



March 2018

## Welcome

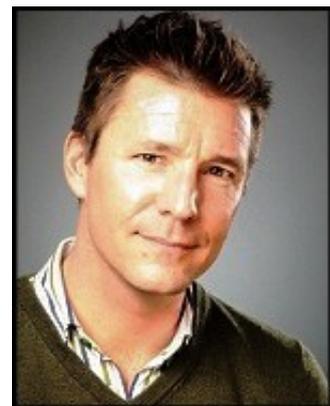
The National Health Service is turning 70 this year. We are celebrating by asking you to share your experiences of the NHS and help us to thank the frontline staff who work tirelessly to care for us. This bulletin has more information on how you can get involved, along with the other work we are doing in Southwark.

Easter is almost here and that means your GP surgery will be closed on Bank Holidays. It is important to make sure you have ordered any repeat prescriptions before the bank holiday and that you have a well-stocked medicine cabinet. Some local pharmacies will be open over the bank holiday, and pharmacists can offer advice about treating minor illnesses or injuries.

I hope you find this bulletin useful and interesting and I thank you for your continued interest in NHS Southwark CCG.

**Dr Jonty Heaversedge**

Chair, NHS Southwark CCG



# In this issue

- Southwark Local Care Networks have been recognised for their [engagement work](#) at the Patient Experience Network National Awards (PENNA).
  - Southwark needs more [black, Asian and minority ethnic blood and organ donors](#) to join the national register
  - The [National Health Service is turning 70](#) this year! Help us to celebrate its achievements by sharing your stories.
  - GP and practice nurse appointments are available in Southwark [8-8, 7 days week](#)
  - Be prepared and [stock up your medicine cabinet](#) before the Easter bank holiday
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## News

### **Act F.A.S.T to save lives**

More than 3,000 people have suffered a stroke in Southwark. The quicker people get help for someone who has had a suspected stroke, the better their chance of recovery. But do you know the signs? Remember F.A.S.T.

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### **Call for more blood and organ donors from black community**

Whilst 211 Southwark residents have received a transplant in the last ten years only 35 residents have donated after their death. Southwark community leaders are working together with NHS Blood and Transplant to [increase the number of black, Asian and minority ethnic blood and organ donations in the borough](#). Blood and organ donations need to be well matched and people from the same ethnic background are more likely to be a match.

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### **National Prize for our work on developing care coordination for people with multiple long term conditions**

We are pleased to announce that Southwark's Local Care Networks have been recognised for their engagement work at the Patient Experience Network National Awards (PENNA). They were runners-up in the Commissioning for Patient Experience award for their [engagement work around the development of care coordination with people living with three or more long term conditions](#). The CCG supported the engagement, working collaboratively with Healthwatch Southwark and other Local Care Network partners.

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## **Choose wisely – call NHS 111 if you need medical advice urgently**

Depending on the situation, the NHS 111 team can connect you to a nurse, emergency dentist, or even a GP and if they think you need it, they're able to arrange face-to-face appointments. NHS 111 is available 24 hours a day, 7 days a week to ensure that you get [the right care from the right person, in the right place, at the right time](#).

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## **Reducing your risk of diabetes through a healthy lifestyle**

The Healthier You: NHS Diabetes Prevention Programme has produced [this short video](#) to explain how you can reduce your risk of diabetes.

Healthier You: NHS Diabetes Prevention Programme is a national programme which offers personalised support to reduce your risk of Type 2 diabetes. This includes education on healthy eating and lifestyle, help to lose weight and physical exercise programmes, all of which together have been proven to reduce the risk of developing the disease. You can ask your GP for more information.

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## **The NHS is 70 years old this year!**

[The National Health Service is turning 70](#) on 5 July 2018. It's the perfect opportunity to celebrate the achievements of one of the nation's most loved institutions, to appreciate the vital role the service plays in our lives, and to recognise and thank the extraordinary NHS staff – the everyday heroes – who are there to guide, support and care for us, day in, day out.

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## **Extra GP and nurse appointments in Southwark, 8am to 8pm, 7 days a week**

GPs and nurses in Southwark want to raise awareness of the availability of [extra GP and nurse appointments in the borough](#). Available from 8am to 8pm, 7 days a week, from two locations in the north and south, these extra appointments are for most of the normal things people see their GP or nurse for.

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## **Find out about cancer services in south east London**

The South East London Cancer Alliance brings together primary care, commissioners, hospital trusts, cancer charities, patients and carers from south east London to improve cancer care. If you are interested in cancer prevention, diagnosis, treatment and

recovery, read the Alliance's [latest bulletin](#) for an update on its work.

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## Work due to start on new health centre for Dulwich early next year

We are happy to say that the final (Stage 2) business case for the new health centre is now with NHS England (NHSE) for approval. We hope to be able to bring contractors onto the site in April 2018 and we are still aiming for our new health centre to open in March/April 2020. [Find out more about our Dulwich plans](#).

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## Be prepared for Bank Holidays

Easter is early this year - and not far away! Remember that your GP surgery will be closed on Bank Holidays, so it's wise to [make sure you have your Easter health needs covered](#). Some pharmacies will open over Easter, visit them for advice on common, minor short term illnesses and conditions.

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## Southwark Wellbeing Hub – your feedback needed

[The Southwark Wellbeing Hub](#) is an information, advice and support service for people experiencing problems with their mental health or wellbeing. It is available to all Southwark residents over the age of 18. Due to the current opening hours, some people are unable to access their services between Monday to Friday. If you'd like to give your feedback on when you would prefer them to be open and also what kind of services you'd like them to provide, [please complete this short survey](#).

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