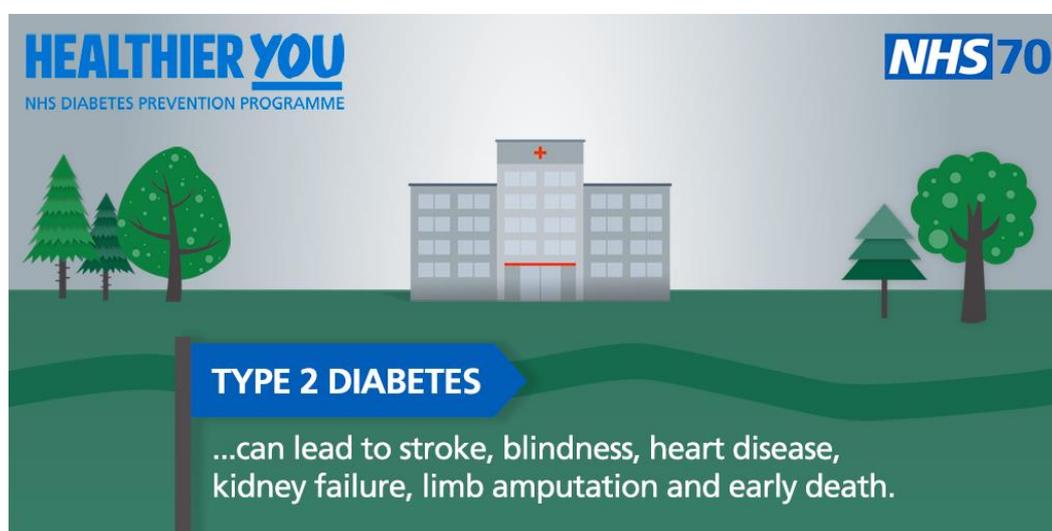


NHS North Tyneside CCG Patient Forum Newsletter

Healthier You: NHS Diabetes Prevention Programme



NHS England and partners have launched the 'Healthier You: NHS Diabetes Prevention Programme' (NDPP) to help people who are at risk of developing Type 2.

In the UK, around 22,000 people with diabetes die early every year and five million people in England are at high risk of developing Type 2 diabetes.

While Type 1 diabetes cannot be prevented and is not linked to lifestyle, Type 2 is largely preventable through lifestyle changes.

The Healthier You: NHS Diabetes Prevention Programme identifies people at high risk and offers them support to make positive changes to their lifestyle to reduce their risk of developing Type 2 diabetes.

If you haven't been referred to Healthier You but you're interested in the service, the first step is to check if you're at high risk. Visit the 'Know Your Risk' tool at www.diabetes.org.uk/risk and find out if you are at risk of getting Type 2.

The programme is a partnership between NHS England, Public Health England and Diabetes UK, working with private providers and local authorities. The service is being delivered in Northern England by Ingeus UK.

For more information visit: www.stopdiabetes.co.uk or contact your GP practice.

Working groups feedback

NHS North Tyneside CCG Patient Forum has a number of smaller working groups each with its own specialist area;

Self Care-supporting back pain workshops run by physiotherapists, who give good advice to patients recently diagnosed with low level back problems.

Communications-members create this quarterly newsletter, choosing topical issues to inform patients.

Mental Health-service information and developments are shared to elicit views on behalf of patients.

End of Life- to contribute to end of life information and publications as well as having an input in service developments.

Future Care- to involve members in the developments of the Future Care Programme Board: including the Community Nursing review, Primary Care Networks and Frailty priorities. Walk-through of services at primary and secondary care level as required, most recently some members visited The Northumbria Hospital in Cramlington.

North Shields locality news

There is now a dressings clinic for patients with complex dressings needs, for example wounds that fail to heal, pressure wounds and leg ulcers. Patients will be able to access a Complex Dressings Clinic in future.

Four Mental Health specialist workers have been appointed to work in North Shields.

Claire Howard has been appointed to work as a Wellbeing Facilitator with the practices and to build links with the voluntary sector for the benefit of patients.

In future, patients of GP practices in North Shields might find that they are given a Wellbeing Prescription when they see their health care professional. Wellbeing Prescription is a free service being piloted in North Shields that can help patients improve their health and wellbeing.

GPs and other health care professionals can refer patients to trained Care Navigators who can support patients to help improve their mental, emotional and physical health and wellbeing. Alternatively patients can refer themselves to the service.

Care Navigators are skilled in signposting patients to local services including things like getting active, healthy eating advice, community and support groups.

Wallsend Locality news

Two Mental Health Specialist Nurses have been appointed and will be starting in June.

One Pharmacist is to be appointed for 12 months looking at Opioid Reduction. Opioids are commonly prescribed because they are effective in relieving many types of pain. These

medications are classified as narcotics and can be dangerous when abused and include morphine.

A recent radio programme highlights the issues. www.bbc.co.uk/programmes/m0004mgv

One Care Navigation Coordinator is to be appointed for 12 months to support Care Navigation in Primary Care.

Schools Education Project – A pilot started in Churchill Community College during June will educate Year 9 Students on Mindfulness, consent and what doctors are there to support students with.

Pregnancy and Baby Guide

This NHS guide takes you through every step from birth and into the early years and is a useful resource for families with young children: www.nhs.uk/conditions/pregnancy-and-baby/

NHS A-Z of conditions

Excellent self care information is available on the NHS UK website www.nhs.uk/conditions/

111 Service

When to use it?

You should use the NHS 111 service if you urgently need medical help or advice but it's not a life-threatening situation.

You should call 111 if:

- It's not a 999 emergency
- You think you need to go to A & E or another NHS urgent care service
- You don't think it can wait for an appointment with your GP
- You don't know who to call for medical help



For less urgent health needs you should still contact your GP in the usual way

For immediate life threatening emergencies, continue to call 999

North Tyneside Cancer Plan

Recent public engagements were held to involve members of the public in the development of this plan and the following quiz (courtesy of Cancer Research UK) was part of the agenda.

Cancer quiz

1) How many different types of cancer are there?

- a) Just one
- b) 10-20
- c) 75-100
- d) Over 200

2) What is the most common type of cancer in the UK?

- a) Prostate cancer
- b) Lung cancer
- c) Breast cancer
- d) Bowel cancer

3) Which of the following statements is true?

- a) Animals don't develop cancer
- b) Men in the UK are more likely to be diagnosed with cancer than women
- c) Cancer is a modern disease
- d) You can catch cancer from someone who has it

4) Which of the following age groups are more likely to develop cancer?

- a) Children and teenagers
- b) 20-39 year olds
- c) 40-59 year olds
- d) People aged 60 and above

5) Which of the following could reduce the risk of cancer?

- a) Eating less processed and red meat
- b) Getting a sunburn
- c) Drinking 2 glasses of wine a day
- d) Wearing loose-fitting trousers

6) How much activity should you aim to do each week?

- a) About 5 minutes a day
- b) At least 30 minutes a day, 5 days a week
- c) At least an hour every day
- d) 3 hours on weekdays, 4 on weekends

7) Which on the following counts as moderate activity?

- a) Brisk walking
- b) Gardening
- c) Football with the kids
- d) All of the above

8) Which of these should you eat plenty of as part of a healthy balanced diet?

- a) Salt
- b) Wholegrains
- c) "Superfoods"
- d) Bacon

9) How many cancers could be prevented by people in the UK having healthier lifestyles?

- a) You can't prevent cancer
- b) About 1 in 10
- c) More than 4 in 10
- d) Over 9 in 10

Answers can be found at the end of the newsletter.

The Linskill Centre North Shields - meet new people and share experiences

Do you sometimes feel low?
Find it hard to get out and socialise?
Want to meet like-minded people in
a relaxed and friendly environment?

Connect @ Cafe 32

Meet new local people, share
experiences, and find things in common

1 MAY, 5 JUNE, 3 JULY, 7 AUGUST
4 SEPTEMBER, 2 OCTOBER
6.30PM TO 8PM
AT THE LINSKILL CENTRE,
NORTH SHIELDS, NE30 2AY
To book a place please email
rebecca.southern@voda.org.uk

Did you know?

Libraries and Customer First Centres in North Tyneside produce a comprehensive guide detailing a diverse range of events taking place, including author talks, local history and culture, wellbeing, creative writing, poetry, hobbies and more.

[This link takes you to the spring and summer programme](#)

Eleanor Hayward Chair

It still surprises me to see how much work is being enthusiastically undertaken by members of the Forum and it is good to note how relevant it is to informing the work of the CCG and the general concerns of the public.

It occurred to me recently that although I have been chairing the Forum for a number of years, I have never attended a Patient Participation group at a surgery This week I have been invited to attend a group meeting at my own surgery to get a better understanding of how PPG's work on the ground and to see if there are ways to work better between the two group. I look forward to attending and feeding my experience back to the Forum.

Quiz answers

1 = d 2 = c 3 = b 4 = d 5 = a 6 = b

7 = d 8 = b 9 = c

We know that not everyone has access to a computer, so if you would like an easier way to receive any of the information in this newsletter please ring the Community and Health Care Forum at the Linskill Centre on 0191 2578000 Ext 4280.