



Updates in person-centred care

In case you missed it: updates in person-centred care this month.

1

Unpaid carers need more support in the workplace to juggle caring responsibilities with work.

[Research from Carers UK](#) shows one in seven of all workers juggle work with care, and the number of people giving up work to care has increased by 12% since 2013. The report recommends that interventions such as flexible working, having a supportive employer and paid carer's leave would help tackle challenges and improve productivity.

2

Black and minority ethnic people experience greater levels of housing deprivation as they age.

The [Race Equality Foundation and Housing LIN have published a briefing](#) showing that black and minority ethnic people experience greater levels of housing deprivation as they age, and most ethnic minorities experience higher levels of housing deprivation than white British.

3

Ambitions to move care into primary and community settings are at risk of failing if the workforce isn't strengthened.

A [report by the Health Foundation](#) highlights that NHS staff numbers are failing to keep pace with demand in primary, mental health and community care. If the NHS can't recruit and retain more staff in these areas, it could undermine the Long Term Plan's ambition to move care out of hospitals and closer to people's homes.

4

Mindfulness and relaxation exercises will be trialled in schools to improve students' mental health.

[Up to 370 schools in England will take part in a series of trials](#) testing different approaches to supporting young people's mental health. The trial will include mindfulness, breathing and relaxation exercises to help children manage their wellbeing, alongside sessions with mental health experts.

5

GP practices in Gloucestershire are working together to provide 100,000 more appointments for patients.

[The new primary care network model means that Gloucestershire's 75 GP practices](#) are now working together to deliver extra appointments. These will mainly be provided by GPs and nurses, but other professionals like clinical pharmacists, paramedics, mental health workers and physiotherapists will also be working in local surgeries, offering a greater range of skills and services for the public.

6

New 'daffodil standards' will help give more person-centred end of life support in primary care.

Marie Curie UK and the Royal College of General Practitioners have [launched a new set of standards](#) to support continuous improvement in end of life support in primary care. The 'daffodil standards' are a blend of quality statements, evidence-based tools, reflective

learning exercises and quality improvement steps.

7

A pioneering wellbeing service will see health and housing working together to support vulnerable people.

A [new partnership between Vivid Homes and Solent NHS Trust](#) in Hampshire will see health and housing working together to help and support some of the most vulnerable people in the area. The service will be provided by wellbeing workers who act as the link between housing, health, social and other wellbeing services, by supporting people to access and engage in treatment, continue with recovery, prevent crisis and sustain their tenancy.

8

GPs in England will stop charging people with mental health issues for the Debt and Mental Health Evidence Form.

The British Medical Association – the professional body for all UK doctors – has [committed to ending patient charges for mental health debt forms](#), following two years of campaigning by the Money and Mental Health charity. The charge was preventing some people from getting help to resolve their debts, while others were going without essentials such as food or heating in order to pay the charge.

Updates from National Voices

National Voices launches a Peer Support Hub

Next month we will launch our [Peer Support Hub](#): an online bank of resources that will help people delivering peer support programmes to measure, evaluate, sustain and grow various types of peer support. Sign up to the [Hub mailing list](#) to be the first to hear when it has launched.

Brexit activity - letter to the Prime Minister

We published a [briefing for MPs](#) calling for 'no-deal' Brexit to be ruled out, followed by a [letter to the Prime Minister Theresa May](#). We also published a

[member briefing on the serious shortages protocol](#). This content is available to members only.

New delivery plan for personalised care

[We welcomed](#) NHS England's publication of the delivery plan for its comprehensive model for personalised care, which builds on many years of advocacy by National Voices and our partners. [Read our more in-depth response on the BMJ \(£\)](#).

From the blog

We have launched a new [blog series](#) this month all about how members are enabling person-centred care. You can find the first three blogs in the series below:

Peer advocacy in homeless health

[Jenny McAteer of Groundswell shares](#) how the organisation's Homeless Health Peer Advocacy programme is helping people experiencing homelessness to receive coordinated and compassionate care.

Improving support and care for secondary breast cancer

[Catherine Priestley of Breast Cancer Care shares](#) how a new toolkit is helping specialist nurses provide holistic support to people with secondary breast cancer.

Death and dying: a cultural taboo?

[Verena Hewat of Compassion in Dying explains](#) how the organisation have been working with Portuguese-speaking communities in Lambeth to make end-of-life care more person-centred.

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