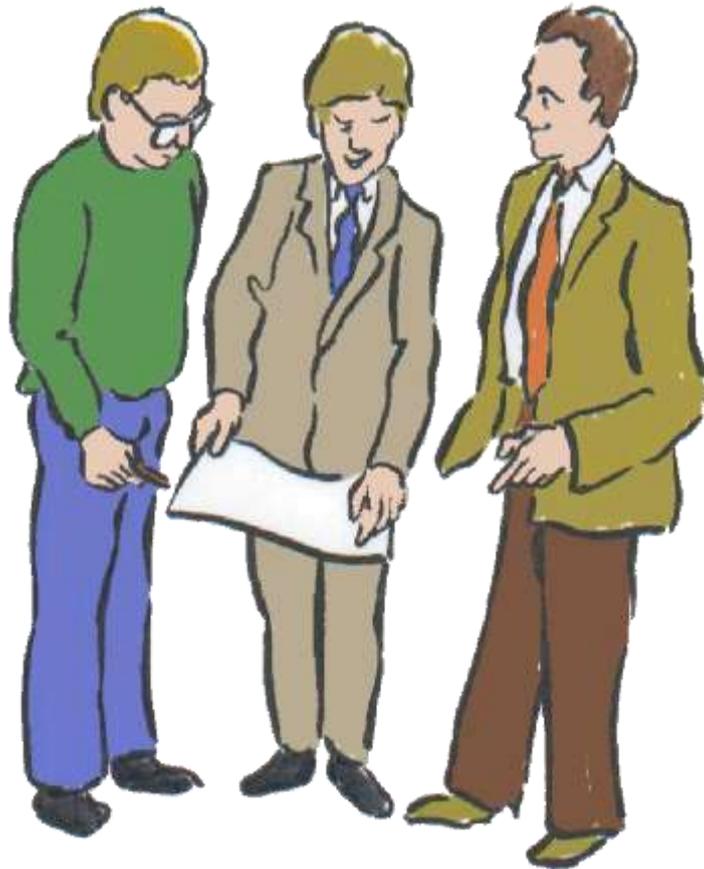


Our plans for making Health Services better in Dulwich and the areas around Dulwich



What do you think?

Please tell us by Friday 31 May 2013.

This is an EasyRead version of:

Improving Health Services in Dulwich and the Surrounding Areas.

A Consultation about Local Services.

This includes Dulwich, Nunhead, Herne Hill, south Camberwell and south Peckham.



What's in this booklet?

Page



Our plans for making Health Services better in Dulwich and the areas around Dulwich.....

1



How we see health services in the future.....

6



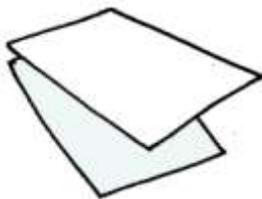
About our plans.....

7



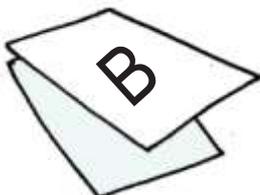
The changes.....

10



Plan A.....

11



Plan B.....

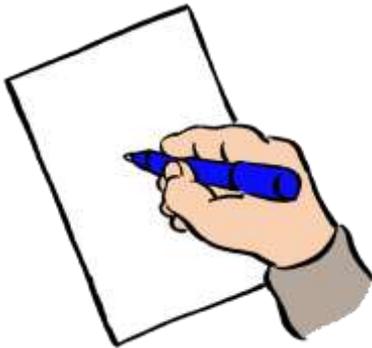
13

Our plans for making Health Services better in Dulwich and the areas around Dulwich.



What do you think?

We want to do what is right for the people who use our services so it is important to us to find out what you think.



Please fill in the answers booklet that came with this paper, to tell us what you think about our plans.



Please send this back to us by Friday 31 May 2013.

Send your form to:
NHS Southwark Consultation
Facts International Ltd
FREEPOST HS464
Ashford TN24 8BR



Or you can tell us online at
www.southwarkpct.nhs.uk.

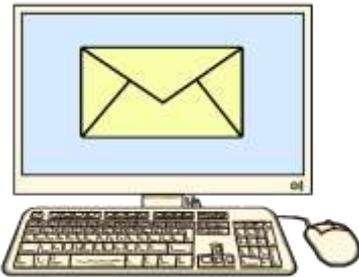


We will keep everything you tell us safe.



If you have any questions or you would like this information written in another way, please contact:

Sarah Mulcahy



Email: smulcahy@opinionleader.co.uk



Telephone: 0808 178 9055



We can also give you extra support if you have a learning difficulty or speak another language.

Other ways to tell us what you think or find out more.



Meetings

We are also having two meetings where you can tell us what you think and ask questions.

APRIL 2013						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Tuesday 30 April
at 7pm

MAY 2013						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Wednesday 22 May
at 2pm

at St Barnabas Church, Calton Avenue,
London, SE21 7DG



If you would like to come, please book a place by telephoning us on 0800 148 8572



Or go online at www.southwarkpct.nhs.uk

Drop-in Sessions



We are having some meetings where you can just turn up and tell us what you think or ask questions.

MAY 2013						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Wednesday 1 May
10am to 12:30pm
Gaumont House Surgery
153 Peckham High Street
Peckham SE15 2AU

MAY 2013						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Wednesday 8 May 2013
6pm to 8pm
Dulwich Community Hospital
East Dulwich Grove
Dulwich SE22 8PT



If you are having a meeting about our plans, please ask us to come so you can tell us what you think.



Our plans are about the health services we have for people living in Dulwich, Nunhead, South Camberwell, South Peckham and Herne Hill.



Some people also travel from North Southwark, Lambeth and Lewisham to use them.



This booklet is to ask you what you think about our plans for health services in these areas.



The large hospitals will stay the same. These are King's College Hospital, Guys and St. Thomas' Hospital.



The things we want to ask you about are:



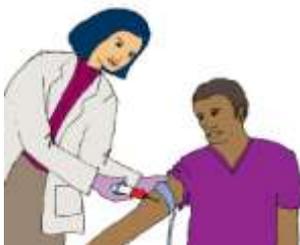
- the sort of care you get from your local doctor or practice nurse



- care for people who are ill for a long time but do not need to go to hospital



- care for women who are pregnant or have just had a baby



- some simple health tests, like blood tests

- care from health professionals who do not work in the hospitals



- ways to bring together social care and healthcare. This is to support people with lots of difficult health conditions to be as independent as possible.



We want to ask you about these services because in this area there are:

- a lot of people who will be ill for a long time



- older people



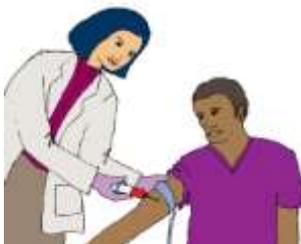
- pregnant women



- young children

How we see health services
in the future

We want to make sure that people have the right care in the right places.



We want people to get advice and tests near to their homes that help find out what is wrong with them.



It may also mean that less people need to go to hospital.

We would like to find out what is wrong with people more quickly.



We would like to do this near to where people live so it is easier for them.



We would like to have services for pregnant women and young children near to where they live.



We would like older people with health problems to be as independent as possible.



We will do this by having the right care near to where they live.

We would also like the different types of care to work well together.

About our plans



Your local NHS would like to know what you think about the plans to make things better outside our large hospitals, in Dulwich and the areas around Dulwich.



We would also like to hear any ideas you have to make things better.



You can find a full copy of our plans on our website www.southwarkpct.nhs.uk

Before we wrote our plans, we spoke to:



- people who live in the area
- people who use our health services
- community groups
- doctors
- nurses
- healthcare professionals
- councillors
- other groups who are interested in what happens in Dulwich and the areas around Dulwich.



Our plans are about the services you get:

- from your local doctor or practice nurse



- if you are ill and will be for a long time



- when you are pregnant or have a new baby



- when you need simple health tests like blood tests or a test for your heart

- from people who specialise in one condition such as diabetes or skin conditions



- when you need help with problems that are linked with each other and support with being independent.

Our Plans



We are changing the local health services you get in Dulwich and the areas around Dulwich.



This is so we can use NHS money better.



Our plans mean that you will have more services than you do now and all our services will work well together.



Both our plans mean we will probably have a health centre where Dulwich Community Hospital is now.

The health centre will be better for you, more modern and better for the environment.



We listened to what people told us was important, so the health centre will have good parking and will be easier for people with disabilities to use.

Our plans mean that less people will need to use the larger, busier hospitals.



We made these plans so that:

- we have the right health services for the groups people who live in or near to Dulwich



- you have more of the services you need, nearer to you

- we can provide more care for more people using less money



- we can make the best use of Dulwich Community Hospital.



The changes

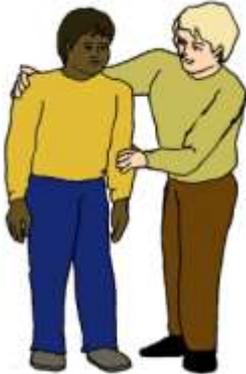
Questions 1 to 4 at the end of this booklet are about this section.

This is how the changes we are making will affect **four** different groups of people. We want to know if you think we are planning the right health services for them.

We also want to know where you think people should be able to go for these health services. This could be:

- **at every local doctor**
- **a local doctor close by to yours
OR maybe in a health centre**
- **in a health centre
(not in a doctors surgery)**

Group 1 – people who feel unwell or need health advice



Anyone might need advice or support with their health at any time. These might be things like a visit to your local doctor or a blood test.

Our plans will mean you will be able to see doctors or nurses who have a lot of experience and skills in some illnesses.



You will be able to get more care in your local doctors surgery or health centre, meaning you are less likely to go to hospital.



You will get medicines from the pharmacy and advice for some simple illnesses.



And there will be clinics for people with complicated illnesses that need lots of tests.

We think that these services should be at every local doctor:

- The usual services you get from your local doctor
- Care for wounds after an operation.



We think that these services should be at your local doctor, a local doctor close by to yours OR maybe in a health centre:

- Pain treatment
- Simple surgery
- Physiotherapy
- Skin and headache care
- Blood tests
- Looking after more difficult wounds after an operation.



We think that these services should be in a health centre (not in a doctors surgery):



- Physiotherapy
- Ultrasound and some other tests.

What do you think? You can tell us using the answer booklet.



Group 2 – keeping you healthy

Our health services will support you to stay healthy, as well as supporting you when you are ill.

We think that these services should be at every local doctor:



- NHS health checks
- Help to stop smoking
- Flu jabs
- Checking for different diseases
- Checking for some diseases caught when having sex.



We think that these services should be at your local doctor, a local doctor close by to your's OR maybe in a health centre:



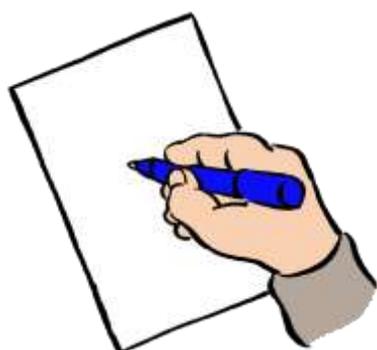
- Help to stop using drink and drugs
- Help with healthy eating



We think that these services should be in a health centre (not in a doctors surgery):



- Help for people who find it very difficult to stop smoking
- Mental health care
- Help to lose weight
- Testing for breast cancer
- Meeting rooms for groups



What do you think?

You can tell us using the answer booklet.

Group 3 – services for women who are pregnant and families with very young children



Lots more people are having babies in Dulwich and the area around Dulwich.

Pregnant women and families with small children will have health services nearer to where they live or at home.



The midwife will support you at home while you are pregnant and after you give birth.

You will be able to give birth in hospital and you may be able to give birth at home.

The hospitals will support mothers with difficult births and illnesses related to pregnancy and very young children.

We think that these services should be at every local doctor:



- Care for women having babies
- Child health clinics
- Children's jobs
- Help for women and men, not to have babies

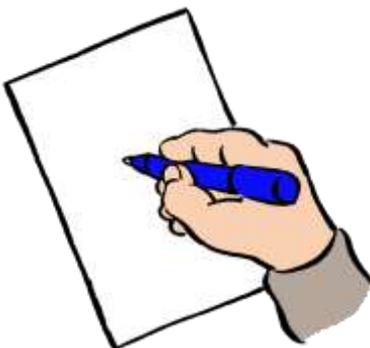
We think that these services should be at your local doctor, a local doctor close by to your's OR maybe in a health centre:

- More difficult women's problems

We think that these services should be in a health centre (not in a doctors surgery):



- Extra and special help not to have babies, for women and men
- Classes about giving birth looking after new babies



What do you think?

Tell us using the answers book

Group 4 – people who are ill for a long time and older people

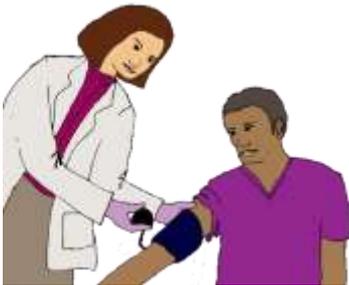


There will be more doctors, nurses and therapists able to treat you at home.



There will be the right people with the right skills to treat you at your local doctor's surgery and at the health centre.

We want you to stay as independent as possible for as long as possible.



There will be clinics for people with complicated illnesses that need lots of tests and help.



The hospitals will support you with short visits and long stays if you are ill for a long time.

The hospitals will be for sudden and serious illnesses, and operations for everyone.

Care for patients with mental health issues will be at the Maudsley.



We think that these services should be at every local doctor:

- General care for people with illnesses that last a long time
- Mental health care and counselling



We think that these services should be at your local doctor, a local doctor close by to yours OR maybe in a health centre:

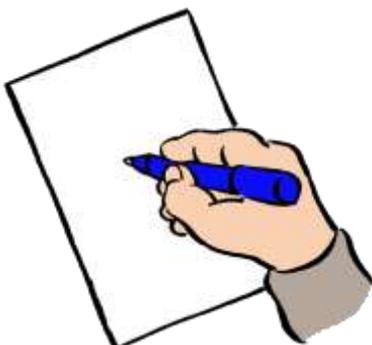
- Helping people who can't remember things because they have memory problems or a disease
- Help with stress and being very worried





We think that these services should be in a health centre (not in a doctors surgery):

- Special care for people with illnesses that last a long time
- Blood tests
- Other tests
- Physiotherapy
- Occupational Therapy (OT)
- Help with eating healthily
- Foot care
- Leg ulcer care
- Help with hearing aids
- Eye care for people with diabetes
- Care for people with Kidney problems
- Support for carers
- Mental health support



What do you think?

Tell us using the answers book

The next part asks you about the places you might get the services we have talked about.

We have two plans.

Plan A

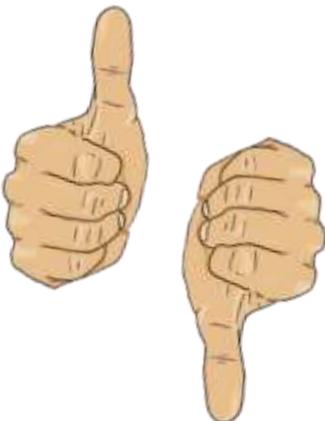
Plan A

And

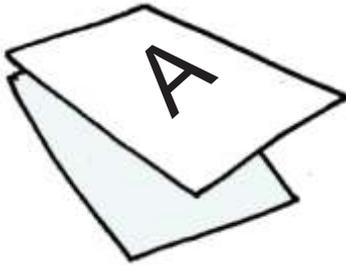
Plan B

Plan B

We would like to hear your thoughts on both of these plans. You do not need to choose which plan you like best.



We just want you to think about each plan and tell us what you think is good or bad.



Plan A

Questions 5 and 6 in the answers booklet are about Plan A.



In plan A we will have one health centre which can give you lots of different services.

Your local doctor will give you only the basic health services.

This may mean the health centre will give you more services in one place.

This also means you will use the large hospitals less than you do now.

This is a good plan because:



- the health centre will be able to give you lots of services in one place
- if you are ill for a long time, all your care will be in one place



- the staff will get to know you
- there will be good parking
- the building will be easy for people to use.



Some of the problems with this plan are:

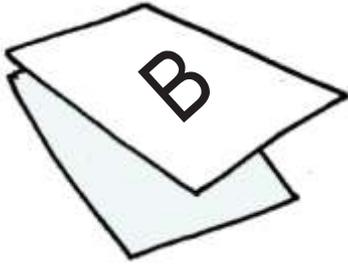
- you may have to travel further for some services



- some local doctors will give you less services than they do now
- some doctors surgeries will not be used as much



- the new health centre will cost a bit more money to build.



Plan B

Questions 7 and 8 in the answers booklet are about Plan B.



In plan B we will have a health centre that gives you some services.

You would be able to go to your local doctor or another doctor close by to get more services than you do now.

The health centre would only be used for more special services.



This is a good plan because:

- there will be more surgeries nearer to you which means you don't have to travel as far
- your local doctor will give you more services if they have the right skills and experience
- if you are ill for a long time, you can get treatment close to where you live
- local teams will get to know you better





- using buildings that we already have means the costs are cheaper
- buildings where we have extra health services will be easy for people to use
- the new health centre would cost a bit less money to build.

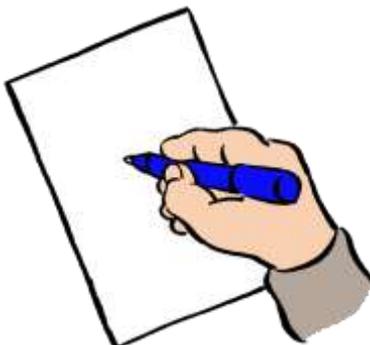
Some of the problems with this plan are:



- patients may need to travel to different doctors, to the health centre or to the large hospitals for some tests and support from experts
- some local doctors surgeries will not be big enough to give you all the services they want to.



It is important for us to understand what you think about our existing services and our plans for making Health services better.



Please complete the answers booklet, which came with this paper, to let us know what you think about our plans.