

## Public newsletter May 2019



*Kevin Goucher, Chair of the Health Forum and Governing Body Patient Representative.*

Welcome to this month's newsletter.

As we spring into summer, a wide variety of warmer weather healthcare problems emerge.

Most of these seasonal issues can easily be dealt with by a local pharmacist. As qualified healthcare professionals, they can offer clinical advice and over-the-counter medicines for a range of minor illnesses such as hayfever or insect bites. If symptoms suggest it's something more serious, pharmacists have the right training to make sure you get the help you need. For example, they will tell you if you need to see a GP.

So, when you've tried self-care and still need the advice of a healthcare professional at your GP practice, there are certain things you can do to make this process as easy as possible - for you and your practice:

- Online – Book your appointment online via GP online services. This is the quickest and most convenient way to book appointments, cancel appointments, view test results (where applicable) and order repeat prescriptions, all from the comfort of your armchair at home. Or, if you've downloaded one of the GP online access compatible apps, you can do this when out and about. For more information about the benefits of GP online access and for details of how to sign up, please [click here](#)
- Avoid peak times to call or visit your practice – Peak times are usually 8am to 9.30 am. Avoiding these times could mean your query could be answered more quickly
- Accept the appointment you are offered: When you contact your practice, please accept the appointment your Patient Adviser gives you. This appointment may not necessarily be with a GP, but the most relevant healthcare professional who is best placed to help and advise you. This healthcare professional could be a

Practice Nurse, an Advanced Nurse Practitioner or a Clinical Pharmacist. All these healthcare professionals are highly trained and are there to help you

Together, we can help support NHS services in our town.

Until next month,

**Best wishes,**

**Kevin Goucher**

**Chair of the Health Forum and Governing Body Patient Representative**

## CCG news



As part of Volunteers Week, we are celebrating and thanking our patient representatives, Health Forum and PPG members.

Come along on Tuesday 4<sup>th</sup> June to Aprley House in Birchwood to celebrate with sandwiches and cake! It will be an informal lunch to say thank you for your hard work over the past year.

[Click here](#) to view the event poster.

To book your place and for more information, please contact Katie Horan, Engagement Manager, via [katie.horan@nhs.net](mailto:katie.horan@nhs.net) or call 01925 843 745.



## Healthwatch Warrington newsletter

Please [click here](#) to view the latest edition of Healthwatch Warrington's newsletter.

## Cervical Screening Awareness Week 10 – 16 June

Cervical screening (smear tests) is the **best protection against cervical cancer**. It detects cell changes which, if untreated, could go on to develop into cancer.

About 1 in 20 people will have an abnormal result after cervical screening - about 220,000 women every year. Cervical cancer is rare thanks to screening and early treatment – the NHS screening programme saves 5,000 lives every year.

**For Cervical Screening Awareness Week 2019, [Jo's Trust](#) is focussing on the experiences of women going for Cervical Screening and those who have had cervical abnormalities detected.**

Talking openly about our experiences helps others to understand that their worries are shared by many women and is a great way of helping to support each other to move past these anxieties for the sake of putting our health first.

[Please click here](#) to view Tilly's own experience.

If you would like to share any experiences or top tips that helped you to feel better about attending your Cervical Screening, please email [tilly.dobbin@nhs.net](mailto:tilly.dobbin@nhs.net)

## Primary Care Networks

Since the NHS was created in 1948, the population has grown, and people are living longer. Many people are living with long term conditions such as diabetes and heart disease or suffer with mental health issues and may need to access their local health services more often.

To meet these needs, practices have begun working together and with community, mental health, social care, pharmacy, hospital and voluntary services in their local areas in primary care networks.

Primary Care networks build on the core of current primary care services and enable greater provision of proactive, personalised, coordinated and more integrated health and social care. Clinicians describe this as a change from reactively providing appointments to proactively care for the people and communities they serve. Where emerging primary care networks are in place in parts of the country, there are clear benefits for patients and clinicians.

In Warrington, there will be five Primary Care networks. The table below details which network each practice in Warrington belongs to. Any queries with respect to Primary Care Networks in Warrington should be sent to [warccg.primarycarewarrington@nhs.net](mailto:warccg.primarycarewarrington@nhs.net)

To view the practices within each Primary Care Network, please [click here](#).

Further details of the Networks will be outlined in the new Primary Care Strategy, which will be shared shortly as part of engagement on the updated Strategy.





This month's blog, from Dr Sue Burke, focuses on Dying Matters. Read the full [blog here](#).

**healthwatch**  
Warrington

**Healthwatch Warrington newsletter**

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## Warrington leads the way in challenging outdated dementia language



In what is believed to be a first for the health and social care services nationally, Warrington Dementia Transformation Board, chaired by NHS Warrington Clinical Commissioning Group (CCG), is leading the way in challenging outdated dementia language.

The announcement came during Dementia Action Week last month which aims to unite people, workplaces, schools and communities to act and improve the lives of people living with dementia.

[Read more here.](#)

## Get involved

# Central 6 Wards

## *Regeneration Masterplan*



### Central 6 Masterplan Review and Test Workshops – 5<sup>th</sup> June 2019 (2.30pm and 5.30pm), The Gateway

The [Central 6 Masterplan](#) has been running since October 2018. So far the Council have received over 2000 formal inputs from the community and organisations within Central Area in addition to holding many informal conversations that have influenced the process of developing a masterplan for the area.

All of this has produced a set of projects and propositions for the future, built directly from suggestions and feedback of those living and working within the area. The Masterplan is now at a critical stage – where the Council start to move from a collection of projects and propositions to a combined strategy and draft masterplan that will set the direction for the Central 6 neighbourhoods over the course of the next 15 – 20 years.

To help get this right, the Council are hosting a workshop to review and test the project ideas that are likely to be included in the draft masterplan. Amongst other things we want to check that these achieve the right outcomes, can be delivered and have the right level of ambition.

The workshops will be held on **Wednesday 5<sup>th</sup> June** at The Gateway, Sankey Street, Warrington. There are two time options (each workshop will be run identically) and both options are open to community members and organisations alike.

#### Wednesday 5 June

Workshop 1 2:30 – 4:30pm

Workshop 2 5:30 – 7:30pm

Please register via Eventbrite: <https://central6masterplan.eventbrite.co.uk>

### NICE newsletters

NICE's monthly newsletter, keeping you up to date with important developments at the organisation.

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## Northern region diabetes user involvement strategy consultation: How can we involve people in shaping diabetes services, care and treatment?

Diabetes UK need your feedback on new guidelines that set out how people with lived experience should be involved in the planning, delivery and evaluation of diabetes services in the Northern region.

### What is this?

- This is a set of guidelines and key principles for ensuring the voices of people with lived experience of diabetes, including those at risk, are heard and used in a meaningful way to inform and improve services.
- It has been co-produced with people with lived experience of diabetes, healthcare professionals, commissioners and Diabetes UK.
- Engagement events included workshops, focus groups and an on-line survey.
- We want to gain the views of as many people as possible before the strategy is launched so we are hosting a public consultation for the northern region.

### Who is it for?

- The guidelines apply to anyone who works with or for people with, or at risk of, diabetes.
- This includes NHS England, Public Health England, CCGs, clinical networks and NHS Trusts, and applies to the whole of the Northern region (North West and North East & Yorkshire).

### How do I take part?

- We welcome feedback from commissioners, healthcare professionals, people with diabetes, people at risk, families, carers, friends and the public in general to ensure that everyone has a chance to give their input into this important piece of work.
- Any comments on the consultation can be shared via this online survey: <https://www.smartsurvey.co.uk/s/involvement-guidelines/>
- If you are unable to give feedback online, or if you would prefer to complete over the telephone, please contact Catherine Romer on **020 3757 7843**. Alternatively, you can send feedback via email to: [involvement@diabetes.org.uk](mailto:involvement@diabetes.org.uk)

## National/Regional NHS news

### We are the NHS campaign turns attention to returning nurses

Last summer, the NHS launched its first recruitment drive in over a decade - We are the NHS - with an initial priority to increase the nursing workforce. The £6 million campaign led to a 4.5% increase in applications to nursing degrees. It is now turning its attention to getting more nurses back into practice and back into the NHS workforce.

Nurses leave the profession for a variety of reasons. Some have children or start a new career, while others retire. Many want to come back but don't know they can or where to start.

This campaign is about reminding nurses why they fell in love with their profession and then supporting them on their journey back with useful information on financial support, where to find courses and tips on applications and interviews.

Get back to what you love! Search 'return to nursing' or sign up to and email guide on returning to nursing at [www.healthcareers.nhs.uk/nursing-registration](http://www.healthcareers.nhs.uk/nursing-registration)



### NHS 111 prevents more than 12 million unnecessary A&E visits

The NHS 111 urgent care advice line has saved over 12 million unnecessary A&E visits, new figures from NHS England and Improvement have revealed.

There were 80 million calls to 111 between its foundation in April 2011 and September 2018.

Analysis of calls over that time shows that more than one in four people, 28%, would otherwise have had to go to A&E. [Read more here.](#)

**Health in the media**  
News stories from: **May 2019**  
Please click headlines for more information

[Warrington Worldwide \(23<sup>rd</sup> May\) Warrington leads the way in challenging outdated Dementia language](#)

[Warrington Guardian \(15<sup>th</sup> May\) Workshops about dying help break the taboo](#)

[Warrington Guardian \(15th May\) Housing could be built on hospital site in future](#)

[Warrington Guardian \(11<sup>th</sup> May\) New NHS service helping parents develop healthy bonds with their babies](#)

[Warrington Guardian \(7<sup>th</sup> May\) Hollins Park Hospital unveils new dementia ward courtyard](#)

[Warrington Guardian \(5<sup>th</sup> May\) Time to celebrate Warrington midwives with you every step of the way](#)

[Warrington Guardian \(3<sup>rd</sup> May\) Twins on track for top award after charity campaign for Warrington and Halton Hospital](#)

[Warrington Worldwide \(27<sup>th</sup> April\) "Quarter of patients wait two weeks to see GP"](#)

## Upcoming meetings

### **Governing Body**

The next Governing Body meeting will take place on Wednesday 10<sup>th</sup> July from 2pm until 4.30pm at Arpley House.

### **Joint PPG Network and Health Forum**

Monday 24<sup>th</sup> June 2019

The Gateway

(89 Sankey Street, Warrington, WA1 1SR)

**1:00pm - 4:00pm – *please note the extended meeting time***

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