

Brighton and Hove Health Network Newsletter



August 2018

To find out more about the Big Health and Care conversation click on the logo!

Competition!!!

Welcome to the newly designed edition of the Brighton & Hove Health Network Newsletter...

Phew...that's a bit of a mouthful...so...we are looking for a newer, shorter and catchier name for it...

Something that says what it does on the tin and fits in the bit on the top right of this page...

Is there a catch? There certainly is and a good one at that...the winner will win two flights in the Brighton i360...!!!

Answers on a postcard to james.hatch@nhs.net by Friday 14 September 2018



Online Consultations

We are engaging with our patients, public and GP practices to gauge the appetite for an online service that allows patients to contact their GP practice digitally as an alternative to the usual methods.



The service could be used for discussing symptoms with your GP, admin based requests i.e. sick notes, referrals, repeat prescriptions, and being signposted to other NHS/ 3rd sector services where appropriate.




This service will not replace telephone bookings or face to face appointments with GP's. It is designed to be another way to access primary care which will be more convenient for digitally engaged patients and will alleviate some of the pressures currently faced by our GP practices.

The online survey will be open until **31st August 18**. Please encourage patients, friends, family and local communities to complete the survey (paper copies are available in GP practices for those who do not have internet access or by emailing csesca.onlineconsultation@nhs.net).

[Click here to take the survey](#)

[Click here to download Patient Information Leaflet](#)



Save time
Consult Online

Falls Prevention

Julie Morehead is the new Falls Prevention co-ordinator at Brighton and Hove City Council looking to raise awareness across the City about how to be more pro-active in preventing falls in the community.

Brighton and Hove is in the red - higher than the national average of preventable falls and fractures. This needs to be addressed, hence the campaign.

Download the excellent [SAGA Get up and Go – A Guide to Staying Steady Booklet as a PDF.](#)

Individual paper copies available from Clare Hopkins at St Richard's, bulk copies for groups, workplaces or community buildings available via Julie Morehead: Julie.Morehead@brighton-hove.gov.uk

Ruth McEnery-Carter runs Standing Tall Falls Prevention classes across the City. The classes are for 65+ year olds and are evidence based targeted exercise classes. They are physio-led, 1-hour sessions with a 30 minute social with refreshments. The classes are safe, friendly and most importantly effective in building strength, flexibility, balance and confidence.

Local group details:

3 groups at Hangleton Community Centre on Tues.
1 group at St Richards Community Centre on Thurs.

You can self-refer or be referred by your GP, health professional or relative. Keen to have more referrals via Social Prescription and Community Navigators.

Costs varies between £3-£7.50 depending on funding.

Contact Ruth to find out more: 07399 993426



Community Learning Team:

The Community Learning team provides short informal courses. Our courses are free and some even lead to qualifications.

Courses include: Cooking, Food Safety, Family First Aid for Babies and Children, Mindfulness and Confidence Building.

[Click here for Community Learning Team website](#)





What is a PPG?

PPGs are groups of patients who contribute feedback, ideas, and suggestions directly to their GP practice. They are an effective network of local people interested in health care and services who can bring the voice and experience of patients into the heart of the CCG.

They are run by volunteer patients and practice managers. Many PPGs run meetings at their practices.

They also use email and social media to connect with members, so even if you are only an occasional user of your local surgery or cannot attend meetings, you will be able to share your views.

How do I join my PPG?

If you would like to find out more or join a PPG, please [contact your GP practice](#) directly.

Finance

The NHS nationally is facing significant challenges as it tries to meet an increasing demand on services with restricted finances and resources. People are now living longer and with ever more complex health needs, and this is making it more difficult to afford all the health and care services that the NHS currently pays for.

Please see below to learn more about our financial situation and our public pledges. You can also find information on the CCG website:

[Click here for update on local NHS finances](#)

[Click here to download Focus on Finance](#)

[Click here to download Public Pledges](#)

[Click here to download Finance Brighton](#)

[Click here to download FAQs](#)

To find out more about how **you** can help the NHS please visit the [#HELPMYNHS](#) campaign webpage. [CLICK HERE](#) for information on how you can help in relation to medicines and [CLICK HERE](#) to find out more about the [#HelpMyAandE](#) and [#HelpMyGP](#) twitter campaigns.



Vulval Cancer

Vulval cancer is described as rare. Cancer Research UK state that three women are diagnosed every day in the UK. There are approximately 1300 diagnosed cases a year. There is no screening and women need to know the signs and symptoms. Vulval self-examination is essential for all women aged over 18 years. Vulval cancer mainly arises due to a skin condition called lichen sclerosus. Another concern is Vulval Intraepithelial Neoplasia (VIN - pre cancer cells) caused by the same (HPV) virus that causes cervical cancer. Said to be an old woman's cancer. Recent data shows that women as young as 30 are being diagnosed and some are dying before they reach age 40.

The Association for Lichen Sclerosus and Vulval Health, based in Brighton and founded by Fabia Brackenbury in 1994 campaigns for more awareness and aims to inform women that not everything that itches is thrush. An effective way of making awareness is in the local community.



A new support group will open in September in Brighton see flyer:

[Click here to download Community Support Group for Vulval Cancer and VIN Flyer](#)

For more information about the Association for Lichen Sclerosus and Vulval health please visit:

www.lichensclerosus.org

For more information on Vulval cancer please visit:

<https://www.nhs.uk/conditions/vulval-cancer/>



NHS news...

[CONSULTATION- Evidence-Based Intervention Programme](#)

This consultation is about reducing clinically ineffective interventions. Click on the above title to take you to the consultation.

[Help shape modern primary care](#)

NHS England would like you to have your say on helping to shape modern primary care. Click on the above title by 31st August to give your feedback.

[Free course on how the NHS works](#)

How much do you know about the history of the NHS and how it all works and fits together? Click on the above title to register your interest in this free online course.



Healthy Living Pharmacies

Healthy Living Pharmacies are dedicated to health promotion, self-care and reducing health inequalities.

Details of your nearest pharmacy can be found here.

[Click here to find your Healthy Living Pharmacy](#)

NHS Brighton and Hove Clinical Commissioning Group

Hove Town Hall, Norton Road, Hove BN3 4AH

Reception Tel No: 01273 238700

Email: bhccg.ccg@nhs.net

111 Public Members Network

We are looking for additional public members to join the 111 forum. Please could you let us know if you would like to join us asap so we can ensure you are included on any distribution lists in advance of the meetings. The 111 Public Members Network has its own inbox: sussex.111transformation@nhs.net Please see below for terms of reference of the group and more information:

[Click here for 111 Terms of Reference](#)

[Click here for 111 Public Member Network](#)

The next meetings will be held on:

Dates: 7th September 2018
30th November 2018
1st March 2019

Time: 10.00-13.00

Location: The American Express Community Stadium, Village Way, Falmer, Brighton, BN1 9BL

There is free parking and good public transport links.



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Better health for our city



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