

Health briefing

Area Panel One

August 2007

Welcome to our Health Briefing

Derby City Primary Care Trust works to improve the health of people across the city and make sure the health services they need are available. Our job is to:

- work out what is needed to improve local people's health
- provide some services ourselves – such as community services including clinics, district nurses, children's services and health visitors
- buy some services from others – such as larger hospitals and specialist treatments.

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Health Event for Derby

Want to find out more about health? Give us your views on local health services? Get involved in our ten year strategy for a healthy Derby? Then come along to the

Primary Care Trust's Health Day on Friday 28th September.

A fun and informative afternoon is planned with a range of activities at the Assembly Room's Darwin Suite between 2pm and 6pm. The event is free and open to all, and refreshments will be available all afternoon.

On the day you will be able to talk to NHS staff, including members of the PCT Board, and pick up advice and information on a variety of issues. There will also be the opportunity to give us your ideas about how we can meet the challenges set in our ten year strategy (more information on our strategy is given below).

This is your chance to have your say about health care, health issues and local services in your area. You will also be able to get expert advice from local health professionals.

Healthy Derby – a ten year plan

Making Derby a healthier place for everyone is the challenge the Primary Care Trust has set itself, its partners, and local communities in its ten year strategy – 'Healthy Derby'.

The strategy outlines our goals and the actions to be taken over the next couple of years. Work is now starting in earnest to make the strategy a reality.

You can find a copy of the strategy on our website – www.derbycitypct.nhs.uk
We will also be producing printed copies and a summary leaflet.

NHS Walk-in Centre for Derby

Derby's new NHS Walk-in Centre opened to the public in July. Staffed by experienced NHS practitioners, the centre provides healthcare advice, information and treatment for patients with minor ailments.

The centre is located at Entrance C of the Derbyshire Royal Infirmary site, off Osmaston Road. A phased opening is planned with additional services being introduced over the coming months. Initial opening times are 8am to 5pm, Monday to Friday, however, it is expected that these will be extended to 8am to 8pm, seven days a week from September 2007.

Information and advice on staying healthy, including support to stop smoking and healthy eating, is also available from the Walk-in Centre along with information on local services.

New telephone support for smokers

Smokers wishing to quit are now able to access free, expert support and advice over the telephone.

Fresh Start, Derby's stop smoking service, have a new free phone number, 0800 7076870, where advisors will be offering an evening support service from 6pm to 8.30pm each Wednesday.

NHS Bowel Cancer Screening

Invitations to take part in the NHS Bowel Cancer Screening Programme are being

sent out to men and women in Derby City for the first time.

The NHS is introducing the new national screening programme to help detect bowel cancer at an early stage when treatment is more likely to be effective. Derby is one of sixteen areas across the country in the first wave of the national screening programme. All patients aged between 60 and 69 and registered with a GP in Derby City will be invited to take part in the bowel cancer screening programme. Letters will be sent to patients in these areas over the next two years. The programme will be rolled out across Derbyshire over the next three years.

PCT's successful bid to improve access to Psychological Therapies

Derby City Primary Care Trust has been chosen as a pathfinder site to improve access to psychological therapy services for people suffering from depression and anxiety.

Derby City PCT is representing the East Midlands region in this area of work and is one of only 11 sites across the country. One in six people are affected by depression and anxiety at some point of their lives. Psychological Therapies include one to one and group talking therapies such as Counselling, Cognitive Behaviour Therapy (CBT) and other forms of psychotherapy. In addition, the use of information, self help materials and books can help people experiencing depression or anxiety.

New drug treatment services launched

A range of help and support is now available to people experiencing drug related problems in Derby City. The new range of drug treatment services have been developed over the last 18 months

and are the biggest changes to drug treatment services the City has ever seen.

Phoenix Futures, based on Phoenix Street, is the first port of call for anyone with problematic drug use wishing to change their life. People can simply walk in off the street or ring to make an appointment. Experienced professional drug workers will help the service user decide their treatment needs and provide ongoing counselling and support.

To access any drug treatment service in the City please ring Phoenix Futures on 01332 287850.

Join our Health Panel

Derby City PCT's Health Panel is made up of people who are registered with GPs in Derby city and have an interest in health and healthcare issues.

The Health Panel will provide you with regular opportunities to get involved. All members receive informative newsletters, opinion questionnaires and invitations to local health events. You can also decide if you would like to be invited to:

- take part in issue-based meetings or focus groups
- comment on PCT publications before they are printed
- join a committee or steering group around a specific issue.

To find out more of to join the Health Panel please contact S Robey on 01332 224000 ext 6484 or visit www.derbycitypct.nhs.uk and click on 'Having Your Say'

Area Panels are welcome to contact the PCT with questions. If you have any questions you can either direct them through the Area Panel Manager – Richard Smail on 01332 258505 or contact us direct:

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