

ABBHEY NOTES

Published by the Abbey Medical Centre Patient Participation Group

WISHING ALL PATIENTS AND STAFF THE JOYS OF THE SEASON



Relaxation with Marie Crowley



Coun Janet Patrick told us all about Beeston Memory Cafe



Great enjoyment was had from the return visit of male singing group Oldish Spice

Happy afternoon

THE fifth and final Golden Years session was held at the surgery in November and enjoyed by about 15 of our elderly patients, family and carers.

This time, to ensure some continuity, we invited Coun Janet Patrick to come and tell us about the Beeston Memory Cafe which is for people with dementia and their carers.

We also welcomed back Marie Crowley who gave a

relaxation session which was much enjoyed.

Patient group member Richard Hepple gave a demonstration of Tai Chi which so mesmerised patient group secretary Sue McNab that she forgot to take his picture!

After refreshments, the session was rounded off with great singing from Oldish Spice.

Thanks to all who attended.



People joined in with the singing

Plan for future health care

THE organisations that commission and provide health and social care services across Nottingham City and Nottinghamshire County have published a Sustainability and Transformation Plan (STP) going up to 2020/2021.

Local NHS providers, clinical commissioning groups (CCGs), councils, and other health and care services have formed the Nottm and Notts STP footprint - one of 44 in England - to collectively plan how local services will work to improve the quality of care, their population's health and manage finances across the system.

The STP addresses how organisations will close the 'three gaps' identified in the NHS Five Year Forward View - the future vision for the NHS and social care - which relate to health and wellbeing, care and quality, and finance and efficiency.

Five local 'high impact' areas for change are:

1. Promote wellbeing, prevention, independence and self-care

2. Strengthen primary, community, social care and carer services

3. Simplify urgent and emergency care

4. Deliver technology enabled care

5. Ensure consistent and evidenced based pathways in planned care.

Key supporting areas of work have been highlighted within the plan as crucial to delivery, including; improve housing and environment, strengthen acute services, driving system efficiency and effectiveness, future-proof workforce and organisational development and proactive communication and engagement.

David Pearson, STP lead for our area, said: "We know that if we do not change the way we do things, the gap between what we want from health and social care and what can be delivered will grow as 'doing nothing' means we will have a shortfall of more than £600m in our budgets. We know that we can make better use of the money and improve

many services but only if we change the way we do things."

The STP published is the draft plan submitted to NHS England on 21 October 2016.

This plan will continue to be developed. A summary of the key areas of focus has also been produced and is available at bit.ly/NottsSTP

Specific engagement and formal consultation will be planned to inform decisions about any significant changes to services.

Presentation

Abbey Patient Group secretary Sue McNab, along with other patient representatives in the STP area, attended a presentation about the plan at the Richard Herrod Centre in Carlton.

The STP partner organisations are keen to hear feedback and comments, which can be emailed to STP@nottsc.gov.uk or sent to:

STP FEEDBACK David Pearson
County Hall
Loughborough Rd, Nottingham
NG2 7QP

Helpful new website

PATIENTS and their families may like to know that Notts County Council has produced a new website called [nottshelpyourself](http://nottshelpyourself.org.uk).

A presentation about it was given to the Nottingham West Clinical Commissioning Group's Patient Reference Group attended by Abbey patients Richard Hepple and Sue McNab, who were both very impressed.

The website gives help and advice on many issues, ranging from child care to housing needs and help for the elderly. It is online at www.nottshelpyourself.org.uk/kb5/nottinghamshire/directory/home.page

Christmas opening times

The Abbey Medical Centre will be closed from 6.30pm on Friday, December 23, until 8am on Wednesday, December 28.

The surgery will be closed again for the New Year from 6.30pm on Friday, December 29, until 8am on Tuesday, January 2.

