

Newsletter

NHS Halton Clinical Commissioning Group

NHS Warrington Clinical Commissioning Group



Edition: August 2021

NHS Halton Clinical Commissioning Group and NHS Warrington Clinical Commissioning Group (CCG) will be producing monthly newsletters to update on our recent news and activity, and to help inform of any upcoming events or engagement plans.

We would also like to hear from you!

So, if you have anything you would like to share with the CCGs, to feedback on any of our work, have a question, query or to find out how you can get involved, please email our Communications and Engagement Team at:

warccg.halccg.commseng@nhs.net



Valuing our Staff, Patients and Partners

If you do not receive these newsletters directly, but would like to, please let us know by emailing warccg.halccg.commseng@nhs.net



Produced by:

Tilly Dobbin

Senior Communications Officer

NHS Halton CCG & NHS Warrington CCG

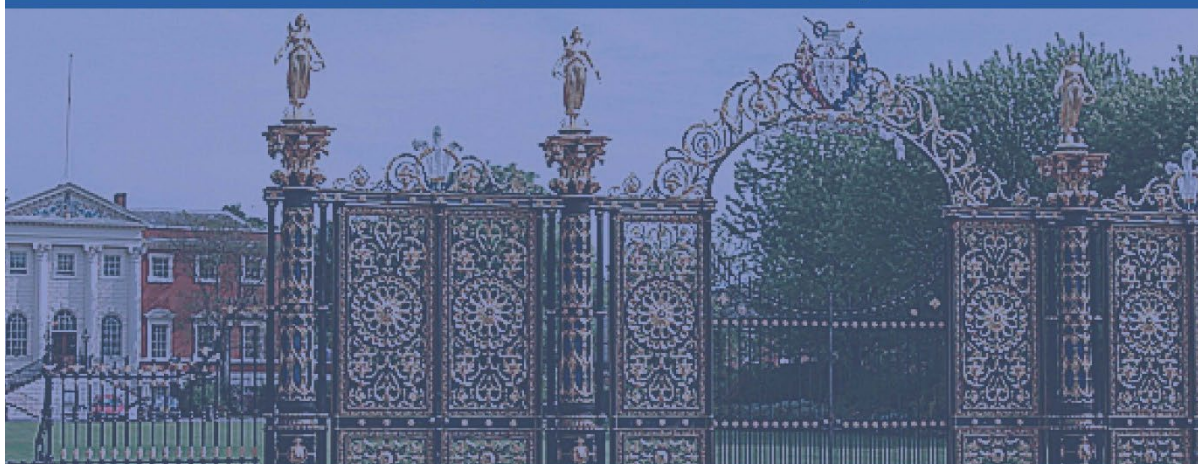
tilly.dobbin@nhs.net

In this Issue:

1	<u>NHS Warrington Clinical Commissioning Group Annual General Meeting (AGM)</u>	Page 3
2	<u>NHS Halton Clinical Commissioning Group Annual General Meeting (AGM)</u>	Page 4
3	<u>Bank Holiday information</u>	Page 5
4	<u>Creamfields 2021</u>	Page 9
5	<u>Cervical Screening</u>	Page 11
6	<u>Bronze Level Award for the Defence Employer Recognition Scheme</u>	Page 13

Virtual Annual General Meeting

.....
You are invited to attend the Virtual AGM of
NHS Warrington Clinical Commissioning Group (CCG) on
Thursday 09th September
9:00am – 10:00am



Highlights from the CCG's Annual Report will be reported on and the event will include presentations on the CCG's Key Challenges and Achievements during 2020/21, and the Financial Accounts and plans for the year ahead.

There will also be a question and answer session with the CCG's Governing Body, and information on the work of the CCG's Health Forum.

To register for the event and / or to submit a question, please email warccg.warringtonccg.agm@nhs.net by midday, Monday 06th September 2021.

Virtual Annual General Meeting

.....

You are invited to attend the Virtual AGM of
NHS Halton Clinical Commissioning Group (CCG) on
Thursday 09th September
10:30am – 11:30am



Highlights from the CCG's Annual Report will be reported on and the event will include presentations on the CCG's Key Challenges and Achievements during 2020/21, and the Financial Accounts and plans for the year ahead.

There will also be a question and answer session with the CCG's Governing Body, and information on the work of the CCG's Engagement and Involvement Group.

To register for the event and / or to submit a question, please email warccg.haltonccg.agm@nhs.net by midday, Monday 06th September 2021.

Bank Holiday: Monday 30th August 2021

Monday 30th August marks Summer Bank Holiday 2021 in England. On public holidays, your GP Practice and Pharmacy opening hours may be different from normal. It is important to know this information so you can order and collect and prescriptions you may need in advance.

Pharmacies

Your local high street Pharmacy is a good place to start if you have a minor ailment such as a headache, cough or sore throat. Pharmacists are qualified to give advice and dispense medicine for a range of illnesses including colds, stomach upsets, skin conditions and much more. Pharmacists can provide many treatments 'over the counter' to help you get better at home.

You don't need to make an appointment, or even make a purchase to speak with them in confidence in a private consultation area.

Bank Holiday Pharmacy Opening Hours – Monday 30th August 2021

Halton

Service Name	Postcode	Opening Times*	Public Number
Appleton Village Pharmacy	Widnes WA8 6EQ	12:00noon – 2:00pm	0151 420 8794
Asda Pharmacy Runcorn	West Lane WA7 2PY	9:00am – 6:00pm	01925 703 210
Asda Pharmacy Widnes	Widnes Road WA8 6AH	9:00am – 6:00pm	0151 422 5912
Boots, Widnes Shopping Centre	Widnes WA8 7TN	9:00am – 6:00pm	0151 424 2979
Tesco, Ashley Retail Park	Widnes WA8 7YT	9:00am – 6:00pm	0345 671 9466

Warrington

Service Name	Postcode	Opening Times*	Public Number
Asda Pharmacy, Westbrook Centre	WA5 8UQ	9:00am – 6:00pm	01925 625 810
Boots, Europa Blvd	WA5 7TY	10:00am – 5:00pm	01925 758 934
Stockton Pharmacy, The Forge, Stockton Heath	WA4 6HJ	10:00am – 12:00noon	01925 266 753
WELL, Bath Street	WA1 1UG	9:00am – 10:30pm	01925 411 177
WELL, Bath Street Extended	WA1 1UG	9:30am – 10:30pm	01925 411 177

*opening times correct at the time of publish – please call before attending to confirm opening hours


Check your medicine cabinet

Make sure you have some over-the-counter remedies for common seasonal illnesses in your medicine cabinet.

There are things to consider when stocking up your medicine cabinet at home, so [click here](#) to find out what you should have at the ready.

What does it cost to get your medicines cabinet in good shape to self-care?

All of the recommended items can be bought at your local pharmacy or on the high street. Take a look at our medicines cabinet – we bought all of these for under £10!



Medicine	Price
Ibuprofen	25P
Junior Paracetamol	£1.90
Aspirin	30P
Paracetamol	25P
Lozenge	99P
Diarrhoea Relief	£1
Constipation Relief	£1.60
Antacid	99P
Antihistamines	£2.50 (This is for a whole month's supply)

Total bill £9.78!

First Aid Kit essentials

It's important to have a well-stocked first aid kit in your home so you can deal with minor accidents and injuries.

Your first aid kit should be locked and kept in a cool, dry place out of the reach of children. Many people also keep a small first aid kit in their car for emergencies.

Your basic first aid kit should contain:

- plasters in a variety of different sizes and shapes

- small, medium and large sterile gauze
- at least two sterile eye dressings
- triangular bandages
- crêpe rolled bandages
- safety pins
- disposable sterile gloves
- tweezers
- scissors
- alcohol-free cleansing wipes
- sticky tape
- thermometer (preferably digital)
- skin rash cream, such as hydrocortisone or calendula
- antiseptic cream
- painkillers such as paracetamol (or infant paracetamol for children), aspirin (not to be given to children under 16), or ibuprofen
- antihistamine cream or tablets
- distilled water for cleaning wounds
- eye wash and eye bath



It may also be useful to keep a basic first aid manual or instruction booklet with your first aid kit.

Medicines should be checked regularly to make sure they're within their use-by dates.

NHS 111

If your illness or injury is not a life-threatening emergency, but you require professional medical advice or care, visit <http://111.nhs.uk> or call 111 free to speak with a fully trained advisor to find out where you can access the most appropriate care for you.



Please remember that in order to help support your NHS, it is important to always consider your options.

Consider your options

1. Self-Care (care for yourself at home)
 - minor cuts and grazes
 - minor bruises
 - minor sprains
 - coughs and colds
2. Pharmacy (local expert advice)
 - minor illnesses
 - headaches
 - stomach upsets
 - bites and stings
3. NHS 111 (non-emergency help)
 - feeling unwell – unsure – anxious – need help...
4. GP Advice (Out of Hours Call 111)
 - persistent symptoms
 - chronic pain
 - long term conditions
 - new prescriptions
5. Urgent Treatment Centres (urgent, but not life-threatening illness or injury)
 - breaks and sprains
 - x-rays
 - cuts and grazes
 - fever and rashes



Creamfields 2021

As the world returns to normal, so do our social calendars – and for some of us that means Creamfields 2021! The festival will open to campers on Thursday 26th August, with the big event lasting until Sunday 29th August.

We know a lot of people are excited to be back having fun with their friends, dancing and having a great time, but we also know that with festivals comes higher health and safety risks.

Although the festival has rules around what is and is not permitted into the event, and we hope that everyone attending plans to do so safely and responsibly, we also know that A&E attendances increase dramatically over Creamfields weekend. Lots of these attendances are necessary.

Due to this expected increase in demand on our Emergency Department, we ask the rest of our patients to please consider whether A&E is the place for you. If your illness or injury is not life-threatening, then please consider your options.

Can your condition be treated at home or with the advice and help from a qualified Pharmacist?

Does your illness or injury need urgent medical attention, but is not critical? Could you be seen at an Urgent Treatment Centre instead?

Is your health concern not life-threatening, but you don't know where the best place is for you to be seen? Then visit <http://111.nhs.uk> or phone 111.

[Please click here for more information on where you can safely access medical care](#)

Although these options may be further away from your home or base than the Emergency Department, by considering your options and presenting elsewhere, you really can help our emergency staff to save lives.

If you are attending Creamfields this weekend, we ask you to please stay safe and well, and remember to look out for your friends, too.

Top tips:

- never leave a drink unattended
- do not accept drinks or other consumables from someone you do not know or do not trust
- make yourself aware of the location of medical staff (and make sure your friends know this, too!)
- stay hydrated – especially with another warmer spell coming in over this weekend. Creamfields have Free Water taps located around the campsite and

the event arena. We suggest taking your own recyclable water bottles to re-fill throughout your stay

- keep your phone charged and accessible so you can call for help if needed. Portable chargers will be provided, with multiple swap locations in the Campsite village, Gold Campsite and arena. [You can pre-book a weekend wristband that allows you one full charger per day](#)
- plan your journey – make sure you have a lift there and back and DO NOT drive under the influence
- make sure you have any necessary medication available (inhalers, insulin, etc.) and make sure you are with responsible friends who know what you need
- if something doesn't feel right, report it immediately

Cervical Screening

36-year-old Airline Captain, Lynsey (Burtonwood resident) shares her story and explains the importance of cervical screening and how cancer can be prevented.



"I have always attended appointments for smear tests whenever the letter landed on my doorstep. It's not something that you look forward to, but I have never been made to feel embarrassed or uncomfortable during the procedure, even when I had forgotten to shave my legs, or worse....my bikini line! The nurses performing these have done it thousands of times, they are quick and skilled and the equipment they use has evolved – it is much less daunting than it used to be.

"I never had any reason to be concerned about the results either, each time the results letter landed on my doorstep – the results were normal. I had never experienced any symptoms, nothing ever felt odd or different but in August 2018, the result had changed.

"The letter that landed at my door said something was abnormal, they had found pre-cancer cells and within 48 hours I found myself at the Colposcopy Clinic. Although this prospect is terrifying in your mind, in reality, it was a calm and safe space where I was really well looked after. The process is identical from a patient's point of view to having the initial smear test but this time the doctor is looking with an external microscope at your cervix.

"Everything was explained really well, and they performed a procedure right there and then to remove the problem cells entirely. Thirty minutes later I was on my way home – there was no pain or even bleeding, and that moment right there stopped me from developing cancer.

"Within days I was back doing the job I love, and I have never looked back. Follow up appointments happened regularly for a time – always the same, quick, friendly and easy. Three years later I have been discharged back to the regular smear program, which I will always attend.

"I told all my friends about my experience, and we need to normalise encouraging each other to attend regular smear tests. It is so important that people realise how easy it is to prevent cervical cancer. I cannot even begin to describe how glad I am that I was so diligent in attending these appointments, the alternative doesn't bare thinking about and thankfully, I don't have to."

Paul Corless, Cancer Screening Coordinator for NHS Warrington Clinical Commissioning Group added:

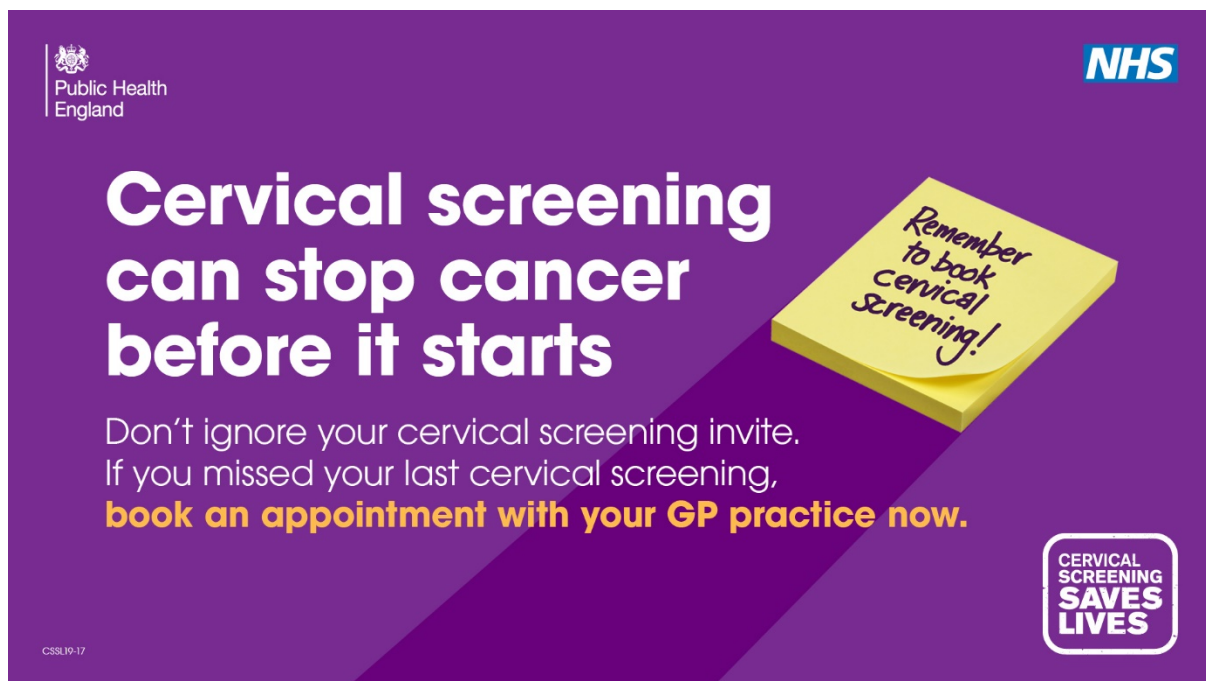
“Cervical screening is not a test for cancer, it is a test to help prevent cancer. A smear test checks the health of the cells that make up your cervix. During the short screening appointment, a small sample of cells will be taken from your cervix in a quick and painless way. The sample is checked for certain types of human papillomavirus (HPV) that can cause changes to the cells of your cervix and can lead to cancer.

“All women and people with a cervix between the ages of 25 and 64 should go for regular cervical screening. You will get a letter in the post inviting you to make an appointment with your practice nurse.

“If you are over-due your smear test, or are unsure whether you have missed it, then please get in touch with your GP Practice to make an appointment as soon as possible, or to find out when you are next due.

“Help us stop cancer before it begins and attend your smear test.”

For more information visit www.nhs.uk/conditions/cervical-screening/

A purple poster with white and yellow text. In the top left is the Public Health England logo. In the top right is the NHS logo. The main headline reads "Cervical screening can stop cancer before it starts". Below this, it says "Don't ignore your cervical screening invite. If you missed your last cervical screening, book an appointment with your GP practice now." A yellow sticky note with the handwritten text "Remember to book cervical screening!" is placed diagonally. In the bottom right corner is a white box with the text "CERVICAL SCREENING SAVES LIVES". The code "CSL19-17" is in the bottom left corner.

Public Health England

NHS

Cervical screening can stop cancer before it starts

Don't ignore your cervical screening invite. If you missed your last cervical screening, **book an appointment with your GP practice now.**

Remember to book cervical screening!

CERVICAL SCREENING SAVES LIVES

CSL19-17

Bronze Level Award for the Defence Employer Recognition Scheme

Over the last few months, a small task and finish group of CCG staff have been working through the Bronze Level Award's Defence Employer Recognition Scheme specification.

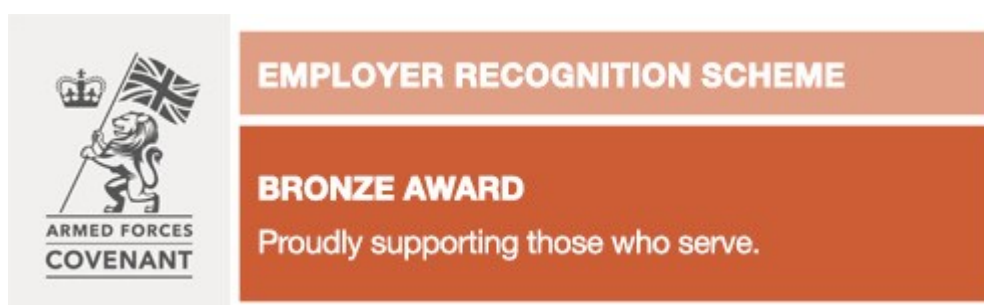
We are proud to announce that week commencing Monday 09th August 2021, NHS Halton CCG and NHS Warrington CCG received notification from the Defence Relationship Management that both CCGs had met the criteria for the Bronze Award.

[NHS Halton CCG Certification](#)

[NHS Warrington CCG Certification](#)

This certification means that NHS Halton CCG and NHS Warrington CCG have signed the Armed Forces Covenant, and that the CCGs will support members of the Armed Forces Community, which is Veterans of all branches, Reservists of all branches, Cadet Instructors of all branches, and their families.

We are very proud to say that our staff are now working on the Silver Award for the next application window.



[About the Defence Employer Recognition Scheme](#)

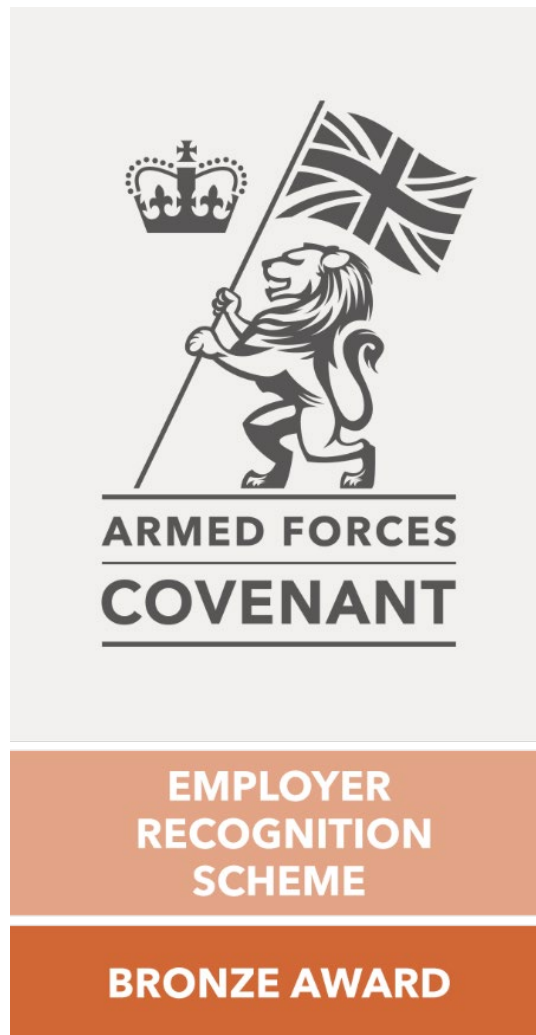
The defence Employer Recognition Scheme (ERS) encourages employers to support defence and inspire others to do the same. The scheme encompasses bronze, silver and gold awards for employer organisations that pledge, demonstrate or advocate support to defence and the Armed Forces community, and align their values with the [Armed Forces Covenant](#).

[Bronze Award Holders:](#)

- are self-nominated by employers who pledge to support the Armed Forces, including existing or prospective employees who are members of the community
- must have signed the Armed Forces Covenant

- promote being Armed Forces-friendly and are open to employing reservists, Armed Forces Veterans (including wounded, injured or sick), cadet instructors and military spouses / partners
- receive an electronic certificate and logos to display on their website, stationary and other collateral

[Defence Employer Recognition Scheme – GOV.UK \(www.gov.uk\)](http://www.gov.uk)



To unsubscribe from receiving these newsletters, please email warccg.halccg.commseng@nhs.net