

## Archived News

NHS WEST HAMPSHIRE CCG (Clinical Commissioning Group) are asking for your help in locating suitable venues for cardiac rehabilitation, principally around Lymington and New Milton.

They have been working with Solent NHS Trust Cardiac Rehabilitation team and they are looking at opportunities to set up new and more logical cardiac rehabilitation venues instead of the current Verwood venue which is under-utilised. However, they are finding this difficult - could recommend any venues to try?

The facilities need to be suitable for group exercise (ideally for a group of 10-15) with disability access, toilet and refreshment facilities. Transport and parking need to be reasonably good.

Please contact us if you have any ideas.

06/01/2020

The NHS has some useful Apps for patients to use for self help, click on the link below for more information.

<https://www.nhs.uk/apps-library/>

12/11/2019



New Forest Mencap invitation.

On Wednesday 20 November 2019, New Forest Mencap is holding a meeting to develop a strategy to provide support and services needed by the older carers of people with learning disabilities in the New Forest and is also engaged in an ongoing dialogue with our local authority.

The meeting will be held at Carey's Manor Hotel, Lyndhurst Road, Brockenhurst SO42 7RH between 13.30 – 16.30.

For more information, please visit: <https://www.eventbrite.co.uk/e/older-people-with-learning-disabilities-and-their-older-carers-tickets-76881816583>

The latest news from West Hampshire CCG (WHCCG) - [westhampshireccg.nhs.uk](http://westhampshireccg.nhs.uk)

## Use the Right Service

As we move towards winter and the usual pressures on health services, we are renewing messages to the public about using services wisely.

Choosing the right healthcare professional and the right place to go for help and advice is key to supporting our emergency services in times of greater demand. Throughout the Autumn and Winter we will be promoting the use of NHS111, our Appointments+ clinics, pharmacists and e-Consult as alternatives to the GP or Emergency Department as a first choice.

Keep an eye out for our campaign on social media, local press and in the community and on the website [usetherightservice.com](http://usetherightservice.com)

We will also be encouraging people to take up the free flu vaccination if they are eligible. Families with young children are also being reassured about the safety of vaccines for Measles and other childhood illnesses, which are on the rise in recent years.

## Its flu time!

### **Flu vaccines are coming soon!**

Flu vaccinations are available every year on the NHS to help protect adults and children at risk of flu and its complications.

Flu can be unpleasant, but if you are otherwise healthy it will usually clear up on its own within a week.

However, flu can be more severe in certain people, such as:

- anyone aged 65 and over
- pregnant women
- children and adults with an underlying health condition (such as long-term heart or respiratory disease)
- children and adults with weakened immune systems

Anyone in these risk groups is more likely to develop potentially serious [complications of flu](#), such as [pneumonia](#) (a lung infection), so it's recommended that they have a flu vaccine every year to help protect them.

## Update on continuity of medicines supply if there is a no-deal EU exit

The information for patients on [nhs.uk](https://www.nhs.uk) around continuity of medicines supply, if there is a no-deal EU exit, has been updated. These updates explain the government's multi-layered approach to ensure medicines continue to be available if there is a no-deal EU exit.

## Every Mind Matters

Public Health England launches the first national NHS mental health campaign. We don't need to wait until we are struggling with our mental health; 'Every Mind Matters' encourages adults to be more aware of their mental health and help them discover simple steps to look after their mental health and wellbeing.

The campaign provides useful resources to help you spot the signs of common mental health concerns, offering practical self-care tips and guidance, and explains when to seek further support. There is a free NHS approved online tool on the Every Mind Matters website, which helps you build an action plan to deal with stress and anxiety, boost your mood, improve your sleep and help you feel more in control.

To learn more about how to look after your mental health and create your own action plan, visit: <https://www.nhs.uk/oneyou/every-mind-matters/>

## Transgender experience of General Practice

We are keen to gather the views of people who are:

- Trans+ (for example transgender or questioning)
- Have made at least one attempt to seek support for gender identity issues through their general practice.

This is so we can work with the NHS so that trans people have a positive experience of their contact with general practices and GPs.

Please therefore only complete this survey if you are a trans person who has accessed general practice.

<https://www.smartsurvey.co.uk/s/yourexperienceofnhsgeneralpractice/>

The information you provide is anonymous and cannot be traced back to you.

Your views and comments will only be used to improve GP services in Hampshire and the Isle of Wight.

In the past month we have been out and about in Hampshire meeting local people and talking to them about their healthcare. We visited Barton Peveril College to take part in their Wellbeing Fayre and listen to their experiences.

## Out and About

We held the second of our two AGMs in Lyndhurst attended by people living in the New Forest.

We met some of our older residents in Andover at their Older Persons Forum Independent Living Fayre and shared health messages with them and our mental health team held a workshop with people with lived experience to plan future services.

## Transition Courses for Parents and Carers

- Do you, or someone you know, have a child between 14 and 25 with additional needs?
- Do you feel overwhelmed or concerned by the transition process?
- If so you may be interested in one of these free training courses

[Course dates and venues](#)

## HSAB - Independent Chair

Hampshire Safeguarding Adults Board (HSAB) is seeking to appoint a new Independent Chair for its well-established multi-agency board.

This critical role requires an experienced, creative and forward-thinking individual to chair the Board and Business Group to provide independent leadership and strategic vision to the safeguarding adults agenda.

For more information see here:

[LinkedIn](#)  
[HCC Jobs](#)

## Confident cooking for diabetes

Fresh Club is a practical cookery course specifically designed for people diagnosed with, living with or looking after someone with diabetes.

Led by Southern Health's West Hampshire Community Diabetes Team, the course is four cookery classes (running each week at the same time). Each session will be hands on, making and eating the various recipes, sharing tips and suggestions in a fun and interactive way. The recipes have been carefully chosen by the Diabetes Team to ensure they are packed with goodness and contain all the essential nutrients needed to eat healthily.

To sign up for the course in Chandlers Ford in November [click here](#)

To sign up for the course in Romsey in January 2020 [click here](#)

## Board meetings in public

The next meeting of the NHS West Hampshire Clinical Commissioning Group Board will take place on **Thursday 28 November 2019 at King's Community Church, Upper Northam Road, Hedge End, Southampton, SO30 4BZ** (time to be confirmed).

The agenda and supporting papers for this meeting will be published on Friday 22 November 2019.

If you would like further information or have any special requirements, please email [whccg.info@nhs.net](mailto:whccg.info@nhs.net).

Our 2018/19 Annual Report and Accounts have [now been published](#).

Future meetings of the Board held in public will take place on:

Thursday 30 January 2020 - Andover Baptist Church

Thursday 26 March 2020 - Lyndhurst Community Centre

Hampshire and Isle of Wight Sustainability and Transformation Partnership (STP) would like to invite you to join them to discuss their plans for the future of health and care in Hampshire and the Isle of Wight.

STP are hosting a series of events to discuss with local people, staff and their key stakeholders how they are responding to the commitments set in the national NHS Long Term Plan. STP will be describing their local priorities based on the opportunities available to them, the current challenges they face such as increasing demand and the availability of workforce and crucially, what the population has told them needs to change.

The event takes the format of a drop in session so you are welcome to go at any time during the three hours. There, STP will describe their plans for the future on topics such as mental health, prevention, cancer and GP services and ask people for their feedback. STP will have a number of presentations throughout the evening, as well as a wellbeing area demonstrating their focus on staying well and preventing ill health.

These events follow on from a system-wide survey that their partners in Healthwatch ran to determine what local people wanted to support their health and care needs. STP received around 700 responses to the survey, so many thanks to all those who took the time to take part. Trends among the earlier responses suggested there was a willingness among our population to improve their own health and wellbeing, to live healthier lives, but that they wanted more support and fewer obstacles in order to be able to do so. They also felt that they wanted to embrace technology to manage their health but were keen to ensure that face to face interaction, when needed, was still a priority especially when accessing GP services.

All of this work will feed into the development of the long-term plan for Hampshire and the Isle of Wight, which is due to be completed in November, and will form the basis for the planning of health and care services for our area over the next few years.

In order to attend this free event please register your interest at:

Solent University, Southampton event: <https://www.eventbrite.co.uk/e/74865900925>

Portsmouth Marriott Hotel event: <https://www.eventbrite.co.uk/e/74870330173>

In a report by the Daily Echo on 12 August 2019 about results of the Annual NHS England Patient Satisfaction Survey 2019 conducted by Ipsos MORI, Wistaria & Milford Surgeries were ranked 2<sup>nd</sup> at 96% in the area, which is excellent news.

You can read the report here:

<https://www.dailyecho.co.uk/news/17830666.results-annual-nhs-england-patient-satisfaction-survey-2019/?ref=erec>

The West Hampshire Clinical Commissioning Group (CCG) is currently looking at the community cardiology service pathway – that is how you get to see a heart specialist when you are referred by your GP.

If you currently use this service, or have in the past, or if you care for someone who does, please complete the CCG survey to give them an idea of how things are working now, what is good and what could be improved.

<https://www.smartsurvey.co.uk/s/CommunityCardiology/>