



# CORBHY 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

## Have your say on plans to reset healthcare in Corby

NHS Corby Clinical Commissioning Group (CCG) is inviting local people to shape how they will access future healthcare services in the town.

From Monday 12 February until midnight on Sunday 8 April people will be able to submit comments using a questionnaire available online and in paper format.

The CCG's engagement team will be out and about in Corby and the surrounding area, again visiting supermarkets, the market, the library, GP surgeries, community groups and workplaces.

They will be giving out copies of the information document and questionnaire and answering questions on how to be part of this continuing conversation about healthcare in Corby. Dates and venues are available on the CCG's website.

The CCG's plans were approved by its Governing Body at an extraordinary meeting on 30 January. The plans outline how it intends to retain an urgent service AND increase primary care capacity (GP-related services) – ensuring an on-the-day appointment for anyone who needs one.

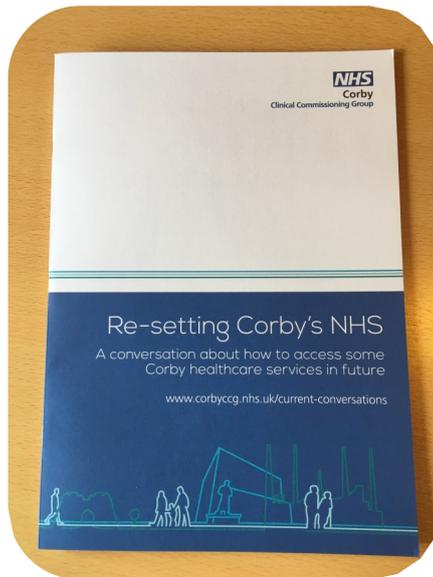
The plans have been directly influenced by the views of local people, following an intensive period of public engagement. Between September and December, the CCG had face-to-face conversations with around 650 people and reached more than 20,000 online.

Dr Joanne Watt, Clinical Chair of the CCG, said: "We listened to what people told us and their feedback has shaped the next steps for healthcare in Corby. We now want to involve people by asking them to share their views on how they want to access services going forwards.

"If you are keen to be involved in shaping the plans then this is the way to make your voice heard. Complete the questionnaire either online or pick up a paper copy. They will be available at all Corby GP practices and at the main reception at the Corby Cube. We can also send them out on request."

The CCG is also holding public workshops from 2pm to 4pm on Tuesday 13 March at the Corby Cube (Council Chamber) and 6pm to 8pm on Tuesday 3 April at the Best Western Hotel. Places must be pre-booked by emailing [info@arch-comms.co.uk](mailto:info@arch-comms.co.uk).

For more information, or to fill in the questionnaire online, please visit: [www.corbyccg.nhs.uk/current-conversations/](http://www.corbyccg.nhs.uk/current-conversations/)



## Memory Matters

Memory Matters is a social group in Corby for people with dementia and those who care for them. Run by the Alzheimer's Society, activities include something for everyone and are creative, multi-sensory and fun.

They are supported by skilled staff encouraging people with dementia to do something creative and realise their potential, improving self-esteem and reducing loneliness.

The group takes place every Monday from 2pm to 3.30pm at West Glebe Pavilion. For more information call 01832 736670 or email [northamptonshire@alzheimers.org.uk](mailto:northamptonshire@alzheimers.org.uk)

## Tai Chi in Corby

A new Tai Chi class is coming to Corby next month. Tai Chi is a low impact exercise which balances the body and mind with gentle, rhythmic, flowing movements. It helps to reduce stress, anxiety and depression, lowers blood pressure and strengthens the core.

All ages are welcome. wear loose comfortable layers. Chairs are available for seated Tai Chi. Sessions run from 10.30 am to 11.30 am starting on March 1 at West Glebe Pavilion, Corby, NN17 1SZ. For more information, please contact Ann Stocks on [annstocks@aoi.com](mailto:annstocks@aoi.com) 07931193350.

## Governing Body meeting

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

Questions in relation to the meeting from the public or press should be sent at least 24 hours before the scheduled start of the meeting. We ask that questions are clearly referenced to which agenda item they refer to. Questions should be sent to Sarah McKenzie [sarah.mckenzie8@nhs.net](mailto:sarah.mckenzie8@nhs.net)



# CORBYP HEALTH NEWS

## Armed Forces survey plea to help support local families

Current and former Armed Forces members in Northamptonshire are being urged to help shape bespoke support services by taking part in an online survey.

The survey by Healthwatch Northamptonshire aims to help Armed Forces Community Covenant Partnership address issues such as the return to civilian life and mental health problems and draw up the first ever map of the size and scale of the Armed Forces community in Northamptonshire.

This community includes regular serving personnel, volunteer, reservists, ex-forces members and family members of past and present servicemen.

Vikki Barr Armed Forces Covenant Officer said: "Local data on Armed Forces members not currently known, making it hard to create targeted local services. All too often, the transition into civilian life can be challenging, with many veterans suffering from poor mental health and unemployment. This survey will be invaluable in informing the design of support services in Northamptonshire."

The survey will run from now until April 9 and can be found here: [www.surveymonkey.co.uk/r/hwn-militarycovenant](http://www.surveymonkey.co.uk/r/hwn-militarycovenant)

## Volunteer Grapevine: Community champions

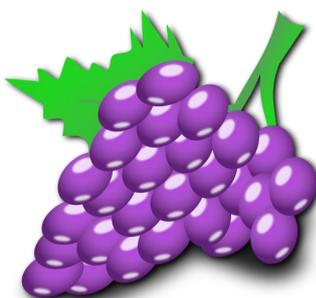
Corby Borough Council's Culture and Leisure Team is looking for volunteers with an interest in health and wellbeing to help communicate and promote health and wellbeing initiatives and activities in the local area.

The Community Champions will also help to promote important messages to groups and individuals within the community especially those that are isolated or marginalised.

Volunteers will help gather insight on a number of issues to help local providers and services understand attitudes, behaviours, and perceptions of individuals in the community.

The council is looking to implement a wide range of activities across local community centres in Corby. No experience is necessary as training will be given and if you have a unique hobby or interest that you are passionate about and happy to share, the team would like to hear from you.

For more information contact Liz Hudson on 01536 204217 or email [liz.hudson@corby.gov.uk](mailto:liz.hudson@corby.gov.uk).



## Healthy recipe: Carrot and sultana pancakes



Cooking 10 minutes, serves eight

### Ingredients

- 100g wholemeal self-raising flour
- 1 tsp ground mixed spice
- 1 large egg
- 80g grated carrot
- 4 tbsp low-fat, low-sugar plain yoghurt
- 100ml semi-skimmed milk
- 30g sultanas or raisins
- 1 tsp vegetable oil

### Method

1. Put the flour, mixed spice, egg, grated carrot, yoghurt and milk into a large mixing bowl and use a hand whisk or fork to mix together thoroughly. Wholemeal flour has more fibre.
2. Stir in the sultanas or raisins.
3. Heat a non-stick frying pan over a medium heat. Add two to three drops of oil. Add spoonfuls of the batter in batches, turning them over after one to two minutes to cook each side. Add a further two to three drops of oil to the frying pan with each batch.

This recipe is from Change 4 Life. Find more healthy recipes at [www.nhs.uk/change4life/recipes](http://www.nhs.uk/change4life/recipes)



# CORBYP HEALTH NEWS

## Corby's health leaders launch sleep disorder diagnosis pilot

An innovative pilot scheme for patients with a suspected sleep disorder has been launched in Corby, saving them time and inconvenience.

The pilot means that local patients with suspected Obstructive Sleep Apnoea need no longer sleep overnight at clinics in Northampton or Leicester for an initial diagnosis.

Instead they are being offered WatchPAT, a take home sleep test which is worn like a wrist-watch, with no need for belts, wires or nasal cannulas. The device is a portable diagnostic device which uses finger based physiology and technology to enable accurate testing. The equipment records oxygen levels, breathing movements, heart rate and snoring through the night.

NHS Corby CCG's GP Member Dr Nathan Spencer said: "Obstructive Sleep Apnoea can cause chronic sleep deprivation and happens when the muscles in the throat relax so much that the upper airways narrow, and the person can stop breathing from a few seconds to minutes.

"Currently most patients suspected of this condition are referred to a sleep clinic for further diagnostics that may involve a sleep study. Service provision for this service is limited and for Corby the nearest centres are Northampton and Leicester. Due to the demand placed on these clinics patients are also often left waiting for long periods before confirmation or exclusion of diagnosis."

Patients with a positive diagnosis will then be referred appropriately to the sleep clinic for further management. The practices involved are; Great Oakley Medical Centre, Woodsend Medical Centre, Lakeside Surgeries and Studfall Partnership.

## Pharmacy is best first step for minor health concerns

Your local pharmacy is the place to go to get any prescription medicines, but you might not know they do a lot more than that.

Pharmacists are qualified healthcare professionals who can provide clinical advice for minor health concerns:

- As well as helping with common illnesses, like sore throats, coughs, colds, tummy troubles and aches and pains, pharmacy teams can also help with stopping smoking, cutting down on alcohol, advice on safe sex and emergency contraception
- Many pharmacies are open until late and at weekends. You don't need an appointment
- Most local pharmacies have consultation rooms for private conversations

Getting advice from a local pharmacist is the best first step for a minor health concern. They can also advise if you need to see your GP.

## Volunteers needed for Woodlands Project

The Woodland Project is looking for volunteers to help support a range of activities.

If you are 16 years of age and over and are interested in supporting your local woodlands and green spaces then we would love to hear from you.

All training is provided and we will give you as much support as you need. For more information contact 01536 464019 or email [rebecca.bishop@corby.gov.uk](mailto:rebecca.bishop@corby.gov.uk)

## Celebrating 70 years

This year marks the 70th anniversary of the NHS. We will be celebrating over the next twelve months, especially on 5 July 2018, the official birthday.

## GP in the House on



Our 'GP in the House' Dr Joanne Watt will visit Corby Radio on Thursday 22 March at a new time slot of 9am to 10am.

You can listen to Corby Radio live here: [player.corbyradio.com](http://player.corbyradio.com)

