



NEWSLETTER

Welcome to the **Staffordshire and Stoke-on-Trent Integrated Care System Spring Newsletter**. In this issue, you'll find updates, news, and resources from across our local health and care system. Articles in this edition include:

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Five Year Strategic Commissioning Plan

The [Staffordshire and Stoke-on-Trent ICB Five Year Plan](#) was published on 1 April 2026. This plan sets out how we will improve health and care for the 1.18 million people of Staffordshire and Stoke-on-Trent. It explains the challenges our communities face, the changes we need to make, and how we will work with partners to deliver better, more joined-up and sustainable services. It explains how we will improve health and wellbeing for people living in Staffordshire and Stoke-on-Trent over the next five years. It sets out:

- The key health challenges in our communities

- Five major changes we will drive
- How we will deliver our commissioning intentions
- How we will work with partners for more coordinated care
- How we will improve access, quality and financial sustainability.

For more information visit: [Five Year Plan - Staffordshire and Stoke-on-Trent, Integrated Care Board](#).

ICB Learning Disability, Autism and Down's Syndrome newsletter

As part of Neurodiversity Celebration Week, we are pleased to share the latest [ICB Learning Disability, Autism and Down's Syndrome Newsletter](#). This week is an opportunity to recognise and celebrate the strengths of neurodivergent people, while continuing to improve support and inclusion. In this edition, you will find opportunities to share your views, newly available easy read resources and updates on services and support for people with a learning disability, autism, and Down's syndrome. Please share this newsletter with colleagues and anyone who supports people with a learning disability, autism, or Down's syndrome.

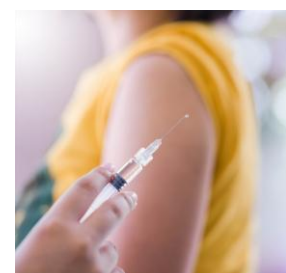


Smoke free hospital sites

From 1 April 2026, UHNM has become completely smoke-free across all sites, including Royal Stoke University Hospital, County Hospital in Stafford and the Stoke-on-Trent Community Diagnostic Centre. This means smoking will not be permitted anywhere on Trust grounds, including car parks and outdoor areas. Stopping smoking can be challenging, but nobody should feel they have to do it alone. To be referred for smoking cessation support text "QUIT" to 07768 926537.

People eligible for the RSV vaccine urged to come forward

People who are eligible for the Respiratory Syncytial Virus (RSV) vaccine are urged to come forward, as thousands across Staffordshire and Stoke-on-Trent remain unprotected. Figures show that around two in five eligible people have not yet had the RSV vaccine, including more than one in three older adults and over half of eligible pregnant women. [Read more](#).



Patient Diabetic Foot Care survey - East Staffordshire and Surrounds

Diabetic foot checks are crucial because they prevent serious complications, such as infections, gangrene, and lower limb amputations, by identifying nerve damage, (neuropathy) and poor circulation early on. Many of these severe problems are preventable with proper care and regular screenings. Please complete [this survey](#) to help East Staffordshire and Surrounds Diabetes Patient network get a better understanding of the care you receive.

Safer urgent and emergency maternity care at UHDB

The University Hospitals of Derby and Burton (UHDB) Maternity Triage teams, based at Royal Derby Hospital and Queen's Hospital Burton, are the first point of call for pregnancy related concerns, offering telephone advice and caring for women face to face. A new approach has led to significant improvements and is supporting midwives to quickly identify and treat women who are high-risk, and for women who are not an emergency, there are clearer timelines meaning maternity teams can better manage expectations, helping families feel more reassured and informed during visits. [Read more.](#)



New SEND and Alternative Provision Strategy for Staffordshire

Last year, more than 900 children, young people, parents, carers and professionals shared their thoughts, views, and experiences about Staffordshire's Special Educational Needs and Disabilities (SEND) support and services. All of the feedback has shaped a new [SEND and Alternative Provision Strategy for Staffordshire](#). To find out more please visit [SEND and Alternative Provision strategy 2026 to 2029 | Staffordshire County Council](#).

Brew Clubs - Stoke-on-Trent

Base Body Fitness have introduced 'Brew Clubs' which are relaxed, feel-good sessions running weekly. Each session brings a slightly different focus but always centred around community, connection and a decent cup of something warm. It's completely free to attend and you don't need to be a member. Full details can be found [here](#).



New digital tool to help meet adult ADHD and autism referral demands

Midlands Partnership University NHS Foundation Trust (MPFT) has developed a new digital tool to help meet adult ADHD and autism referral demands across South Staffordshire. The tool uses advanced technology to provide efficient processes for the integration, triage and assessment of adults referred for autism, ADHD, or mental health assessments, ensuring a streamlined experience for the service user and releasing clinical capacity within the service. [Read more.](#)

New ecotherapy garden at Roundwell Place

North Staffordshire Combined Healthcare Trust's (NSCHT) Combined Charity has been awarded a grant to help create a new eco-therapy garden at Roundwell Place in Tunstall, home to North Stoke child and adolescent mental health services (CAMHS) team. The garden will offer a calming, nature-based space to support the wellbeing of the children, young people, families and staff who use and work in the service. [Read more.](#)



South Staffordshire - grants to keep residents active for longer

New funding aiming to keep residents active and independent for longer in later life has been launched in South Staffordshire. Community groups across the district will have the opportunity to apply for funding to support projects that help those aged 65-plus stay well, connected, and active. The funding seeks to prevent falls and frailty as residents age, ensuring support is available early on, before physical issues and isolation become harder to manage. [Read more.](#)

Stepping up support for armed forces heroes

Veterans and those serving in the armed forces can sign up to Stoke-on-Trent City Council's 'Active Heroes' membership meaning they can access the city's leisure facilities at a reduced rate. Residents who have served will be entitled to a 30% discount on gym memberships at Fenton Manor Sports Complex, Dimensions and the Wallace Centre. They will also be able to bring one child swimming for free. There will be no joining fee and no contract expectations. [Read more.](#)



Type 2 diabetes NHS Path to Remission Programme

Spaces are available on a successful programme running across Staffordshire and Stoke-on-Trent which supports people diagnosed with type 2 diabetes on their path to remission. Staffordshire and Stoke-on-Trent Integrated Care Board (ICB) is supporting the programme which provides participants with the help and support they need to lose weight, improve their blood sugar levels, and reduce reliance on medication – all of which can help put type 2 diabetes into remission. The Programme is available in locations such as Tamworth, Burton upon Trent, Cannock and Stoke-on-Trent. [Read more.](#)

Investment boosts special needs education in Staffordshire

Millions of pounds are to be spent on increasing places in special schools and improving standards in mainstream classrooms for pupils with special educational needs. Staffordshire County Council will be allocating £10.7 million in 2026/27 to support children with SEND, or those who have an Education Health and Care Plan (EHCP). Projects include £1 million for the provision of a new campus in the centre of Stafford, for 16 to 19-year-olds attending Walton Hall Academy near Eccleshall. [Read more.](#)

Heart of Tamworth Community Charity

Heart of Tamworth is a charity helping to meet the needs of the local community. The charity has a community café, community pantry and pre-loved clothes store and behind the scenes, many other services are provided. They now deliver practical support to people experiencing food poverty, ill-health, people living with dementia, addiction, bereavement, homelessness, financial worries and loneliness or isolation. [Read more.](#)



Cannock Villages Primary Care Network (PCN) online Wellbeing Hub

Cannock Villages PCN online Wellbeing hub is the area's one-stop digital space for health and wellbeing support where you can access information and advice connect with local services, all from the comfort of your home. Whether you need help with physical health, mental wellbeing, or lifestyle changes, the hub makes it easy to find the right resources and support, self-care tools, and community links designed to help you live well and feel supported. [Read more.](#)

Active Lichfield

If you live in the Lichfield area and would like to take part in wellbeing sessions, delivered by qualified coaches, take a look at the [Active Lichfield website](#). There are slower paced activities such as walking cricket, chair yoga and Tai Chi to energetic sessions in active fitness. You can also participate in local walk and cycle rides. [Read more](#).



East Staffordshire - your community page

On the East Staffordshire Primary Care Partnership Community page you'll find information about local organisations dedicated to helping East Staffordshire residents in various ways. There are many organisations out there, including sessions to help with isolation and loneliness, one-to-one family support and activities designed to help build happier and healthier communities. [Read more](#).

Helping to combat low-level anxiety in the Staffordshire Moorlands

Staffordshire Moorlands District Council is working to deliver a project to improve the health of Moorlands residents. The project will focus on people from disadvantaged areas of the district to help them get early support to combat anxiety. The next steps are to plan how to offer this support which is likely to be via a range of opportunities aimed at helping people to reduce their symptoms and boost their health and wellbeing. [Read more](#).



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