

Public newsletter March 2019



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

Welcome to this month's newsletter.

Did you know that your GP practice is much more than your GP?

Virtually everyone who calls a GP practice to make an appointment asks to see to a GP, but very often help will be available from other highly skilled medical professionals such as nurses or pharmacists, or from another service, including the voluntary sector, who can support people with a wide range of social, emotional or practical needs.

For example, Nurses are an important part of delivering care in general practice. All our practices have Practice Nurses who work as part of our primary healthcare teams looking after aspects of care such as minor and complex wound management including leg ulcers, travel health advice and vaccinations, family planning and women's health including, cervical smears.

Some of our practices have Nurse Practitioners whose role includes being able to undertake a comprehensive assessment of patients with complex multiple healthcare needs, interpret the results of multiple different assessments and investigations in order

to make a diagnosis, plan and deliver care and prescribe and work with individuals to manage their medicines.

Additionally, some of our practices also have Advanced Nurse Practitioners who have had additional education and training in a specialty area, such as diabetes or paediatrics.

The majority of practices in our town have clinical pharmacists who work as part of the practice team to resolve day-to-day medicine issues and consult with and treat patients directly. This includes providing help to manage long-term conditions, advising those taking multiple medicines and delivering clinical advice about treatments. They will also assist with communication across a patient's care pathway, manage medicines shortages by suggesting suitable alternatives where appropriate, and mentor newer pharmacists.

So, by taking the guidance of our Patient Advisers when we call our GP practice, you can be treated by the right person at the right time.

You can also help our doctors and nurses by knowing what services are available to you and your family when you feel unwell. Find out more about what to do when you're unwell [here](#).

Until next month,

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

CCG news

Get Engaged events

We're hosting Get Engaged events this year to raise awareness of our services and enable local people to learn more about who we are, and we do. The first event on 2019 will be held on **Wednesday 15th May 2019 from 6-8pm at The Gateway, Sankey Street, Warrington.**

As Kevin spoke about in his welcome to this month's newsletter, our GP practices are much more than our GPs. As such, May's event will focus on raising awareness of Primary Care. The session will not be a forum to raise individual complaints/ issues, instead it will be an opportunity for attendees to learn more about Primary Care in Warrington.

Topics to be discussed during this session will include the developments affecting Primary Care within the NHS' Long Term Plan, an overview of the use of technology within GP practices to benefit patients, a look at the wide range of professionals who work within a Primary Care setting and looking at the options available to us when we feel unwell.

We will update you in next month's newsletter about the event, but in the meantime if you would like to receive the latest updates about the events please register your interest [here](#) to ensure you get the latest updates.

When you email us, you can also send in any general questions you may have about Primary Care in Warrington. These questions will then be answered on the day.

Also, don't forget to let us know if you have any additional communications needs and require alternative formats, for example large print, audio or braille or you need help in getting to the event.

Please feel free to share these details with your contacts to spread the word!

YOUR DIABETES, YOUR WAY FORWARD

NHS

The key things you can do to live well with diabetes are:

- 1 Know your **blood pressure** numbers
- 2 Know your **cholesterol** levels
- 3 Know your blood sugar levels (called **HbA1C**)

You can improve your numbers by:

- Maintaining a healthy weight
- Staying active
- Taking your medication properly
- Eating a healthy, balanced diet
- Going to your regular checkups

For more information about living well with diabetes in Warrington visit:
warrington.mydiabetes.com

From 1st April, to mark Diabetes Prevention Week, we are launching a diabetes awareness campaign.

Over the last 18 months, together with a focus group of clinicians, patients, patient representatives and partners, we've been developing the *Your Diabetes, Your Way Forward* campaign to highlight to people living with Type 1 and Type 2 diabetes top tips on how to live well with the condition.

Diabetes is a common condition that causes the level of blood sugar (glucose) to become too high; it's a lifelong condition that can affect everyday life and impact upon a person's well-being. Not looking after diabetes can increase the risk of other serious conditions or complications such as blindness, strokes, heart disease, kidney failure, amputation and erectile dysfunction (or impotence).

Diabetes can also impact on mental wellbeing; from sadness through to serious depression.

As part of the awareness raising, a brand-new diabetes focused website – warrington.mydiabetes.com – will be launched, offering people living with diabetes, their family, friends and carers a one stop shop for help and information about the relevant support services on offer in Warrington.

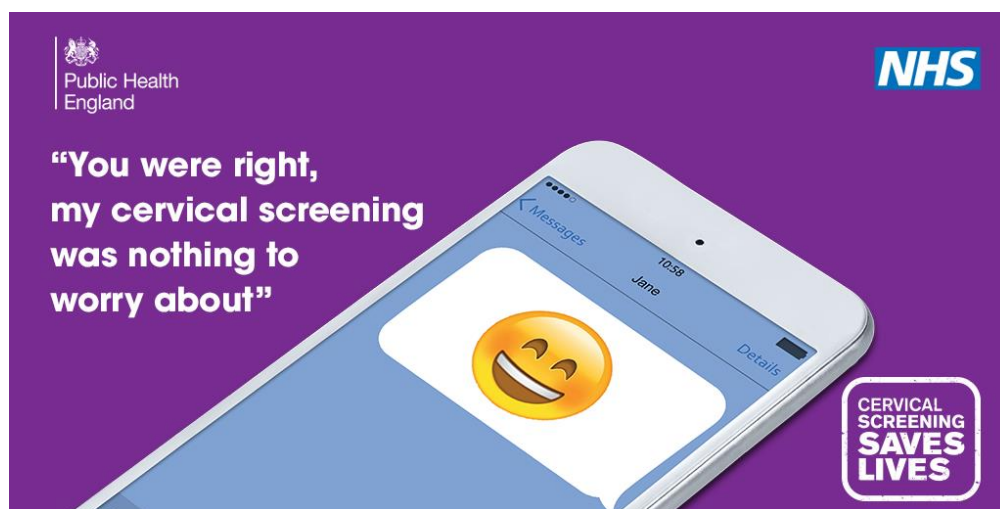
The launch date will also coincide with the start of a six-week radio advert on Wire FM and the campaign is supported posters and flyers.

You can download the materials by clicking on the links below:

[A4 poster](#)

[A5 leaflet](#)

To find out more about the campaign, please visit www.warringtonccg.nhs.uk from 1st April. We will also update you in next month's newsletter about the campaign.



Public Health England have launched a new national “*Cervical Screening Saves Lives*” campaign to highlight the importance of cervical screening.

The campaign aims to raise awareness of the risks of cervical cancer and highlight the preventative benefits of screening, as well as encouraging women to respond to their screening invitation letters or book their appointment as soon as possible if they are overdue.

In Warrington, our Cancer Screening Co-ordinator, Tilly Dobbin is the powerhouse behind driving the national campaign forward on a local level.

Tilly said: “The importance of attending cervical screening was highlighted most prominently 10 years ago when Big Brother contestant, Jade Goody, was diagnosed with cervical cancer at just 27. During the time Jade went from her diagnosis through to her unfortunate death from cervical cancer in 2009, England saw over half a million *more* women attending their smear tests – this is now referred to as the *Jade Goody Effect*. This year marks the 10 year anniversary of Jade’s passing, and unfortunately it comes at a time when we are experiencing the lowest **ever** attendance rates for cervical screening. We just don’t want to have to wait for another tragedy to strike before we do something about it.”

To read more about the campaign locally and for details of how you can get involved, [please click here](#) to read the campaign briefing.



Tilly Dobbin, Cancer Screening Coordinator
Cancer Screening Coordinator

Hi!

Some of you may know me in my previous role supporting the Health Forum, but since November 2018, I have been in my new role as Cancer Screening Coordinator.

The role is not only new to me, but also the organisation, who introduced the position in an effort to increase the uptake of the three national Cancer Screening programmes (for breast, bowel and cervical) across Warrington.

The targets for the three screening programmes are not being met nationally, which is reflected

locally as follows:

Screening Programme		National Target	England	Warrington
Bowel	Persons 50 – 74 screened in last 30 months	65%	59.6%	60.9%
Breast	Females, 50 – 70 screened in last 36 months	80%	72.1%	74.6%
Cervical	Females, 25 – 64 attending screening within target period	80%	71.7%	74.2%

Data 2017/18

Although we are doing better than the national average, this still isn't good enough and we understand the importance of detecting cancers at the earliest stages possible to help ensure better cancer journeys, patient experiences and outcomes for the public and patients of Warrington. Therefore, this role has been introduced to identify the barriers to screening and ways to overcome them.

I look forward to updating you in the future on the impact the role has had on screening uptake, but in the meantime, please could I use this as an opportunity to encourage you to ensure you're up to date with your screening:

Cervical screening

If you are registered as female with a GP practice, and you are 25 – 64, you will be invited to attend screening as follows:

- 25 – 49, every 3 years
- 50 – 64, every 5 years

You should attend regular cervical screening appointments regardless of your sexual orientation and if you have ever been sexually active, regardless of whether you still are – this includes trans-men, if you have not had your cervix removed.

Bowel screening

Around your 60th birthday you will receive a little gift in the post in the form of a Bowel Screening Kit. You should follow the instructions provided and return the kit as soon as possible. If you need to reorder a kit, please phone 0800 707 60 60

The current "FOBT" Kit will be replaced with the "FIT" Testing Kit later in 2019 which is felt to be a simpler and easier test to complete, so look out for this!

Breast screening

As the risk of breast cancer increases with age, all women aged 50 – 71st birthday will be invited to attend breast screening every three years; however, in the meantime, if you're worried about breast cancer symptoms, such as a lump or area thickened tissue in a breast, or your breast looks or feels different to what you know it to be, don't wait to be screened – see your GP.

**Kind regards,
Tilly Dobbin
Cancer Screening Coordinator**

tilly.dobbin@nhs.net



Warrington's dementia care 'outstanding'

The diagnosis and care planning of people with dementia in Warrington has been rated as 'outstanding' by NHS England.

Dementia services were one of three clinical areas looked at as part of the annual assessment of NHS Warrington Clinical Commissioning Group (CCG).

Having assessed the CCG against certain performance criteria, NHS England noted Warrington for its hard work in improving the care for people with dementia.

To read the full story, [please click here](#).



Children and young people's neurodevelopmental pathway transformation

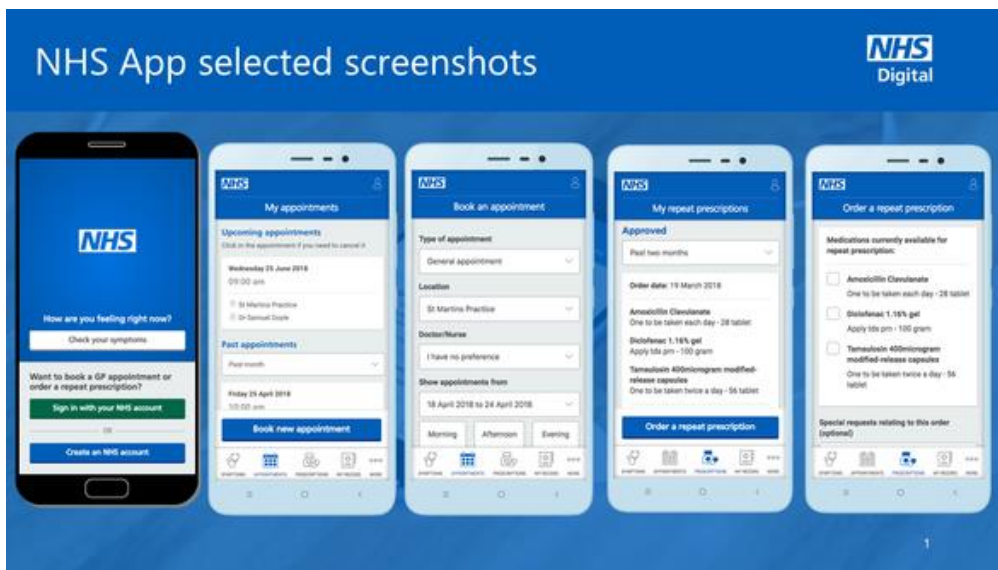
We're working with children, young people's parents/carers, professionals and older young people to redesign our neurodevelopmental pathway.

To find out more about our approach to this work, [please click here](#).

To gain the views of parents/carers, professionals and older young people who work in or use our current neurodevelopmental pathways and their insights to work together to co-design improvements to the services, we're hosting a pathway redesign event on 3rd April 2019.

You can book your place by [clicking here](#).

As we progress this work, we will continue to update you.



NHS app

The new NHS app is now live in Warrington.

The simple and secure way to access a range of NHS services on your smartphone or tablet enables you to:

- check your symptoms
- find out what to do when you need help urgently
- book and manage appointments at your GP surgery
- order repeat prescriptions
- securely view your GP medical record
- register to be an organ donor
- choose how the NHS uses your data

To find out more and to download the NHS App, [please click here.](#)



This month's blog, from Tilly Dobbin, Cancer Screening Coordinator, focuses on the importance of cervical screening and how this simple test can save lives. Read the full [blog here](#).



We've launched an Instagram account

Instagram is photo and video-sharing social networking service that is different to other social media as it can solely be used on an app, unlike Facebook and Twitter who also have web accessible platforms.

If you'd like to join in with our conversations on Instagram, here's what you need to do:

1. If you haven't got an Instagram account, you will need to download the app via itunes or Google Play
2. Once you have an account or if you already have an account go to your profile

3. Tap the magnifying glass to search
4. Type in search box *warringtonccg*
5. Tap the follow icon to follow us

Get involved

Equality and Diversity Patient Champions

We're looking to recruit **Equality and Diversity Patient Champions**.

Under the Equality Act 2010 CCGs must consider nine protected characteristics in delivering and commissioning health services. Whilst the NHS Warrington CCG continues to meet its obligations under the legislation, there is a need to raise the profile of these different equality areas and other 'vulnerable' or 'hard to reach' groups.

It is important to understand the impact of health services to the nine protected characteristics and the wider community. As part of this the CCG undertakes Equality Impact Assessments (EIAs).

The main responsibility of a Patient Equality Champion is to be involved in the undertaking of EIAs and to also have a greater understanding of Equality and Diversity within the NHS.

Click here to view the role [description](#).

if you'd like to find out more or put yourself forward as a Equality and Diversity Patient Champion, please contact Katie Horan, Engagement Manager on

01925 843 745 or email katie.horan@nhs.uk

Implementing the NHS Long Term Plan

NHS England is inviting patients, NHS staff, partner organisations and interested members of the public to give their views on potential proposals for changing current primary legislation relating to the NHS. It's possible to implement the NHS Long Term Plan without primary legislation, but legislative change could make implementation easier and faster.

Local NHS bodies need to be free to work together with partners, including local authorities, to plan and provide care around patients, not services or institutions, and the same is true for our national organisations.

NHS England's proposals are based on what they have heard from patients, clinicians, NHS

leaders and partner organisations, as well as national professional and representative bodies.

To find out more and have your say, [click here](#).

Locally, people who are keen to influence the future of the NHS in Warrington are being encouraged to make their views known in a series of events this month.

Healthwatch Warrington is involved in the 'What would you do?' campaign to encourage people in the borough to share their views about what changes to local NHS services should look like.

The Government is investing £20 billion a year in the NHS as part of the NHS Long Term Plan. Local organisations have now been asked to work out what changes will be made locally to help make the NHS better for local people.

The public are being asked for their views about how NHS services could be improved – for example mental health support, cancer services, learning disability, autism and dementia care. They will also be asked to share their ideas on how people can live healthier lives and what improvements they think could be made to help people access services quickly.

For details of the events and more information about how you can get involved, please [click here](#).

Cheshire & Merseyside

Cancer Alliance

To support a national independent review of screening programmes by Sir Mike Richards, the Cheshire & Merseyside Cancer Alliance are looking to engage users on how screening programmes can be improved to ensure earlier diagnosis of cancers.

At the moment, Cheshire & Merseyside Cancer Alliance are focusing on the following screening and would like people affected by cancer to share their feedback to three questions. To view the questions, please click on the links below:

- [Breast Cancer Screening](#)
- [Bowel Cancer Screening](#)
- [Cervical Cancer Screening](#)

Please email your feedback to ccf-tr.admin.cmca@nhs.net by 10th April 2019.

Thank you for your support.

National/Regional NHS news



Professor Sir Mike Richards launches new drive to improve care and save lives

Professor Sir Mike Richards has today launched a major overhaul of cancer screening as part the NHS Long Term Plan's renewed drive to improve care and save lives. [Read more here.](#)



England's Chief Nurse sets out long term vision for NHS nursing

England's top nurse today pledged to ensure the voices of nurses and midwives will be valued and heard across the NHS. [More here.](#)

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

Warrington Guardian (14th March) Nick Stackhouse on Warrington Hospital A&E consultant nurse role

Warrington Guardian (13th March) Warrington CCG's dementia care rated by NHS England

Warrington Worldwide (12th March) A behind-the-scenes look at Warrington Hospital

Warrington Guardian (8th March): Warrington Hospital's consultant midwife Louise Tucker

Warrington Guardian (27th February) Dawn Wright on Warrington Hospital and battling cancer

Upcoming meetings

Governing Body

The next Governing Body meeting will take place on Wednesday 8th May from 2pm until 4.30pm at Arpley House.

Health Forum

Monday 29th April 2019
The Gateway
(89 Sankey Street, Warrington, WA1 1SR)
1:00pm - 3:00pm

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