each week.

Mental health and wellbeing
• Almost half of all people in Cumbria claiming Incapacity Benefit or Severe Disablement Allowance do so for a mental or behavioural disorder.
• 54,184 people in Cumbria are registered with depression.
• One in three people with mental illness in Cumbria live in the county’s most deprived areas.

Ageing population
• In the next twenty years, one of three people living in Cumbria will be aged 65 or over.
• By 2030, 15,000 people in Cumbria will be living with dementia.
• In 2011 there were 292 excess winter deaths in Cumbria. The majority of these excess winter deaths are in people over 75 and many of these deaths are preventable.
Our finances

NHS Cumbria CCG has a budget of around £672 million to purchase health services for the people of Cumbria.

To avoid a conflict of interest, the National Commissioning Board commissions most Primary Healthcare, which includes payments to GPs and dentists providing NHS services.

The chart below shows how this budget will be spent.

‘General and Acute’ covers services provided in the secondary care (hospital) sector including maternity and accident and emergency services and out of county acute spend.

‘Mental Health and Learning Disability’ includes services commissioned on behalf of patients with mental health and learning disabilities. NHS Cumbria operates a ‘pooled fund’ arrangement with Cumbria County Council to commission Learning Disability services for the residents of the county.

‘Community Services’ includes services such as Community Nurses, podiatrists and physiotherapists.
Involving you in Decision Making

When deciding which services should go where and how they should operate, Cumbria’s GPs look at the needs of the local population and how existing NHS services are operating.

Clinicians in Cumbria have always been passionate about and championed the importance of the engagement and involvement of patients in decision making and service re-design.

Patients are represented on the Cumbria Clinical Commissioning Group Governing Body through Lay Representatives, and through Stakeholder Panels. We actively seek patient views about how you can be more closely involved with decision-making. We also have regular meetings with key stakeholders such as the Overview and Scrutiny Committee, Health and Wellbeing Board, MPs, League of Friends, Local Medical Committee and Social Care and Local Authority representatives to involve all partners in health decisions.

Using patient experience to improve quality

Improving quality is at the heart of everything we do. We know that patient experience is a key tool in driving up quality, service improvement and patient safety, helping to shape excellent clinical pathways and develop high levels of clinical performance.

To support this, we have and are developing tools and processes that mean that our service providers – including acute hospitals and providers of community and mental health services – have to ensure that patients have a good experience while using their services.

NHS Cumbria CCG is embedding patient experience and feedback into the commissioning and contract monitoring process, holding providers to account if they do not deliver.
Contact Us

NHS Cumbria Clinical Commissioning Group
Head Office
Penrith Hospital
Penrith
Cumbria
CA11 8HX

Tel: 01768 245486
Email: enquiries@cumbriaccg.nhs.uk
Website: www.cumbriaccg.nhs.uk