
POP's Newsletter

February 2017

Hello,

Chilly best wishes from the Engagement Team here at Dudley CCG. We hope you are all keeping well and warm in this February chill. We have a few items we would like to share with you all;

1. Prescribing consultation
2. PPG event
3. Gardening for Health event
4. Do Fest Dudley
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Prescribing Consultation

In Dudley we spend around £2 million per year on widely available, over the counter medicines, and GPs spend an average of £5,000 every single day seeing patients who have minor ailments that could be treated with remedies bought from a pharmacy, supermarket or shop.

The CCG are proposing to stop prescribing medicines for short-term, minor conditions/ailments or where there is no or low clinical value or cost effectiveness.

These types of medicines can often be bought over the counter because they are deemed safe enough for people to self-manage common and minor ailments with support from your pharmacist. For example, painkillers, hay fever tablets, wart and verruca creams, cough and cold remedies, antihistamines and some skin products which can be used for conditions described as 'self-limiting' – i.e. the condition will get better on its own.

Where a treatment is needed for a long-term chronic condition or there are legal restrictions on the amount of medicine that can be purchased over the counter from community pharmacies, then the patient's GP will still be able to prescribe.

Community pharmacists are well trained and accessible meaning they are ideally placed to offer advice and support for minor ailments, reducing the impact upon other NHS services.

The Consultation began on Wednesday 1st February 2017 and commence until Wednesday 26th April 2017. You can read our [public consultation document here](#).

Click [here to view the list of products and medicines](#) proposed to be covered by the new policy

We would ask you to take a few minutes to complete our [online survey here](#), alternatively, if you would like a physical copy of the survey to complete [click here to print](#), or call us and we will post one to you.

Once complete send to; (No stamp required)

FREEPOST RTGH-YKLH-AZXZ, Dudley Clinical Commissioning Group, Brierley Hill Health & Social Care Centre, Venture Way, BRIERLEY HILL, DY5 1RU

If you have any questions about the consultation, please contact us by email at: contact@dudleyccg.nhs.uk or on twitter @DudleyCCG

#prescribingconsultation

To view this online, please go to: <http://www.dudleyccg.nhs.uk/pharmacyconsult/>

PPG EVENT

As we all probably know, the health and social care landscape is changing radically and at pace. We think now is the right time to ask about the future of Patient Participation Groups (PPGs) and whether it is time to start thinking and being different. We want to share and set the scene with you and we want you to be part of the journey.

Join us for our PPG event on **Wednesday 1st March, 10am until 12pm at DY1** in Stafford Street, Dudley. At this event, we will set the scene and provide you with information on some of the great stuff that is happening in Dudley including the changes. You'll hear from CCG staff, staff in general practice and staff in the voluntary sector. You will also have the opportunity to shape the direction of travel.

[To view a poster to share with other members of your PPG or the Practice, please view this here.](#)

Please let Keren Hodgson know if you would like to attend this event so we can ensure we have enough refreshments available.

Please email Keren on keren.hodgson@dudleyccg.nhs.uk or 01384 321730

Gardening for Health

Gardening For Health takes place on **Saturday, March 4th 2017** at **Wilson Hall (Cradley Labour Club), Colley Gate, B63 2BU**. Doors open at 9:25 am for the first part of a garden and health market place and presentations take place between 10:00 am and 1:40 pm. Please find an [outline to the event here](#). A wide range of specialist gardening tips and professional health advice will be on offer from expert gardeners and health, public sector and schools representatives, who all support patients in our communities.

Guest presenters will include Darren Rudge from BBC Radio WM (The Laughing Gardener), and Mick Poultney, a local gardening judge. Health advice will express the mental health benefits of gardening and aspects that promote patient well-being,

as well as explaining the physical side of gardening exercise, ranging from a very light touch to high level exertion. The tips on offer will show what people can do to benefit from gardening with very little materials and in minimum space. How local schools are enjoying gardening exercise will also be demonstrated.

This truly inclusive event organised by **Wychbury Patients Participation Group** is the first of its kind locally and is open to all age groups and sections of the community, no matter what ability, experience or health issues. There will be something on offer for all to enjoy and to learn from.

Why Now? This event is being held in early March to give all those attending the best opportunity to plan and develop their gardening choices at the very start of the growing season. Everyone will have time to gain health and well-being benefits during the year and time to enjoy the results later. Whether you want to grow vegetables, flowers, cacti, bonsai, shrubs, or trees, plant bulbs in pots, just cut the grass, or maintain a Japanese garden, Gardening For Health has something to offer you.

Those attending will be able to ask gardening and health questions of the experts and get informed advice. A doctor, Advanced Practice Nurses and patient leads from Wychbury Medical Group together with exercise specialists will be on hand throughout the event to signpost patients to other health services.

Please find information regarding [free car parks](#) here. Wilson Hall is accessible to all abilities. Please find a [poster advertising the event here](#).

Entrance to the event and to the prize draw is **free** and light refreshments will be available.

If you would like further information or to confirm your attendance please email; wychburypg@yahoo.co.uk or Text / Telephone: 07806 666908

Do Fest Dudley

...for the doers, encouragers and the curious

Do Fest is a 3 day festival inviting you to experience and learn about collaborative practical projects invented by local people around the world which have caught the imagination of people who live in Dudley borough. Involvement in these practical, everyday activities has the potential to transform people's lives, and the towns and neighbourhoods they live in.

Do Fest will provide a taste of what's possible, insights into ways we can nurture this participatory culture in Dudley, and opportunities to make, share and learn with local people who are leading change through practical, enjoyable projects in the places they live.

Be inspired through doing

Monday 13th - Wednesday 15th March 2017

(please visit the [website](#) for more information regarding venues and times)

There is no charge to take part in any Do Fest Dudley activities.

Whether you can make it for an hour, a day, or the whole festival. Visit www.do-fest.uk to find out more and register for Festival Passes and events.

Do Fest Dudley

...we need your help!

Do you have any spare... **jam jars**, **cloth**, **material**, **ribbons**, **string**, **fake grass cut offs**? **Do you have a sewing machine?**

There will be a craft session getting ready for Dudley Do Fest in half term, this will involve, cutting, painting and making different items to decorate the venues for Dudley Do Fest. There will be bunting making, glass jar painting and lots more.

As well as the donation of any items above, people are more than welcome to come and along and support craft activity, whether you love it, want to try it or happy to help, any support would be greatly appreciated. Children are welcome (but must be accompanied by an adult)

Be inspired through doing ...
Monday 20th February & Friday 24th February 2017
drop in anytime between 11am - 4pm
DY1, Stafford Street, DY1 1RT

To view the poster, [please click here](#)

If you could let us know if you have any items to offer or would like to come along, please contact Lorna 07501 722255

Visit www.do-fest.uk for more information on Do Fest Dudley

Healthcare Forum

Our next Healthcare Forum is fast approaching, with a focus on our prescribing consultation. This will be held on **Thursday 23rd March, 4.30pm until 6.30pm at Brierley Hill Civic Hall, Brierley Hill, DY5 3DH.**

The Healthcare Forum is friendly and relaxed and you'll get to meet your local GP's. We would love you to stay and chat with us, we always offer a nice cuppa and a bite to eat.

To view a poster to advertise the [Healthcare Forum to others please click here.](#)

Booking is essential to ensure we provide enough food and refreshments.

Please let Keren know if you would like to attend via

email: keren.hodgson@dudleyccg.nhs.uk or call: 01384 321730

Black Country Neurological Alliance

BCNA is pleased to announce the first of 2017 public events. These **Question Time Forums**, in the style of the television programme, will see several experts in neurological care briefly outline their roles before they are invited to answer questions from the audience.

There will be four of these events, one in each of our Boroughs, each time featuring experts from that Borough. But they'll all be open to everyone with an interest in neurological and neuromuscular conditions.

The first of these will take place in Dudley on Monday 3rd April at Dudley Village Hotel and Conference Centre and it will incorporate an event to mark Parkinson's Awareness Week.

Please find a poster advertising '[Question time for Neurology](#)' here and feel free to promote with your networks.

For further information please visit www.bcneural.org.uk or to express and interest in attending, please email; contact@bcneural.org.uk

Healthwatch Update

To view the most recent quarterly report from Healthwatch, [please click here](#).

Community Information Champion training

Please find further information for Community Information Point training using this link; <http://healthwatchdudley.co.uk/infopoints/>

This is available for PPG's and practice staff, as well as anyone in an information giving role in any statutory, health, voluntary, community... organisations.

To book onto the training please [click here](#), the dates are available from this month up to March 2018.

**To contact Healthwatch please visit; www.healthwatchdudley.co.uk
or call; 03000 111 001**

Community Forums

Dudley MBC would like to remind Dudley residents of the community forums which take place all over the borough. Community Forums are a way in which local people can play a part in important issues affecting their area. Forums are held in local venues and are open to all residents.

If you would like further information, [please click here](#)

Dudley's BIG SWITCH

Save cash on your home energy bills and keep warm and well at home with Dudley's Big Switch.

After the pricey festive season, now is the time to be thinking about saving on home gas and electricity bills.

Dudley Council is urging people to sign up to its latest Big Switch energy switching scheme. The scheme offers householders market leading deals on home energy not available elsewhere. Average savings per household of up to £300 per year have been made by people signing up to the scheme.

The deals offered by the Big Switch are not available elsewhere, and it has been recently reported that up to sixty percent of top energy deals are not available on the standard switching sites, meaning it is well worth registering. Signing up is simple – either contact Dudley Council Plus who will guide you through the process, or sign up online.

In previous auctions more than 6000 people across Dudley have registered to switch to enjoy the potential of the great savings on offer. Since the scheme began in June 2013 the collective savings made by borough residents has topped £520,000 and if everyone had proceeded to switch, savings would have reached £1.5 million.

The Big Switch is open now and closes for registrations on 13 February. To take advantage of the cut price rates offered by energy companies call 0300 555 2345 or visit www.dudley.gov.uk/bigswitch

The scheme is open to all householders, including people living in rented accommodation and people with a prepayment meter. Make sure you are on the very best deal for your own circumstances and keep warm and well at home.



We would like to provide the opportunity to share upcoming events from PPG's and partners;

Airtime

Dudley CVS would like to share details of the support group for those with COPD which is being held every Thursday 1pm-3pm at DY1 Building, Stafford Street, Dudley, DY1 1RT.

[Airtime poster](#)

If you would like further information, please contact Kate Green on 01384 573381 or email buildingblocks@dudleycvcs.org.uk

Please remember if you would like us to advertise any of your events, you can send through information to keren.hodgson@dudleyccg.nhs.uk and your event can feature here



PPG Event

Wednesday 1st March 2017
10am - 12pm
DY1, Stafford Street, Dudley, DY1 1RT

Gardening for Health

Saturday 4th March 2017
9.25am - 1.40pm
Wilson Hall, Colley Gate, B63 2BU

Do Fest Dudley

Monday 13th March - Wednesday 15th March 2017

Healthcare Forum

Thursday 23rd March 2017
4.30pm – 6.30pm
Brierley Hill Civic Hall, DY5 3DH

Board Meeting

Thursday 9th March 2017
1pm – 3pm
Room T051, 3rd floor, BHHSCC



**Dudley Clinical Commissioning Group
Brierley Hill Health and Social Care Centre
Venture Way
West Midlands
DY5 1RU
Tel : 01384 321730**

If you have any feedback about the format of these emails or suggestions for the content please let us know.

Or if you would prefer not to receive these emails anymore, please get in touch and we will be happy to take you off the list.

Our mailing address is:

keren.hodgson@dudleyccg.nhs.uk
