

**World Mental Health Day - 10th October, 2017**

This year's 'World Mental Health Day' awareness event entitled '**Strictly Mental Health 2**' will be held on the 10th October at the Hartlepool Borough Hall, from 11am to 4pm.

The theme of this year's event covers "healthy minds and health bodies".

This event follows on from last years highly successful 'Strictly Mental Health' event and is **FREE** to attend with FREE soup and a bun as well as FREE refreshments.

Members of the public will have the opportunity to chat to staff and volunteers from the many Mental Health support services that operate in Hartlepool.

The event is organised by members of the Hartlepool Mental Health Forum that includes professional employees of the Hartlepool Borough Council, Tees Esk and Wear Valley Mental Health Trust. Local C.C.G, Healthwatch Hartlepool, as well as service users, carers, and volunteers and other interested people, groups and organisations that have a shared interest in mental health.

For further details on this event, please contact Healthwatch Hartlepool on **01429 - 288146**

**North East has largest percentage of 'good' and 'outstanding' GP practices** The Care Quality Commission (CQC) has found some practices across the country are still underperforming in key areas despite being told they were inadequate or required improvement - but this contrasted with the North East, which had the largest percentage (98%) of practices rated as good and outstanding. The region was closely followed in its success by Yorkshire and the Humber and the South West areas.

**50+Forum Meeting**

The next 50+ Forum meeting is taking place on the 11th October at 1:30pm at St Josephs Court Sheltered Housing Scheme, Victoria Road, Hartlepool. Please contact Healthwatch Hartlepool on **01429 - 288146**

**Unhappy with your NHS treatment or care?**

On the third Wednesday of every month 9.30am - 12pm, your local I.C.A Advocate will be at the Healthwatch Hartlepool Office, the ORCEL Centre, Wynyard Road, Hartlepool, TS25 3LB

Why not make an appointment or drop in for a chat?

**Freephone: 0808 802 3000**

**Email: [ica@carersfederation.co.uk](mailto:ica@carersfederation.co.uk)**

**Tony Leighton**  
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**Future Healthwatch Meetings at ORCEL;**  
**Acute & Elders; Tuesday 14th Nov 10am - 12noon**  
**Primary Health & Social Care; Tuesday 12th Dec 10am - 12noon**  
**Members of the public are welcome to attend!**

**October 2017**

**NEWS**

**Healthwatch**

Healthwatch Hartlepool are holding a number of community engagement events over the coming month. Members of the public will be able to come along and tell them about their experiences good or bad, of health and social care services.

**Community Hub North**  
Wed 11th Oct 10.00am-12noon

**The Annexe, Wharton Terrace** Wed 18th Oct 10am-12noon

**Central Library**  
Thurs 19th Oct 10.15am - 12noon

**Headland Library**  
Tues 24th Oct 10:15am-12noon

**Hartlepool Hospital**  
Mon 30th Oct 10am - 12noon

**ORCEL, Wynyard Rd**  
Every Wed - 10am - 12noon

**NHS England** has announced plans to help strengthen out-of-hours GP services during the winter period.

Last winter an extra 80,000 GP sessions took place thanks to NHS England's indemnity scheme, and this year, with an increased budget, it is anticipated even more out of hours shifts will be provided.

The increasing cost of indemnity has been raised as a barrier to delivering care and NHS England is tackling these concerns by making £10 million available to help with immediate out-of-hours provision such as shifts for NHS 111 services.

The scheme will run from 1 October 2017 until after the Easter weekend, 2 April 2018, and means doctors can commit to more Out Of Hours (OOH) sessions without the need for them to negotiate additional changes to their level of indemnity cover. GPs who wish to commit to working additional sessions will agree a likely number of OOH sessions they will work over the period with their OOH provider. Once confirmed, GPs will be able to approach their Medical Defence Organisation (MDO's) to access a bespoke package, funded by NHS England, which would give the doctor cover for their additional commitment to the service.

**Dr Arvind Madan, GP and NHS England Director of Primary Care**, said: "NHS England is taking practical advice to ensure rising indemnity costs don't stand in the way of GPs being able to support their patients over winter, both during working hours and at evenings and weekends. Further work is underway to produce a long term answer to the issue of indemnity costs."

## **Patient Rights**

### **Right to die**

The law concerning whether a person has the right to die is unclear.

You have a right to refuse or stop treatment at any time, even if this means that you may die.

However, it is normally illegal for a doctor to omit or carry out treatment with the specific intention of inducing or hastening death.

If you believe you may become so ill that you could no longer make the decision about treatment, you should tell the doctor beforehand at what stage you would want treatment to stop.

In some cases, if you are unconscious or have very little consciousness, a doctor can stop some life support treatment if there is no chance of you getting better, or if it's not in your best interests. However, only a court can give a permission for this to happen.

In England, you can get more information about advance decisions on the NHS Choices website.

If you are concerned about being treated against your wishes, you should ensure you make this clear at the time the treatment is proposed.

### **Removal of organs after death**

Unless you have said you do not want parts of your body used for research or donated to others after your death, whoever is legally responsible for the body can allow organs to be donated.

This will usually be your personal representative.

Before organs can be removed from the body, medical staff must be certain that brain death has taken place, and a death certificate must be issued.

### **Access to medical reports and health records**

You have the right to see most health records held about you, subject to certain safeguards. You are entitled to be informed of the uses of the information, who has access to them and how you can arrange to see your records. This information is provided in GP practices and NHS Trusts in the form of posters and leaflets. For more information on how the information is issued, you may wish to speak to the health professional in charge of your case. You may have to pay a fee to see your health records. You have a right, subject to certain safeguards, to see any medical report written for an employer, prospective employer or insurer, by a medical practitioner who has responsibility for your ongoing care, for example, your GP or consultant and any medical practitioner who has treated you in the past.

Information about your medical history should be kept confidential, and should not be released to people who are not involved in your medical care without your consent. This includes your relatives, unless you are unable to give consent yourself. There are some exceptions to this rule. For example, medical information about you may be disclosed if it would prevent serious harm to others.

### **Direct payments**

A patient who receives direct payments can either manage the money themselves or their representative can manage the money on their behalf. It is also possible for both patients or representatives to nominate someone else to manage the payments.

## **New CQC research reveals lack of awareness over right to choose where to give birth**

New research commissioned by the Care Quality Commission (CQC) has found that more women must be made aware of their right to choose their birth hospital.

The research, which surveyed over 1,000 women who had given birth in England in the last three years, found that 40% either weren't aware or didn't feel they had a choice about their birth hospital.

Of those who choose their hospital 53% stated this was a 'very important' decision, however 57% spent less than an hour choosing theirs, suggesting a lack of awareness about the amount of information that is available to help make an informed choice.

The CQC is encouraging all expectant parents to understand their right to choose where to give birth and to use CQC inspection reports in order to help make an informed, considered decision.

The CQC found the top influencing factors effecting where women choose to give birth were the hospital being close to home (65%), followed by hospital cleanliness and safety (55%), a good reputation (39%) and caring staff (36%). CQC inspection reports include detailed information asking these key questions and the research found that of those who did use the inspection reports 95% found them helpful in informing their birth choice decision. The research also found a third (34%) of mums spent less than an hour choosing the type of birth they want and making a birth plan, and 15% didn't do this at all.

Heidi Smoult, Deputy Chief Inspector at the Care Quality Commission, explains: "Pregnancy is a very exciting time but it can also be daunting and many women can feel at their most vulnerable. Women have the option to have a hospital, birthing centre or home birth. It's vital that all women know they have a choice over where they give birth. It's a big decision and while advice from family and friends can be useful, it's important that expectant parents know there's free independent information available to help them. Our inspection reports provide detailed scrutiny of all aspects of maternity care - we urge all prospective parents to do their research to help ensure they have the best possible birth experience."

The CQC is responsible for inspecting all hospitals, including private hospitals, GP practice, dentists, care homes and home care in England. Its maternity service inspections include all services for women that relate to pregnancy, including ante and post-natal services, labour wards, birth centres or units and theatres providing obstetric related surgery.

Each inspection answers five key questions: Is the service safe? Is it effective? Are the staff caring and responsive to people's needs and is the service well led?

For more information about the CQC's campaign and to find out how to share your experiences please visit [www.cqc.org.yk/yourbirthplan](http://www.cqc.org.yk/yourbirthplan)

To follow the CQC on Facebook and Twitter: @CareQualityCommission/ @CareQualityComm and join the conversation with: #YourBirthPlan