

HealthLinc

News from NHS North Lincolnshire Clinical Commissioning Group

Please keep an eye out for others this winter

When the weather turns cold, elderly people or those who are not otherwise fit and well can sometimes find themselves struggling and may not always ask for help.

North Lincolnshire Council and North Lincolnshire CCG are urging people to look out for elderly or more vulnerable neighbours, family and friends during the winter months.

"It's important that elderly people and those who are not otherwise fit and well keep warm to help ward off winter ailments and prevent hypothermia which can be fatal," said Dr Margaret Sanderson, local GP and chair of the CCG. "Keeping warm, whether you're at home or out and about, can also help prevent more serious problems such as heart attack, stroke and pneumonia.

"Keep your bedroom window closed on winter nights, for example. Breathing cold air can be bad for you as it increases the risk of chest problems. Wrap up when you're going outdoors. If you have asthma, always carry your inhaler in the cold weather and wear a scarf over your nose and mouth. This will help warm up the air before you breathe it in."

The chances of getting a serious health condition are higher if you're vulnerable to cold related illnesses because of:

- Your age (under five or 65 and over)
- You struggle to afford heating or have damp or poorly heated accommodation
- You have a long-term health condition such as heart, lung or kidney disease
- You have limited mobility

It is recommended that you prepare for the cold winter months to make sure you keep as warm and healthy as possible:



- Try to keep your house warm (18 to 21 degrees Celsius). If you can't heat all of the rooms you use, heat the living room during the day and your bedroom just before you go to sleep. You could also use a hot water bottle or an electric blanket (not at the same time) in bed.
- Keep active when you're indoors and try not to sit still for more than an hour or so, pottering around is good!
- Eat well – try to make sure you have hot meals and hot drinks throughout the day.
- Wrap up warm whilst inside and outside. Layer your clothing and wear shoes with a good grip. You can also buy ice or snow treads that attach to the bottom of your shoes to help prevent you from slipping and falling.
- If you have respiratory problems, stay inside if you can when it's really cold out.

Check on neighbours and relatives who are more vulnerable to make sure they are safe and well. Make sure they are warm enough, especially at night. Check they have food and medicines stocked up so they don't need to go

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out during very cold weather.

If you're worried about an elderly relative or neighbour, and need some extra support, visit www.northlincs.gov.uk/people-health-and-care/services-for-adults/solutions-for-you/, where you can find out what is available to help. Alternatively you can call the Age UK helpline on 0800 00 99 66.

Depending on your circumstances, financial and practical support may be available to help with heating your home through the council's affordable warmth initiative, visit www.northlincs.gov.uk/council-tax-benefits-and-housing/housing/improvements-and-funding/affordable-warmth/ for details.

Making sure your home is properly insulated is the most cost-effective way of lowering your energy bills and keeping your home warm.

Savings can be made of around £200 off your energy bills by shopping around for a different supplier, particularly if you have never previously switched. All the hard work can be done for you through the council's collective switching scheme that is due to start on 8 December. To find out more about the scheme, visit:

www.northlincs.gov.uk/council-tax-benefits-and-housing/housing/improvements-and-funding/affordable-warmth/collective-switching/.

Extra assistance is also available from energy suppliers for vulnerable, low-income households and those in receipt of eligible benefits.

You can also get advice on saving energy from:

- Citizens Advice Bureau on 01724 870941
- Home Heat Helpline on 0800 33 66 99
- Energy Saving Advice Service on 0300 123 1234

Frances Cuning, Director of Public Health at North Lincolnshire Council, said:

"During the cold winter months elderly people and those most vulnerable can feel very isolated, so we would urge you to check on your neighbours and family members on a regular basis. Elderly people can feel the cold a lot more than we can, so it's vital that they keep warm to stay healthy.

"There is a lot of support available to help keep your home warm and lower your energy costs. Not everyone will identify themselves as being in fuel poverty, but many will be anxious about home energy and fuel bills. Don't suffer in silence; there is help out there."

New service to assess, treat and discharge patients on the same day!

A new emergency care service is now up and running at Scunthorpe hospital which will assess, treat and discharge patients on the same day.

Patients referred to the unit will be seen by a senior clinician so decisions about their care can be made quickly, preventing where possible the need to admit them to an inpatient bed.

Traditionally acute medical patients are admitted to a hospital ward and assessed by a consultant to decide what diagnostics or treatment they need. Ambulatory care is based on the idea that some medical conditions can be managed in an outpatient setting with the appropriate diagnostic and support services to hand.

Peter Bowker, associate chief operating officer for medicine, said: "Ambulatory care applies to some conditions that can be treated without the need for an overnight stay in hospital. Patients receive the same medical treatment they would previously have received as an inpatient."

Patients will be referred to the unit either by their GP or staff in the emergency centre at the hospital.

Dr Vijay Singh, consultant acute care physician, said: "The unit is all about ensuring medical patients are managed in the most appropriate way. They will be seen by a senior clinician and decisions made quickly about their care. They will have fast access to diagnostics ensuring treatment can be started immediately, which means they don't have to stay in hospital overnight."

Patients will have to meet a specific set of criteria before they are referred to the service. The types of patients include cellulitis, deep vein thrombosis (DVT), non-cardiac chest pains and people who have suffered first seizures.

Dr Singh said it was about ensuring patients were seen and treated in the right place by the right people.

Dr Singh added: "It is about trying to reduce the number of medical patients admitted to hospital as low risk patients can be managed as outpatients and discharged back to the comfort of their own home.

"Ultimately we aim to provide a fast, responsive service that helps patients get home quickly as we know that people would prefer to be in their own homes than in hospital."

If the patient requires further treatment they will either be asked to attend the unit the following day or given an outpatient appointment. If the clinician decides they require more intensive treatment they will be admitted to the hospital as an inpatient. Dr Faisal Baig, local GP and CCG member, said: "The new centre means many people will be assessed, treated and be able to return to the place they call home the same day - all without having to get into a hospital bed.

"Patients will have fast access to a senior clinician and there is a dedicated team available to support them at home so it means they will be getting exactly the same care and treatment as if they had been admitted overnight. Most people tell us they would much rather be treated and recover in familiar surroundings and this avoids the upheaval of spending time on a busy ward, feeling more poorly because you're in a hospital bed and at the end of your treatment waiting to be discharged."

The new unit is based on the clinical decision unit and the Trust has invested £148,000 in refurbishing the rooms.

It is part of Healthy Lives, Healthy Futures, a major programme of change which aims to deliver better and more efficient health and wellbeing services to people living in North and North East Lincolnshire. This is led by North and North East Lincolnshire Clinical Commissioning Groups (CCGs), working in partnership with local health and care providers and both councils. For more information about Healthy Lives, Healthy Futures please visit www.healthyliveshealthyfutures.nhs.uk

Five steps to mental wellbeing



Most people experience ups and downs in their life, and can feel unhappy, depressed, stressed or anxious during difficult times. This is a normal part of life.

But sometimes it's possible to feel down without there being an obvious reason. A low mood will tend to improve after a short time. Making some small changes in your life, such as resolving a difficult situation or talking about your problems and getting more sleep, can improve your mood.

A low mood that doesn't go away can be a sign of depression.

Mental health problems like depression might actually be more common than you think. In fact, one in four of us will be affected by mental illness in any year and the effects are as real as a broken arm, even though there isn't a sling or plaster cast to show for it.

Whether you have depression or just find yourself feeling down for a while, it could be worth trying some self-help techniques. However, if your GP has diagnosed depression, it is important that you also continue with any treatment that's been prescribed for you.

We know there are plenty of steps we can all take to feel healthier – such as eating a balanced diet or being more active. We know these work! Evidence suggests there are five steps people can take to help improve their mental wellbeing too.

The steps are:

- **Connect** – connect with the people around you and invest time in developing relationships with people. All kinds of relationships take work and investment of positive emotions.
- **Be active** – this doesn't have to mean spending hours in the gym but take a walk in a park or around the countryside. Find an activity and make it part of your life.
- **Keep learning** – learning new skills can give us confidence, a sense of achievement and pride. Everyone has things they want to do, but haven't got round to doing such as a sport, learning a language, learning to cook or playing an instrument.
- **Give to others** – even the smallest act can count; a smile, a thank you or giving someone a compliment all count. Larger acts such as volunteer work can improve your mental health and help you build new social networks.
- **Be mindful** – there is a lot of emerging evidence that being more mindful is great for people's health. It means being more aware of the present moment, including your thoughts, feelings, your body and the world around you. You can be mindful at any time of the day – the morning journey to work or a walk at lunchtime during which you decide to be aware of the sensations created by the world around you.

For more information about creating positive emotional wellbeing and mental health, visit the Moodzone pages at

www.nhs.uk/Conditions/stress-anxiety-depression/Pages/low-mood-and-depression.aspx.

Poor mental health is linked with a greater risk of diseases such as cardiovascular disease, cancer and diabetes, while good mental health can help people to manage their physical health better, making them less likely to develop some of these serious illnesses. Poor physical health also increases the risk of people developing mental health problems.

Dr Robert Jaggs-Fowler, local GP and Medical Director at the CCG explained that there is more to good mental health than avoiding or treating mental illness.

“Mental wellbeing can take many different forms, but a useful description is feeling good and functioning well,” said Dr Jaggs-Fowler. “The positive steps outlined above are aimed at helping people to feel more content, confident and energetic and engage with others in a positive way.”

Cllr Rob Waltham, cabinet member for Health and Strategic Projects at North Lincolnshire Council, said:

“People often look at mental health as a negative and we want to change people's views of this. Everyone can experience ill mental health at some time in their life and we want it to be something that is talked about not pushed under the carpet. People shouldn't suffer in silence; there are people out there who can help.

“Following these five steps to wellbeing can help people achieve a better state of wellbeing. They are simple steps but can make a huge difference.”

No amount of antibiotics will get rid of that cold or flu!

If you're full of cold and are thinking of going to the doctor's to ask for some antibiotics then please think again! Antibiotics simply don't work against colds, flu and many other common winter ailments. This is because many of the things that make us feel rotten in the winter are caused by viruses and antibiotics don't kill them.

If you think it can't hurt to try then you might be surprised to learn taking antibiotics when they are not necessary could cause you to become very ill in the future.

Antibiotics are a very powerful class of medicines that are used to treat infections caused by bacteria. However, antibiotics have been over-used by doctors and over-demanded by patients and parents.

Taking antibiotics when there isn't a need, for example for viruses like colds and flu, can affect your body's ability to fight off bacterial infections, and reduce the effectiveness of antibiotics when they are needed. This is when bacteria are able to resist the effects of an antibiotic and continue to cause harm – making conditions difficult or even impossible to treat. This is known as antibiotic resistance.

Deaths from antibiotic resistant bacteria are increasing considerably. Sepsis is a common cause of death in the UK with over 37,000 deaths each year; many of these deaths are due to untreatable antibiotic resistant infections.

Antibiotic resistance has also led to the rise of "superbugs". These are strains of bacteria that have developed resistance to many different types of antibiotics. They include:

- Methicillin-resistant Staphylococcus aureus (MRSA)
- Clostridium difficile (C. diff)
- The bacteria that cause multi-drug-resistant tuberculosis (MDR-TB)

The failure to develop new antibiotics is of great concern as antibiotic resistance is life-threatening, with young and old being most at risk of resistant infections.

Most people with symptoms of cold or flu can treat themselves with over the counter or natural cold and flu remedies. However, if the symptoms are prolonged, people often seek help from their GP, expecting that antibiotics can help them recover faster. It isn't that easy though, as the problem is that without laboratory tests, a doctor

is not able to tell for certain if you need antibiotics.

Dr Robert Jaggs-Fowler, a local GP and the CCG lead for unplanned care, said people often go to their doctor expecting antibiotics as a matter of course.

"Naturally, no one likes feeling ill, and they genuinely believe taking antibiotics will make them feel better quicker," said Dr Jaggs-Fowler. "However, antibiotics won't get rid of your cold or even flu. For most people, colds and flu are unpleasant, but self-limiting illnesses, and with simple measures such as paracetamol, cold and flu remedies, decongestants, cough syrups and plenty of rest, people will start to feel better within a week or so.

"Antibiotics are powerful medicines that have been over-used for many years. This means that when they are needed, they are less likely to work. Indeed, some bacterial infections are now difficult or impossible to treat.

"So, as the cold and flu season kicks in, remember that antibiotics are not the right treatment for colds or flu and spread the word to your family and friends."

The best way to treat most colds, coughs and sore throats is to drink plenty of fluids and to rest. Colds and symptoms that come with it can last up to two weeks and may end with a cough bringing up phlegm. This is normal and some symptoms such as a cough may last even longer.

There are many over-the-counter remedies to ease the symptoms so ask your pharmacist for advice, especially if it is a child you are looking to give remedies. Remember that antibiotics are not the right treatment for colds or flu.

Here is a short list of things you may need to treat the most common flu symptoms (fever, headache, cough, muscle aches, sore throat and a runny/stuffy nose):

- Pain and fever relievers (ibuprofen, aspirin or paracetamol – age restrictions apply so read the label or ask your pharmacist)
- Cough syrups and drops
- Nasal sprays
- Decongestants (may contain pain relief – check with pharmacist)
- Thermometer
- Fluids (water or herbal teas – avoid caffeine and heavily sugared drinks)

- Tissues
- Plenty of rest

Remember, your pharmacist can best advise you on the treatments you need for colds and flu.

If your cold lasts for more than two weeks and you don't feel any better, you become breathless or have chest pains, or already have a chest complaint, see your GP.

Your doctor will only prescribe antibiotics when you need them, for example for a kidney infection or pneumonia, or if you have COPD (chronic obstructive pulmonary disease) and have a chest infection.

Antibiotics may be life-saving for infections such as meningitis. By not using them unnecessarily, they are more likely to work when we need them.

Cllr Rob Waltham, cabinet member for Health, Strategic Projects and Regeneration, said:

"Over the years we have seen antibiotic resistance increasing, which we want to prevent. We hope to do this by raising awareness and ensuring people only take antibiotics when they really need to. Otherwise when they do get a bacterial infection there is a chance it may resist the antibiotics.

"If you go see your GP and they tell you, you or your child has a viral infection don't demand antibiotics.

"People often want a quick fix when it comes to colds and flu, but usually you just have to be patient, rest and take over-the-counter medication. This will benefit you in the long term and means that when you do need antibiotics; it is more likely they will work."

Take a look at the Public Health England video on YouTube that explains antibiotic resistance further: www.youtube.com/watch?v=7PhmyNBWGik&utm_source=YouTube&utm_medium=YouTube12111&utm_campaign=AntibioticGuardian.



Stay Well This Winter

The colder months can be bad for our health especially if we're not already fit and well. However, there are a number of things we can all do to help keep ourselves, our families and older friends or neighbours well this winter.

Our CCG is supporting the **2015 Stay Well This Winter** campaign. **Stay Well This Winter** is a campaign from the NHS and Public Health England, to help people - especially people living with a long-term health condition (such as heart or breathing problems, kidney problems or who've had a stroke) and those aged over 65 - to get ready for winter. The right advice can help people ward off the common ailments that crop up at this time of year so that hopefully they won't find themselves needing a trip to hospital.



Get ready for winter

Did you know the cold and damp weather, ice, snow and high winds can all aggravate any existing health problems and make us more vulnerable to illnesses that are more common in winter? Being cold can raise the risk of increased blood pressure, heart attacks and strokes. But there are lots of things you can do to stay well this winter.

- **Protect against flu** by getting the flu vaccination, those over 65, pregnant women, children aged 2-4 and in school years 1 and 2 and people with long-term health conditions can receive this free from their GP or pharmacist;
- it's important to **keep warm in winter** –so if possible keep homes at least 18°C (65°F) and wrap up when you go out;
- if you're feeling under the weather seek immediate **advice from your pharmacist**;
- If your GP has prescribed medicine, **take it as directed** and always **finish the full course**;
- **Keep an eye on people who are more vulnerable** to the cold than you, such as elderly neighbours, relations or people who are not in good health;
- If you do need help when your GP surgery or pharmacy is closed, call **NHS 111** or visit **www.nhs.uk**.

STAYWELL THISWINTER



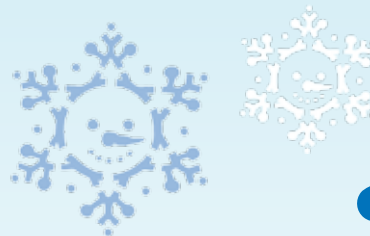
Make sure you get your flu jab

The flu virus strikes in winter and it can be far more serious than you think. Flu can lead to serious complications such as bronchitis and pneumonia, and it can be deadly.

That's why the flu jab is free if you're aged 65 or over, or if you have a long-term health condition. If you have children or grandchildren aged two, three or four, or in school years one or two, they are eligible for a free flu vaccination. And if you are the main carer of an older or disabled person you may also be eligible for a free flu jab.

Just speak to your GP or pharmacist.

Also, don't forget that if you're aged 65 or over, you are eligible for the pneumococcal vaccine, which will help protect you from pneumococcal diseases such as pneumonia.



Feeling under the weather?

Please don't wait – get advice from a pharmacist or make an appointment with your GP if you're not in good health and you start to feel poorly. You can also get advice day or night for urgent health problems from **NHS 111** (just dial **111** on your phone).

Winter can make existing health problems worse. So if you feel like you're coming down with something like a cough or a cold, don't wait until it gets worse. Pharmacists can offer advice and recommend treatment without having to wait for an appointment. This can be the best and quickest way to help you recover and get back to normal.

If you can't get to a pharmacist yourself, ask someone to go for you or give your local pharmacy a ring. If they think you need to see a GP they will tell you.

It's really important to keep warm in winter – both inside and outdoors.



Keeping warm over the winter months can help to **prevent colds, flu** and more serious health problems such as **heart attacks, strokes, pneumonia**.

If you have asthma, keep your inhaler with you at all times. Wrap up well and wear a scarf over your nose and mouth – this will help to warm up the air before you breathe it in.

Heat your home to at least 18°C (65°F). You might prefer your main living room to be slightly warmer.

Keep your bedroom window closed on winter nights. This is because breathing cold air can increase the risk of chest infections.

Keep active when you're indoors and try not to sit still for more than an hour or so. Pottering around is good for us!

Wear several layers of light clothes because they trap warm air better than one bulky layer.

Make sure you're receiving all the help you're entitled to. There are tips to make your home more energy efficient, improve your heating and keep up with your energy bills at www.gov.uk/phe/keep-warm

Check your heating and cooking appliances are safe. Contact a Gas Safe registered engineer to make sure they're operating properly.

Is your medicine cabinet ready for the winter?



Most common winter ailments, such as a cold, sore throat, cough, sinusitis or painful middle ear infection (earache), can't be treated with antibiotics.

The best thing to do is:

- **Rest**
- **Drink plenty of fluids**
- **Have at least one hot meal a day to keep your energy levels up**
- **Talk to your pharmacist for advice on getting over the counter remedies such as paracetamol or ibuprofen.**

Your pharmacist can advise you on which medicines you should have at home, to help get you and your family through the winter season.

Take medicines as directed

If you've been prescribed antibiotics or any other medication, make sure you take them as directed and always finish the full course, even if you're feeling better. If you have any questions or concerns about medicines, don't just stop taking them. Have a chat with the pharmacist or your GP.



Look out for other people

Remember that other people, like older neighbours, friends and family members or people who are not otherwise fit and healthy, may need a bit of extra help over the winter.

There's a lot you can do to help people who need a bit more support during the winter.

Icy pavements and roads can be very slippery and cold weather can stop people from getting out and about. Keep in touch with your friends, neighbours and family and ask if they need any practical help, or if they're feeling under the weather.

Make sure they're stocked up with enough food supplies for a few days, in case they can't go out. If they do need to go out in the cold, encourage them to wear shoes with a good grip and a scarf around the mouth to protect them from the cold air, and to reduce their risk of chest infections.

And make sure they get any prescription medicines if bad weather is forecast.

If you do need help when your GP surgery or pharmacy is closed, call NHS 111 and speak to an advisor.

STAY WELL THIS WINTER

When to visit A&E

Emergency services are always very busy but this is particularly true during the winter months.

Please remember that you should only ever attend A&E (sometimes known as "Casualty") if you are badly hurt, become seriously ill or if you have been advised to go there by NHS 111, your GP or a Pharmacist.

Hospital A&E departments are meant for the management of serious issues that pose a threat to life or limb.

This includes when someone:

- is unconscious
- has severe chest pain
- has a fever and is persistently lethargic despite having paracetamol or ibuprofen
- has a head injury and vomiting
- has heavy blood loss
- is having difficulty breathing (breathing fast, panting or are very wheezy)
- has severe abdominal pain
- has a cut that won't stop bleeding or is gaping open
- has a leg or arm injury and can't use the limb
- has swallowed poison or tablets
- has an object lodged in nose, ear or throat.

Alternatives to A&E include:

- a well-stocked first aid and medicine cabinet that can help you deal with grazes, sore throats, runny noses and other minor ailments;
- if someone has an upset stomach, head lice, painful cough or headache then a trip to the local pharmacist (sometimes known as a chemist) could help as they provide confidential, expert advice for a range of common illnesses and complaints;
- GPs are the first point of contact for an illness or injury that is getting worse or won't go away, such as a persistent cough, ear pain or backache;
- if you are unsure who to turn to for help, you can contact **NHS 111** which is available at all times throughout the day and night. Calls to **111** are free from all phones although if you are using a prepaid mobile you need to have 1p credit to be able to call.
- If you are reading this in the Grimsby area, you can ring the SPA (Single Point of Access) on **(01472) 256256**

	Grazed knee. Sore throat. Cough. Stock your medicine cabinet.	Self-care
	Unwell? Unsure? GP surgery closed? Need help?	NHS 111
	Diarrhoea. Runny nose. Painful cough. Headache.	Pharmacy
	Vomiting. Ear pain. Stomach ache. Back ache.	GP surgery
	Choking. Chest pain. Blacking out. Blood loss.	Scunthorpe Hospital A&E or 999 Emergencies only



Health Matters 2

Together we're better!

Some things really matter and nothing matters more than your health.

The CCG wants to make sure local people get as involved as possible in their own wellbeing, whether it's taking care of themselves so they can enjoy healthier and more independent lives or having their say about how we design the care they and their families might need. Health Matters 2 (this follows an event earlier in 2015) brought together a number of different local health and social care organisations to talk about some of their plans, answer questions and – most importantly – listen to people's experiences and views.

Caroline Briggs, CCG Director of Commissioning, explained:

“There was a real buzz at the event. It's very exciting that people with lived experience of using the services we plan and design are willing to challenge us and explain why they think some things will work and other things won't. We all know health funding isn't keeping pace with demand and spending NHS money wisely on quality, fit-for-purpose services that we can keep providing for future generations has to be something that we are all involved in together.”

People were able to have their say on issues such as non-emergency patient transport services, talk to us about services we are planning to help people with health and mobility problems to live independently, mental health services, services delivered over seven days and how people with long term conditions such as chronic wounds/leg ulcers and respiratory conditions are supported.

There was also an update on Healthy Lives, Healthy Futures, which is looking at how we can develop an improved health and wellbeing system across the whole of North and North East Lincolnshire that can continue to deliver safe, quality and affordable services that are built around people, for years to come.

Coming up Health Matters 3 – come along and join the conversation

We would like to invite you to our next event Health Matters 3 on
Wednesday January 27th from 1pm to 4pm
The House, Brumby Wood Lane
Scunthorpe, North Lincolnshire DN17 1AB

This is an opportunity to talk to local commissioners and providers about health and social care plans and services

The event will feature presentations, discussion forums, information and engagement stands including...

- **Community Equipment Services & Independent Living service plans**
- **Mental health (children and young people) services**
- **North Lincolnshire Adult mental health strategy**
- **Services for Children with long term health conditions**
- **Healthy Lives Healthy Futures with Dr Robert Jaggs-Fowler**
- **Bringing care closer to home - Care Networks initiative**
- **Out of hospital care models**
- **Supporting people with Long term health conditions**

To book your place please call us on 0300 3000 567 or email nlccg.embrace@nhs.net

Keeping the Wheels in Motion – Patient Transport Services Engagement Report

Recently, the CCG and its neighbouring CCG in North East Lincolnshire carried out engagement with local people and stakeholders about the future of non-emergency patient transport services.

We wanted to know what people thought to help inform the specification for NHS Patient Transport Services which are currently being re-commissioned. People had a lot to tell us and the findings from this engagement have been put into a report which includes a number of recommendations for the CCGs to consider.

You can read the report by visiting www.northlincolnshireccg.nhs.uk/get-involved/patient-transport/ or you can ring 0300 3000 567 and ask us to send it to you.

What happens next?

North and North East Lincolnshire CCG's have developed a specification for these services and started the procurement process. The Engagement report has been included in the Invitation To Tender documents for potential providers to take into account when developing their proposals.

This engagement has given us a wealth of information and ideas about the things people need that support them to access health services. This insight is valuable and means we can keep patients and their carers at the centre as we plan services for the future.

We will be presenting more information about what people told us in this engagement and what we are going to do about it over the next few months.

The best way to keep involved and informed about North Lincolnshire CCG is to join our public and patient engagement network Embrace, see more below.

Joining Embrace

Embrace is a local network for residents registered with a North Lincolnshire GP who care about the NHS and want to help improve services. It is an opportunity for you to share your views and experiences of health services through surveys, focus groups meetings and events. Your opinions will be used to help improve healthcare throughout North Lincolnshire. How much you Embrace the network is up to you.

There are several ways to join:

Complete our online registration form by visiting <https://secure.yhcs.org.uk/cen/nlccg/>

Download the Embrace registration form from

www.northlincolnshireccg.nhs.uk/data/uploads/embrace/embrace_form-approved-final.pdf, print, complete and send it via the FREEPOST address or alternatively you can scan the completed registration form and email it to the email address below.

You can also ring and ask for a form to be sent to you.

If you are interested in being involved and want to contact us now, please use the following details:



By email:
NYHCSU.Talk2US@nhs.net



By phone:
0300 3000 567



By post:
NLCCG Embrace Patient Network
FREEPOST RTJR-UYB-BCUC
Health House
Grange Park Lane
Willerby
HULL
HU10 6DT



Wasted Medicines, Wasted Money!

It's a hard pill to swallow but did you know you that an estimated £2 million worth of medicine is wasted in North Lincolnshire every year?

This is money that could be better spent on other areas of patient care and local doctors hope to remedy that by urging people who get repeat prescriptions to only order what they need.

People often have a number of medicines they need to take regularly or have taken in the past on their prescription. Instead of just ticking all of the items, patients are being asked to make sure they only order what they need.

Dr Margaret Sanderson, CCG Chair, explained that it's not uncommon for everything on the repeat prescription to be ticked every time a request is made. Some patients place orders themselves while others have an arrangement with carers or their local pharmacy to order on their behalf. Some medicines are to be used when required or have larger pack sizes so are not meant to be ordered every month.

"Some patients end up with a stock of unused and often out-of-date medicines at home which is a real safety risk for themselves and their families, especially any children in the house or who come to visit," said Dr Sanderson. "Medicines are not always stored as safely as they could be and it's not unheard of to find them piled up in the kitchen cupboard."

"It's also a terrible waste of money. Once medicines have left the pharmacy or doctor's dispensary, they can't be reused or recycled and have to be destroyed. The best thing to do is check what you really need before you reorder your repeat prescription and don't tick the things you don't need.

"Also, if your local pharmacy sorts out your repeat prescription for you, please remember to tell them which items you need and not to get you everything."

The £2m spent on unused prescription medicines each year in North Lincolnshire could pay for around 530 hip or knee replacements, more than 2000 cataract operations or fund 80 more nursing posts.

People who have repeat prescriptions are being urged to:

- **let their GP or pharmacist know if they have stopped taking one of their medicines;**
- **check what they have at home before re-ordering;**
- **talk to their doctor or pharmacist about the medicines they take on a regular basis;**
- **only order the items they need;**
- **if they need to go into hospital to remember to take all their medicines with them;**
- **remember that it's not safe to share medicines with others, even if you think they have the same symptoms.**

It is important to have a regular review of the medicines you take with your GP or pharmacist.

"This is an opportunity to make sure the medicines you take are doing their job properly," said Dr Sanderson. "It's also a good chance to talk through any concerns you might have. Sometimes, people are prescribed medicines and they don't really understand or have forgotten why so they simply don't take them or throw them away. If they are not taking medicine they should be taking then this won't help them to feel better."

If you have any questions about what's on your repeat prescription, speak to your local community pharmacist or your GP. If you have out of date medicines at home or things you no longer use then take them to your pharmacy so they can be disposed of safely.

Sowing the seeds for a healthy future!



Children love to learn and picking up good health habits when they are young can last them a lifetime.

Youngsters are much more likely to appreciate a healthy lifestyle if it's made fun for them and also if they can see other family members making smart choices about food and exercise.

Physical activity is an important part of reaching and staying at a healthy weight, whatever your age. Overweight youngsters often struggle to maintain a healthy weight as adults. It's recommended that children have at least 60 minutes of physical activity a day.

School age children should be getting opportunities during term time to take part in physical activities. However, it's worth talking to the school to find out how much time your child spends being active each day so you know how much running around they still need to do after school to make up for the time in the classroom.

Lessons about healthy eating can start at an early age. Whether your child is in reception or year 6, it's always a good time to teach them how to take care of their bodies by eating a balanced diet, fighting fat and avoiding extra sugar.

- Show your child how to read food labels, for example to check the sugar and fat in snacks
- Let them help out at meal times to understand how to prepare meals from scratch
- Get them involved in the grocery shopping, preparing shopping lists and hunting the shelves for ingredients for healthy meals
- Even small children can understand the traffic light coding on some food packs

"Although children learn about exercise and healthy eating at school, what they do and see in the home is incredibly important," says Dr Margaret Sanderson, local GP and CCG chair.

"The habits and routines we learn as children often stay with us for many years. Unfortunately this applies to bad habits as well as good ones so we all have to think about what our children might be seeing and learning from us!

"Teaching children how to prepare meals from scratch, where their food comes from and how the sugar in their snacks and treats all adds up is something that will hopefully stay with them into their teen years and into adulthood.

"We would like this generation of children to grow up into a healthier population that is much more aware of taking care of their health and wellbeing than we perhaps are at the moment."

Contact Us

The CCG is the NHS organisation that plans and buys local health services for people living in North Lincolnshire, this includes hospital, mental health and community health services.

Improving health services in our area isn't just down to us in the NHS, the people who live here and use those services also have an important role to play.

That's why we have created Embrace, to enable us to build up a network of local people, patients, carers, people who volunteer and those who work with our partner organisations. Membership is open to anyone who is interested in health services across North Lincolnshire. As a member of Embrace, you will have the opportunity to influence the way we develop local health services. How involved you get is up to you.

You can join online by visiting <https://secure.nyhcsu.org.uk/registration/nlccg/> or to find out more email NYHCSU.Talk2US@nhs.net or ring **0300 3000 567**.

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We want to hear what you think

The CCG (Clinical Commissioning Group) are committed to involving all people in North Lincolnshire to improve the health services that we all use or may use in the future.

We want to learn from other people's experiences, both positive and negative. We want to improve support networks, share and develop new initiatives to improve good quality patient care.

We want to improve the way we communicate and share information. If you have any feedback to share with us, please get in touch with our Patient Relations Team. You can find all the details by visiting:

<http://www.northlincolnshireccg.nhs.uk/get-involved/patient-relations/>