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| |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | Chair's Welcome Our CCG is in good heart. We had a really good AGM with lots of people and I felt very proud of all the things we have been able to do together over the last year. please do take the time to have a read.  Unlike most areas, we are in good shape financially, and are able to invest in services. We are investing £8 million in primary care this year, which is roughly £25 per patient, much more than last year. Could practice managers please make sure you include some calculation of your likely share of this investment in your financial projections. Of course there are threats, and reductions in funding of QoF, MPIG and PMS, and this extra money is non recurrent so only definitely secure for the next 2 years. However for most practices income will rise.   We are also investing in other services. We had our prioritisation committee meeting this week and details are in the [Board papers](http://nhs.us7.list-manage.com/track/click?u=24463982989522f22fc07b65c&id=d330122bbd&e=88df49005f) today on our [website](http://nhs.us7.list-manage.com/track/click?u=24463982989522f22fc07b65c&id=92ba2e90a2&e=88df49005f). We have exciting proposals around mental health support in schools, autism services, quality initiatives at the HOMERTON, anti coagulation and integrated care as well as many others. We have been able to continue some of the non recurrent investments from previous years where they are good value.  Our 2 main providers are also managing with constraints but no deficits as yet. We hope we will be able to continue to have money to invest and pick up these non recurrent investments. It does depend on us all working together as member practices and consortia to commission good efficient pathways that also are good for patient care. Clinical commissioning does work!  At this time we can pause to look back over the last year and feel we have done well.  I hope most get some holiday over the summer. Clare Highton | | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | | City and Hackney CCG Annual General Meeting The CCG had its AGM on 16/7/14 at the Geffrye Museum. It was amazingly well attended with approximately 100 people. It was a celebratory event, bringing together all our achievements over our first year. The list is impressive:  **Mental Health**  **Children and young people** •Lowest waiting times in east London for treatment •Carers and parents reporting increased levels of support   **Primary Care** •Our services have improved for people with mental health and emotional problems •Up-skilling primary care: improved training and services •500 patients seen by Enhanced Primary Care service  **Prescribing** **Innovation** •Joint (between CCG and Homerton Hospital), first of its type, electronic formulary to facilitate safe and cost effective prescribing.Being repeated in East London Mental Health Foundation Trust in 2014/15  **Reducing Waste** •Approximately £1M worth of medicines issued in C&H is wasted annually Patient campaign raising awareness of the costs of medicines waste  **Quality of Prescribing** •City & Hackney is in the Top 10 London CCGs for 10 out of 11 prescribing quality indicators  **Children's Expansion of out-of-hours Children’s Community Nursing team** Highly skilled nursing care for children in the community; •Now available at the weekends •Treated 103 children who would otherwise have attended hospital  **Maternity Community Midwifery** Midwifery led clinics are being set up in GP practices and Children’s Centres across the area to provide care closer to home for pregnant women  **Long Term Conditions** •Increase in % of people with diabetes in City and Hackney recently screened for retinopathy (now highest in London)  **Primary Care Quality** •With so much good care being delivered in primary care: one of the outcomes of this is that City and Hackney has one of the lowest outpatient referral rates in the country •Support practices to reflect on their own practice and commission services •Working to promote the appropriate use of computer systems to augment good patient care •Supporting an extensive programme of education and training to promote development of the primary care workforce  **Planned Care Total knee replacement** •Increase in average health gain reported by patients of 20% •New pathway, including increased use of decision aids for patients  **Urgent Care** **Improvement in performance of Homerton A&E** •Additional hospital registrar and GP posts within A&E •4hr waiting time target met 42 out of 52 weeks (average 81%) •Mean performance (on % of patients seen within 4 hours) improving over 2013/14:  **Integrated Care** **Vision** •To focus on improving the experience of patients and service users •To improve the health and quality of life for patients and carers •To help people avoid emergency admission to hospital and to stay at home rather than move to residential care •To ensure care is co-ordinated and easy to find  **Patient and Public Involvement** •Established a well-attended and representative Patient and Public Involvement Committee, ensuring that the patient voice is at the centre of our commissioning activities •Launched an Innovation Fund in response to the issues raised by the public at our consultation event in November 2013–bid for small projects suggested and run by Community and Voluntary organisations •Jointly commissioned the Fund for Health with Healthwatch Hackney to understand the barriers to accessing healthcare and to understand what patients mean by patient centred services.  **Finance highlights 2013-14** •Delivered a £27m surplus for the year which will provide a buffer against future funding and cost pressures •Manoeuvred successfully through the uncertainty of new system changes and commissioning responsibilities •Unqualified audit opinion issued on the accounts – clean bill of health from external auditors and a good platform into 2014-15 •2014-15 Plans approved by the Board including £21m non-recurrent investment and £5.4m saving plans for the Health Economy   You can download the full the [presentation](http://nhs.us7.list-manage1.com/track/click?u=24463982989522f22fc07b65c&id=13f7e286ba&e=88df49005f) and the [draft minutes](http://nhs.us7.list-manage1.com/track/click?u=24463982989522f22fc07b65c&id=c4ff8a5695&e=88df49005f), including the questions and answers session and the  from the AGM. | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | | LES Payments City & Hackney CCG has reviewed the LES claims received for monies owed by City & Hackney Teaching PCT. Practices have been contacted where claims have been validated and asked to submit invoices, which will then be booked into the legacy X25 ledger by NHS Shared Business Services. City & Hackney CCG should then be able to approve them for payment. Control around legacy monies owed sits with NHS England.  Since inception, City & Hackney CCG has always endeavoured to do its best to facilitate the release of monies owed and will continue to do so where possible. However, the expectation going forward is that no additional legacy claims are expected.  Also, as practices have experienced, the process around releasing legacy monies tends to be long, so please be bear with us whilst we try to facilitate the release.  A further update will be provided next month | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | | Pain Management Support Group City and Hackney CCG have been offered the opportunity to run a selection of self-management courses focusing on supporting those with long term conditions by providing them a range of different tools, approaches and interventions. We would like to offer these sessions to City and Hackney residents living with chronic pain, more specifically those who have so far not engaged with or attended other services such as...[read more](http://nhs.us7.list-manage1.com/track/click?u=24463982989522f22fc07b65c&id=6efb4427e9&e=88df49005f) | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | | Reminder regarding return of your Section 11 Audits! The City and Hackney Safeguarding Children Board (CHSCB) is carrying out its third audit to monitor progress made in the local area with regards to Section 11 of the Children Act 2004, which places a duty on agencies to safeguard and promote the wellbeing of children and young people. The deadline is fast approaching; returns should be received by Thursday **31st July 2014, 12pm**.    Please download [Section 11 Audit Tool template](http://nhs.us7.list-manage.com/track/click?u=24463982989522f22fc07b65c&id=b0f33133c8&e=88df49005f) and accompanying [guidance](http://nhs.us7.list-manage.com/track/click?u=24463982989522f22fc07b65c&id=4d4c1cd52d&e=88df49005f) on how to use the tool. A copy of all documentation can also be found on the [CHSCB website](http://nhs.us7.list-manage.com/track/click?u=24463982989522f22fc07b65c&id=03558823b0&e=88df49005f).    Sources of assistance will be the: •    Named GP for safeguarding Children in City and Hackney [rhallgarten@nhs.net](mailto:rhallgarten@nhs.net) •    Designated Nurse for Safeguarding Children in City and Hackney [mary.lee1@nhs.net](mailto:mary.lee1@nhs.net)    Finally, if you have any questions, please contact **Sandra Reid 020 8356 4175** | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | | City and Hackney Clinical Commissioning Group Clinical Executive Committee (CEC) Key Issues - July **Feedback from the members and CCG Programme Boards**  The CEC discussed the disappointment felt by most practices with regard to the QP process and PPG results as many practices had failed with no apparent logic as to why. A coordinated response from all practices will be produced.  Federation meetings were discussed and it was agreed that these should be kept separate from CCG meetings to avoid any conflicts of interest.  Dan Burningham has been visiting Consortia meetings to discuss what is working well and what isn’t with regard to mental health services.   A timetable for CCE audits has been produced and will be distributed amongst practices.  Clare Highton asked the CEC members to ensure that practice staff are...[read more](http://nhs.us7.list-manage.com/track/click?u=24463982989522f22fc07b65c&id=ee62f690b6&e=88df49005f) | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | | Education & Training  After a busy June and July education wise there is now a summer break until September. The only remaining education event is the final Paediatric Integrated Asthma Pathway session for Rainbow and Sunshine on July 30th.  After the summer look out for education events on the following topics:   * Admissions Avoidance - 5th Sep * Safeguarding Adults - 11th Sep * Talk Cancer (HCAs & receptionists) - 16th Sep * Level 3 Safeguarding Consortium events * Physiotherapy & Pain Consortium Events   **CCE Accredited (mandatory) education events**  So far 4 of the 12 planned CCE accredited Friday sessions have been booked in, with 2 already taking place on 9th May and 20th June. The next dates to look out for are 19th September and 28th November. We are currently planning the rest of the year, so remember to check the online [calendar](http://nhs.us7.list-manage.com/track/click?u=24463982989522f22fc07b65c&id=0521369ca7&e=88df49005f) for updates and changes. **Mandatory events are marked green!**  **Upcoming education events:**   **GP/PN/HCA**: [Paediatric Integrated Asthma Pathway session for Rainbow and Sunshine, Wed 30th July](http://nhs.us7.list-manage.com/track/click?u=24463982989522f22fc07b65c&id=9a75a1984a&e=88df49005f) **GP/PN:**[Advanced Communication Skills Training Programme](http://nhs.us7.list-manage.com/track/click?u=24463982989522f22fc07b65c&id=377a1ce933&e=88df49005f) | [Booking Form](http://nhs.us7.list-manage.com/track/click?u=24463982989522f22fc07b65c&id=f35f7ce776&e=88df49005f) **GP**: [Introductory musculoskeletal ultrasound course](http://nhs.us7.list-manage.com/track/click?u=24463982989522f22fc07b65c&id=d87e6a8e34&e=88df49005f) **GP**: [Musculoskeletal ultrasound guided injection course](http://nhs.us7.list-manage.com/track/click?u=24463982989522f22fc07b65c&id=bfc58194d7&e=88df49005f)  [Back to top](#Back_to_top) | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | | New Renal Advice Line Service Conor Byrne, one of the Renal consultants from Barts Health and also runs the outreach weekly clinic at Homerton, has set up a new [consultant advice line](http://nhs.us7.list-manage.com/track/click?u=24463982989522f22fc07b65c&id=8b2f6ec7d4&e=88df49005f) email service which GPs can use for C&H patients.    Email: [renal.homerton@nhs.net](mailto:renal.homerton@nhs.net) | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | | Hackney SHINE wants to hear from vulnerable residents Hackney SHINE is funded year-round by Public Health to tackle fuel poverty, reduce excess winter deaths and minimise cold related ill-health.    Hackney residents can call us direct on our free-phone number 0800 281 768 (0207 527 6795 may be cheaper from mobiles). We identify the most relevant interventions for each service user through our phone based assessment.  We can help your vulnerable patients to keep well and warm with: •    Heating and billing advice to manage their energy use and costs •    Benefit checks to maximise their income and better manage any debts  •    Home energy visits with installation of energy saving measures such as draught proofing, plus referrals to Hackney’s handyperson scheme •    Falls assessments, befriending support, grants referrals and a raft of other services all aimed at increasing resident’s comfort and well-being in their home    If it’s something specific, or for particularly vulnerable clients, you can call us direct on 0800 281 768 or fill in our [online](http://nhs.us7.list-manage.com/track/click?u=24463982989522f22fc07b65c&id=17a9c853d7&e=88df49005f) form at [www.hackney.gov.uk/shine](http://nhs.us7.list-manage.com/track/click?u=24463982989522f22fc07b65c&id=7a977718c9&e=88df49005f).  Ask your GP Practice Manager for more information.  We can help anyone facing high bills or vulnerability to the cold but especially: •    The over 65s •    Low income families with kids under 5 •    Residents with a disability •    Anyone with underlying health conditions such as heart or lung disease | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | | Domestic Violence in Hackney Over the past 12 months there has be a 30% increase in reporting of Domestic Violence in Hackney. Since January 2014 IRIS has supported 63 women experiencing domestic violence and abuse.  Practices wanting to sign up to the **Vulnerable Children's LES** that will be coming in around October 2014 will need to have completed annual practice-based updates in domestic violence training through IRIS. Please contact Tanisha Jnagel to arrange [TJnagel@niaendingviolence.org.uk](mailto:TJnagel@niaendingviolence.org.uk) | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | | ****Big White Wall Online Support Service**** Hackney residents going through a tough time or struggling with mental health issues can now get free online support. [Big White Wall](http://nhs.us7.list-manage1.com/track/click?u=24463982989522f22fc07b65c&id=82dde6affe&e=88df49005f) is available to all City and Hackney residents aged 16+. Visit [Big White Wall](http://nhs.us7.list-manage2.com/track/click?u=24463982989522f22fc07b65c&id=ca842dbcfd&e=88df49005f) and enter your Hackney postcode   to access the service.  The service is designed to help patients get support, take control and feel better. It provides 24/7 peer and professional support (with trained counsellors online at all times), plus a range of wellbeing tools to help people self-manage. This service is safe and anonymous, so no one else will know that you're using Big White Wall. People can use the service via their computer, or as an app on their smartphone or tablet.  95% of members reported feeling better as a result of joining Big White Wall, and 73% shared something for the first time. Whatever you're going through, BWW is there to help.   If you'd like to see more about how the service works, you can watch this [short film](http://nhs.us7.list-manage.com/track/click?u=24463982989522f22fc07b65c&id=2ea2d6b9af&e=88df49005f).  Download the [BWW Leaflet](http://nhs.us7.list-manage.com/track/click?u=24463982989522f22fc07b65c&id=00689e268f&e=88df49005f) (includes details about how to get set up) | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | | New Urgent Care Pathways Please share these two recently completed [Urgent Care Pathways](http://nhs.us7.list-manage.com/track/click?u=24463982989522f22fc07b65c&id=5efddc01e5&e=88df49005f) amongst your practices.  [**Community Acquired Pneumonia Primary Care Urgent Care Pathway**](http://nhs.us7.list-manage1.com/track/click?u=24463982989522f22fc07b65c&id=1d052eb81e&e=88df49005f)  [**Acute Headache Primary Care Urgent Care Pathway**](http://nhs.us7.list-manage1.com/track/click?u=24463982989522f22fc07b65c&id=6d32b76984&e=88df49005f) | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | | Enhanced Mental Health Service at the Homerton A new service that offers round the clock mental health assessments and psychiatry is now available at Homerton University Hospital. The Homerton Psychological Medicine (HPM) service is a newly enhanced psychiatry liaison service providing a rapid response for those presenting at A&E and inpatients who have either psychiatric or psychological issues.   The Homerton Psychological Medicine team have produced a two-page [Q&A](http://nhs.us7.list-manage1.com/track/click?u=24463982989522f22fc07b65c&id=43d586dfef&e=88df49005f) for GPs in the borough to explain the benefits of the service and what treatment patients will receive. The HPM service will be formally launched in September. | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | | Patient Information Leaflets Have you visited the [Patient Information Leaflets](http://nhs.us7.list-manage.com/track/click?u=24463982989522f22fc07b65c&id=e7050a0715&e=88df49005f) page on the CCG GP website?  The newest addition is [Breastfeeding drop-in sessions in Hackney](http://nhs.us7.list-manage.com/track/click?u=24463982989522f22fc07b65c&id=b91346e70d&e=88df49005f) | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | | Social Prescribing Case Studies Some of our GPs have been involved a Social Prescribing pilot scheme, helping to improve outcomes for patients through community referrals. This involves prescribing or offering additional non-clinical/medical services/interventions, for example a lunch club, walking group or a tea dance. Each month, we'll be including a case study showing the difference this scheme is making to the lives of patients.  We'd love to get even more referrals from those involved in the pilot, so please keep them coming. GPs who are not currently part of the scheme can use the Hackney iCare website to signpost patients to relevant community services.  Annabelle is 62 and was referred to the service as she had recently been moved to a hostel and was feeling  isolated and low in mood. Annabelle had to leave her home as the landlord decided to sell the property and she has been placed in a hostel until she successfully bids for a new flat. During the assessment she talked a lot about her family; her relationship with her eldest son had broken down and her daughter is living in Jamaica.Annabelle goes to her church regularly but said she didn’t like to share her problems with the people she knows there. She appeared tearful as we talked and described her days in the hostel with ‘people coming in and out at all times of the night, banging doors and shouting’ and she talked about the disrepair of her surroundings. She has a housing support worker who is helping her look for a new place but finds it hard spending so much time in her current residence so we decided to focus on how she could spend her free time.  As we chatted Annabelle talked about her love of food and talked about her favourite dishes. I told her about the Friends Who Do Lunch groups run by Family Mosaic. She was hesitant at first but decided to give it a go. I saw her for a review and she talked so much about the group telling me what they had cooked and she was laughing while telling me about it, she seemed animated and cheerful.Natasha Bested, who runs Friends Who Do Lunch, fed back about Annabelle and said ‘I have noticed a difference in her. At the beginning of the course she was quiet and kept to herself by the end of the course she had become really chatty and involved in the group telling us all about her family and the foods she enjoyed eating as a child.’ Natasha added ‘I have been really impressed with the amount of referrals I have received from the social prescribing team, I am really grateful for their help. | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | | Healthwatch Workshop Alice Everett - Well Being Coordinator for Family Action:  "It was really useful to be invited to speak at the Healthwatch Social Prescribing Workshop and to have the opportunity to meet residents and providers in The City. As Social Prescribing has been commissioned as a pilot it’s a great opportunity to gather views and opinion about the service to feedback to our own steering group and evaluators. It’s this very input that will go towards shaping the future service once the pilot phase is completed. I’m hoping to continue to build links with City providers so I can inform my client group about a wide range of opportunities available to them. As well as the larger established services, I’m really interested in smaller projects, projects that are really rooted within the community. I’d ask that people keep me in the loop with any new developments and I am always happy to come out to services and meet with people running community groups. It’s my hope that Social Prescribing becomes embedded in The City community." | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  | | --- | | [https://gallery.mailchimp.com/24463982989522f22fc07b65c/images/1012add9-3955-4d5b-b265-465170b9c5f7.png](http://nhs.us7.list-manage.com/track/click?u=24463982989522f22fc07b65c&id=309cd398eb&e=88df49005f) |  |  | | --- | | Identification and Referral to Improve Safety (IRIS)  Since January 2014 IRIS has supported 63 women experiencing domestic violence and abuse. Incidence of reporting of domestic violence in City and Hackney is increasing. As part of the Vulnerable Children's LES that will be coming in around October 2014 all practices are required to have completed annual updates in domestic violence training through IRIS. Please contact Tanisha Jnagel to arrange [tjnagel@niaendingviolence.org.uk](mailto:tjnagel@niaendingviolence.org.uk)  Please [download](http://nhs.us7.list-manage.com/track/click?u=24463982989522f22fc07b65c&id=325674e264&e=88df49005f) the spring addition of the IRIS [newsletter](http://nhs.us7.list-manage.com/track/click?u=24463982989522f22fc07b65c&id=f08e645729&e=88df49005f). | | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | | Public Health to seek your views on Obesity Services Hackney Public Health is looking for support from GPs and Practice Managers to review and develop the local pathways for adult obesity. Over the next month the team will be seeking to gather your views and feedback via an electronic survey to understand your views. In the meantime if you have anything you want to share regarding adult obesity service provision please contact [jane.wilson@hackney.gov.uk](mailto:jane.wilson@hackney.gov.uk) | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | | Get Focussed, Get Funded: An event for those working on women’s issues Community organisations, individuals, advocates and policy makers who work on women’s issues that affect women are invited to networking and information session run by Rosa, the UK fund for women and girls and Hackney CVS.   The event is on the **30th July from 12.45pm – 4.30pm at Hackney CVS**.  Lunch will be provided. The second part of the meeting is for organisations working on FGM only   At the event you can: •    Find out from guest speaker Kay Cameron from Rosa Trust how to apply for grant funding of  up to £5,000 for work on women’s issues. •    Discuss funding priorities for FGM in the borough of Hackney.  •    Meet other people working in Hackney on Women’s issues and look at how to work together on FGM and get new local funding.  Email: [helpline@hcvs.org.uk](mailto:helpline@hcvs.org.uk) or call Jennifer  0207 923 1962 to book (& please do book as we will buying a hot lunch) | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | | Homerton Fertility Department Update Please find two letters, questionnaire and patients instructions sheet from the Homerton Fertility Department.  [GP Letter - website information](http://nhs.us7.list-manage1.com/track/click?u=24463982989522f22fc07b65c&id=52fa2d518f&e=88df49005f) [GP Letter - survey](http://nhs.us7.list-manage.com/track/click?u=24463982989522f22fc07b65c&id=b482765d88&e=88df49005f) [GP Questionnaire - Andrology](http://nhs.us7.list-manage2.com/track/click?u=24463982989522f22fc07b65c&id=3f51d0f9a8&e=88df49005f) [Patient Instructions for Semen Analysis](http://nhs.us7.list-manage.com/track/click?u=24463982989522f22fc07b65c&id=c6f1aa5d1a&e=88df49005f) | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | | Homerton Life Catch up with all the latest news and events at Homerton by [downloading](http://nhs.us7.list-manage1.com/track/click?u=24463982989522f22fc07b65c&id=a756864746&e=88df49005f) the latest [Homerton Life Newsletter](http://nhs.us7.list-manage1.com/track/click?u=24463982989522f22fc07b65c&id=8c5f81d40e&e=88df49005f). This edition includes:   * Dexa measures bone density - A key weapon in the battle against osteoporosis has been acquired by Homerton’s radiology team. * Dr Amos bids farewell | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | | FREE Fitness Classes in Hackney this Summer Hackney residents of all ages can get fit for free this summer as a programme of fitness and sports classes in parks and leisure centres is rolled out across the borough.     •    **Young Hackney Summer of Sport |**[flyer](http://nhs.us7.list-manage2.com/track/click?u=24463982989522f22fc07b65c&id=4ebbc220e3&e=88df49005f) Children and young people aged 8-14 year old can join in free sports activities and try basketball, football, cricket, athletics, boccia, tennis, badminton, volleyball, handball and TAG rugby. Monday to Thursday, 28th July to 21st August For more information call 020 8356 3897 or email [david.toombs@hackney.gov.uk](mailto:david.toombs@hackney.gov.uk) [www.younghackney.org](http://nhs.us7.list-manage1.com/track/click?u=24463982989522f22fc07b65c&id=6d28173002&e=88df49005f)  •    **Free Fitness in Parks |**[flyer](http://nhs.us7.list-manage.com/track/click?u=24463982989522f22fc07b65c&id=cd6e8d37cf&e=88df49005f) Those tired of jogging or who want a change from the gym can book a series of fun and invigorating group exercise sessions in one of eight Hackney parks. Classes include boot camp, hula hoop fitness, yoga and box fit. Most of the activities are for those aged 16+ but there are also family as well as women-only sessions.  28 July and 5 October.  To take part, register your details and sign up for the classes you want to join at [www.ourparks.org.uk](http://nhs.us7.list-manage1.com/track/click?u=24463982989522f22fc07b65c&id=0e69cfca20&e=88df49005f) or call 0800 1114 464  •   **New Age games for 50+ |**[flyer](http://nhs.us7.list-manage.com/track/click?u=24463982989522f22fc07b65c&id=81e824ea84&e=88df49005f) A new programme of free sports activities for residents aged over 50 years will launch in August including Dance Fit, walking football, cricket and tennis. Those who would like to try something new or have not participated before, can just turn up. Monday 4 August – Sunday 31 August 2014 For further information please contact Darren English on 020 8356 4897 or email [darren.english@hackney.gov.uk](mailto:darren.english@hackney.gov.uk) or visit [www.hackney.gov.uk/new–age–games](http://nhs.us7.list-manage.com/track/click?u=24463982989522f22fc07b65c&id=2e29fc8e03&e=88df49005f) | |  |  |  | | --- | --- | | |  | | --- | |  | | | |
| |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | City and Hackney CCG Quiz!   Last month's quiz  **Q:**Gala, Jonagold and Pink Lady are varieties of which fruit?  **A:** Apple    Congratulations to **Valerie Gabbidon**, Medical Secretary at  Somerford Grove Practice for being the first person to correctly answer.  **July's question:**  Tin Tin's dog was called what? | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | | [**Submit your answer**](mailto:curtis.whyte@nhs.net?subject=CCG%20Quiz) | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  |  |  |  | | --- | --- | --- | --- | | |  | | --- | | [Follow us](http://nhs.us7.list-manage.com/track/click?u=24463982989522f22fc07b65c&id=18bbe6586f&e=88df49005f) | | [Follow us](http://nhs.us7.list-manage.com/track/click?u=24463982989522f22fc07b65c&id=36aad9c6e5&e=88df49005f) | |  | | | |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | [http://cdn-images.mailchimp.com/icons/social-block-v2/color-forwardtofriend-48.png](http://us7.forward-to-friend1.com/forward?u=24463982989522f22fc07b65c&id=3e58076916&e=88df49005f) | [Forward to Friend](http://us7.forward-to-friend1.com/forward?u=24463982989522f22fc07b65c&id=3e58076916&e=88df49005f) | | | |  | | | | | |
| |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | Copyright © 2013 City & Hackney CCG, All rights reserved. You are receiving this email because you are a City & Hackney CCG staff member  **Our mailing address is:**  City & Hackney CCG  3rd Floor, A Block, St Leonards Hospital  Nuttall Street  London, N1 5LZ  United Kingdom  [Add us to your address book](http://nhs.us7.list-manage.com/vcard?u=24463982989522f22fc07b65c&id=de2aedfc11)  [unsubscribe from this list](http://nhs.us7.list-manage1.com/unsubscribe?u=24463982989522f22fc07b65c&id=de2aedfc11&e=88df49005f&c=3e58076916)    [update subscription preferences](http://nhs.us7.list-manage1.com/profile?u=24463982989522f22fc07b65c&id=de2aedfc11&e=88df49005f)   [Email Marketing Powered by MailChimp](http://www.mailchimp.com/monkey-rewards/?utm_source=freemium_newsletter&utm_medium=email&utm_campaign=monkey_rewards&aid=24463982989522f22fc07b65c&afl=1) | | | |