



## Welcome

Happy New Year! Welcome to the winter edition of the Islington Health Newsletter, we hope you enjoy its content.

Over the next few months, Islington Clinical Commissioning Group hopes to commission a number of new services for patients who have long term conditions such as diabetes, heart disease and breathing problems. We want to make sure that any information that helps you to use these new services are user friendly, so we plan to hold some patient groups to look at this information. If you would like to help us get this right, then please contact us at [islington.ccg@nhs.net](mailto:islington.ccg@nhs.net).



I would also like to take this opportunity to remind you that every GP practice in Islington has now set up their own practice patient participation group, so if you want to shape the way your GP surgery works or have a say about the services we commission locally, then contact your GP surgery to find out when their group meets.

We hope you have a healthy new year.

**Dr Katie Coleman, Vice Chair of Islington Clinical Commissioning Group.**

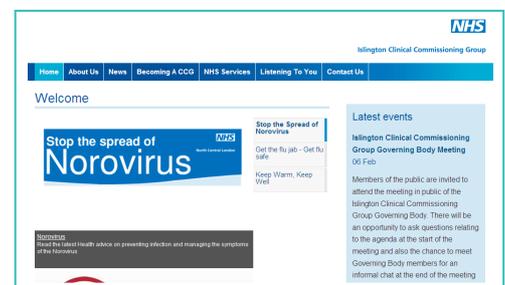
## New Islington Clinical Commissioning Group website

Our website is now live and we would really welcome your comments on the new site.

We hope that you find the site easy to use and informative. Features of the site include:

- Information about the Clinical Commissioning Group Governing Board
- The latest news releases
- A search function to locate your nearest GP, pharmacy, dentist, and other health clinics
- Details on how to contact us
- A "Listening to you" section, where you will find a feedback form to get in touch with us.

Please visit us at [www.islington.nhs.uk](http://www.islington.nhs.uk) let us know what you think!



## Survey

We would like to find out more about our patients and public by engaging with our diverse communities and listening to a range of views. In light of this, we are carrying out an online survey from 1 March 2013 to 12 April 2013. The information you give on this survey will remain strictly confidential, in accordance with the Data Protection Act 1998.

To complete the online survey please visit the 'Listening to you' section at [www.islington.nhs.uk](http://www.islington.nhs.uk).

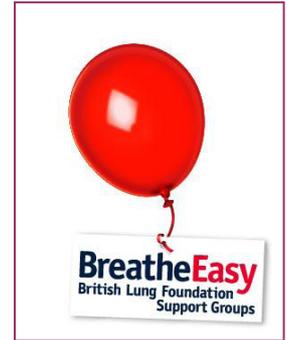




## Wheezy? Breathless? Here to help – Breathe Easy

Breathe Easy is a patient support network run locally for the benefit of local people.

Breathe Easy Groups are part of the British Lung Foundation and provide information, support and friendship to anyone affected by lung disease. The groups are a good opportunity for making friends, which is important for people living with lung disease as they can often feel alone.



Breathe Easy supporters lobby local politicians and health authorities to improve services and make people take lung disease seriously.

The network includes groups that meet in many different towns and cities in the UK. Through events like the annual Breathe Easy Week, Breathe Easy also works hard to raise awareness of lung disease and the problems it can cause.

Islington has two Breathe Easy groups:

- Breathe Easy Islington
- Breathe Easy Islington and Haringey (for those patients in the north of the borough).

**Breathe Easy Islington** meets on the first Wednesday of the month from 1pm to 3pm at Bingfield Health Centre, Bingfield Street, London, N1 0AL. **Breathe Easy Islington and Haringey** meets on the third Tuesday of the month from 1pm to 3pm Caxton House, 129 St John's Way, London, N19 3RQ.

For more details please contact Carol Forsdyke, Chair, Breathe Easy Islington at [c.fors@talktalk.net](mailto:c.fors@talktalk.net) or call on 020 7251 3450 between 10am and 4pm.

## How healthy do you think you are?

Whittington Health Matters is a free service provided by the Whittington Hospital NHS Trust. On the website you will be able to:

- Measure your health by completing the health questionnaire
- Find out about local resources and receive information from
- Doctors and nurses that will help you live a healthy life.



All data is stored securely and is only accessible to a very limited number of healthcare professionals who work at the Whittington.

To have your free health assessment visit [www.whittingtonhealth.com](http://www.whittingtonhealth.com).





## Interested in becoming a Peer Educator in end of life care planning?

Death and dying are subjects we tend not to talk about. Many of us feel uncomfortable broaching these subjects with loved ones and those we support. This lack of openness is hampering the care we give to those approaching end of life and isolating those faced with death and dying.



Gentle Dusk, a North London based organisation focussing on support and preparation for end of life care has developed an “Empowering Communities in End of Life Care” project, which is a community based solution to raising awareness of death, dying and bereavement. It’s about engaging local people and enabling them to discuss, actively plan and prepare for death and the care they wish to receive.

The project involves training volunteers from within existing community organisations. The volunteers are given the knowledge, skills and tools to become Peer Educators (pictured) in End of Life Care Planning so they can cascade information to members of their local communities. So far 30 volunteers have been trained across North Central London and a further 30 will be trained in the New Year. It’s a small army with a big mission but a very worthwhile mission.

For more information contact Mireille Hayden, End of Life Care Lead at [info@gentledusk.org.uk](mailto:info@gentledusk.org.uk).

## Dates for your diary - Patient and Participation Group (PPG) Meetings

| Locality | Date              | Time         | Venue                 |
|----------|-------------------|--------------|-----------------------|
| Central  | Thursday 21 March | 6.30pm – 9pm | Laycock Street Centre |
| North    | Thursday 28 March | 2pm-4.30pm   | Resource for London   |
| South    | Tuesday 26 March  | 5.30pm – 8pm | Laycock Street Centre |

If you would like to find out more about these meetings or how to join your local patient participation group please speak with your practice or practice manager.

## Continuing Healthcare update

On 15 March the Department of Health announced the introduction of deadlines for new cases which require assessment of eligibility for NHS Continuing Healthcare funding. The deadlines apply to previously un-assessed periods of care, which occurred in the following time periods:

| Time Period                      | Deadline          |
|----------------------------------|-------------------|
| 1 April 2004 – 30 September 2007 | 30 September 2012 |
| 1 October 2007 – 31 March 2011   | 30 September 2012 |
| 1 April 2011 – 31 March 2012     | 31 March 2013     |

To find out more visit <http://www.ncl.nhs.uk/about/continuing-healthcare> or contact [continuingcare3@nhs.net](mailto:continuingcare3@nhs.net) or write to NHS North Central London Islington Office, Continuing Healthcare, 338-346 Goswell Road, London EC1V 7LQ.





## Islington young people contributing to improved services

Some of Islington's young people are getting involved in helping to improve health services. They are involved in different activities including:

- 'Mystery shopping' health services to see how 'young people friendly' they are and helping to make them more welcoming
- Working with staff to redesign the reception area at Pulse N7 (Islington's sexual health hub for young people)
- Sitting on interview panels and helping to choose the right providers for young peoples' health services

If you are 12 - 21 years old, we need you! We will help you get involved in these opportunities and offer you other support eg. 'skills sessions' around health topics like emotional wellbeing and sexual health.

If you'd like to find out more or get involved, please contact with Natalie Koussa, Young People's Participation Lead at [Natalie.koussa@islington.gov.uk](mailto:Natalie.koussa@islington.gov.uk) or call 020 7527 1998. Alternatively Natalie can be texted on 07825 098 911.



## Summary Care Records introduced to Islington in 2013

The NHS Summary Care Record, which is being introduced in Islington in 2013 is a secure electronic record which contains key health information about a patient's medication, allergies and any previous bad reactions to medicines. This information can make all the difference to ensuring safe treatment in an emergency when no other information is available, for example, when a patient's GP practice is closed.

Patients have the right to opt out of having a Summary Care Record and can do so easily by filling in an opt-out form, which can be obtained from your local GP surgery, the Patient Advice and Complaints Liaison Service (PALS) team and the Connecting for Health website and phone line, details of which are below.

To find out more about Summary Care Records and what they mean for you, contact the NHS North Central London PALS team between 9am and 5pm Monday to Friday on 020 3317 3003 or via email at [pals.ncl@nclondon.nhs.uk](mailto:pals.ncl@nclondon.nhs.uk). Or visit [www.connectingforhealth.nhs.uk/systemsandservices/scr/patients](http://www.connectingforhealth.nhs.uk/systemsandservices/scr/patients).

## Contact Us

If you have any comments or queries, please contact the Communications Team at Islington Clinical Commissioning Group by emailing [islington.ccg@nhs.net](mailto:islington.ccg@nhs.net) or visit the Listening to you page on our website at [www.islington.nhs.uk](http://www.islington.nhs.uk).

