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**NHS**  
**East Lancashire**  
**Clinical Commissioning Group**

## **PATIENT PARTICIPATION GROUP NEWSLETTER**

### **Summer 2016**

#### **YOUR PRACTICE** **(Waterfoot)**



We are a little late with our Summer Edition (still waiting for summer to



come ).

Lisa Sanderson will be a Guest Speaker at our next PPG meeting on 6th of September at 6pm.

Lisa is the new Care Navigator for Rossendale appointed by BPR CVS.

Her main aim is to reduce the pressure and demand for non-clinical appointments, working with individuals at risk of loss of independence or social isolation, trying to link them into activities and support within the voluntary, community and faith sector.

She welcomes the opportunity to speak to us and to gather feedback so please come and join in.

#### **Pennine Lancashire Transformation Programme**

A series of workshops are taking place under the banner **Together a Healthier Future** in an attempt to bring Health & Social Care together to improve services & value for money on a Regional basis. We will try to keep you up to date as the programme develops.

We now have a seat on the Rossendale Health & Wellbeing Partnership see

<http://www.realthd.co.uk/rossendale-health-wellbeing-partnership/>

#### **YOUR LOCALITY** **(Rossendale)**

##### **AMBULANCE RESPONSE TIMES**

Whilst the North West Ambulance Service strives to meet the current response standard across East Lancashire as a whole, there are areas such as Rossendale where the standard is not always being met.

This is an area of concern not just to the CCG, but also Rossendale Borough Council. The council through its overview and scrutiny committee has led a fact finding exercise looking at all aspects of the patient pathway, together with a variety of other influencing factors.

With these targets in mind the CCG has again invested in the Community First Responder team so as to support them in their very important role, whilst recognising the impact that their activities have in the health economy.

**The locality is to have a Community Specialist Paramedic which will hopefully have a positive impact on response times whilst also helping to present call outs.**

##### **Helping to reduce Social isolation in Rossendale**

The Rossendale Befriending Service aims

to reduce social isolation for people for more info visit

[www.rossendalehospice.org](http://www.rossendalehospice.org)

#### **YOUR CCG** **(East Lancashire)**

##### **HEALTHY TIPS FOR SUMMER**

Hot days and warm nights can have a significant effect on health. The main risks are:

- Dehydration
- Overheating
- Heat exhaustion and heatstroke
- Sunburn

Tips to stay cool and reduce health risks:

- Stay out of direct sunlight between 11am-3pm
- Always use a sunscreen with a high protection factor
- Drink cold drinks regularly

##### **Sunburn and Heatstroke**

Most of us enjoy spending time in the sun and but, despite the advice, it still seems we can still be prone to overdoing exposure to the sun's rays. It's easy to underestimate your time to the sun and not realise you're getting burnt.

To treat sunburn:

- Get out of direct sunlight as soon as possible
- Apply a cold compress to the skin
- Drink plenty of fluids to bring temperature down and prevent dehydration
- Apply a water based emollient to keep skin cool and moist
- Take paracetamol / ibuprofen if required

## YOUR PRACTICE (Name here)



Michelle Pilling

### Patient Partners News Bulletin - Issue 1

Welcome to the first edition of our Patient Partners newsletter. Our aim is to share with you, our news, information and opportunities to get involved in the work of the CCG. As a member of Patient Partners, you have the opportunity to have your say on the commissioning and development of local health services.

See more at

<http://us11.campaign-archive1.com/?u=e67392158e37b48fdf776ca28&id=8280df2b69&e=9a963858dc>

### **Rossendale Integrated Neighbourhood Team**



is developing well with Michelle McNamara in post to coordinate the clinicians and services all working as a Multi-Disciplinary Team to set Care Plans for our 75+ Patients at home or in care in the Community to avoid or reduce the time spent in A&E or Hospital.

<http://www.reald.co.uk/waterfoot-patient-participation-group/>

**Rossendale PPG Network met on 03/08/16 see the minutes and Terms of Reference in the REAL Directory**

<http://www.reald.co.uk/rossendale-locality-ppg/>

Follow us on  
@WPRG1



## YOUR LOCALITY (Locality here)

### **NEW HOUSING PLAN**

Rossendale Borough Council has recently announced that there could be up to 5,000 new houses being built in the locality over the next 15 years. This would equate to approximately 11,750 new patients and therefore have a major impact upon the current infrastructure and service provision from within the primary care sector. In collaboration with Rossendale Borough Council, the locality is currently involved in a review of the current / future capacity of primary care services and the infrastructure supporting it.

### **ROSSENDALE REAL DIRECTORY OF SERVICES**

As part of its legacy to the Rossendale Locality, REAL of Rossendale has developed a local Directory of Services, which also incorporates a calendar of events and section for local organisations newsletters.

This Directory went live in March, with the opportunity through the purchase of iPads for patient participation members to help patients within their respective GP Practices with specific queries.

<http://www.reald.co.uk/>

### **DEMENTIA FRIENDLY ROSSENDALE (DFR)**

Early summer saw Dementia Awareness Week with a number of activities organised by DFR which ranged from leaflet distributions in a couple of the local supermarkets, steam train rides, awareness raising initiatives, subject talks and the opening of a memory garden. Finally DFR now has its own dedicated website at

[www.dementiafriendlyrossendale.org](http://www.dementiafriendlyrossendale.org)

## YOUR CCG (EAST LANCS)

- Keep skin covered until it has healed

If your symptoms worsen, seek medical advice such as ringing NHS 111 or a local pharmacy.

Heatstroke is a serious condition and occurs when the body's temperature becomes dangerously high.

Signs of heatstroke include:

- Dizziness
- Confusion
- Headache
- Thirst
- Nausea
- Rapid shallow breathing

Suspected heatstroke should always be treated as an emergency and you should dial 999 for an ambulance.

### **Essential Items for Travel**

Going on holiday is exciting but certain items are essential. If you are on medication for a condition such as asthma, diabetes or a heart problem, it is important you have enough medication.

A basic first aid kit is also advised. This should include:

- Painkillers
- Antihistamines
- Anti-diarrhoea medication and rehydration salts
- Plasters
- Antiseptic cream

If you're travelling in Europe, make sure you have a European Health Insurance Card (EHIC). This is free at [www.ehic.org.uk](http://www.ehic.org.uk)

### **PLEASE NOTE:**

If travelling abroad, be sure to check the rules about the types and quantities of medicines that you are allowed to take.

For more information on tips for a healthy summer see:

<http://www.eastlancscgg.nhs.uk/health/summer-health/>