



Humber and North Yorkshire Health and Care Partnership

MP Briefing – November 2024

This briefing is to provide you with updates on topics from across Humber and North Yorkshire Health and Care Partnership which may be of interest to you and your constituents.

Key highlights, updates and services

We Need to Talk

Our four-week public engagement campaign, *We Need to Talk*, has concluded. Running from 14 October, the campaign, aimed to foster honest conversations about the challenges facing the NHS and explore public perspectives on how it should adapt to meet future demands. Through social media outreach, in-person focus groups, and an online survey, we engaged extensively with the residents of Humber and North Yorkshire.

As part of this we held our MP engagement session and would like to thank those who were able to contribute. The key takeaways from this session were

- Access to local services: We discussed balancing centralised specialised services with the need for accessible local care.
- Workforce development: Strengthening local workforce training and retention, particularly in primary care, was a priority theme.
- Digital accessibility: Points were raised on digital accessibility. While digital solutions are essential there is a desire to ensuring these are optional and accessible to all.
- Communication channels: The need for clearer, more consistent communication from the ICB was expressed. This feedback is taken on board, and we will consider improved channels to ensure you have timely updates on key developments.

The We Need to Talk survey has now concluded and we will shortly be providing a feedback report once all of the information has been gathered and analysed. We will ensure this is shared with yourselves.

Additionally, we will feed our findings from the "We Need to Talk" campaign into the national work which is still ongoing in relation to the NHS 10-year plan, and encourage Humber and North Yorkshire residents to also engage with this at change.nhs.uk.

Thank you once again for your time, support and input and we look forward to continuing working with you and providing further information as we progress.



Tobacco and Vapes Bill

The Humber and North Yorkshire (HNY) Centre for Excellence in Tobacco Control have worked tirelessly since the initial announcement of the Tobacco and Vapes bill back in October 2023 to capture the voices of our communities and their support for this life saving proposal.

Further to the second reading which took place earlier this week, we very much hope that you will support this bill as it continues to progress. If you have any thoughts or queries around the impact of smoking in your constituency, support available and impact on population health, the team would be delighted to meet with you to discuss.

Here is a short video from Scott Crosby, Associate Director for the HNY Centre for Excellence in Tobacco Control and Jack Lewis, Consultant in Public Health for the Humber and North Yorkshire Integrated Care Board as to why they support the bill: [Tobacco and Vapes Bill - Humber and North Yorkshire 2024](#)

The team, along with representatives including clinicians, smoking survivors and those who have lost loved ones from smoking, visited an All Party Parliamentary Group event in the Houses of Parliament on the 14 October to show their support for Tobacco and Vapes Bill, meeting with various Members.

New Perinatal Pelvic Health Service

A new service has been developed in Humber and North Yorkshire to support thousands of pregnant women and new mums to have better pelvic health.

The Perinatal Pelvic Health Service brings together midwives, specialist physiotherapists and other health care professionals to prevent and treat pelvic health problems, giving women and birthing people a better quality of life.

The service supports women with lots of different symptoms like incontinence, prolapse and injury during pregnancy, after birth and as their children grow up.

Thanks to collaborative work happening across the Health and Care system, women are now able to self-refer to the service, minimising the number of people they need to talk to about their pelvic health symptoms and helping them get access to the best care and treatment sooner.

Following a successful media campaign to raise awareness of the service, dispel pelvic health myths and reduce some stigma around pelvic health issues, we are asking for your support. If you are interested in helping us to share this message wider with your constituents, we would love to work with you. Please contact Local Maternity and Neonatal System Programme Director, Becky Case: b.case@nhs.net

To find out more information about the service, please visit letsgetbetter.online/pelvichealth.



Humber and North Yorkshire pilot scheme reveals the benefit of blood pressure checks

Opticians in Humber and North Yorkshire are playing a greater role in detecting high blood pressure and other potential triggers for coronary heart disease.

More than 60 opticians in our area are currently offering blood pressure checks as part of their eye test assessments as part of a successful pilot scheme.

The current pilot is now set to be expanded, with additional NHS England funding being provided to NHS Humber and North Yorkshire Integrated Care Board (ICB) which is delivering the initiative.

The majority of patients made lifestyle changes because of their BP reading and nearly half of patients tested reported they would not have had their blood pressure checked otherwise.

[Click here](#) to read more.

Key public messages

As we move into the colder season, it's important to share some useful tips on staying healthy this winter. The following items provide some handy advice and updates to support people to look after themselves during the colder months.

Looking after yourself and others during cold weather

Those living across Humber and North Yorkshire are being urged to keep warm and look out for friends, family and neighbours who might be vulnerable to the cold weather after the Met Office and UK Health Security Agency issued a [Yellow Cold-health alert](#) recently.

Cold weather can have serious consequences for health, and older people and those with heart or lung conditions can be particularly at risk. Keeping warm can help prevent colds, flu, and more serious health problems such as heart attacks, strokes, pneumonia, and depression. There are some simple steps you can follow to stay well during the low temperatures:

- **Heat your home to at least 18°C (65°F).** You might prefer your main living room to be slightly warmer.
- **Keep your bedroom window closed on winter nights.** Breathing cold air can be bad for your health as it increases the risk of chest infections.
- **Keep active when you're indoors.** Try not to sit still for more than an hour or so.
- **Wear several layers of light clothes.** Several layers trap warm air better than one bulky layer.
- **Food is a vital source of energy** and helps to keep your body warm so have plenty of hot food and drinks.



- **Keeping well** will allow you to do more and keep your independence. Being cold isn't just uncomfortable it can be bad for your health. Sitting or sleeping in a cold room is not good for you and increases the risk of heart attacks, stroke and breathing problems.
- **Don't let the cold catch you out**, check the weather forecast and be ready for cold weather.
- **Wear shoes with a good grip** to prevent slips and falls.
- **Make sure you have spare medication** in case you are unable to go out.

You can find lots more information and helpful tips to help you [stay warm this winter](#), including local information for your area.

It is important anyone struggling to heat their homes ensure they get all the help they are entitled to. Grants, benefits and advice are available to make homes more energy efficient, improve heating or help with bills. You can find out more [ways to save energy in your home from GOV.UK](#), or call the government helpline on 0800 444 202.

[Find out more from GOV.UK about benefits and financial support for those on a low income.](#)

Get winter strong in Humber and North Yorkshire with important vaccinations

Health leaders in Humber and North Yorkshire are urging eligible groups, including older adults, children, pregnant women, and those with certain health conditions, to get vaccinated against flu, COVID-19, and RSV this winter.

Thousands of people in our area have already received one or more, but there is concern that some eligible people have not yet come forward.

[Click here](#) for further information on the importance on keeping up to date on vaccinations. People can check their vaccine eligibility and find a local vaccination centre at www.letsgetvaccinated.co.uk

People urged to 'Think Pharmacy First' this winter

People with minor illnesses to 'Think Pharmacy First' this winter. Under the scheme, launched earlier this year, patients can get [treatment for seven common conditions](#) directly from their local community pharmacy, without needing a GP appointment or prescription.

Pharmacists are able to supply prescription-only medicines, including antibiotics and antivirals where clinically appropriate, to treat:-

- Sinusitis
- Sore throat
- Earache



- Infected insect bite
- Impetigo (a bacterial skin infection)
- Shingles
- Uncomplicated urinary tract infections in women.

Latest figures published on 25 October show a total of 9,235 pharmacies in England conducted 186,190 consultations under the scheme in July. It is hoped the continued rollout of Pharmacy First will eventually free up around 10 million GP practice appointments a year.

Four in five people in England can reach a community pharmacy within a 20-minute walk and there are twice as many pharmacies in the most deprived communities, making access to care quicker and more convenient.

You can find your nearest pharmacy online at www.nhs.uk/find-a-pharmacy.

NHS urges public to help combat antimicrobial resistance this winter

We are urging the public to help prevent antimicrobial resistance (AMR) this winter by using antibiotics only when prescribed by a healthcare professional.

For common winter illnesses like colds and coughs caused by viruses, antibiotics are ineffective, and self-care with rest, fluids, and over-the-counter remedies is recommended. To reduce the spread of infections, maintain good hygiene, stay home when unwell, and consider flu or COVID-19 vaccinations if eligible.

[Click here](#) to read more.

Update from Humber and North Yorkshire Cancer Alliance

NHS Targeted Lung Health Checks have arrived in North Lincolnshire (plus general roll-out update)

Eligible people in Scunthorpe are being invited for a free lung health check after the North Lincolnshire phase of the NHS Targeted Lung Health programme commenced.

More than 22,000 people living in North Lincolnshire will receive an invite for a free NHS Targeted Lung Health Check in the coming months. The lung health check unit is currently located at Brumby Hall.

Past and current smokers, aged between 55 and 74, who are registered with one of the following GP practices are being invited for a lung health check in phases:

- The Oak Tree Medical Practice*
- West Common Lane Teaching Practice*



- The Birches Medical Practice*
- The Oswald Road Medical Centre*
- Ancora Medical Practice*
- Cedar Medical Practice*
- Ashby Turn Primary Care Partners
- Church Lane Medical Centre
- Cambridge Avenue Medical Centre

(* denotes the GP practices which have started to invite patients for a lung health check)

Eligible people living in the outlying west Hull villages who are registered with one of the following GP practices are now being invited for their lung health check:

- Willerby and Swanland Surgery
- Anlaby Surgery
- Dr Mitchell (North Ferriby Surgery)
- Greengates Medical Group (Cottingham)
- King Street Medical Centre (Cottingham)
- The Ridings Medical Group (Brough, South Cave, Hessle, Bubwith and Holme-on-Spalding-Moor)

Since the September MP briefing, the Goole phase of the Lung Health Check programme has concluded, although follow-up scans are still being carried out at Lidl supermarket, Rawcliffe Road).

In Hull, which was one of 10 pilot sites in England to first offer lung health checks in 2019, the second phase of ageing-in lung health checks (for those people who have become eligible since the previous round of invites) will commence in early 2025.

The first phase concluded recently, with 2,046 people invited for an initial assessment; 930 people accepting this offer, and 276 follow-up scans carried out.

Since the Humber and North Yorkshire Lung Health Check programme launched in 2019/20, 79,484 people have been invited to have their lung health check, with 34,927 accepting the offer. Of those people who received an initial telephone assessment, 18,333 required a follow-up scan. Initial data suggests that 255 cancers have been detected by this activity, 190 of which were early-stage.

Visit lunghealthcheck.org.uk to find out more about the Humber and North Yorkshire Lung Health Check programme.



Cancer Research Innovation Grants 2024/25 programme

Humber and North Yorkshire Cancer Alliance is pleased to announce the [2025/26 Cancer Research and Innovation Grants programme](#) is open for applications, following the success of the inaugural 24/25 grants programme earlier this year.

The Cancer Research and Innovation Grants programme, which widens the scope of funding to include research projects in 2025/26, has been created in collaboration with the Cancer Alliance's local partners:

- Health Innovation Yorkshire and Humber
- Innovation Research and Improvement Team (IRIS)
- NHS Humber Health Partnership
- York and Scarborough Teaching Hospitals NHS Foundation Trust
- Voluntary, community and social enterprise groups
- Academic partners

The Cancer Alliance welcomes applications from voluntary, community and social enterprise groups so any support to promote the initiative to your constituents via [X \(formerly Twitter\)](#) and [Facebook](#) is appreciated.

Initiatives in Hull, York, East Riding of Yorkshire, North Yorkshire, North Lincolnshire and North East Lincolnshire were among the 2024/25 grants programme winners.

For more information, please visit the [Cancer Alliance website](#). An application form and further details about the application process can be found on the Cancer Alliance website.

If you have any questions about the grants programme please [contact the Cancer Alliance's Cancer Diagnostics and Innovation programme](#).

Cancer Alliance goes big in October and November to raise awareness about breast and lung cancers

A life-sized version of a snakes and ladders game was used by Humber and North Yorkshire Cancer Alliance to raise awareness of breast cancer symptoms and the importance of screening for the disease during October, which is breast cancer awareness month.

The novelty of the life-sized version of the popular board game certainly captured the interest of the local media, with the likes of BBC Online, BBC Look North, Hits Radio and Hull Daily Mail devoting coverage to the Cancer Alliance's awareness campaign.

Visit the [Cancer Alliance website](#) to find out more about the campaign.

And during November, which is lung cancer awareness month, the Cancer Alliance is raising awareness about the symptoms of the disease by engaging with members of the



public at supermarkets, shopping centres and other community spaces with the help of an 8ft inflatable lung – quite the conversation starter!

The importance of contacting your GP if you have concerning symptoms and taking up the offer of a free Lung Health Check, if eligible, have been at the forefront of the campaign messaging.

Regional media have been extremely helpful in raising awareness, with coverage of the Cancer Alliance’s campaign from BBC Look North, BBC Radio Humberside, Hits Radio, ITV Calendar, Hull Daily Mail and many more.

Here’s where the inflatable lung has been during November:

Date	Location	Time
Friday, 8 November	Freeman Street Market, Grimsby	10am-2pm
Wednesday, 13 November	North Point Shopping Centre, Hull	10am-2pm
Monday, 18 November	The Summit, Selby (Cancer Café)	10am-2pm
Tuesday, 26 November	The Ironstone Centre, Scunthorpe	10am-1pm
Friday, 29 November	Monks Cross Shopping Park, York	10am-2pm

For more information about the campaign please [click here](#).

Monthly cancer waiting time performance

We appreciate that many of your constituents might be undergoing diagnosis and / or treatment for cancer, or will have loved ones who are, so they will be keen to understand the position relating to cancer diagnosis and treatment in Humber and North Yorkshire.

We therefore share the table below which shows the September 2024 cancer waiting time (CWT) figures for Humber and North Yorkshire and for the three hospital trusts which provide cancer services. Please note that these results are the latest available.



28 Day FDS

Receipt of two week wait / screening referral to date patient is informed of a diagnosis (FDS) or ruling out cancer
75% Standard



31 Day Combined

31-day wait from decision to treat/earliest clinically appropriate date to treatment of cancer
96% Standard



62 Day Combined

62-day wait from urgent GP referral for urgent suspected cancer or breast symptomatic referral or urgent screening referral or consultant upgrade to first definitive treatment of cancer
70% Standard (Interim)



For further information or to discuss these themes in more detail, please contact:
hnyicb.mpqueries@nhs.net.

With best wishes

Sue Symington
Chair

Stephen Eames CBE
Chief Executive



Glossary

Humber and North Yorkshire Health and Care Partnership is one of 42 **Integrated Care Systems (ICSs)** which cover England to meet health and care needs across an area, coordinate services and plan in a way that improves population health and reduces inequalities between different groups. The Partnership comprises of NHS organisations, local councils, health and care providers and voluntary, community and social enterprise (VCSE) organisations.

Humber and North Yorkshire Integrated Care Board (ICB) is a core member of the Partnership and is accountable for NHS spend and performance for the 1.7million people across the region.

Humber and North Yorkshire Integrated Care Partnership (ICP) is a standalone statutory committee between the ICB and Local Government. The focus of ICPs is on the wider connections between health and wider issues including socio-economic development, housing, employment and environment. It should take a collective approach to decision-making and support mutual accountability across the ICS.