



CORBY HEALTH NEWS

Engagement period on the future of Corby healthcare has now closed

NHS Corby CCG has now completed its period of engagement around the future of healthcare services in Corby.

The CCG has been asking Corby people for their views on our plans, which will see the town retain its urgent care service and see an increase primary care appointments.

Members of the CCG's engagement team have been out and about in Corby between February and April to speak to people. They have visited more than 30 locations including GP surgeries, public places, work places and community groups.

Thank you to everyone who has taken the time to read our information document and complete the questionnaire. The results will now be analysed. Please check the NHS Corby CCG website for further updates: www.corbyccg.nhs.uk

Diabetes Prevention Week 2018

Diabetes Prevention Week is run by the NHS Diabetes Prevention Programme (NDPP) and aims to raise awareness of the causes of Type 2 Diabetes and increase referrals. It takes place from April 16 to 22.

It is estimated that over five million people in England are at high risk of developing Type 2 diabetes, which is linked to lifestyle and represents a real threat to health. If untreated it can lead to stroke, blindness, heart disease, kidney failure and lower limb amputation. But, even if you are at high risk of developing Type 2 diabetes, it can still be prevented through losing weight, eating healthily and being more active.

The NDPP provides free help to reduce your risk of Type 2 diabetes including education on healthy eating and lifestyle, help to lose weight and bespoke physical exercise programmes. The NDPP is available all over the country. To join, you need your GP to check you are eligible to take part and then refer you. If you're worried about Type 2 Diabetes you can:

- Go to <https://riskscore.diabetes.org.uk/start> to get an estimate of your risk of developing Type 2 diabetes
- Take up the offer of a free NHS Health Check which will assess your risk of diabetes, cardiovascular disease and hypertension
- Ask your GP for a blood test to check blood sugar levels
- If you are invited to attend an NDPP session, take up the offer. Find out more about the NDPP at www.england.nhs.uk/ndpp

Healthy recipe: Pepper and onion melts



Serves four, cooking time 10 minutes

Ingredients

- 2 peppers, halved and sliced
- 1 small red onion, cut into wedges
- 2tsp olive oil
- 4 slices wholemeal bread
- 125g sliced light mozzarella cheese
- Pepper to season
- Handful of salad leaves

Method

1. Preheat the grill. Arrange the peppers on a baking sheet with the red onion. Sprinkle with the olive oil, then grill until soft and lightly browned - about 6-8 minutes.
2. Toast the slices of bread and share the pepper mixture between them. Arrange the mozzarella cheese on top, then return to the grill for 1-2 minutes, until the cheese begins to melt. Serve with mixed salad leaves.

This recipe is from Change 4 Life. You can find more healthy recipes on the website: www.nhs.uk/change4life/recipes



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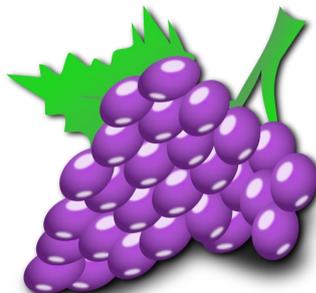
Volunteer Grapevine: Teamwork Trust

Teamwork Trust, which has centres in Corby, Kettering and Wellingborough, works with adults with mental health needs and learning and physical disabilities.

Members can benefit from a choice of enabling and education projects, activities and counselling programmes.

Teamwork Trust offers a friendly, supportive environment where individuals can make new friends, access education and employment experience and regain self-esteem and confidence.

There are lots of volunteering opportunities at the Teamwork Trust, whether you want to volunteer through your business, have a skill you want to share, fundraise or visit the centre and spend time with the members. For more information, call 01536 400931 or visit www.teamworktrust.co.uk



GP Online Services

There has been a surge in patients signing up to GP online services with an increase of 42 per cent compared to the same time last year.

It means 24 per cent of patients – 13.9 million – in England are now registered to book appointments, order repeat prescriptions, view their patient records and see their test results without having to phone or visit their GP surgery.

The NHS Digital figures from February 2018 show an average of one million appointments are being made or cancelled online every month, and nearly 2.3 million prescriptions ordered online, as practices and their patients are increasingly using digital technology.

GP in the House on



Our 'GP in the House' Dr Joanne Watt will visit Corby Radio on Thursday 26 April at a new time slot of 9am to 10am.

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



Maternity and neo-natal services workshop

Are you a parent or parent-to-be living in Corby? If so, you might be interested in a workshop on maternity and neo-natal services.

The Whose Shoes? Workshop takes place from 10am to 2.30pm at the Pen Green Centre, Rockingham Road, Corby, on Thursday 3 May.

The aim of the workshop is to:

- Engage with parents and the local community to improve services
- Value staff
- Promote personalised practices, independence and choice
- Challenge attitudes and assumptions
- Explore ways to improve quality safety and save money
- Get people to "think outside the box" and work across boundaries.

Babies and toddlers are welcome. There is no need to reserve a place for children, however, please let us know so appropriate arrangements can be made.

A free lunch and refreshments will be provided. If you require more details or if you have any queries please call 01604 651638.

Walking pace football

A walking pace version of football takes place every Tuesday morning at West Glebe Pavilion.

The sessions are for adults, but there is no age limit, from 11am to 12.30pm. The first session is free and £2.50 thereafter.

The sessions take place outdoors so please wear suitable footwear and clothing. Refreshments are provided. For more information, call 01536 464047 or email sports.development@corby.gov.uk

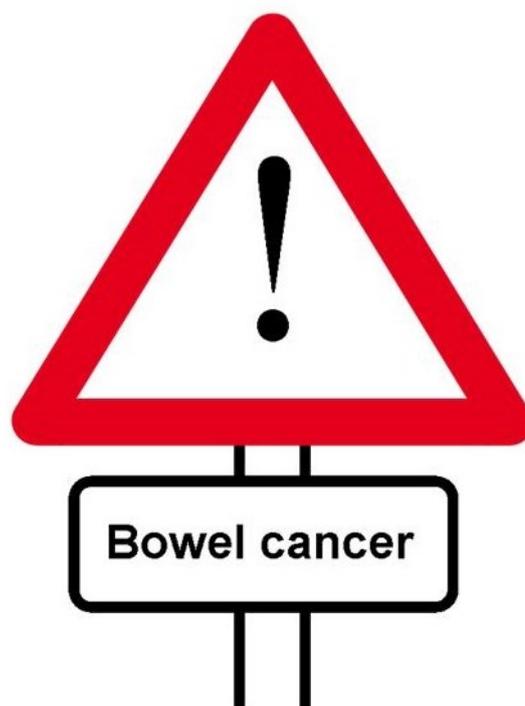
Governing Body meeting

The next Governing Body meeting will take place on Tuesday 24 April in Meeting Room 1, Corby Enterprise Centre, London Road, Corby, NN17 5EU at 9.15am.

 **NHS** Knowing the Signs

Look out for one of the following combination of symptoms:

- **A persistent change in bowel habit** which causes them to go to the toilet more often and pass looser stools, usually together with blood on or in their stools
- A persistent change in bowel habit without blood in their stools, but with **abdominal pain**
- **Blood in the stools** without other haemorrhoid symptoms, such as soreness, discomfort, pain, itching or a lump hanging down outside the back passage.
- **Abdominal pain, discomfort or bloating** always provoked by eating, sometimes resulting in a reduction in the amount of food eaten and weight loss



See your GP if you experience any of the above, especially if you are over 60.