

Pass it on...

Please forward this ebulletin to your friends, family and colleagues.

Healthwatch Newham is the health and social care champion for local residents.

[Join now](#) and get involved!



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➔ Recent Focus Group Success

Healthwatch Newham, along with Healthwatch Waltham Forest and Healthwatch England hosted a Primary Care Focus Group for the Deaf Community on 3rd June 2015 at The Old Town Hall in Stratford.

It was very well attended by over 25 people who shared their experiences of accessing health services. Look out for the full report!

➔ Annual Report 2014/15

Healthwatch Newham is proud to publish its Annual Report 2014/15. Electronic copies can be found on our website and we will be printing 'hard copies' to distribute in the coming weeks and months. If you require the report in any other format please do get in touch!

➔ Newham Patient Forum, 28th July

The Newham Patient Forum exists to ensure that the voice and experience of patients and carers is at the centre of service development and delivery.

The next meeting is as follows:

- ➔ Tuesday 28th July, 10.30am - 1pm
- ➔ St Marks Community Centre, E6 5YA

To book or for more information:

☎ 0207 473 9518

✉ mustafa.arrale@fhwb.co.uk

➔ Official Opening of Local Health Centre

The official opening of the of the Sir Ludwig Guttman Health and Wellbeing Centre, which was once the health centre to the London 2012 Olympic and Paralympic Games, took place in Newham recently and was deemed a huge success by all who attended, including Healthwatch Newham.

A commemorative plaque to honour Sir Ludwig Guttman, the German-born British neurologist who established the Paralympic Games in England, was unveiled by his daughter, Eva Loeffler, and British Paralympian and TV presenter Ade Adepitan.



Thursday 18th June at the opening

More than 100 people attended the event during which they had guided tours, met the architects who designed the building, and found out about health and wellbeing services that are available in the local community.

The event was jointly hosted by NHS Newham Clinical Commissioning Group (CCG), NHS Property Services, the Hurley Group and East Village Trust.

Following the event Ade Adepitan, said: "It was a privilege to be invited to open the Sir Ludwig Guttman Health and Wellbeing Centre, named in honour of the founding father of the Paralympic games movement. I was brought up in Newham, so I am delighted that the building has been transformed from an Olympic centre into a community health centre for everyone to use." The open day also included the official opening of a Newham branch of Moorfields Eye Hospital. ➔ [More](#)

Need Information?

We can point you to the health and social care services on your doorstep.



020 7473 9519

9.00am - 4.30pm, Monday - Friday

“The social worker was very informative.”

[Join us today](#) and have your say!

➤ Interim Chief Executive Appointed at Barts

Alwen Williams has been appointed as the Interim Chief Executive at Barts Health NHS Trust.

Alwen has been a manager in the NHS since 1980, working in primary care, community and acute services, commissioning and joint planning. She became chief executive of Tower Hamlets Primary Care Trust (PCT) in June 2004, was seconded to the post of chief executive of East London and the City Alliance of PCT's in 2009 and in 2011 became the Chief Executive of NHS East London and the City.

In December 2011 she also took on the role of chief executive of NHS Outer North East London leading the two Primary Care Trust clusters which cover all the London boroughs in north east London.



Alwen brings a wealth of experience to Barts Health

From April 2013, Alwen assumed the national role of director of delivery and development for the NHS Trust Development Authority. On 1st June 2015, she moved to Barts Health as interim chief executive.

Alwen says "I have first-hand experience of Barts Health through working in the NHS locally, but also through living in the area with my family, and it is a privilege to be interim chief executive of this important organisation."

Healthwatch Newham looks forward to working with Alwen and her colleagues across Barts Health, in the coming weeks and months.

➤ Consultation on Local Children's Centres

The council is holding a consultation on services at local children's centres and says "Despite Newham having one of the highest populations of children and young people in the country, we have seen significant government cuts to our early years funding. The focus of government funding is also moving away from children's centres to childcare."



Giving every child 'the best start in life'

We will need to cut our budget to meet an expected £91 million a year shortfall in Government grant by 2019/20. In light of this, we will need to review all our services, to ensure they continue to meet resident's needs and provide value for money. Regardless of the cuts, we want to give every child in Newham the best start in life. We want to provide a truly joined up early years programme across childcare, early education and health, which will deliver improved outcomes and a better experience for parents and their children. To do this we are looking at the services we provide in our children's centres and where they should be located. You have until 23rd July to send us your comments." ➤ [More](#)

It's all in the computer...

Our custom-built database helps us to identify key trends.



This information is used to help improve services.

Keep informed...
Keep informed...
Keep informed!

➤ [Click here](#) to join our mailing list.

➔ Newham Stroke Club

Affected by stroke? You're not alone! Established in 2004, the Stroke Club covers Newham and is open to people of all ages:

- ➔ Mondays and Wednesdays, 2pm - 5pm
- ➔ Katherine Road Community Centre, E7 8PN

They provide a focal point for people who have had a stroke and live in east London.



Get support from people with similar experiences!

The group brings together people with similar problems who can share their experiences and, through this, learn new ways of coping with all the challenges of everyday life after a stroke. They offer varied activities (physical activity, yoga, games, garden projects, outings and have visiting speakers, and do much more....), a friendly chat and a cup tea on your visit. Members are encouraged to participate actively and where possible, to improve their communication skills. ➔ [More](#)

➔ Patient Participation Group Annual Survey

The Forum for Health & Wellbeing is running a survey of the services it provides, and hope that you will take a few moments to complete their 2015 annual survey.

The survey closes on Friday 3rd July. Complete now online, or get in touch for other formats. ➔ [More](#)

☎ 0207 473 9514 or ✉ Abdul.Malik@fhwb.co.uk

“My pharmacist had all the answers.”

[Join us today](#) and have your say!

➔ Choice Unlimited London

Choice Unlimited is an opportunity to find out about the latest information, services and products for disabled people, older people and carers. You are invited to come along to their event:

- ➔ Wednesday 18th July, 10am - 4pm
- ➔ Sportsdock, UEL Docklands Campus, E16 2RD

The market place for independent living led by disabled people and the first of its kind nationally, Choice Unlimited is packed full of services that are available locally to support independent living.



Supporting independent living

Entry is free and refreshments available. Whatever your needs and interests, you'll find everything under one roof at Choice Unlimited.

To book or to find out more:

☎ 0116 222 5005

✉ events@choiceunlimited.co.uk

“Getting physiotherapy has been a big help.”

[Join us today](#) and have your say!

➔ Share Your Views on Children's Urgent Care

The Royal College of Paediatrics and Child Health (RCPCH) are leading a project to look at urgent care services for children and how they could be improved.

To do this they want your views on NHS services, in particular on accessing medical advice. Please take a few moments to add your voice! ➔ [More](#)

➤ Jade's Story

Darren Morgan talks to Jade Sempare, Healthwatch Newham's 'Disabilities Ambassador'.

Set your goals!

This edition, Jade would like to talk about the value of setting personal goals and objectives in life. She says "I wish to tell everyone that they are in control of their own fate to an extent.

There is no point thinking 'could have, would have, should have'. You should make a plan and aim for goals.

I had many plans when I was younger. I wanted to help teach performing arts but now, as I have matured, I know that life isn't just about dancing, singing and acting... there is more of a depth to life.



Jade (pictured) is passionate about independence

Everyone has their own pathway in life and I feel we should all stop dictating which 'pathway' is correct. Everyone is individual and should be allowed to continue on their chosen path however they feel to do so.

There are many different events out there that are aimed at specific disabilities and I feel that it would be a good idea if people/we all became accepting of different disabilities and struggles faced by minorities and became a part of the bigger picture - the world!"

“I want one port of call and one number.”

[Join us today](#) and have your say!

➤ Recharge and Connect at St Joseph's!

From St Joseph's Hospice, a group for family and friends of people with dementia. Do you support a family member or a friend with dementia?



Do you care for, or support somebody with dementia?

Come to the group to recharge and connect with others going through a similar experience:

- ➔ 16th July, 20th August, 17th September, 1-3pm
- ➔ Well Community Centre, Vicarage Lane, E6 6DQ

For more information get in touch:

☎ 020 8525 3220

✉ m.meli@stjh.org.uk

“As I get older I get more worried!”

[Join us today](#) and have your say!

➤ Barts Health Research Evening

Barts Health welcome you to come along to their research evening:

- ➔ Thursday 16th July, Time TBC
- ➔ Whipps Cross University Hospital

Topics this time include blood pressure treatment with Dr Manish Saxena, and East London Experience of Enteric Fever with Dr Jayshree Dave. For more:

☎ 020 7363 9028

✉ Neeta.Patel@bartshealth.nhs.uk

➔ CQC Report on Newham University Hospital

Health and social care regulator the Care Quality Commission (CQC) carried out an announced inspection of Newham University Hospital in January this year, with additional unannounced visits to the hospital on 31st January, 2nd and 4th February.



Care at the hospital was 'good overall'

Overall, they rated the hospital as 'inadequate', finding that urgent and emergency care was good, but surgery, critical care, maternity & gynaecology services, services for children and young people and outpatients and diagnostic imaging all required improvement. They found that medical care and end of life care was inadequate and 'significant improvement is required in these core services.'

Care at the hospital was good overall. However, the CQC says that the hospital requires improvement in order to 'provide an effective and responsive service in order to meet the needs of patients'. [➤ More](#)

“ I prefer to see my own GP. ”

[Join us today](#) and have your say!

➔ We Want *Your Views* on Newham Hospital!

Healthwatch Newham is working with management and staff at Newham Hospital and Barts Health, to ensure that the patient voice is listened to. As part of this, we are working to ensure that the Patient Advice and Liaison Service (PALS), plus the system for complaints handling, is effective for patients. If you have views on Newham University Hospital good or bad, Healthwatch Newham wants to hear from you!

➔ Barts Chief Medical Officer to Step Down

Dr Steve Ryan has announced his intention to step down as Chief Medical Officer of Barts Health NHS Trust in July.

A passionate consultant paediatrician since 1991, Steve will be leaving Barts Health to pursue a new role with UCL Partners academic health sciences partnership.

Steve will be focused on improving the mental health and wellbeing of children and young people, working with agencies including NHS England, to cover a range of child health priorities identified by the London Health Commission.



Dr Steve Ryan, 'a passionate consultant paediatrician'

Steve was instrumental in the merger that led to the formation of Barts Health in April 2012. At Barts Health he has overseen the integration and development of clinical services and has championed the vision to improve public health outcomes and reduce health inequalities in North East London.

Alwen Williams, Interim Chief Executive at Barts Health says "I would like to take this opportunity to thank him for his work to improve health services and outcomes for the people of East London and beyond. I wish him well in his future career."

Arrangements are being put in place to appoint a Chief Medical Officer for Barts Health on an interim basis while the recruitment exercise for the substantive position takes place."

“ Lots of activities here for residents! ”

[Join us today](#) and have your say!

➔ Smear Tests Are Saving Lives in Newham

To mark the recent Cervical Screening Awareness Week (15-21 June 2015), clinicians are urging more women to attend their regular smear test.

Women aged between 25 and 64 years of age are eligible for free NHS cervical screening (known as a smear test) every three to five years. The smear test can detect changes in the cells of the cervix which could be a sign of cancer.



Early detection is very important

Women, registered with a GP, who are eligible for the test will receive an appointment letter. Across east London around 70% of women who receive an invitation attend their appointment. However this means that around 30% of women are not regularly having this important test.

Sadly, every year, 3000 women in the UK are diagnosed with cervical cancer. Cervical screening aims to detect abnormal cells in the cervix so that they can be removed preventing cancer developing in the first place. The earlier treatment is sought the better the chances of survival.

Dr Zuhair Zarifa, local GP and chair of NHS Newham Clinical Commissioning Group (CCG), said:

“When you are invited you should make it a priority to attend your smear test. This simple test can make such a big difference. The sooner cervical cancer is found and treated the better your chance of living a healthy happy life”.

The colposcopy clinic previously held at St Bartholomew’s Hospital in the city recently moved to brand new, specialist facilities at The Royal London Hospital. Together with the clinics at Newham and Whipps Cross hospitals, support is now closer than ever before to local women.

The Newham Hospital clinic sees 100% of patients within the target 8 weeks and the number of patients who make appointments but then fail to attend (DNA rate) is low.



Newham Hospital sees all of its patients within target

Patients also reported in a patient satisfaction survey that communication between staff to patients is very good.

Anna Parberry, Lead Nurse Colposcopist at Barts Health NHS Trust, explained: “Many women avoid cervical screening as they worry about what will happen ‘if something bad is found’. That’s where we come in. We’ll assess their risk of developing cervical cancer and, if necessary, remove the problem cells in a simple procedure at an outpatient appointment in hospital.”

In Newham’s Chair

We represent the residents of Newham at meetings all across London.



Are we representing your views?

➔ Join Healthwatch Today!

“I want a genuine choice of referral.”

Join us today and have your say!

➔ Universal Credit Toolkit

Universal Credit is a new benefit that supports people who are on a low income or out of work, and helps ensure that they are 'better off in work than on benefits.'

To help partner organisations explain Universal Credit to their customers, a toolkit has been developed, containing information about the benefit and the changes it brings. Universal Credit is being introduced in stages throughout the country.

The resource includes a short film, giving an introduction to Universal Credit, including how it helps to make work pay, the support claimants get and what's expected in return.



Universal Credit is being rolled out nationally

The resource is available online now! ➔ [More](#)

Latest Newsletters

- ➔ Care Quality Commission - Update for Local Healthwatch, May 2015 ➔ [More](#)
- ➔ Department for Work and Pensions - Later Life Newsletter, June 2015 ➔ [More](#)
- ➔ Department of Health - Voluntary Sector Update and News, June 2015 ➔ [More](#)
- ➔ Health Bulletin, June 2015 ➔ [More](#)
- ➔ NICE - Public Involvement Update, June 2015 ➔ [More](#)

➔ Please send us a link to your latest newsletter!

News Summary

- ➔ Latest Health and Social Care News from Newham Recorder ➔ [More](#)
- ➔ The Latest News from East London and West Essex Guardian ➔ [More](#)
- ➔ Fears of postcode lottery as Independent Living Fund closes ➔ [More](#)
- ➔ Why we need to bring a gender perspective to dementia care ➔ [More](#)
- ➔ 'Child protection must not be used for dealing with the symptoms of increased poverty' ➔ [More](#)
- ➔ GP receptionists 'could help prevent stroke deaths' ➔ [More](#)
- ➔ College of Social Work to close by end of September ➔ [More](#)
- ➔ Facebook and Twitter could be used to help people quit smoking ➔ [More](#)
- ➔ Social work managers urged to risk assess stress on their teams ➔ [More](#)
- ➔ Government brings forward deadline for deprivation of liberty reform plans ➔ [More](#)
- ➔ Referrals to children's social care reach highest level on record, finds NSPCC ➔ [More](#)
- ➔ How do good social work managers promote staff wellbeing? ➔ [More](#)
- ➔ Smoking causes half of all deaths in 12 different cancers ➔ [More](#)
- ➔ Role of local safeguarding children boards 'confused' amid funding shortfall ➔ [More](#)
- ➔ Asking service users to write care plans proves to be a powerful training tool ➔ [More](#)
- ➔ Some health food brands may 'do more harm than good' claim ➔ [More](#)
- ➔ Rising concerns around child neglect, but public unclear where to report them ➔ [More](#)
- ➔ Office workers of England - stand up for your health! ➔ [More](#)



We're here to help!

Are you looking for health or social care services and need advice on what is available?

Or, do you want to comment on the services you receive?

We are Healthwatch Newham, your local health and social care champion. Our **Information Service** can give you the information you need so that you can access the services you are entitled to.

We are also here to listen to your comments on the services you receive and can point you in the right direction if you wish to make a complaint or compliment.

Help is just a call, click or tap away!

 www.healthwatchnewham.co.uk/onlinedirectory

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