

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!



In this Issue!

Healthwatch Newham Update	2
Time to Face Up to Male Cancer Who are Your Barts Health Heroes?	3
Personal Health Budgets Proposals for Specialist Cancer and Cardiovascular Care Approved	4
The Wonderful World of Oliver Jeffers Launch Party Get More From Your Mobile Devices! Newham Carers United Forum	5
Sugar - Food for Thought. An Article by Myra Crean, Healthwatch Member	6
Jade's Story - Life in Newham with a Disability Community Neighbourhood Link Workers	7
News Summary	8

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➔ The Chair Steps Down

Recently, Mark Santos has stepped down as Chair of Healthwatch Newham.



Mark Santos

An 'outstanding Chair'

We would all like to thank Mark for his outstanding contribution and dedication as Chair over the years. Mark was elected Councillor in Redbridge earlier this year and voted Chair of Redbridge's Health Scrutiny Committee.

Mark, Chief Executive of Positive East, remains on the Board of Healthwatch Newham.

➔ Interim Chair Appointed

We are pleased to announce that Kevin Mansell is the interim Chair while we recruit a new Chair.

Kevin Mansell

Interim Chair



Kevin is "aiming to sustain Healthwatch Newham's momentum, built up under Mark Santos' leadership, by continuing close working with our partners to tackle the formidable challenges as we seek to improve Newham's health and social care services."

➔ The Board

The Board meets every other month, and liaises with the team on issues in the Borough and on national policy.

If you would like to get involved in the dynamic work of Healthwatch Newham, get in touch:

✉ sol.pearch@healthwatchnewham.co.uk

➔ Transforming Services Changing Lives Update

The Transforming Services Changing Lives (TSCL) programme has been established by the Clinical Commissioning Groups of Waltham Forest, Newham and Tower Hamlets, together with providers Barts Health. The aim is to enable joint planning across East London for changes to health services locally, and in particular across Barts Health services.



Monday 18th August at Whipps Cross Hospital

On 18th August, Healthwatch Newham, Waltham Forest and Redbridge hosted an event at Whipps Cross Hospital to get residents' suggestions on what could be changed for the better. You can read their feedback in our recently compiled report. ➔ [More](#)

“ I want to see my own GP. ”

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

➔ Volunteer with Healthwatch!

Healthwatch Newham has a range of volunteering opportunities in a friendly, welcoming environment.

Whether you are looking to get active, meet new people, learn new skills or gain work experience, we have something for everyone! ➔ [More](#)

When you volunteer with Healthwatch Newham, whichever role you choose, you are helping to make health and social care services better for the whole community.

If you would like to volunteer or would like to find out more, simply get in touch:

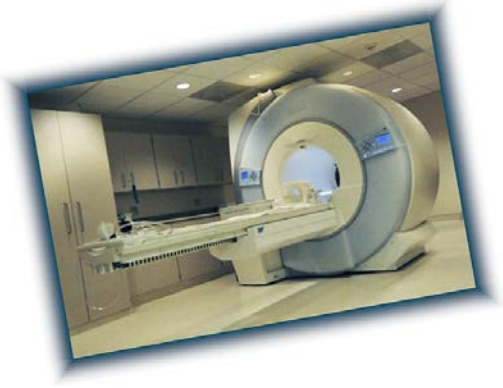
☎ 020 7473 9519

✉ darren.morgan@healthwatchnewham.co.uk

➤ Time to Face Up to Male Cancer

Local GPs say it's time for men in Newham to face up to cancer as a nationwide campaign called "Blue September" gets underway to raise awareness about all male cancers.

Men are 40 per cent more likely to die from cancer than women. This is mainly because, generally, they drink and smoke more and have a poorer diet than women. Men also tend to wait longer before seeking help after spotting signs of cancer.



Around 80,000 men die a year from cancer

Every year around 80,000 men in the UK die from cancer, most commonly bowel, lung and prostate cancer. Many of these deaths could be prevented by getting help earlier or by living more healthily. You should visit your GP if you spot the following signs and symptoms of cancer or benign conditions:

Bowel cancer: blood in your stools; unexplained bowel habits such as prolonged diarrhoea or constipation and/or unexplained weight loss.

Lung cancer: persistent cough; coughing up blood; persistent breathlessness; unexplained tiredness and weight loss; aches when breathing or coughing.

Prostate cancer: needing to pee more frequently, especially at night; difficulty starting to pee; straining to pee or take a long time to finish; blood in pee and pain when peeing or during sex
Skin cancer: appearance of new mole or a change in an existing mole.

Testicular cancer: a painless lump or swelling in the testicles; a dull ache in the scrotum or a feeling of heaviness in the scrotum.

The NHS Bowel Screening Programme helps us to diagnose cancer as early as possible. If you're aged between 60 and 69 and registered with a GP, a screening kit will be sent to your home every two years, so it's important your contact details are up to date with your GP practice.

It's also important to help yourself by making healthier lifestyle choices. The NHS can support you, offering free health checks to anyone aged 40-74. You get a 'health MOT' and advice on losing weight, stopping smoking or cutting down on alcohol to reduce the risk of cancer and other diseases.

Dr Zuhair Zarifa, chair of Newham CCG and local GP said:

"It's so much more common for my male patients to put a brave face on something that could turn out to be really serious. We are more able to help if we can detect cancers early. Being aware of the signs and acting on them could save your life."

Local GPs can also help through the NHS Health Check service with advice on living more healthily. Why not make a positive change and face up to the risks of cancer?"

For more information contact Savaia Stevenson:

☎ 020 3688 1216

✉ Savaia.Stevenson@nelcsu.nhs.uk

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

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

➤ Who are Your Barts Health Heroes?

Barts Health provides care for over one million patients a year. Who are this year's health heroes?

Nominations can be made for teams and individuals who "are living Barts values of being caring and compassionate, actively listening, understanding and responding, relentlessly improving and innovating for patient safety, achieving ambitious results by working together and valuing every member of staff and their contribution to care."

Nominate Your Heroes...

Everyone is welcome to nominate anyone working at the Trust, including volunteers, whether they are employed directly or through one of our partner organisations.

Closing date for the current round of nominations is Friday 14th November 2014. ➡ [More](#)

➤ Personal Health Budgets

Since April 2014, anyone who receives continuing healthcare and lives in their own home has the right to ask for a personal health budget.

The North East London NHS Commissioning Support Unit would like to communicate the changes in Newham, Waltham Forest, Tower Hamlets, City and Hackney.

A personal health budget is an amount of money from the NHS allocated to an individual to support their identified health and wellbeing needs. Personal Health Budgets are aimed at helping people maintain their independence, giving them more control over the support services and care they receive.

Recipients will be able to plan their care and use their budget to buy services and equipment that best meets their needs, and helps maintain their independence. The amount of money received is based on an assessment of needs.



Gaining 'more choice and control' of your support package

A personal health budget allows people to think of new ways to meet their health and wellbeing needs and provides greater flexibility over how and when care is received. [➤ More](#)

The Personal Health Budget team will be able to help you with any other questions you may have:

☎ 020 3688 1000

✉ nelcsu.chc@nhs

“Quality of fillings on the NHS?”

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

➤ New Cancer & Cardiovascular Care Approved

Major changes to the organisation of services for specialist cancer and cardiovascular care across north and east London were recently approved by the board of NHS England London.



Combining technology with 'excellent local care'

Based on evidence put forward by cancer and cardiovascular clinicians, the changes are designed to improve care and outcomes by combining cutting edge technology with excellent local care to speed recovery.

“Getting physiotherapy has been a big help.”

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

New specialist centres at St Bartholomew's and University College Hospital will act as hubs within a comprehensive network of care including local hospitals, GPs and other community services. This system will focus on the needs of patients, so as well as providing people with access to specialist centres, they will still be able to receive specialist care locally and benefit from the expertise of a wide range of clinical staff to help tailor the treatment to them and their lives to give them the best outcomes.

The new centre will be called Barts Heart Centre, and it will be the largest specialist cardiovascular centre in the country. Bringing together cardiac services onto one site will make Barts Heart Centre the world's biggest centre of excellence for adults with congenital heart disease, and the new centre will perform more heart MRI and CT scans than any other centre in the world. [➤ More](#)

➡ Wonderful World of Oliver Jeffers Launch!

'Discover' invites you to celebrate the launch of their brand new interactive family exhibition 'Once There Was...The Wonderful World of Oliver Jeffers':

- ➔ Thursday 9th October, 6.30pm - 8.30pm
- ➔ Discover Children's Story Centre, Stratford

Award-winning illustrator and author Oliver Jeffers' fabulous 'Boy' books are brought to life in this enchanting installation for families to coincide with the 10th anniversary of How to Catch a Star.



For people and penguins!

Join in for a trip to the seaside, row a boat, make friends with a penguin and an alien, visit the Lost and Found office, and watch as stars magically appear. To book or for more information:

☎ 020 8536 5555

✉ Laura.Webster@discover.org.uk

“My pharmacist had all the answers.”

Join us today and have your say!

➡ Get More From Your Mobile Devices!

Come to the Disability Resource Centre and learn how to get the most from your mobile devices.

- ➔ 6 Tuesdays (starting 7th October), 1.30 - 3.30pm
- ➔ 90 Crownfield Road, London, E15 2BG

Workshops, costing £4 each offer handy tips on your mobile devices, such as using social media (including Twitter, Facebook & Instagram), handling music, TV and film, keeping in touch with Skype & Facetime, shopping & banking plus handling photos. For more:

☎ 020 8534 1589

✉ reception@wfdrc.org.uk

➡ Newham Carers United Forum

A carer is someone who, without being paid, looks after a relative, child or friend who is frail, ill, disabled, or a substance misuser. If this is you, then come along to the next forum:

- ➔ 22nd October, 11am-1pm (refreshments 10.30am)
- ➔ Rooms A&B, Stratford Advice Arcade, E15 1HP

Featuring guest speakers on Housing (Shelter and London Borough of Newham) & Advice, Information and Advocacy (VoiceAbility and Newham Carers Network).

There will also be an information stall, 'Champions Report Forum' of what they have been involved in and achieved over last year, 'Quick Updates' from Carers in the room and a News Roundup.

The Carers Team, London Borough of Newham, will be on hand if you want to talk about having a carer's assessment.

Meet other Carers and take part in a raffle!

For more information and to book your place contact Jackie Hardy at Newham Carers Network:

☎ 020 8519 7536

✉ jackie.hardy@renewalprogramme.org.uk

➡ Activities for Carers this Autumn!

Newham Carer's Network is hosting a variety of free activities for Carers this Autumn.

The many activities include Creating a Children's Storybook, Tai chi & Pilates, Emergency Aid for Carers, Shape Up weight control programme and a Winter warmers workshop for 'cold defeating remedies'.

All activities will be at Stratford Advice Arcade. To book or for more information:

☎ 020 8519 0811

✉ info@newhamcarers.org.uk

“Unplanned discharge causes distress.”

Join us today and have your say!

➔ Sugar - Food for Thought. An Article by Myra Crean, Healthwatch Member

Please note that this is *not* official medical advice.

Myra Crean sits on the Healthwatch Newham Advisory Group. Passionate about public health, Myra has conducted independent research to help facilitate discussion on the issue of sugar, and its potentially related impact on local health.

Introduction - Slaves to Sugar

Traditionally, sugar was enjoyed primarily at festive occasions such as birthdays, anniversaries, religious occasions and as an occasional tasty treat. However in the twentieth century there was an explosion in the rate of consumption, driven by developments within the food and drinks industry.



Sugar consumption has 'exploded in recent times'

Debate

The sugar debate sparked into life in 1972 with the publication of a book called 'Pure White and Deadly' by John Yudkin. The debate has raged on ever since with the most significant recent contribution being 'Fat Chance, 2013 the Bitter Truth about Sugar' by Robert Lusting in 2009. From an early age we have all been made aware of the link between sugar and dental decay (Mobley et al. 2009) but now there is mounting scientific evidence linking sugar to obesity, diabetes, liver disease, kidney disease and cardiovascular disease and cancer.

Newham Health

Newham is the third most deprived local authority in the country, with the most diverse population in the UK. Newham suffers the highest mortality rate from cardiovascular disease and cancer compared to the rest of London.

Dental decay in five year old children remains the highest in England according to the Dental Health Scrutiny review. Obesity runs at 20% in the adult population and for schoolchildren in reception it is the 5th highest in England. Diabetes at over 7% is one of the highest recorded levels in the country.

Financial Impact

The seriousness with which this debate is being viewed might best be illustrated by the publication in September 2013 of the report 'Sugar Consumption at a Crossroads' by Credit Suisse Research (CSR). CSR was itself set up by the bank to identify worldwide 'megatrends' and predict their influence on future investment policy. In their report they conclude that some 30-40% of the US healthcare budget is being spent on issues closely related to the excess consumption of sugar.

Health Impact

The scientific evidence has demonstrated that over-consumption of sugar, whether it comes from cane, beets, or corn syrup, has a negative impact on health. Dr Robert Lusting, Professor of Paediatrics and specialist in Endocrinology, is urging people to reduce sugar intake to help to combat conditions such as obesity, diabetes, cardiovascular disease, kidney disease and even cancer (Jung Kim and Chi V). Obesity increases the risk of high blood pressure and high levels of triglycerides, orthopaedic problems, sleep apnoea and gallstones whilst also being linked to social and psychological problems such as prejudice and bullying, stress, low self-esteem and depression (Public Health England).

Public Health Bodies' Recommendations

In 1991 the Committee on Medical Aspects of food policy (COMA) recommended that sugar consumption should not be more than 10% of total energy intake which is about 11 to 14 teaspoon of sugar a day. The World Health Organisation (WHO) in 2002 also recommended sugar intake of no more than 10%. In March 2014 WHO recommended a reduction to less than 5% of total energy. The recent National Diet and Nutrition Survey published in May 2014 found that sugar consumption in all age groups is in excess of current UK recommendations.

The main sources of sugar in the diet are soft drinks (juices, energy drinks and soda drinks), table sugar, preserved food, alcoholic drinks, yoghurt, salad dressings, biscuits, buns, cakes, pastries, fruit pies and breakfast cereals. This ubiquity makes it very difficult to reduce consumption, even for those people who are health conscious. [➔ More](#)

“ My GP could offer more support on referrals. ”

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

➔ Jade's Story

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

This month Jade would like to highlight the benefits of thinking positively, and forward planning.

Living for the Now

Jade says that we can look back on our lives - but life is about living for the 'now' and she 'merely takes lessons from the past'.

"I used to concentrate on my past, trying to sort out what already had happened (for example paying my bills after incurring the debt). This stressed me out considerably. I sat down with my mum, explained the stress that I was feeling and we were able to agree on paying ahead instead of arrears... now this has decreased the feeling of stress."

I am now able to live for the 'now' and tackle each day and each situation as it comes to me, not looking to always tackle issues in the past."



Jade finds inspiration in the simple beauty of a sunset

Looking to the Future

Through forward planning and looking to the future, Jade feels happy and comfortable with her life at the moment.

She says "this happiness is not because of my medication, or people around me, but thanks to thinking positively, and being able to tackle things in a positive light."

Inspiration

Jade says that "all disabled people need is a bit of inspiration"!

We hope that you are able to take inspiration from Jade herself, who remains positive, while living with a condition that presents major challenges.

➔ Community Neighbourhood Link Workers

Adult Social Care Community Neighbourhood Link Workers are now working in Newham. Their aim is to support residents to stay healthy and delay the need for more intensive services later in life. This role supports people with a range of needs including older, disabled and vulnerable people to get involved in activities, thereby reducing their social isolation and getting them active in their communities.



Supporting residents to be healthy and happy

Community Neighbourhood Link Workers also support older and disabled residents, volunteers and partners to:

- ➔ Run activities and events that make a difference in your area.
- ➔ Start up clubs and courses.
- ➔ Build new or support existing community groups.
- ➔ Develop new skills.
- ➔ Improve your health and wellbeing.
- ➔ Make new friends.
- ➔ Be more involved in your community.

If you know of a resident that would benefit from meeting new people, making friends and getting more involved in their local community you can make a referral by email.

There are Community Neighbourhood Link workers throughout Newham. To find out more:

☎ 020 8430 200

✉ chsocailcare@newham.gov.uk

"I can get an emergency appointment same day!"

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

➔ New NHS Rules to Provide Better Food

The NHS will have mandatory food standards and hospitals will be ranked on food quality as part of a wide-ranging drive to raise standards of hospital food across the country.

The Hospital Food Standards Panel, led by Dianne Jeffrey, Chairman of Age UK, has published its report to the government and recommends 5 legally-binding food standards for the NHS. The panel has worked with a range of organisations, including royal colleges and nutritional experts.

The mandatory requirements were selected from over 50 food quality standards. These will now be included in the NHS Standard Contract - making them legally-binding for hospitals.



Menus will have to be approved by dieticians

Food is a critical part of a patient's experience and should meet social & cultural expectations. ➔ [More](#)

Next Health & Social Care Scrutiny Meeting

➔ Wednesday 22nd October at Committee Room 1, East Ham Town Hall. Focus - Public Health ➔ [More](#)

Latest Newsletters

- ➔ British Heart Foundation - Health at Work Newsletter, August 2014 ➔ [More](#)
- ➔ CQC - Update for Local Healthwatch, August 2014 ➔ [More](#)
- ➔ NICE - Patient and Public Involvement Update, September 2014 ➔ [More](#)
- ➔ London Regional Team - Participation Opportunities Bulletin, Issue 5 ➔ [More](#)
- ➔ NICE - Public Involvement Update, August 2014 ➔ [More](#)
- ➔ Think Local Act Personal - News Update, 13 August 2014 ➔ [More](#)
- ➔ UCL Volunteering Services Unit - Newsletter, August 2014 ➔ [More](#)

News Summary

- ➔ Government orders review of Deprivation of Liberty Safeguards ➔ [More](#)
- ➔ Better care plans to provide dignity, independence and reduce A&E admissions ➔ [More](#)
- ➔ Mental health patients facing 'unacceptably long' waits for talking therapies ➔ [More](#)
- ➔ Integrated inspections for children's services 'lack credibility', warns directors ➔ [More](#)
- ➔ Less smoking, more joking: Stoptober campaign launched ➔ [More](#)
- ➔ New rules to serve up better food for NHS patients and staff ➔ [More](#)
- ➔ More flexibility for NHS doctors under European Working Time Directive ➔ [More](#)
- ➔ New approach to care for the dying published ➔ [More](#)
- ➔ Details of integrated health and social care personal budgets scheme revealed ➔ [More](#)
- ➔ 'We often fail to acknowledge care work and the tremendous skill required to support people' ➔ [More](#)
- ➔ Children with disabilities have more control over their care following SEN reforms ➔ [More](#)
- ➔ Better 'ordinary care' will improve mental health of looked-after children, finds NSPCC ➔ [More](#)
- ➔ One in five child deaths in England are preventable, study finds ➔ [More](#)
- ➔ Thousands more patients to benefit from additional £160 million for cancer drugs ➔ [More](#)
- ➔ Chief Medical Officer's annual report: employment is good for mental 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

 020 7473 9519

 info@healthwatchnewham.co.uk