

Subject:

People's Panel January 2025 Newsletter

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Welcome to the People's Panel January 2025 Newsletter

We would like to wish all panel members a Happy New Year and thank you for your continued support.

We hope you find this newsletter informative. **Please feel free to forward to family and friends.**

Alex, Phil, Sue, Terry, Ruby, Nikki.

Direct Data Analysis/Staffordshire and Stoke-on-Trent Integrated Care
Board People's Panel

**Where to get medicines, creams, drops and vitamins that
are no longer routinely prescribed by your GP**

You can easily buy medicines and vitamins that are no longer routinely prescribed by your GP.

To find out more visit:
staffsstokeys.org.uk/over-the-counter



Quick, easy, simple

NHS England guidance, which came out in 2018, tells us that some medicines and vitamins should no longer be routinely prescribed by GPs in the NHS. This is because many are available to buy cheaply in pharmacies and supermarkets but cost the NHS billions of pounds every year when given on prescription.

Because of this, some medicines, creams, drops and vitamins will no longer be routinely prescribed by your GP.

It's important to remember that a pharmacy or supermarket's own brand medicines and vitamins are just as effective as named brands, and often cost a fraction of the price. They also usually have the same ingredients as the more expensive options.

Having a well-stocked medicine cabinet is an easy way to help you stay well, or get better sooner.

Lung Health Checks

Know the symptoms: lung cancer

- 1** A cough that does not go away after 3 weeks
- 2** A long-standing cough that gets worse
- 3** Chest infections that keep coming back
- 4** Coughing up blood



Know the symptoms: lung cancer

5 An ache or pain when breathing or coughing

6 Persistent breathlessness

7 Persistent tiredness or lack of energy

8 Loss of appetite
or unexplained
weight loss



You are eligible for a free lung health check if you:

- are age 55 - 74
- smoked, or have ever smoked

Your GP or local NHS service may contact you to invite you for an appointment.

If you have not been contacted and you meet the criteria above, please contact: 01782 671554 or 01782 671553.

Or you can also self-refer by filling out the appointment form [here](#).

Midlands residents logged into the NHS App over 9 million times in November 2024

The NHS App helps Midlands' residents manage their healthcare needs from their smartphone. You can read more about this [here](#).

The 12 ways of using the NHS App are :

Medications

1. Order a repeat prescription
2. Nominate a pharmacy to make it easier to collect prescriptions
3. Find your nearest pharmacy that's open
4. Check NHS advice on taking different medicines

Health advice

5. Check if you need urgent medical help using 111 online
6. Have your GP health record to hand when you're on the move
7. Find Services near you like sexual health clinics and dentists
8. Check your health status for your new year resolutions with the BMI, BP and Heart Age tool

Appointments

9. Check and manage hospital appointments and GP ones
10. Turn on message notifications to avoid missing appointments from your GP and Hospital

Get involved in improving the NHS

11. Sign up to be part of health research
12. Have your say on making the NHS fit for the future

Details on how to register with the NHS App are available [here](#).

Urgent treatment centres

Urgent treatment centres (UTCs) provide urgent medical help when it's not a life-threatening emergency.

Open at least 12 hours a day, every day, UTCs offer appointments that can be booked through NHS 111 (telephone and online) and are equipped to investigate, diagnose, and deal with many of the most common injuries and illnesses people attend Emergency Departments (A&E) for.

You can find more information [here](#), or watch the short video below.



Adult Mental Health Services across Staffordshire and Stoke-on-Trent

Share your experiences and views to help us deliver adult mental health services across Staffordshire and Stoke-on-Trent

Staffordshire and Stoke-on-Trent Integrated Care Board (ICB) wants to hear your views following the recent publication of the Adult Mental Health Inpatient Services strategy for 2024 – 2027.

The strategy has been developed with system partner organisations, Midlands Partnership University NHS Foundation Trust ([MPFT](#)) and North Staffordshire Combined Healthcare NHS Trust ([NSCHT](#)), to ensure responsive mental health services that will focus on the wellbeing of patients and deliver joined-up care that reduces the need for inpatient admissions.

The ICB would like feedback from its communities across Staffordshire and Stoke-on-Trent about adult mental health services to help it to deliver the best possible care for people with mental health needs. The ICB is running an [online survey](#), open until Friday 14 March 2025, and will also hold a series of public involvement sessions in February – March 2025 where people will be able to give their feedback.

The public involvement sessions will run on:

- Tuesday 4 February 2025 – 11am–12pm – online, via Microsoft Teams, for residents of South Staffordshire.
- Wednesday 12 February 2025 – 2–3pm – online, via Microsoft Teams, for residents of North Staffordshire and Stoke-on-Trent.
- Thursday 20 February 2025 – 6–7pm – online, via Microsoft Teams, for residents of South Staffordshire.
- Monday 24 February 2025 – 6–7pm – online, via Microsoft Teams, for residents of North Staffordshire and Stoke-on-Trent.
- Tuesday 25 February 2025 – 1–3pm, in-person, Midlands Partnership University NHS Foundation Trust, St George's Hospital, Stafford.
- Wednesday 5 March 2025 – 12–1:30pm, in-person, The Bridge Centre, Stoke-on-Trent .

Registration details will be released soon for the involvement events; to register your interest now, please email ssotics.comms@staffsstoke.icb.nhs.uk with the date and time of the session you are interested in attending. We will then contact you to register you for the session.

If you need the online survey to be in a different format or language or need help to complete it, please phone 0333 150 3069.

For further details, visit <https://staffsstoke.icb.nhs.uk/transforming-adult-mental-health-inpatient-services-survey/>

Vitamin D

Vitamin D helps regulate the amount of calcium and phosphate in the body. These nutrients are needed to keep bones, teeth and muscles healthy.

A lack of vitamin D can lead to bone deformities such as rickets in children, and bone pain caused by a condition called osteomalacia in adults.

Government advice is that everyone should consider taking a daily vitamin D supplement during the autumn and winter.

You can find more information [here](#).

Winter Falls Campaign



**Concerned a
loved one is at
risk of a fall this
winter?**

Download a handy
falls prevention hints
and tips guide

#ThinkFalls

You can view the NHS falls prevention guide [here](#).



Learning Disability Awareness Survey

The People's Panel Learning Disability Awareness survey has provided help in multiple ways for our programme of work.

It has established a broad and in depth baseline position of exactly where our population see the quality of health and society services as well the accessibility. This baseline work is informing our programme and also our joint work with Staffordshire Local Authorities for the Disability and Neurodiversity strategy.

The insights from the survey are feeding our various Boards and Forums. The data provided enables more informed decision making.

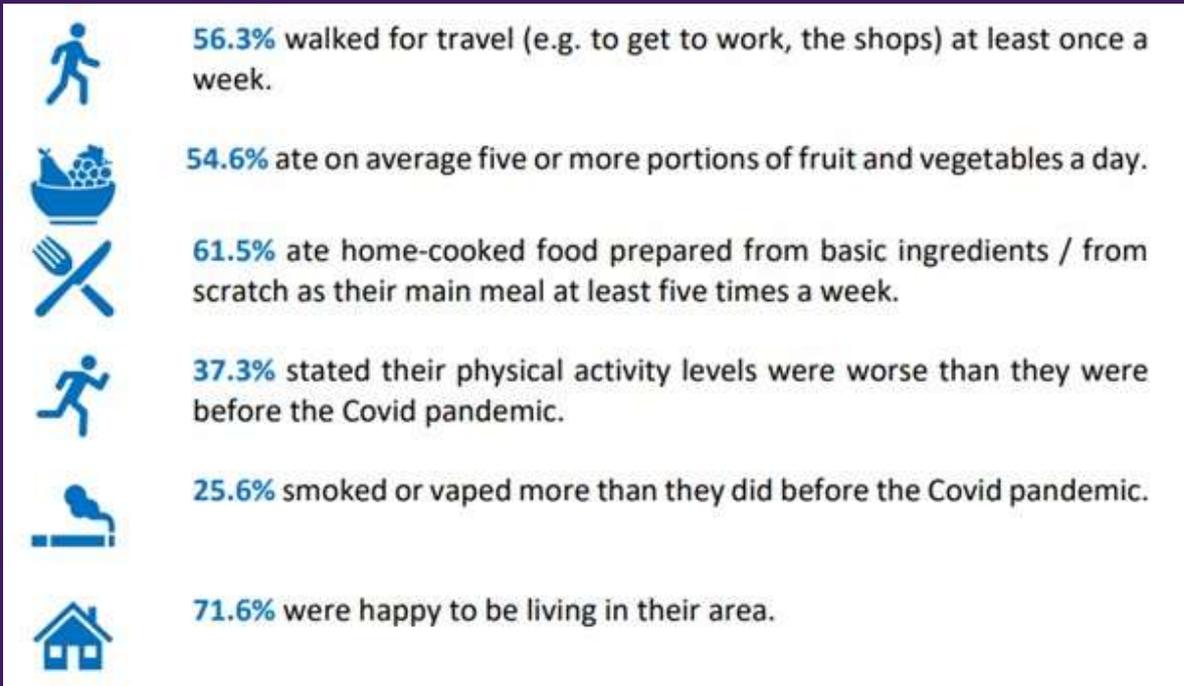
And looking to the future, the survey results are helping shape the design of our Joint Strategic Needs Assessment – work that will commence fully this summer.

Population Health Survey

The insights shared in response to the Population Health questions in the September 2024 survey are being considered as part of the ICB's wider approach to understanding what support is needed to encourage people to make healthy lifestyle choices to improve health and prevent medical conditions where possible.

Population Health Survey Overview

Thank you to everyone who took part in the recent Population Health Survey. A selection of the survey findings are shown below. You can access the full survey report [here](#).



Population Health Management is a way of working to help frontline teams understand current health and care needs and predict what local people will need in the future.

You can read more about why Population Health Management is important for integrated care and systems [here](#).

Pharmacy First Panel Member Survey

Staffordshire and Stoke-on-Trent Integrated Care System

Local pharmacies are offering care and medication for seven common health conditions.

Pharmacy First

Staffordshire and Stoke-on-Trent Integrated Care System

If you're feeling unwell, you might be eligible to be seen at a local pharmacy.

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Pharmacy First



Thank you to all members who provided feedback on the Pharmacy First survey. The Integrated Care Board is currently reviewing your feedback to determine the most effective campaign.



Pharmacy First Survey Prize Draw

Congratulations to Mrs T from Lichfield and Mrs W from East Staffordshire who were winners of the Pharmacy First Survey Prize Draw. We hope you enjoy spending your shopping vouchers!

Over 2,000 People's Panel Members



The People's Panel now has over 2,000 members from across Staffordshire and Stoke-on-Trent and membership is growing monthly.



Staffordshire and Stoke-on-Trent Integrated Care Board



Join the Staffordshire and Stoke-on-Trent People's Panel

Help inform health and care services in your local area, by taking part in several short online surveys throughout the year.

Visit our website below, or scan the QR code on your mobile phone to find out more and join the panel.
staffsstoke.icb.nhs.uk/peoples-panel



WIN!
For each survey you complete there is a chance to win one of two £50 love2shop vouchers.

The more panel members, the greater our voice in having a say on how health and care services are run in our area.

If a member of your family or friends would like to join the panel, they can find out more and join the panel [here](#).

Or Google search: ICB Staffordshire People's Panel

Ask your friends and family to be part of the engagement and help us to improve health and care in Staffordshire and Stoke-on-Trent for everyone.

Please do not hesitate to contact our team should you have any questions or require further information.

Email: people.panel@direct-data-analysis.co.uk

Phone: 0800 0996 422

Messenger chat: Search for 'Direct Data Analysis' and drop us a chat message.

The Staffordshire and Stoke-on-Trent Integrated Care Board replaces the six Clinical Commissioning Groups and has the statutory responsibility for commissioning and monitoring local health and care services, including GP, optometry, dentist and pharmacy services.

[View in browser](#)

Our mailing address is:

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