A warm welcome from Dr Monica Alabi, Assistant Clinical Chair

Whether you are a clinician or a patient I hope that, through this regular newsletter, you can find out more about our work on behalf of women and children in Luton.

Included in this issue are:

- *Five to Thrive*, an innovative way of sharing research on the development of the brains of children and young people.
- *NICE Award nomination* – recognition for Luton’s work on Paediatric Urgent Care Pathways.
- *Mental health* – a new service provider for Luton’s young people.

Greetings from our Chair, Dr Nina Pearson

“Last year was exceptionally busy,” said our chair, Dr Nina Pearson. “We concluded the procurement of the Mental Health, Child and Adolescent Mental Health Services and Intermediate Care.”

Each of the 30 GP practices in Luton is a member of the Clinical Commissioning Group (CCG). Our key priorities are:

1. To give every child and young person in Luton a healthy start in life.
2. To reduce health inequalities in Luton.
3. To support adults and older people to be healthier and more independent.

Help shape Luton and Dunstable Hospital’s future maternity services

The first meeting of the Maternity Service Liaison Committee (MSLC) will take place on Friday 26 June.

Women who recently used Luton’s maternity services or women and men who became parents are actively encouraged to get involved in the MSLC.

Training will be provided by the National Childbirth Trust. Members will need to commit to a couple of hours every three months.

For more information, contact Trish Ryan, Head of Midwifery, at Luton and Dunstable Hospital 01582 497285 or Catherine York at Luton CCG on 01582 532086.

Engaging with us

Whether you are a health professional or a member of the public, you will find plenty of useful information on our website, [www.lutonccg.nhs.uk/home/](http://www.lutonccg.nhs.uk/home/).

Health professionals will find full details of our board, structure, plans and practices. Members of the public will find details of health services in Luton, and how they can work with us or for us.

We are also active on Twitter, with over 2,000 followers – and the number is growing all the time. Why not drop by and have your say? See page 3 for details.
**Five to Thrive - feeding the development of your children’s brains**

More than 90 per cent of what we know has been discovered in the last 20 years – research in neuroscience is transforming how we think about ourselves.

Five to Thrive is a way of sharing the insights of this research so that professionals or parents of children and young people can understand the part they play in brain development.

Our daily Five to Thrive is a natural sequence of events that form the building blocks for a healthy brain, which enables each of us to function at our best physically, emotionally and socially. It happens in the blink of an eye but it is important that each part happens.

Every day brings us opportunities to give children and young people the emotional nurture they need to develop healthy brains. This will help them be happy, enjoy family life, make friends and do well at school. Remember, children and young people are less able than adults to keep their own brain and nervous system in balance – they need adults to help them self-regulate.

For more information, resources and case studies, take a look at the Five to Thrive website, [www.fivetothrive.org.uk/](http://www.fivetothrive.org.uk/).

Alternatively, contact the creator of the Five to Thrive resources, KCA, directly on 01453 488400. Or email them at contact@kca.training.

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**Partnership working leads to NICE award nomination for Luton CCG**

Luton CCG has been put forward for a 2015 NICE Shared Learning Award. The nomination follows publication of our Paediatric Urgent Care Pathways on the NICE Shared Learning website.

Dr Monica Alabi, Assistant Clinical Chair said: “Key to the success of the project has been the excellent partnership working across the local health system.”

Project lead Paula Doherty, Children’s Joint Commissioning Manager for Luton CCG and Luton Borough Council, said: “It has been a rewarding project to work on, and I’d like to thank all of the team for their input and enthusiasm, and for getting to the final stage of this prestigious national award.

The awards recognise and reward examples of how NICE guidance and standards have been put into practice.

The Shared Learning Collection brings together case studies and examples of where NICE guidance has been used to improve quality and services across health, public health and social care.
Improving mental health services for children and young people

By Dr Graeme Lamb, Consultant Child and Adolescent Psychiatrist and Clinical Director, East London NHS Foundation Trust

On April 2015, East London NHS Foundation Trust (ELFT) became the provider for mental health services, including Child and Adolescent Mental Health Services (CAMHS), across Luton. “We have a proven track record for providing high quality mental health and community services across several London boroughs and we are delighted to have now been chosen to provide services in Luton,” said Dr Graeme Lamb, Consultant Child and Adolescent Psychiatrist and Clinical Director of ELFT’s Children’s Services.

Luton has a younger population, with greater ethnic diversity and higher levels of deprivation, than many other areas in England. The prevalence of child mental health disorders is thought to be 25% higher than in the rest of the country, leading to a greater need for local child mental health services.

Dr Lamb continues: “We believe we can work best when we all work together. Our approach to child mental health is one of collaborative working with other health providers, partner agencies, the third sector and service users to ensure we provide the integrated and innovative services the people of Luton demand and deserve.”

Among the Trust’s initial priorities are:

- Improving access to CAMHS.
- Establishing clear care pathways, so that problems can be identified and treated as early as possible.

Dr Lamb concluded: “We want to see child mental health services in Luton become the best possible.”

Contacting us

Tell us what you think, or give us feedback: Luton Clinical Commissioning Group, The Lodge, 4 George Street West, Luton LU1 2BJ.

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