



CORBYP HEALTH NEWS

A newsletter from Corby Clinical Commissioning Group (CCG)

Run by your local GPs, the CCG plans and pays for healthcare services for the people of Corby

Resetting healthcare in Corby

NHS Corby CCG has published its plans for the future of health services in the town.

Following an intensive period of engagement with local people, the CCG intends to retain an urgent on-the-day service and increase primary care capacity (GP-related services) – ensuring an on-the-day appointment for anyone who needs one.

The plans will be discussed at an extraordinary Governing Body meeting at 6pm on Tuesday 30 January at the Cube in Corby (this meeting is open to the public).

They have been directly influenced by the views of local people, following an intensive period of public engagement. Between September and December, the CCG had face-to-face conversations with around 650 people and reached more than 20,000 online.

Dr Joanne Watt, Clinical Chair of the CCG, said: “We have listened to what people have told us and are grateful for their input. Their feedback has helped us shape and clarify the next steps for healthcare in Corby.”

To meet the needs of local people, the CCG intends to procure a GP-led service to take up the work of Corby Urgent Care Centre (UCC). The terms of the UCC’s contract mean that the contract cannot continue beyond March 2019.

This new ‘Same Day Access Hub’ will effectively offer the same services as those currently provided by the UCC. It will be open 8am to 8pm every day of the year, deliver on-the-day care for people with minor injuries and illness, and provide x-rays and other diagnostics. The proposed new service will not be measured against the four-hour transit time. It will be measured for performance against same day access targets.

However, it will be accessed by appointment rather than the UCC’s current walk-in arrangement, with appointments arranged by specially trained navigators to ensure people are booked into the right service.

Because the new model of care will not be a material change to what is currently offered, Corby CCG does not need to formally consult. However, the CCG is committed to continuing to involve local people and will be asking for their views on exactly how the new access arrangements should work. From 12 February to 8 April, people can participate online or by completing a questionnaire.

Formal adoption of the plans is subject to agreement by the CCG Governing Body on 30 January. For more information, visit www.corbyccg.nhs.uk

Healthy breakfast: Porridge with yoghurt and fruit



Porridge helps boost your intake of starchy foods and fibre, while milk and yoghurt are great sources of protein, vitamins A and B12, and calcium.

Serves four, takes 15 minutes

Ingredients

- 200g high-fibre porridge oats
- 1 litre 1% fat milk
- 80ml cold water
- 4tbsp low-fat natural yoghurt
- 1 apple, cored and thinly sliced
- 40g raspberries

Method

1. Put the porridge oats into a saucepan with the milk and water. Heat, stirring constantly, until the porridge thickens.
2. Reduce the heat and simmer for 3-4 minutes, stirring.
3. Serve the porridge in a bowl, topped with the yoghurt, raspberries and apple.

If you prefer, you can use other fruits. If you can’t tolerate dairy products, make the porridge with water, soya milk or oat milk.



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What to do if you have the flu



Check if you have the flu

Flu symptoms come on very quickly and can include:

- A sudden fever – a temperature of 38C or above
- Aching body
- Feeling tired or exhausted
- Dry, chesty cough
- Sore throat
- Headache
- Difficulty sleeping
- Loss of appetite
- Diarrhoea or tummy pain
- Nausea and being sick

The symptoms are similar for children, but they can also get pain in their ear and appear less active.

How to treat the flu

You can often treat the flu without seeing your GP and should begin to feel better in about a week. To help you get better:

- Rest and sleep
- Keep warm
- Take paracetamol or ibuprofen to lower your temperature and treat aches and pains
- Drink plenty of water to avoid dehydration (your urine should be light yellow or clear)
- GPs don't recommend antibiotics for flu because they won't relieve your symptoms or speed up your recovery.

A pharmacist can give treatment advice. Be careful if you're taking paracetamol and ibuprofen tablets as it's easy to take more than the recommended dose. Speak to a pharmacist before giving medicines to children.

See your GP if:

- Your symptoms don't improve after seven days
- You're 65 or over
- You're pregnant
- You have a long-term medical condition
- You have a weakened immune system

Forget-me-not cafe

Coffee mornings for anyone living with memory loss, living alone or caring for others will take place over the next few months.

The forget-me-not café will be held at St James Church, Gretton, at 11am on Friday 2 February and Friday 2 March. For more information, contact Lesley Hindle on 01536 770850 or Rev Sian Reading on 01536 770237.

Mental health workshop

Northamptonshire Healthcare NHS Foundation Trust is holding a workshop for people with experience of mental health services– be that as a service user, carer or professional, to help us to develop and shape the outcomes that matter for mental health in Northamptonshire.

The workshop takes place from 9.30am to 3.30pm on Monday 29 January at the Portland Room, Kettering Conference Centre, Thurston Drive, Kettering, NN15 6PB. To book, please email workshop@nhft.nhs.uk or call 07825 865819.

Volunteer Grapevine: The Pen Green Centre

The Pen Green Centre for Children and their Families is an integrated early years provision in Corby.

The centre offers families a one-stop shop of services including early education and care, family support, early health and adult education.

Volunteers play a central role at Pen Green, helping out in groups, nursery and at one-off events such as an annual community Christmas dinner.

If you would like to get involved, or would like further information, please contact 01536 409612 or email pengreenenquiries@northamptonshire.gov.uk



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Think '3 before GP' before booking an appointment with your GP

Patients are being asked to adopt a new three-step 'mantra' to help relieve pressures on GP services this winter.



Royal College of
General Practitioners

The Royal College of GPs' '3 before GP' refers to three treatment options patients should consider before booking an appointment with their GP:

- Self-care
- Use NHS Choices or similar reputable websites/resources
- Seek advice/treatment via a pharmacist

Research by the Primary Care Foundation in 2015 claimed that 27% of GP consultations were potentially avoidable.

Professor Helen Stokes-Lampard, Chair of the Royal College of GPs, said: "GPs are under immense pressures all year round, but, as we know, the colder months bring additional challenges.

"Not being able to get an appointment is frustrating for both patients and GPs, but there are a variety of alternatives to consider first and I would encourage patients with more minor illnesses to think hard about whether they actually need to see a GP.

"The '3 before GP' mantra is a simple and easy way to help reduce the strain on general practice, and we hope it will enable GPs to spend more time with patients who have complex health issues and are most in need of our expert help."

Hospitals continue to be busy as winter pressure continues

Kettering and Northampton General Hospitals continue to be very busy, both in A&E and across the hospitals.

Anyone who does not require emergency care should call NHS 111 for advice, or go to their pharmacist, GP, or Corby Urgent Care Centre, instead of going directly to A&E.

If you have a relative or friend in hospital who is about to be discharged please collect them as soon as possible, as it releases a bed for another patient who may be waiting in A&E.

Please don't come to visit others in hospital if you have symptoms of a viral infection, such as flu, or have experienced vomiting or diarrhoea within the last 48 hours.

Stay well this winter

- Many over-the-counter medicines (including paracetamol and ibuprofen) are available to relieve symptoms of common winter ailments such as cold, sore throat, cough, sinusitis or painful middle ear infection (earache).
- Always seek advice from your pharmacist at the first sign of a cough or cold before it gets more serious.
- Keeping warm over the winter months can help to prevent colds, flu and more serious problems such as heart attacks, strokes, pneumonia and depression.
- Heat your home to at least 18C (65F). You might prefer your main living room to be slightly warmer.
- Keep your bedroom window closed on winter nights – breathing cold air can be bad for your health as it increases the risk of chest infections.
- Keep active when you're indoors. Try not to sit still for more than an hour or so. Wear several layers of light clothes. They trap warm air better than one bulky layer.
- Make sure you're receiving all the help that you're entitled to. Learn how to make your home more energy efficient, improve your heating and keep up with your energy bills at www.gov.uk/phe/keep-warm

GP in the House on Corby Radio

Our 'GP in the House' Dr Joanne Watt will visit Corby Radio on Thursday 15 February at a new time slot of 9am-10am.

You can listen to Corby Radio live here: player.corbyradio.com



Not sure if you need A&E?
Call 111.



For more information
visit www.nhs.uk/111



Race for Life



Race for Life comes to Corby!

For the first time, Corby has been chosen to host Race for Life 5K and 10K events at West Glebe Park on Sunday 20 May 2018.

We are encouraging the ladies of Corby to join us in the fight against cancer by signing up now for this brand new event from Cancer Research UK's Race for Life.

Race for Life events are non-competitive and participants can choose to walk, jog or run around the course. Whether you plan to pound the pavements or stroll to the finish, every step you take will help to support life-saving research.

Come and meet us!

We are hosting a Race for Life open evening at West Glebe Park Pavilion on Tuesday 23rd January 2018.

Drop in between 5pm and 6.30pm to hear about Race for Life, sign up to take part or volunteer, get some training tips and receive some free goodies to take away with you.

We would love to see you there!

Sign up now for an early bird discount!

Sign up online today to claim your early bird discount - 30% off for all of January! Just head to our website, search for Corby and choose your event.



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and have a sing song
For like minded people
with respiratory conditions

First class is free, then a recommended donation

Meet, chat and
sing, it's good
for you!

The Lab in The Core at Corby Cube
Every Wednesday 10.30am to 11.30am

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