



Promoting health and longer life for South Reading through patient engagement

Patients working together to engage with the NHS South Reading Clinical Commissioning Group - the organisation which commissions hospital and community care on behalf of the GP practices in South Reading

<http://www.srpv.org.uk>

<http://www.facebook.com/southreadingpatientvoice>

Supported by NHS South Reading Clinical Commissioning Group

Can we do better in Improving Local Health and Healthcare?

A discussion paper for GP Patient Participation Groups - Summer 2013

Summary

We invite you to look at the key local priorities that we have selected below and choose one or two to include in your patient group discussions. We are looking forward to hearing your views on these topics. We hope at least one of your members will be able to attend our monthly meetings to present the results of your work, and perhaps join in our monthly discussion of healthcare issues affecting the whole South Reading area.

Attached Papers

NHS South Reading CCG Prospectus

NHS South Reading CCG “plan on a page” 2013-14

Background

The NHS South Reading Clinical Commissioning Group (CCG) arranges hospital and community healthcare in South Reading. The South Reading CCG prospectus is attached for more information.

NHS South Reading CCG is run by a board representing all local GP practices as well as the public.

NHS South Reading CCG has produced a detailed plan for change in the year 2013-14 which is summarised in the attached “plan on a page”.

South Reading Patient Voice are a group of patients registered with South Reading GP practices, who work together to help maintain and improve the health of all residents of South Reading by engaging local people with their local NHS. They encourage residents to express their views and

one way of doing this is by strengthen the dialogue with patient groups within South Reading GP practices.

Some of the programme for change has to be delivered through local GP practices and this is what we particularly want your input on - though we welcome your input on all relevant matters

Selected 2013-14 Priority Topics

We have listed some questions and areas for discussion arising out of the “plan on a page” for 2013-14 – your patient group may want to discuss just one or more than one. Some of the questions might be worth further investigations and coming back to on a later occasion.

1. Childhood Immunisations

The CCG is keen to see the take-up of childhood immunisations reach 95% - this helps reduce the risk of childhood illnesses such as measles spreading through the community. In this year, the emphasis is on children who are one year old.

Thinking about your local surgery - Is there full publicity and information about immunisations on the notice boards or in the waiting areas? Are the arrangements offered for immunisation convenient - In the right place? At suitable times? Can anything further be done to encourage better take-up?

2. Diabetic Care – Annual Health Checks

Patients with diabetes are being invited (by who??) to join in planning and assessing their personal care. People with diabetes need to have check up each year for 9 areas which are at risk. Not enough patients are attending for all the tests.

Thinking about patients in South Reading Surgeries – Are patients aware that they should be having an annual check up and what this includes? Are arrangements convenient for diabetic health checks? Is there enough information about the importance of the programme of health checks? Have you any ideas on increasing take-up of these health checks?

3. Talking Therapies

A programme of Talking Therapies is available for milder cases of anxiety and depression etc. Treatment is delivered as a series of 6 group sessions.

Thinking about your local surgery -Is there information available about Talking Therapies in the waiting room or on notice boards? Are the arrangements for the group sessions convenient? Have you any ideas about increasing take-up?

4. Carers Register within GP surgeries

Carers play an enormous role in supporting family, friends or neighbours when health needs change, this maybe for a short time or on-going. But the stress of being a carer can sometimes damage the health of the carer. Many people providing care would not see themselves as carers and it is important that they have access to the advice and support for themselves as much as the person they care for.

Thinking about your local surgery – Do you know if the surgery has a Carers Register ? What information is available to patients (who maybe carers)? What could your surgery do to better support carers?

5. Benefits of Exercise

Regular exercise can protect against harmful conditions including heart disease diabetes, dementia, as well as helping to prevent obesity and can even help build confidence and social networks.

Thinking about your local surgery - Is there information available about the benefits of exercise? Is the information clear enough about what is required? Are there programmes to help people to a lifestyle with more exercise? Have you any other ideas about getting people to do more exercise? Is there information available about specific exercises for specific conditions, e.g. Back pain, knee problems etc? What would be helpful to promote health and wellness in surgeries?

NHS South Reading CCG and South Reading Patient Voice welcome your ideas and feedback on the above topics or indeed any others which affect the wider health of the local population etc.

How to give your feedback

We are looking forward to receiving feedback in the form of your minutes, or a separate note and/or, best of all, a short verbal report at one of our meetings.

Please send emails to Karen.Grannum@nhs.net. and written matter to:
Karen Grannum, NHS South Reading CCG, University Health Centre,
9, Northcourt Avenue, Reading RG2 7HE.

South Reading Patient Voice meets on the last Wednesday of every month EXCEPT August and December at 6pm – 7:30pm at University Health Centre, 9 Northcourt Avenue, Reading RG2 7HE. Please contact Karen Grannum for information on the meeting before you attend.