

Our NHS membership newsletter

Jan - Mar 2017

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Welcome to the latest edition of the East Staffordshire CCG Membership Newsletter

Update from Dr Charles Pidsley, CCG Chair

In addition to my role as Clinical Leader of the CCG, I am also joint chair of the Staffordshire Health and Wellbeing Board. (HWBB).

The HWBB is a statutory body set up by the County Council and all other upper tier local authorities. There is also a Stoke on Trent HWBB.

AMBITION of the HWBB:

Staffordshire will be a place where improved health and wellbeing is experienced by all. It will be a good place to live. People will be healthy, safe and prosperous and will have the opportunity to grow up, raise a family and grow old, as part of strong, safe and supportive communities.

ROLE of the HWBB:

Through leadership, influence, pooling of our collective resources and joint working where it matters most, we will make a real difference to the lives of Staffordshire's people.

Membership is made up of CCG Chairs, key County Council leaders, District councillor representatives, and representatives from Healthwatch, Fire services, Police and NHSE. More recently key leaders of the Sustainability and transformation plan have been present.

The HWBB has a statutory duty to produce a 5 year Health and wellbeing strategy, the priorities being:

Starting well – Parenting / School Readiness

Growing Well – Education / NEET (not in education or employment) / in Care

Living Well – Alcohol / Drugs / Lifestyle / Mental wellbeing

Ageing Well – Dementia / Falls Prevention / Frail Elderly

Following a recent review of the boards effectiveness and its purpose, it has been decided that a fresh approach is required to engage the public, in developing a new strategy over the next 12 months. The Board believes it is important for the HWBB to be seen as relevant and influential in the current climate of increasing demand and shrinking resources.

A key part of this new strategy, which is mirrored in the STP plans recently published is to support members of the public in being more empowered to manage their own health better and to avoid illness in the first place. To this end, it has been agreed to hold the first of what is hoped will be a series of public events to debate 'hot' topics in Health and Social Care. The first topic will cover Obesity and is being advertised as the 'Fat Chat'.

Below are further details for this event. I hope as many members of the public will come to this as possible. Other events will be organised at different venues around the county.



Join the debate on tackling obesity in Staffordshire.

www.bigfatchat.com #bigfatchat

On 1 March 2017, the Big Fat Chat Live event is taking place at the Aquarius Ballroom in Hednesford, Cannock – and you're invited!

We want to hear your opinions on how we should tackle obesity in Staffordshire, where responsibilities lie and how far we are willing to go to make a positive change.

The topics up for debate are:

1. It is up to everyone what they eat and what they weigh. The public sector should not pay for the additional support, care or services that may be needed by people who are obese.
2. Everyone has the ability to do 30 minutes exercise five times a week but most people are too lazy to do this
3. Schools should police lunchboxes and remove unhealthy food
4. Everyone who is obese should be forced to attend a weight management class or have bariatric surgery
5. Food with a high fat or sugar content should be subject to a 50% tax levy
6. It's the parent's fault if young children (under the age of five) are overweight

[Get your free tickets at Eventbrite now.](#)

Patient Board Update

The Patient Board continues to meet every month and links both with the CCG's Governing Body, and also with GP practices' Patient Participation Groups through the East Staffordshire District Patient Engagement Group.

Over the past months we have completed a survey on the Challenges Facing Primary Care and we are pleased to say that the final report and its recommended actions, has now been agreed by the CCG's GP Steering Group and the Governing Body. This has been a big piece of work for the Patient Board, and if you would like to read the report, it can be found in the Patient Board section of the CCG's [website](#) or a paper copy can be supplied.

We have started a piece of work to evaluate the effect of County Council cuts on both services and the local community and have corresponded and met in February with Cllr Alan White to set out Patient Board members' concerns and have discussed this with CCG Directors. We will continue to monitor this closely.

The Patient Board has met with Penny Harris and Dr Bill Gowans, the Programme Director and Medical Lead for the Staffordshire Sustainability and Transformation Plan (STP), and members of the Board are also very much involved in the work between Burton and Derby Hospitals as those organisations develop ways of working more closely together. Patient Board will continue to ensure that local views are taken into account and help shape local services.

Unfortunately, Ron Dougan has had to resign for personal reasons, from the post of Patient and Public Lay Member for the CCG's Governing Body and also as Chair of our Patient Board. We are very grateful to Ron for his leadership over the past year and we will very much miss him. The CCG are now in the process of recruiting a new Lay Member.

John Bridges
Vice Chair
February 2017

Staffordshire and Stoke-on-Trent Sustainability and Transformation Plan

Staffordshire and Stoke-on-Trent's Sustainability and Transformation Plan (STP) for developing local health and social care services over the next five years was published on Thursday 15 December 2016, for further public discussion and feedback.

This follows on from a series of ten "Conversation Staffordshire" and "Conversation Stoke-on-Trent" events hosted by both local Healthwatch organisations during November and December. Full reports on the events will be made available by Healthwatch.

A [summarised version of the STP](#) has also been published and the "you said we did" section demonstrates how health and care leaders are already taking that feedback on board.



STP Ambassador Programme

Health leaders in Staffordshire and Stoke-on-Trent are looking for community champions to help spread the word about plans to transform the way healthcare is provided across the county.

The programme will seek to recruit public and staff representatives from across the county and city who are prepared to be briefed about the STP, and to go out into their local communities and networks to raise awareness and engage with people about it. Ambassadors will also be asked to help at events to support public and staff discussions and gather feedback.

Ambassadors will receive an initial two-hour training session and details of a named contact they can go to for further information and support. They will also get a frequently-asked questions (FAQs) sheet which will be regularly updated as new points arise.

All of the feedback gathered will be analysed by Engaging Communities Staffordshire, an independent community interest company which champions the voice of patients and the community. The group will ensure that the views and ideas of patients and members of the public are taken into account as future plans are made.

Making changes to health and care services can be contentious, and ambassadors will have the opportunity to voice their own concerns in the same way as the people they are talking to – although when talking to people in an ambassadorial capacity they will just need to explain what is happening and encourage discussion around the key questions.

For further information on the ambassador role please contact Marie Wardle: marie.wardle@ecstaffs.co.uk or telephone 01785 221706.



Further information is also available on the [Together We're Better website](#)

Public invited to get involved with hospital collaboration

Burton Hospitals and Derby Teaching Hospitals are inviting local people to get involved in shaping a proposed collaboration between the two Trusts, with two workshops being held in March.

Burton and Derby have a history of successful joint working, and during 2016 discussions took place about developing this further. A document called a Final Business Case will be developed for consideration in July 2017. This will set out the nature of the partnership and will be considered for approval by the Boards of both hospital Trusts.

The potential benefits of bringing the two Trusts together are significant. A closer partnership would enable:

- Sustainable high quality services in Burton for the longer-term
- Provision of Derby's specialist services to a larger population, so more people benefit
- Better use of the community hospitals in Tamworth, Lichfield and Derby
- Shared learning and best practice
- Reduction of unnecessary duplication between the two geographically close organisations

Both Trusts are keen to make sure that staff, patients, their families and carers are involved in the development of the potential partnership. Local people will be called on to help develop and inform the care pathways for a number of clinical specialties that involve closer working between Burton and Derby.

The Trusts will be holding two informal interactive workshops in March so that people can find out more about getting involved and whether they may be a good fit for the programme. Clinical expertise is not required - the Trusts want to hear about people's experiences as patients, carers and families.

Following the workshops a Patient Reference Group will be developed to help shape the planned partnership and the Trusts will also discuss other ways people can get involved with their local hospitals at the workshops.

There will be two workshops for information:-

Workshop one:

Wednesday, 22 March: Lecture Theatre, Royal Derby Hospital, Derby, 5:00pm - 7:00pm

Workshop two:

Thursday, 30 March: Medical Education Centre, Queen's Hospital, Burton, 5:00pm - 7:00pm

To register please contact Nestar Goode at engage@burtonft.nhs.uk or on 01283 511511 ext. 5355.

Please give your name, email address, phone number, which workshop you would like to attend and any access requirements. The closing date for registering is Friday, 10 March, but as places are limited you are advised to register as soon as possible. Travel expenses will be reimbursed and light refreshments will be available.

If a stroke strikes 'Act F.A.S.T'

Doctors at East Staffs CCG are advising local residents to familiarise themselves with the symptoms of stroke.

Stroke is a serious, life threatening medical condition that occurs when the blood supply to part of the brain is cut off. It is essential for anyone who is experiencing symptoms of stroke to seek medical help because the sooner they do, the less damage is likely to be done.



Act F.A.S.T outlines the symptoms of stroke, which are:

Face – their face may have dropped to one side, they may not be able to smile, or their mouth or eye may have dropped

Arms – they may not be able to lift both arms and keep them there because of weakness or numbness

Speech – their speech may be slurred, or they may not be able to talk at all despite appearing to be awake

Time – if you see any of these signs or symptoms, it is time to call 999 immediately

Doctors are advising that everyone should learn the F.A.S.T acronym and to familiarise themselves with the signs of stroke. The quicker a stroke is diagnosed, the easier it is to treat.

Other stroke symptoms include loss of vision or blurred vision in one or both eyes, sudden weakness or numbness on one side of the body, memory loss or confusion, and dizziness, unsteadiness or a sudden fall.

You can significantly reduce your risk of having a stroke through an active, healthy lifestyle, such as eating well, taking regular exercise, drinking alcohol in moderation and not smoking.

For more information about the symptoms of stroke, and to find out what support is available, visit:

<http://www.nhs.uk/conditions/stroke/pages/introduction.aspx>

**ACT F.A.S.T. | Make the Call
Dial 999**



**WHEN STROKE
STRIKES,
ACT F.A.S.T.**



NHS

FACE

HAS THEIR FACE
FALLEN ON ONE SIDE?
CAN THEY SMILE?



ARMS

CAN THEY RAISE
BOTH ARMS AND
KEEP THEM THERE?



SPEECH

IS THEIR SPEECH SLURRED?



TIME

IF YOU NOTICE
ANY OF THESE SIGNS
MAKE THE CALL

DIAL 999

Search 'Act Fast'



GP online services allow you to access a range of services via your computer or mobile. Once you have signed up, you will be able to:

- book or cancel appointments online with a GP or nurse
- renew or order repeat prescriptions online
- view parts of your GP health record, including information about medication, allergies, vaccinations, previous illnesses and test results

The service is free. Everyone who is registered with a GP can have access to their practice's online services.

How can I start using GP online services?

To sign up for online services:

1. Tell your GP practice that you would like to start using their online services
2. A member of the practice will then ask you to fill in a short form
3. You will have to provide photo ID and proof of address. If you do not have any ID then either a member of staff will have to confirm your identity or you may have to answer questions about personal information in your GP record
4. Once you have signed up, you will receive a letter with your unique username and password and a link to where you can log in

FOR MOST, IT'S CLOSE

Closer and faster health advice and care are available much nearer to home than you might realise.



Patients seeking health advice across East Staffordshire are being advised that getting medical help could be closer and faster than they think.

Your local pharmacist can offer you expert advice and medicines for a wide range of common illnesses and health problems without the need to visit your GP. Pharmacies can offer advice if you're worried about your symptoms and let you know if you need to see your GP or get further medical advice. You don't need to travel miles or wait for an appointment, just drop in at the pharmacy. Minor injuries units can also offer treatment for a wide range of conditions.

Pharmacies can offer advice if patients are worried about their symptoms and can let them know if they need to see their GP or get further medical advice – and they don't need to travel miles or wait for an appointment, just drop in at the pharmacy.

Dr Charles Pidsley, Clinical chair of East Staffordshire Clinical Commissioning Group, said: "Pharmacists are fully qualified to advise you on the best course of action if you start to feel unwell.

"Most colds, sore throats, coughs and earaches can't be treated by antibiotics. The best thing to do is to speak to your pharmacist who can advise the best medication. You should drink lots of fluids, rest and make sure you are having at least one hot meal a day."

All pharmacies have a consultation room where patients can talk in private to a pharmacist, and a wide range of conditions including earaches, sore throats, coughs, colds, warts, verrucas, constipation, diarrhoea, haemorrhoids, vaginal thrush and athlete's foot can all be treated with over the counter medicines from a local pharmacy.

Peter Prokopa, Chief Officer of South Staffordshire Local Pharmaceutical Committee added "Community pharmacy teams are a trusted and very accessible part of primary care. We are the first port of call for healthcare for many people and our regular patients and the wider community really rely on us.

"We provide much more than a dispensing service – we give people information, advice and interventions. Many of the services offered, such as the Pharmacy First services, are a real help to our patients and especially to those most vulnerable; and they can really help reduce the pressure on GPs and other services."

For more information about pharmacies and other local NHS services visit www.eaststaffscg.nhs.uk/your-health or www.nhs.uk

For more information about the Pharmacy First scheme please see the following page.



STAYWELL

*Think
Pharmacy
First*

*Do you normally get your
prescriptions free of charge?*

You don't have to see your GP. Ask your pharmacist first about free advice and treatment for a range of common ailments including;

- bites, stings, allergies and hay fever
- constipation
- diarrhoea
- earache
- teething
- sore throat
- vaginal thrush
- athlete's foot
- acute bacterial conjunctivitis
- haemorrhoids
- threadworm
- warts and verrucas

(Check with your pharmacist what ailments are covered)

Remember, antibiotics DO NOT help common winter ailments.



For more information and advice about how to stay well 'Think Pharmacy First'.
Your NHS Number will be required to receive the free medicines.

Athletics for Life

Burton Athletic Club are running an open day to give people over 35 a free chance to try out athletics on Sunday 26 March at the Shobnall Leisure Complex.

Whether there is something you have always wanted to try like hammer throwing or want to pick up where you left off some years ago this open day is for you.

There is something for everyone to try in Athletics. On the track there will be sprints and middle distance running and race walking.

Throws will cover hammer, discus, shot and javelin. Both long and high jumps will also be available. Equipment will be provided so get your trainers on and join in.



There will be two one and a quarter hour sessions on the 26 March, one starting at 10.15 and the second at 11.45. Each will begin with a short warm up. Burton AC coaches will be there to run sessions.

People can concentrate on one event or try out several.

For those wanting to get competitive, Burton AC take part in the Midlands Veterans League which has events starting with over 35s, to over 40s and then going up in 10 year bands to the over 70s.

To reserve a place email burtonacvets@gmail.com or call 07790 495115 and say the events you are interested in. This will help the club plan the number of coaches and assistants for the day.

Governing Body Meetings

Meetings of the East Staffordshire CCG Governing Body are held in public, not public meetings, which means the public will not ordinarily have speaking rights, unless by sole discretion of the Chairman. However, there is a dedicated section on the agenda for members of the public to ask questions.

Members are always very welcome to attend these meetings, which begin at 2.30pm. The schedule for forthcoming meetings is as follows:

30 March 2017

The Crows Nest
The Waterfront
Barton Marina
Barton under Needwood
DE13 8DZ

27 April 2017

The Crows Nest
The Waterfront
Barton Marina
Barton under Needwood
DE13 8DZ

29 June 2017

The Crows Nest
The Waterfront
Barton Marina
Barton under Needwood
DE13 8DZ

For more information please visit the Governing Body Meeting page on our [website](#).

National Awareness Campaigns

Raynaud's Awareness Month - 1 February to 28 February

Raynaud's is a common condition thought to affect up to ten million people in the UK.

In people who have Raynaud's, the small blood vessels in the extremities are over-sensitive to changes in temperature, causing a Raynaud's attack, causing discomfort and pain.

Raynaud's symptoms generally affect the fingers and toes, but all extremities can be involved. Find out more [here](#)
