

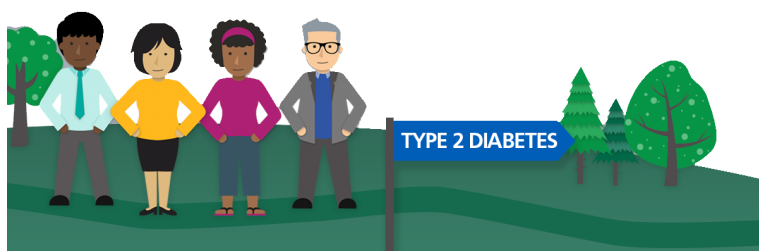
Talkback

Latest news from Basildon and Brentwood CCG - Issue 1 2019

Here's to a healthier you -

Diabetes Prevention Programme launches

NHS Basildon and Brentwood CCG is launching the Healthier You: NHS Diabetes Prevention Programme to help people identified at risk of developing Type 2 diabetes to live healthier lives.



If you've been told you're at risk of developing Type 2 diabetes, ask your GP, nurse or NHS Health Check professional to refer you to our **Healthier You programme**.

You'll get tailored, personalised help, which includes: education on lifestyle choices, advice on how to reduce weight through healthier eating and bespoke physical activity programmes, which together have been proven to reduce the risk of developing Type 2 diabetes.

High blood sugar levels caused by diabetes can seriously damage parts of your body, including your kidneys, heart, eyes and your feet. Indeed, the number of foot and leg amputations linked to poorly controlled diabetes has soared to a record high across England.

For more information contact info@preventing-diabetes.co.uk, call 0333 577 3010 or see preventing-diabetes.co.uk

Remember:

You're more at risk of developing Type 2 diabetes if you:

- are over 40 - or 25 for south Asian people
- have a close relative with diabetes - such as a parent, brother or sister
- are overweight or obese
- are of south Asian, Chinese, African Caribbean or black African origin - even if you were born in the UK

HEALTHIER YOU
NHS DIABETES PREVENTION PROGRAMME

In this issue...

**HELP US
HELP YOU**

STAY WELL THIS WINTER



HELP US HELP YOU

STAY WELL THIS WINTER

The winter months can be challenging for the NHS, especially for GPs and urgent care services.

We all have a key role in taking pressure off health services by living healthier lifestyles, managing our own health...and using the NHS wisely.

This means knowing how to navigate the NHS and get the right help and advice when you need it in the most timely and appropriate way. Pick up our leaflet *Do you know what to do when it's not an emergency?* from your GP practice or see our [website](#)







Keep it in a handy place at home as a quick and helpful guide to where to go for care when you are experiencing symptoms.

Didn't get your flu jab yet? It's not too late

It's important to be protected from flu this winter right up until March.

The flu jab is the best form of protection for vulnerable and at-risk patients, including the elderly, pregnant women and those with long term illnesses such as asthma who are most likely to have a severe and even potentially fatal illness if they do get flu.

Flu in the vulnerable groups can be extremely serious and have far reaching complications. Having a vaccination reduces risk of serious illness, hospitalisation and even death among those who are most at risk. So, we are reminding everyone who is eligible that it is not too late to have the flu vaccination. Ask your GP receptionist or local pharmacist.

					
Health A-Z guide Live Well Care and support Health news Services near you	Cuts/injuries Strains Sprains Sports injuries	Ear pain Stomach ache Flu vaccine Asthma/COPD Long term conditions	Diarrhoea Colds/cough/flu Headache Stop smoking Sexual health Alcohol support Aches/pains/itches	Think you need medical help right now?	Hangover Grazes Sore throat Cough Cold and flu Diarrhoea
Online at www.nhs.uk	Orsett Minor Injuries Unit	GP Surgery	Pharmacy	Call NHS 111	Self Care

GP and nurse appointments now available during the evenings and weekends

Did you know an Extended Hours Access Service is available for patients registered at GP practices in Basildon, Brentwood, Billericay and Wickford? GP and nurse appointments are available until 8pm on weekdays with a number of appointments at the weekends and bank holidays. Appointments take place at hub clinics. Contact your GP in the usual way to request an appointment.

How to help your elderly neighbours and relatives when cold weather strikes

Stock up on medicines and supplies in anticipation of a cold winter snap - and check that vulnerable relatives and neighbours have everything they need if they cannot safely go outside to collect food or medicine.

Having basic provisions in the house just in case the weather takes a turn for the worst can make life much easier, especially if you are elderly or live in a rural area.

Vulnerable people are at increased risk of health

problems when the temperature drops. Check they are keeping their living room and bedroom heated to at least 18C.

Feeling lonely and isolated is also known to have an impact on physical and mental health. Acts of kindness such as popping in for a cup of tea and a chat, the offer to do some shopping, delivering a hot meal or taking out the bins are just a few simple ways you could help. Knowing there is someone nearby who cares and can be called on in an emergency can



make a world of difference to older neighbours and relatives who live on their own. For more advice on keeping warm and well visit www.nhs.uk If you're worried about a relative or elderly neighbour call Age UK Essex on 01245 346106.

Stop norovirus spreading this winter

Norovirus, sometimes known as the 'winter vomiting bug', is the **most common stomach bug** in the UK, affecting people of all ages. It is **highly contagious** and is transmitted by contact with



contaminated surfaces, an infected person, or consumption of contaminated food or water.

The symptoms of norovirus are very distinctive - people often report a sudden onset of **nausea** followed by **projectile vomiting and watery diarrhoea**.

Good hand hygiene is important to stop the spread of the virus.

People are advised to:

Wash their hands thoroughly using soap and water and drying them after using the toilet, before preparing food and eating.

Do not rely on alcohol gels as these do not kill the virus. An infection with norovirus is self-limiting and most people will make a full recovery in 1-2 days. It is important to keep hydrated – especially children and the elderly. Do not visit either A&E or GPs with symptoms as this may spread the virus.

Further information and advice is available from NHS 111, including an online symptom checker at www.nhs.uk.

Plea to use your pharmacist as the first port of call

Every year thousands of local residents visit their GP with minor health problems that can easily be resolved without a doctor's appointment.

Consulting your pharmacist first for minor ailments such as colds, coughs, indigestion, mild eczema and athlete's foot will save you time and trouble. It will also help free up GP time for sicker patients and reduce pressure on GPs and A&E.

Pharmacists are qualified healthcare professionals who can give advice on the most common illnesses, including when and where to seek advice for more serious conditions.

Most pharmacists have a small consultation room where you can discuss your health concerns with a pharmacist in private.

Please remember GP practices in Basildon and Brentwood will no longer routinely prescribe over the counter medicines which are available to buy over the counter in pharmacies.

For further information see nhs.uk/OTCmedicines

Don't wait until you feel worse, ask us first.

You can help us help you if you start to feel unwell with a winter illness.

Even if it's just a cough or cold, speak to your pharmacist before it gets more serious.

HELP US HELP YOU
STAY WELL THIS WINTER

nhs.uk/staywell

Prameet Shah, Pharmacist

Childhood obesity and dental decay from too much sugar

Children in Basildon and Brentwood are following the national trend and getting fatter.

One in three Year Six children in Basildon are overweight or obese, according to the findings of the National Child Measurement Programme.

The figures are also at an all time high in Brentwood where 29 per cent of 10 and 11-year-olds are overweight or obese.

The latest dental survey (2015) showed that a quarter of five-year-olds had experienced tooth decay, having on average three or four teeth affected.

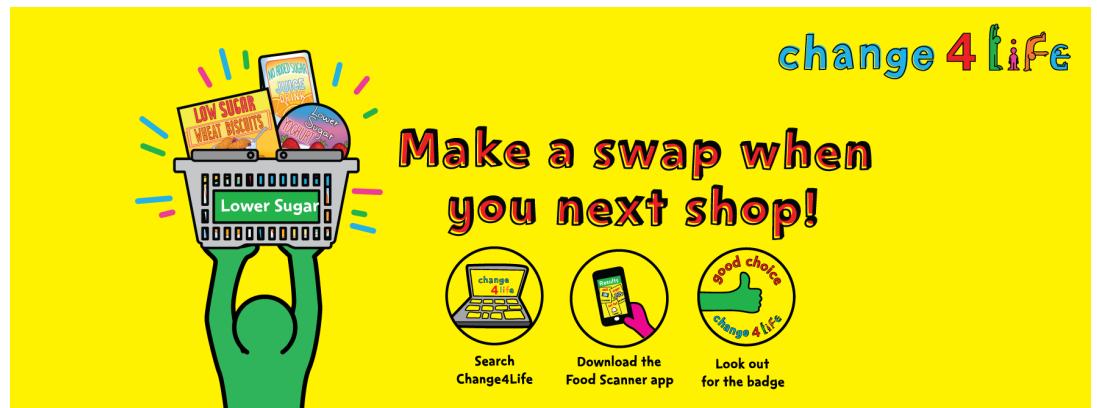
Parents in the Basildon and Brentwood CCG area appear to be shying away from taking their children for regular check ups. Dental check ups in the young have fallen by 20 per cent in the past four years.

Be 'appy ever after with GP Online

Sign up to GP online services and you will be able to use a website or app to:

- Book or cancel appointments with a nurse or GP
- Order repeat prescriptions online
- View parts of your GP record
- View clinical correspondence

The service is free and available to everyone who is registered with a GP. Ask your GP receptionist for details.



The graphic features a green hand holding a shopping basket labeled 'Lower Sugar'. Inside the basket are items like 'LOW SUGAR WHEAT BISCUITS' and 'LOW SUGAR DRINKS'. To the right, the text reads 'Make a swap when you next shop!'. Below this are three icons: a laptop with 'Search Change4Life', a smartphone with 'Download the Food Scanner app', and a thumbs-up with 'Look out for the badge'. The 'change 4 life' logo is in the top right corner.

Local GP Dr Sooraj Natarajan, the CCG's clinical lead for Paediatrics, is asking parents in Basildon and Brentwood to "Make a swap when you next shop" to halve their children's sugar intake from some everyday food and drinks.

The CCG is backing Public Health England's **Change4Life** campaign to help families cut back on sugar and tackle the rise in childhood obesity.

Children have already exceeded the maximum recommended sugar intake for an 18-year-old by the time they reach their tenth birthday, according to Public Health England (PHE). This is based on their total sugar consumption from the age of two.

While children's sugar intakes have declined slightly in recent years, they are still consuming around eight excess sugar cubes each day, equivalent to around 2,800 excess sugar cubes per year.

Overweight or obese children are more likely to be overweight or obese as adults, increasing their risk of heart disease and some cancers, while more young people than ever are developing Type 2 diabetes. Excess sugar can also lead to painful tooth decay.

Most of the sugar children are consuming comes from sugary drinks, confectionery, biscuits, cakes, desserts, higher-sugar breakfast cereals and higher-sugar yoghurts.

Change4Life is showing families how easy it is to cut back on sugar by making a few simple swaps to their everyday food and drinks. Lots of partners will also be highlighting healthier options in-store and in their own advertising and many will be using a new **Change4Life** 'good choice' badge to make it even easier for families to make healthier choices.

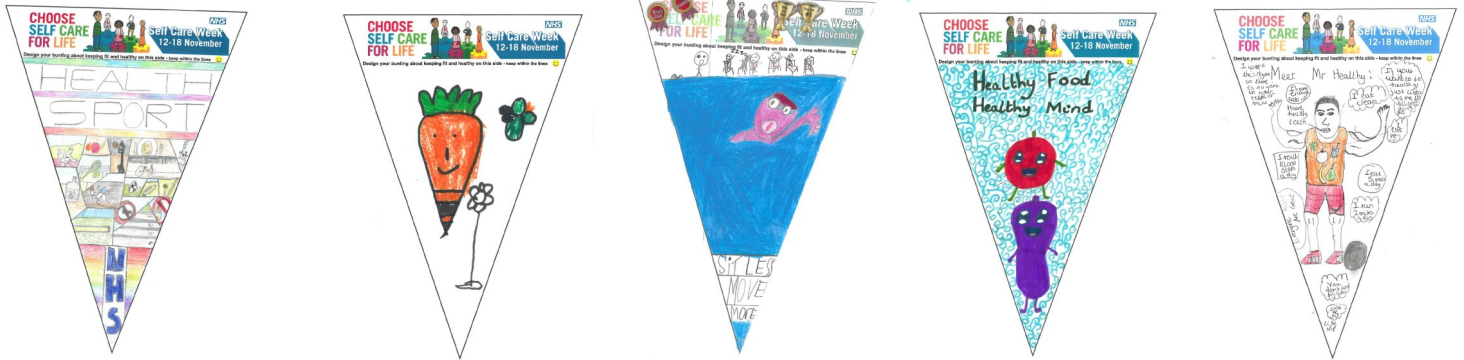
Primary school age children will receive a free take-home pack from school in mid-January. The pack takes children on an '*Adventure in Sugar Smart World*' and features fun games and stickers to get children to spot the higher-sugar food and drinks and choose healthier swaps. It also provides easy tips on everyday sugar swaps for the whole family.

Dr Sooraj Natarajan said: "Reducing the amount of sugar children consume can often be a challenge for parents. By asking them to 'Make a swap when you next shop', we're making it easier for families to find healthier options of the foods they love."

Families are encouraged to search [Change4Life](#) to help them find lower sugar options. Sign up today for great prizes, easy tips and meal ideas. Look for the **Change4Life 'Good Choice' badge** in shops and download the free Food Scanner app.

Self care is child's play

HUNDREDS OF SCHOOLCHILDREN ENTER OUR SELF CARE WEEK COMPETITION



Back to school for Dr Arv as Ronnie wins the top prize

ALMOST 500 children from nine local schools and youth organisations have proved they've got the hang of self care by entering our competition to design a piece of bunting.

We joined forces with Basildon Sporting Village to challenge young people to describe in pictures and words what self care means to themselves and their families.

Our Happy Healthy You competition was one of our activities for Self Care Week 2018 in November.

The judging panel - which included patients who serve on our Patient and Community Reference Group - were impressed by the variety of things children and their families are doing to try and keep themselves fit and healthy...everything from swimming to rock climbing, all fuelled by lots of fruit and veg.

Local GP Dr Arv Guniyangodage, Chair of the CCG, recently visited Northlands Junior School in Basildon to present the prize to the overall winner, 10-year-old Ronnie Ward.

Ronnie and his Year Six classmates will now enjoy a swimming pool party kindly donated by Basildon Sporting Village. He also received a book about the body. Dr Arv also presented a £50 cheque to the school and a trophy to their Healthy Schools and Personal Social and Health Education (PHSE) lead Mrs Irma Frith.

Northlands Junior School headteacher Jane Young said: "The whole school greatly enjoyed taking part in this competition."



Pictured from left are: Northlands Junior School headteacher Mrs Jane Young, Dr Arv Guniyangodage, overall winner Ronnie Ward and teacher Mrs Irma Frith.

Well done to our full list of winners

Ronnie Ward, Northlands Junior School, Basildon. (overall winner)

Prizes were awarded to each of the following schools/youth organisations for their best entry:

Buttsbury Junior School, Billericay
Castledon School, Wickford
Noak Bridge Primary School, Basildon
Cherry Tree Primary School, Basildon
Great Berry Primary School, Langdon Hills
2nd Billericay Scout Group
Ryedene Primary School, Basildon
Greensted Junior School, Basildon

See our website at basildonandbrentwoodccg.nhs.uk for advice on self care for common ailments.

Living with Diabetes: essential events if you're Type 2

Two events are taking place locally to support people living with Type 2 diabetes.

People will learn how to maintain a healthy diet and become more confident in managing their diabetes day-to-day. There will also be an opportunity to ask diabetes experts questions and get practical up-to-date information.

Type 2 diabetes is a serious condition where there is too much glucose in the blood because the body cannot use it properly. It can lead to sight loss, amputation, stroke and kidney failure if not managed well. There are more than 14,000 people diagnosed with diabetes in the Brentwood and Basildon area and around 90 per cent of these have Type 2.

The Living with Diabetes Days are:

Date: Thursday 21 February 9.30am-4.30pm

Venue: Doddinghurst Road Church, 56-60 Doddinghurst Road, Brentwood CM15 9EH

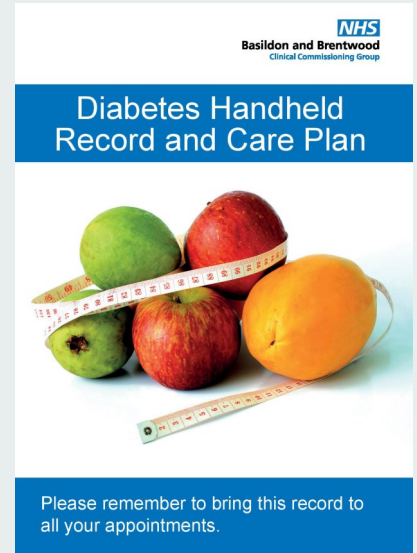
Places are limited. To attend go to eventbrite.co.uk and search Brentwood Living with Diabetes Day or call 01376 501390.

Date: Friday, 29 March, 9.30am-4pm

Venue: Towngate Theatre, St Martins Square, Basildon SS14 1DL

Sign up at eventbrite.co.uk (search Basildon Living with Diabetes Day) or call 01376 501390.

The events are free and open to any adult living with Type 2 diabetes or people who care for others with the condition. The events are free. Lunch and refreshments are included.



Our **Diabetes Passport** (above) contains information about local services and you can use it as your personal record. For a copy email bbccg.contact@nhs.net or call 01268 594350

Patients give their time to talk to new provider of Improved Access to Psychological Therapies (IAPT)

Vita Health Group is to be the new provider of the Basildon and Brentwood Improving Access to Psychological Therapies (IAPT) service from 1st April.

The service will support and provide treatment for adults (18+) registered with a GP within Basildon & Brentwood CCG and will focus on providing support for:

- People experiencing common mental health problems
- People experiencing substance misuse problems
- People requiring psychological support within long term conditions
- People presenting with medically unexplained symptoms
- People with a dementia diagnosis

People with an understanding of mental health issues were invited to contribute to the development of the service by attending a discussion workshop for patients. The sessions took place in Pitsea and Brentwood. Patients have contributed their ideas for naming the new service and developing a website. They have also suggested possible locations for clinics, how best to reach out to people and how to forge new links with other services including voluntary services.

NHS rolls out its Long Term Plan

The **NHS Long Term Plan** is the national health service's plan to make sure it is fit for the future. It aims to give everyone the best start in life, will deliver world-class care for major health problems such as cancer and mental health, and will help people age well.

The plan, backed by extra investment, has been developed by people who know the NHS best – frontline health and care staff, patients and their families, and other experts – who will continue to shape how it is implemented across the country.

Over the next few months, the NHS in Mid Essex and South Essex will be working with patients, the public and partners – including local councils, the voluntary and community sector and social care – to develop local plans to turn the national ambitions contained in the Long Term Plan into real improvements to services and outcomes for patients, building on the progress we've already made together over the last few years.

Dr Anita Donley, OBE, independent chair of the Mid and South Essex Sustainability and Transformation Partnership, said: "We welcome the publication of the NHS Long Term Plan and the priorities it contains. The plan is a helpful blueprint for change which reflects many of our own ambitions and the work we are already doing as a health and care partnership to shape our care for the future. Building on the conversations we are having with the public and our staff we now have the opportunity to shape what the NHS Long Term Plan means for our area, and how we can continue to improve the health and wellbeing of the communities we serve."

Details about opportunities to help shape our local plans will be shared shortly. In the meantime, to read a copy of the national plan and find out more visit longtermplan.nhs.uk

Walk, volunteer or run with us at your local Parkrun



Basildon and Brentwood CCG is encouraging GP practices to partner with their local Parkrun.

Parkruns are free weekly 5k events for all ages from 4+ . They take place every Saturday morning at 9am at locations including:

Brentwood - Weald Country Park

Basildon - Northlands Park

Billericay - Lake Meadows Park

You can walk, run, or volunteer - it's not a race. GP partner practices sign up to promote Parkrun and encourage their patients and staff to take part. Parkrun benefits health and wellbeing through increased physical activity, skill development, mutual support and personal empowerment.

Taking part is easy: register once on the parkrun website, print off your personal barcode and head down to your local event.

For details see parkrun.org.uk

If you're new to Parkrun and would like to join NHS staff in taking part please email

bbccg.contact@nhs.uk



Basildon and Brentwood CCG colleagues take on the 5k challenge with Billericay GP Dr John Cockcroft and Billericay Parkrun Director David Hayday.

Have you checked in with the Sound Doctor?

Patients in Basildon and Brentwood are being offered free access to the Sound Doctor - an online resource of easy-to-understand patient education videos to support those with long term conditions, such as diabetes and dementia, in living their lives to the full.

To watch the films simply visit livewellcampaign.co.uk and search 'patient education videos'. Then simply select your GP practice from a drop down menu, enter your postcode and you're away!

The content of The Sound Doctor videos has been co-produced with clinical experts in their field and disease specific charities, e.g. Alzheimer's Society, British Lung Foundation and British Heart Foundation. All the material adheres to NICE guidelines. Dr Arv Guniyangodage, local GP and Chair of NHS Basildon and Brentwood Clinical Commissioning Group (CCG), said: "The videos are full of information covering a wide range of long term health conditions and will give the answers to the sort of questions people often forget to ask during a GP appointment. People will be able to view the films online at a time to suit themselves."



A NEW WAY OF LEARNING ABOUT LONG TERM CONDITIONS THAT PUTS YOU IN CONTROL.

More than 200 short films with practical advice and tips from leading health professionals. To access The Sound Doctor go to: www.livewellcampaign.co.uk.



DIABETES • COPD • BACK PAIN • HEART FAILURE
DEMENTIA • WEIGHT MANAGEMENT SURGERY

Be a part of our growing patient participation



by Alison Reeve,
Lay Member for Patient and Public Involvement

As we start another new year, we start to plan what areas of the CCG's work we want to focus on with our patient representatives during 2019 and I thought it might be a good opportunity, for people who may not be so familiar with the work of the CCG, to take a look at how we involve patients in decisions about their local health services.

The starting point for engaging with our patients is at GP Surgery level through the **Practice Participation Group (PPG)**. Your surgery may have a group that meets either face to face or virtually to discuss issues relating to services at the practice; receive information from practice staff about health campaigns or discuss wider health services. The group may also provide support to the practice by helping out with annual flu clinics or promoting other practice services to patients.

At the next level, there are four **Patient Engagement Groups (PEG)** which reflect the geographic area covered by the CCG, namely Basildon, Brentwood, Billericay and Wickford. The membership of these groups is made up of patients who attend PPG groups at GP practices in the relevant areas. Patients are able to share with their fellow members, information on activities and discussions that have taken place at their own PPG; hear presentations from guest speakers; receive information on community and voluntary services and receive updates from CCG Officers on the commissioning or buying of local services and give their input to this. Each group has a Chair and Deputy Chair who are chosen by the members of the group and it is supported by CCG staff who take minutes of each meeting and liaise with the Chair of the group on the content of each meeting's agenda. Each group meets bi-monthly.

The final level is our **Patient and Community Reference Group (PCRG)** which is the formal reference group for the CCG governing body. As the CCG Lay Member for Patient and Public Involvement, I Chair this group which meets bi-monthly. The membership of the group consists of each Chair and Deputy Chair from the four Patient Engagement Groups; a local Councillor; Community

Voluntary Services; Healthwatch Ambassador and CCG Officers who support the group. The work undertaken by the PCRG aligns with the strategic plan of the organisation so that we can ensure that patients are able to provide input into and receive feedback on the progress of relevant services. We also hold regular patient workshops to discuss specific topics in greater depth. The minutes of every PCRG meeting and a summary of patient engagement activities is presented to Board members at each CCG Board Meeting held in public. This is an opportunity both to highlight any concerns raised by patients and for questions to be asked by Board members.

Hopefully, this explains the 'two way' flow of information from the Patient Participation Groups at 'grass roots' level to the CCG Board and vice versa. We are committed to continually developing the ways in which we engage with our patients and we always strive to do this in an honest and open way.

How patients play a vital role in shaping health care and supporting the CCG

The Musculo Skeletal Service (MSK Service) is just one example of how patient group members are helping us to understand our patients' needs. MSK includes over 200 different conditions affecting joints, bones, muscles and soft tissue. It covers services such as orthopaedics, rheumatology, chronic pain and physiotherapy.

The CCG invited MSK Service providers Connect to take part in a workshop with patients. Patient group members are currently undertaking a survey of the service.

All the feedback from the workshop and survey will be reported to the CCG team which commissions (buys) the MSK Service for Basildon and Brentwood in order to drive improvements for the benefit of all patients. If you are interested in getting involved, contact your GP practice and ask about joining their Patient Participation Group.

If you have any comments about Talkback or suggestions for future articles, please contact us by email bbccg.contact@nhs.net or call 01268 594350. You can write to us at Basildon and Brentwood CCG, Phoenix Court, Christopher Martin Road, Basildon SS14 3HG.