



Health Network News



High Weald Lewes Havens - December 2018

To find out more about the Big Health and Care conversation click on the logo!

Welcome to the very first edition of the High Weald Lewes Havens Clinical Commissioning Group (CCG) Newsletter!

'Health Network News'

These will be published every other month with useful information on healthcare in High Weald Lewes Havens and further a field.

Keep Antibiotics Working

The high profile [Keep Antibiotics Working](#) campaign relaunched on 23 October 2018 and was seen across TV, radio, digital and social media as well as outdoor advertising. The campaign delivered a message of the personal risk of the inappropriate use of antibiotics which we know motivates people to change their behaviour without deterring those who do need antibiotics. Taking antibiotics when you don't need them puts you and your family at risk.

**STAY WELL
THIS WINTER**

New flu vaccine to help over 65's and ease pressure on local NHS

Local people aged 65 and over are being urged by the local NHS to have their new and improved flu vaccine this year, and help reduce the impact of the virus on the local health care system significantly.

Winter is set to be extremely difficult for the NHS across the country, especially on A&E departments and local GP surgeries as they cope with the annual rise in numbers of people seeking treatment.

Last year saw 32 people aged 65 or older ending up in hospital in the High Weald Lewes Havens area due to flu. Those requiring hospital care caused an avoidable extra strain on the NHS, with people aged 65 and over costing the NHS just over £77,000 due to the flu last year.

Local doctors believe this could have been avoided had those eligible taken up the opportunity to get their free jab. Just over two thirds over 65 year olds in East Sussex had the free flu jab last year, which means thousands went unprotected and were at risk of complications if they caught the virus. This year they will get the new and improved a TIV flu jab, which improves the body's immune response to the vaccine.

Local GPs are receiving their flu vaccine stock for over the coming months in phases, those aged over 65 years old should contact their [GP practice](#) to claim their free flu jab.

Find out more about the flu vaccine at www.nhs.uk



Help Us Help You Stay Well Over the Winter Break

While we're all busy making preparations for the holiday period it's easy to forget about looking after your health and the health of those close to you, but there are a few simple things you can do to help you to stay well over the festive season.

People in High Weald Lewes Havens are being reminded to stock up on their medicines before the Christmas holidays start.

The message from the NHS is be prepared. If you take regular medication, make sure you check you have enough medicine to see you through the holiday period.

Dr Alison Taylor, Medical Director for NHS England, Kent, Surrey and Sussex, said: "If you or someone you care for takes medicines regularly, don't forget to make sure you order and collect repeat prescriptions in plenty of time to ensure you have enough medicine to cover the festive season. "When you are in the pharmacy, it is also the ideal opportunity to stock up on self-care treatments for conditions like coughs, colds and upset stomachs." Although local pharmacies may have restricted opening hours over Christmas and New Year, there will be some local pharmacies open each day should you need them. This year for the first time there will also be some GP practices and pharmacies open on Christmas Day for anyone needing urgent medical help.

Please follow the link for [details of local pharmacies open over the winter break](#). You can speak to your local pharmacist for advice about which medicines you should have in stock to help you and your family over the winter season.

If you start to feel unwell, even if it is just a cough or cold, you can get advice from your pharmacist before it gets more serious. For more information about how to Help Us Help You Stay Well This Winter, visit the [Stay Well website](#).



What is a Patient Participation Group (PPG)?

PPGs are groups of patients who contribute feedback, ideas, and suggestions directly to their GP practice. They are an effective network of local people interested in health care and services who can bring the voice and experience of patients into the heart of the CCG.

They are run by volunteer patients and practice managers. Many PPGs run meetings at their practices.

They also use email and social media to connect with members, so even if you are only an occasional user of your local surgery or cannot attend meetings, you will be able to share your views.

How do I join my PPG?

If you would like to find out more or join a PPG, please [contact your GP practice](#) directly.

Consultations

Would you like to be involved in NHS decision making on a national level? There are currently a number of online consultations available on the NHS England website:

[CLICK HERE](#)

National neurological patient experience survey

A unique patient experience survey, gathering the views of people with neurological conditions across England about their experiences of health and care services, is underway. The survey is being run by [The Neurological Alliance](#), who will use the results to campaign for improvements to these services. They plan to publish a report of their findings and recommendations in the summer. An [online version of the survey](#) is live until 22 March 2019. They are seeking support to promote the survey to anyone with neurological conditions, and have [materials available](#) for this. The Neurological Alliance are recruiting within neurology outpatient clinics across England for participation in a paper-based rollout early in 2019. Contact info@neural.org.uk.



Want to learn more about integrated care?

[CLICK HERE](#) to watch a short YouTube video

Or a little light relief from Dom Joly?

[CLICK HERE](#)



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**MERRY
CHRISTMAS
and a
HAPPY NEW
YEAR!!**

