



Health Network News

Brighton & Hove Clinical Commissioning Group December 2018

Competition result!!!

Welcome to the December edition of the [Brighton & Hove Clinical Commissioning Group](#) Newsletter.

We held a competition to re-name our newsletter. We have received a number of excellent entries and after much deliberation have decided on the winning entry:

'Health Network News'

Congratulations to Abi who has won a trip for two on the British Airways i360!

Many thanks to everyone who participated in the competition.



Links Road Flu Jab Clinics

The Links Road surgery and their Patient Participation Group (PPG) joined forces



at the surgery's flu jab clinics on 6th & 20th October. PPG members were present at both Saturday morning sessions to "meet & greet" patients attending the surgery for their annual flu jab

Patients were given a leaflet giving information about the PPG and an application form to join. As a result over 40 patients expressed an interest in being either a "face to face" or as a "virtual" member.

PPG members were actively supported by the reception team and by the practice manager.

The doctors were also on hand to administer teas, coffee and croissants to PPG members.

This was an excellent example of collaboration between surgery staff and PPG members for the mutual benefit of promoting the PPG to patients.

To find out more about PPGs visit:

<https://www.brightonandhoveccg.nhs.uk/get-involved/patient-participation-groups-ppgs>



Joint Health & Wellbeing Strategy Engagement Event

We are hoping you will be able to join us for the event on **Monday 28th January 2019 in the council chamber at Hove Town Hall.**



The event is open from people to come in to contribute anytime between **11.30am – 2.30pm**. There will be stalls covering each of the strategy outcomes: **Starting Well, Living Well, Ageing Well & Dying Well.**

So do come along and contribute to as many or as few areas as you wish.

What is the Joint Health and Wellbeing Strategy?

This strategy sets out the vision for health, care and wellbeing in Brighton & Hove. Every area has to have a Joint Health and Wellbeing Strategy that is agreed by the local Health & Wellbeing Board, a partnership of local Councillors, council officers, NHS commissioners and clinicians, the local children and adult Safeguarding Boards and Healthwatch (the independent watchdog for health and social care services in the city).

What has already happened?

In Brighton & Hove, we have used the Joint Strategic Needs Assessment (JSNA), the local assessment of people's health and wellbeing needs and assets, to inform the development of our draft strategy. You can find the JSNA at: <http://www.bhconnected.org.uk/content/needs-assessments>

We have also drawn on the views expressed in the Big Health & Care Conversation, a series of public and stakeholder events that engaged with more than 2,000 local people. More details are available at: <http://www.brightonandhoveccg.nhs.uk/our-programmes/big-health-and-care-conversation>

Our draft strategy has been developed by a Policy Panel, bringing together city Councillors from all political groups, NHS Clinical Commissioning Group commissioners and GPs, council officers, local business representatives, Healthwatch and local community and voluntary sector representatives.

The strategy sets out our strategic vision for 2019-2030, together with the principles which will guide our future actions. It presents a shared view of where we are and of the challenges and opportunities that we face. However it is not a plan of how these will be delivered – the strategy will be used to inform these detailed plans.

What if I cannot come but want to contribute?

Our draft strategy can be found <https://www.brighton-hove.gov.uk/jhws-consultation> and this also takes you to the consultation portal where we would welcome any views you may have. The final version will go to our Health & Wellbeing Board on 19th March 2019 for their approval.



What is a Patient Participation Group (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.

Help Us Help You Stay Well Over the Winter Break

While we're all busy making preparations for the holiday period it's easy to forget about looking after your health and the health of those close to you, but there are a few simple things you can do to help you to stay well over the festive season.

People in Brighton and Hove are being reminded to stock up on their medicines before the Christmas holidays start.

The message from the NHS is be prepared. If you take regular medication, make sure you check you have enough medicine to see you through the holiday period.

Dr Alison Taylor, Medical Director for NHS England, Kent, Surrey and Sussex, said: "If you or someone you care for takes medicines regularly, don't forget to make sure you order and collect repeat prescriptions in plenty of time to ensure you have enough medicine to cover the festive season.

"When you are in the pharmacy, it is also the ideal opportunity to stock up on self-care treatments for conditions like coughs, colds and upset stomachs." Although local pharmacies may have restricted opening hours over Christmas and New Year, there will be some local pharmacies open each day should you need them. This year for the first time there will also be some GP practices and pharmacies open on Christmas Day for anyone needing urgent medical help.

Please follow the link for [details of local pharmacies open over the winter break](#). You can speak to your local pharmacist for advice about which medicines you should have in stock to help you and your family over the winter season.

If you start to feel unwell, even if it is just a cough or cold, you can get advice from your pharmacist before it gets more serious.

For more information about how to Help Us Help You Stay Well This Winter, visit the [Stay Well website](#).





Accessing services over the holiday period

Dr David Supple, Brighton GP and Chair of NHS Brighton and Hove CCG, said “While we want everyone to enjoy Xmas in good health, if you do get ill there are a raft of NHS services there to treat you over the festive period. Getting your repeat prescriptions in time for the GP closures, and using the alternative services to hospitals and GPs when appropriate, will all help to free up A&E Departments to provide vital care for life-threatening emergencies, meaning doctors can help those in most need swiftly.”

The [NHS Walk In Centre at Brighton Station](#) is open 8am to 8pm for treatment without appointments over the holidays, NHS 111 is available all day every day and NHS choices at www.nhs.uk is available to check symptoms online around the clock.

A [pharmacist](#) can also help with flu, offering treatment advice and recommend flu remedies, and give guidance on giving medicines to children. No appointment necessary to see a local pharmacist and most have private consultation areas, and will say if you need further medical attention.

Local pharmacies may have restricted hours over Christmas and New Year. People can find details of their nearest pharmacy here: www.seshealthandcare.org.uk/winter/think-pharmacy/



Food & Water Poverty

Information on all the local support available for people struggling to buy food:

Food poverty:

<https://bhfood.org.uk/how-to-hub/food-poverty-advice/>

Food emergency:

<https://bhfood.org.uk/resources/referring-to-a-food-bank/>

Help and advice for people struggling to afford water bills, including discounts and support from Southern Water and free, water-saving home visits:

Difficulty paying for

water: www.southernwater.co.uk/difficulty-paying-your-bill

Free, water-saving home visits for residents:

www.southernwater.co.uk/home-visit

Let's work together to keep our residents warm and well this winter.





Red Cross volunteers head to Royal Sussex to ease winter pressures

Vulnerable patients leaving hospital are set to benefit from extra support to get them settled back at home, helping free up the local NHS to provide care for those in most need.

The British Red Cross [assisted discharge](#) service aims to ease the pressure on hospital services over the busy winter months, and offer extra support to people who might struggle to cope with the transition back to home life.

To read more please [CLICK HERE](#)

NHS England Consultations

Would you like to be involved in NHS decision making on a national level?

There are currently a number of online consultations available on the NHS England website [CLICK HERE](#) for more information

What is integrated care?

Want to learn more about integrated care? Watch this short youtube video [CLICK HERE](#)

NHS 111 film

Or a little light (but serious) relief from Dom Joly?

[CLICK HERE](#)

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