|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  | | --- | | Healthwatch Rutland Newsletter |  |  | | --- | | [**View this email in your browser**](https://mailchi.mp/a3c6b8bb69c1/read-our-latest-news-for-healthwatch-rutland-5972468?e=e25a5c5555) | | | | |
| |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | [Logo  Description automatically generated](http://healthwatchrutland.co.uk/) | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | | **September 2021** | |  |  |  | | --- | --- | | |  | | --- | | Welcome to our September 2021 newsletter. Please forward this on to anyone who may be interested in health and social care in Rutland. | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | | **What Matters to You?** | |  |  |  | | --- | --- | | |  | | --- | | To help inform the creation of a new Place-based Health and Care Plan for Rutland, we asked people in Rutland to tell us what they want from local health and care services when they are ill, and to help them live healthy lives.  139 people took part in the project that ran between April and June 2021. Through discussion with community groups and individuals, people were encouraged to talk freely about what local services would make it easier to access health and care services and to take more control of their own health and wellbeing:   * Participants sent a strong message that more diagnostics and treatments must be made available in community health settings closer to home. * Transport difficulties continue to create a barrier to accessing both distant health and care services and local support and wellbeing activities. * Many people said they need better information and more education, both of which are seen as key to enabling them to maintain their own health and wellbeing. * People living near county boundaries talked of the complexity of access to secondary health and care services which are variously determined by their postcode, the location of their GP practice or where their children go to school. * The increasing use of technology for health and care consultations and monitoring is embraced by many, but feared by many others. People want access to health and care to be available in ways that meet the individual’s needs – online, telephone or face-to-face. * Children and young people need more services close to their homes to minimise disruptions to education and family stress caused by travelling long distances. | |  |  |  | | --- | --- | | |  | | --- | | [**Read the Report**](https://www.healthwatchrutland.co.uk/sites/healthwatchrutland.co.uk/files/What%20Matters%20To%20You%20Final.pdf) | |  |  |  | | --- | --- | | |  | | --- | | The findings are now being cross-referenced with feedback from Rutland County Council’s Rutland Conversation and other research, to drive the priorities in the Rutland Health and Wellbeing Strategy Health and Place-based health and care Plan. | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | | **Lets Talk…** | |  |  |  | | --- | --- | | |  | | --- | | Our ***Let’s Talk*** project looking at the changes that have occurred in Health and Social Care during the pandemic is well underway! We have finished the ***Let's Talk…*** *Accessing GP Practice Appointments* study and this will be available on our website shortly.  We have collected the feedback for the second theme ***Let’s Talk…*** *Hospital Visiting* and this is currently being written up. We would like to say a big thank you to those who gave feedback on this topic; it is an emotive subject and it really meant a lot to us that people were willing to share their stories.  We are currently collecting feedback for ***Let’s Talk…*** NHS Health Checks and Screening. How have suspensions and delays in regular health checks and screening affected you or your family’s health and wellbeing? Please share your experience and views with us. There are several ways you can do this:   * Fill out our 5-question [quick poll](https://www.healthwatchrutland.co.uk/health-checks-and-screening-quick-poll) * Call Amy on 07931 717086 to give your feedback over the phone * Email your views to [amy.crawford@healthwatchrutland.co.uk](mailto:amy.crawford@healthwatchrutland.co.uk)   The theme for October will be ***Let’s Talk…*** *Urgent and Emergency Care*. We are interested in hearing about how changes that have been made during the pandemic to NHS 111, ambulance services, urgent care centres and minor injuries services has affected you:   * Walk-in urgent services now have to be pre-booked. Has this worked for you? * Have you called 999 in the last 18 months? What was your experience? * Have you used NHS 111 online or by phone in the last 18 months? What was your experience?    We would love to hear from you! Please join one of our focus groups:   * Tuesday 12th October 10-11:30am - In person * Weds 13thOctober 7-8pm – On Zoom   [**REGISTER FOR A FOCUS GROUP**](https://www.healthwatchrutland.co.uk/lets-talk-urgent-and-emergency-care) Or contact Amy Crawford to arrange an interview: email [amy.crawford@healthwatchrutland.co.uk](mailto:amy.crawford@healthwatchrutland.co.uk) or phone 07931 717086 | |  |  |  | | --- | --- | | |  | | --- | | [**Sign up to share your views**](https://www.healthwatchrutland.co.uk/lets-talk-urgent-and-emergency-care) | |  |  |  | | --- | --- | | |  | | --- | | A picture containing text, vector graphics  Description automatically generated | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | | **Are you or your loved ones waiting for hospital care? Share your views**  Millions of people have had their treatment delayed by the pandemic – are you one of them? We want to know if you’re getting the advice, information and support you need while you wait.  The COVID-19 pandemic has resulted in many people having their operations, treatment and appointments cancelled or delayed.  The NHS had to postpone non-urgent elective care treatment when the pandemic hit, freeing up inpatient and critical care capacity. While this helped medical staff respond to the crisis, it has resulted in a huge backlog of people waiting for treatment.   The impact of delayed treatment can be huge, potentially leaving you in pain and affecting both your physical and mental health. It can even stop you working and performing day-to-day tasks, such as cleaning, shopping and caring for others.   If you’re not getting enough support to manage your health while you wait for care, then that’s not acceptable.  Everything you tell us is confidential and will help us understand what needs to be put in place to better support people waiting for treatment. So, whether your experience is good or bad – we want to hear it. Please fill in a short 5-minute survey: | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | | [**Share your views**](https://www.smartsurvey.co.uk/s/SQVSJO/) | |  |  |  | | --- | --- | | |  | | --- | | [A picture containing text, person, person, indoor  Description automatically generated](https://www.smartsurvey.co.uk/s/SQVSJO/) | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | | Text  Description automatically generated | |  |  |  | | --- | --- | | |  | | --- | | **COVID-19 vaccination update** | |  |  |  | | --- | --- | | |  | | --- | | Following new guidance set out by the JCVI on 14 Sept, the local NHS vaccination programme has begun inviting eligible people, who had their second Covid jab at least six months ago, for a top up vaccination to boost their protection.  For Leicester, Leicestershire and Rutland, the programme will be delivered through pharmacies, hospital hubs, and vaccine centres (not through the Rutland Primary Care Network of GP practices this time around). Now that the Catmose Vaccination site in Oakham has closed, Clinical Commissioning Groups are in the process of finalising an alternative Rutland Centre: watch this space.  You do not need to contact the NHS to arrange a booster vaccine, the NHS will be in touch when you become eligible for the jab.   **Covid-19 vaccinations for 12-15 year olds**  Leicestershire Partnership NHS Trust’s Community Immunisation Service is now organising first vaccinations for 12-15 years olds in Leicester, Leicestershire and Rutland secondary schools, starting this week.  The Community Immunisation Service already provides the flu and HPV vaccinations in local schools and are experienced in providing vaccinations that meet the needs of this age group, while minimising disruption to the school day.   Parents will soon receive a letter from their child’s school informing them about the vaccination and how to give consent for their child to be vaccinated. | |  |  |  | | --- | --- | | |  | | --- | | [**Read more**](https://www.healthwatchrutland.co.uk/news/2021-09-21/covid-19-vaccination-update-20-september-2021) | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | | Text  Description automatically generated | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | | **The NHS wants your help!** | |  |  |  | | --- | --- | | |  | | --- | | If you are passionate about health and social care, could you spare some time to sit on an assurance group to help to ensure that local care is designed around the needs of patients?  People who feel they can review feedback and opinions received about healthcare and decide if they have been listened to and considered, are encouraged to apply to be part of the Public and Patient Involvement Assurance Group (PPIAG) or the Alliance Leadership Board.  Richard Morris, Deputy Director of People and Innovation said “…  We want health and care services to be developed with a strong voice for local people and communities.  The NHS is used by everyone at some point in their life, often at times when they are feeling vulnerable.  It’s crucial that services are planned using the experiences of patients, carers and citizens… The group will be helping the local NHS to provide the best health and wellbeing outcomes for other local people including their family and friends.”  The volunteers will review information and assure themselves that the views of public and patients have been sought and considered when services are redesigned and delivered.   You can [view the application pack](https://www.leicestercityccg.nhs.uk/get-involved/join-our-public-and-patient-involvement-assurance-group/) and details of how to apply.  Applications close 7 October 2021. | |  |  |  | | --- | --- | | |  | | --- | | [**View the application pack**](https://www.leicestercityccg.nhs.uk/get-involved/join-our-public-and-patient-involvement-assurance-group/) | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | | **The People’s Council** | |  |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  | | --- | | [A picture containing diagram  Description automatically generated](http://www.leicspart.nhs.uk/involving-you/the-peoples-council/) |  |  | | --- | | The Leicestershire Partnership Trust People’s Council is an independent advisory body made up of individuals with a lived experience of receiving healthcare services from the Trust (LPT). It comprises patient and carer representatives and Voluntary and Community Sector organisations and groups who work with different communities across Leicester, Leicestershire and Rutland (LLR).  During the first year of operation the Council has made great progress:   * Secured funding for the work programme and administrative support for meetings * Developed an online presence through a dedicated website page and Twitter account * Built strong partnerships with the LPT Trust Board the Directors * Supported patient and carer leaders through training, development, and mentoring * Delivered against the Council’s first priority through a comprehensive response to the Step Up To Great for Mental Health consultation   In order to make sure that the Peoples’ Council has the broadest possible representation, new Council members are being sought across LLR. The Council is particularly keen to find new members from Rutland. If you have had experience of using LPT’s Community Services (community nursing or therapy for instance) or mental health services, you can find out what’s involved in being a Council member or apply on the [People’s Council webpage](https://www.leicspart.nhs.uk/involving-you/the-peoples-council/). | | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | | **Rutland Walking, Cycling and Outdoor Festival 2021** | |  |  |  | | --- | --- | | |  | | --- | | The two-week festival launches on Saturday 9th October with over 20 sessions for all ages and abilities, including countryside walks, casual bike rides, nordic walking and more.  This year you are asked to book ahead for all activities so that numbers can be managed safely. Most of the walks and rides finish at a pub or cafe or you can bring your own refreshments for the duration of the activity.  The Rutland Round kick starts the first week of the festival, covering 65 miles over 7 days. You will have the opportunity to walk the county boundary and occasionally delve in to see beautiful market towns and Rutland Water. You can take part on one day, a few days or the whole week.  The second week of the festival includes a variety of walking, cycling and outdoor based activities throughout the county which are suitable for all ages and abilities.  All activities can be found on the [Active Rutland website](https://www.activerutland.org.uk/walkingandcyclingfestival), including dates, times and joining instructions.  The festival runs through to Sunday 24th October 2021. | |  |  |  | | --- | --- | | |  | | --- | | [**Festival leaflet**](https://www.activerutland.org.uk/uploads/rutland-walking-cycling-and-outdoor-festival-programme-2021.pdf?v=1631637863) | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | | **Stamford Minor Injuries Unit re-opens 1 October** | |  |  |  | | --- | --- | | |  | | --- | | Stamford and Rutland Hospital’s Minor Injuries Unit (MIU) will reopen on 1 October 2021. The MIU was temporarily closed due to clinical staff needed to be redeployed to work in other Trust departments during the height of the Coronavirus pandemic to support the emergency flow.  Patients with minor illnesses should continue to seek clinical assessment and advice from the community pharmacies and General Practitioners. Alternatively, patients can call NHS 111 for advice on accessing the most appropriate healthcare service for their needs or 999 where there is a life-threatening emergency.  Applications close 7 October 2021. | |  |  |  | | --- | --- | | |  | | --- | | A picture containing outdoor, sky, street, building  Description automatically generated | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | | **New CEO for Leicester Hospitals** | |  |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  | | --- | | A person in a suit and tie  Description automatically generated with low confidence |  |  | | --- | | University Hospitals of Leicester NHS Trust, (UHL) will, from autumn 2021, be led by Richard Mitchell, currently the Chief Executive at Sherwood Forest Hospitals NHS Foundation Trust.  Richard said, “I am delighted to be joining UHL as Chief Executive. My family and I have lived in Leicestershire for eight years and our two children were born at UHL. It will be a privilege to be part of the team again and I am confident we will further improve patient care and the experiences colleagues have at UHL.   “Recognising how tough the last 18 months have been for us all in our working and personal lives, I do feel optimistic and confident about the Trust’s future. I know the planned investment and reconfiguration coupled with even closer working with partners gives us a great opportunity to permanently transform LLR and UHL. I am very excited to be part of the team.” | | |  |  |  | | --- | --- | | |  | | --- | | [**Read the Trust's press release**](https://www.leicestershospitals.nhs.uk/aboutus/our-news/press-release-centre/2021/university-hospitals-of-leicester-nhs-trust-announces-new-chief-executive/) | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | | **Leicester Children’s Heart Service moves home** | |  |  |  | | --- | --- | | |  | | --- | | The service has moved from its Glenfield home, where it has been since 1993 to a new purpose-built facility in the Kensington Building, at Leicester Royal Infirmary.  A group of people sitting in chairs  Description automatically generated with medium confidence  The new space comprises a new cardiac ward, outpatient and diagnostic department, cardiac paediatric intensive care unit (PICU), cardiac theatre, catheter lab, as well as parents’ accommodation, allowing families to receive the best possible care in the region.  The move is part of Leicester’s Hospitals wider vision to realise the first single-site children’s hospital in the East Midlands.  The East Midlands Congenital Heart Centre team, will move with the service. | |  |  |  | | --- | --- | | |  | | --- | | [**Read more**](https://www.leicestershospitals.nhs.uk/aboutus/our-news/press-release-centre/2021/copyof-east-midlands-congenital-heart-centre-august2021/) | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | | **Latest 5 on Friday - Local NHS newsletter** | |  |  |  | | --- | --- | | |  | | --- | | The NHS in Leicester, Leicestershire and Rutland is publishing weekly bulletins to keep you up to date on local health matters.  '5 on Friday' keeps you up to date with how the local NHS in LLR is responding to Covid, but also covers a wider range of topics to keep you informed. | |  |  |  | | --- | --- | | |  | | --- | | Graphical user interface, text, application  Description automatically generated | |  |  |  | | --- | --- | | |  | | --- | | [**Read the latest '5 of Friday' from 24 September**](https://us10.campaign-archive.com/?u=23297bdcae3ba9bf4ad336a94&id=2ad6ae990c) | |  |  |  | | --- | --- | | |  | | --- | | [**Read older issues or sign up for the emails here**](https://us10.campaign-archive.com/home/?u=23297bdcae3ba9bf4ad336a94&id=198ee948f7) | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | | **News for carers** | |  |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  | | --- | | Background pattern  Description automatically generated with medium confidence |  |  | | --- | | You can read local Carers UK volunteer and Healthwatch Rutland Board member Jacqui Darlington's [monthly newsletter](https://drive.google.com/file/d/1lTcaHXyA7-z229klivlUkZm2Y5FIMGu7/view) with information and updates for carers.  Contact Jacqui to sign up for her newsletter every month: [jacqui.darlington@carersuk.net](mailto:jacqui.darlington@carersuk.net) | | |  |  |  | | --- | --- | | |  | | --- | | [**Read the latest newsletter**](https://drive.google.com/file/d/1lTcaHXyA7-z229klivlUkZm2Y5FIMGu7/view) | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | | **Take a break**  Carers UK and Regina Blitz have launched a new six-month partnership raising awareness of caring and highlighting the importance of breaks for unpaid carers.  The partnership will be promoted on packs of Regina Blitz household towels, with text encouraging unpaid carers to self-identify by explaining the kinds of tasks a carer might do. At the same time, the packs will be running a giveaway for [breaks for unpaid carers](https://carersbreaks.regina.uk.com/) giving carers the chance to win a free break – from cinema tickets and recipe boxes to hotel stays and spa days. The breaks will enable prize winners to take some time for themselves away from their caring responsibilities – something that’s essential for their mental health and wellbeing.   The partnership runs until the end of January 2022. | |  |  |  | | --- | --- | | |  | | --- | | [**Find out more**](https://carersbreaks.regina.uk.com/) | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | | **How can your pharmacy help you?** | |  |  |  | | --- | --- | | |  | | --- | | Pharmacists are qualified healthcare professionals who can offer clinical advice and over-the-counter medicines for a range of minor illnesses. Pharmacists can offer advice and over-the-counter medication to help with a range of common conditions and minor injuries such as:   * common ailments such as coughs, colds and the flu, * tummy trouble, * aches and pains, * skin rashes * cystitis * access to the morning after pill and pregnancy tests   Your pharmacist can help manage repeat prescriptions and help with any questions that you might have about medication that you have been prescribed by the doctor. The pharmacist will let you know if you need to visit a doctor however they can help you with a number of things first.  If you’re taking lots of different medicines, you may be able to have a Medicines Use Review with your pharmacist to help you work out when you should be taking your medication and discuss any questions or side effects.   Your local pharmacist might also offer other NHS services such as smoking cessation, blood pressure tests, weight management and flu vaccination. To find out what your community pharmacist offers, just ask them. All pharmacists train for five years in the use of medicines. They are also trained in managing minor illnesses and providing health and wellbeing advice. | |  |  |  | | --- | --- | | |  | | --- | | [A picture containing text, person, indoor  Description automatically generated](https://www.healthwatchrutland.co.uk/advice-and-information/2021-08-19/how-can-your-pharmacy-help-you) | | | | |
| |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | [**Read more**](https://www.healthwatchrutland.co.uk/advice-and-information/2021-08-19/how-can-your-pharmacy-help-you) | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | |  | | | | |