

City people urged to have a say on the NHS

PATIENTS' rights are set to be published in a ground-breaking NHS Constitution which safeguards the future of Britain's health service.

The constitution is still in draft and local people are being asked to give their views.

The constitution brings patients' legal rights together and published in one place for the first time.

As well as detailing what patients can expect from the NHS, it will also contain the responsibilities of patients and the public to the NHS.

Some legal rights in the constitution are:

- Your right to drugs approved for NHS use if recommended by your doctor, and to an explanation of all decisions made about funding your treatment – which all means decisions will be clear and rational, not a "lottery" of access.

- Your right to make choices about your NHS care and to be given the information you need – which means that you can be informed about, and involved in, your own healthcare.

- Your right to have your say in the planning and development of



Wolverhampton City Primary Care Trust chairman Barry Picken

local services – which means that your local NHS should reflect what you think is important.

Residents can have their say on the draft by completing a short questionnaire or visiting one of the public events in September and October. NHS staff will explain about the constitution and gather people's views.

Events will be at the Phoenix Health Centre, Parkfield Road, Parkfields on Thursday September 11, Wulfrun Shopping Centre on Thursday September 18, Bilston market on Friday October 3 and the Gem Centre for Children and

Young People at Bentley Bridge, Wednesfield on Wednesday October 8. All run from 10am to 4pm.

The consultation is asking if people think the draft constitution is clear, whether they agree with its approach and how it can be used to improve NHS services.

Wolverhampton City PCT is leading the consultation and chairman Barry Picken said: "I would encourage everyone to have their say and help us make the constitution even more relevant to patients in the city."

See page 2 for the principles, pledges and rights set out in the draft constitution. More detailed information on the NHS Constitution can be found at www.dh.gov.uk/consultations

To take part, call 01902 445894 for a free copy of the questionnaire, or email getinvolved@wolvespct.nhs.uk stating your name and address. Or complete the questionnaire on-line at www.wolvespct.nhs.uk or constitution.consultation@westmidlands.nhs.uk or pop along to one of the public events listed above.



Paula Cain and baby Tyler

Proud mum kicks the habit during seventh pregnancy

BABY Tyler Cain doesn't know it yet – but she is something of a celebrity as far as her proud parents are concerned.

Before Tyler was born on July 29 her mum Paula, who had smoked since the age of 12, was finally able to stub out cigarettes for her seventh pregnancy – with the help of a

scheme run by Wolverhampton City Primary Care Trust.

When Paula, 34, found she was expecting another baby she was desperate to kick her 30-a-day habit after losing one child to cot death and experiencing early births and low birth weights.

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INSIDE your Health Focus



Minister opens Gem Centre



Events mark 60 years of the NHS



IT staff scoop service awards

NHS Constitution... *Have your say*

Seven key principles that guide the NHS in all it does:

1. The NHS provides a comprehensive service available to all, irrespective of gender, race, disability, age religion or sexual orientation.
2. Access is based on clinical need, not on an individual's ability to pay. Access to services is free, except in limited circumstances sanctioned by Parliament.
3. The NHS aspires to high standards of excellence and professionalism in everything it does.
4. NHS services must reflect the needs and preferences of patients, their families and their carers – that is, involving and consulting them.
5. The NHS works together across organisations, in the interest of patients, local communities and the wider population.
6. The NHS is committed to providing best value for taxpayers' money and the most effective and fair use of finite resources.
7. The NHS is rightly accountable to the public, communities and patients that it serves – it takes most of its decisions locally and gives us the chance to influence and scrutinise its performance and priorities.

The NHS belongs to all of us:

YOU should recognise that you can make a significant contribution to your own and your family's good health, and take some personal responsibility for it.

YOU should register with a GP practice – the main point of access to NHS care.

YOU should treat NHS staff and other patients with respect – if you abuse people you may be prosecuted.

YOU should provide relevant and accurate information about your health, condition and status.

YOU should keep appointments, or cancel within reasonable time. If you don't, you may lose your place in the queue.

YOU should follow the course of treatment that you have agreed with your clinician.

YOU should take part in important public health programmes, like vaccinations.

YOU should make sure that those closest to you are aware of your wishes about organ donation.

YOU should tell us what you think about the treatment and care you have received, including good and bad experiences.



Your rights and the NHS's pledges to you...

Access to health services

YOUR RIGHTS

- You have the right to receive NHS services free of charge, except when sanctioned by Parliament, and without discrimination.
- You have the right to access local NHS services, and not to be refused on unreasonable grounds.
- You have the right to expect your local NHS to put in place the services that are necessary to meet the needs of the local community.
- You have the right to seek treatment elsewhere in Europe if you are entitled to NHS treatment but face undue delay in receiving NHS treatment.

NHS PLEDGES

- The NHS will strive to provide convenient and easy access to services within the waiting times set out in the Handbook to the NHS Constitution.
- The NHS will strive to make decisions in a clear and transparent way, so that patients and the public can understand how services are planned and delivered.
- The NHS will strive to make the transition as smooth as possible when you are referred between services, and to include you in relevant discussions.

Respect, consent and confidentiality

YOUR RIGHTS

- You have the right to be treated with dignity and respect.
- You have the right to accept or refuse treatment that is offered to you, and not be given any physical examination or treatment unless you have given valid consent, from you or from your legal representative. If consent cannot be obtained, the treatment must be in your best interest.
- You have the right to be given information about your proposed treatment in advance, including any significant risks and alternative treatments.
- You have the right to privacy and confidentiality.
- You have the right to access your own health records.

NHS PLEDGES

- The NHS will strive to share with you any letters sent between clinicians about your care.

Informed choice

YOUR RIGHTS

- You have the right to choose your GP practice, and not to be refused on unreasonable grounds.
- You have the right to express a preference for using a particular doctor, and for the practice to try to comply.
- You have the right to make choices about your NHS care. The options available to you will develop over time and depend on your individual needs. Details are set out in the Handbook to the NHS Constitution.

NHS PLEDGES

- The NHS will strive to inform you about what healthcare services are available to you, locally and nationally.
- The NHS will strive to offer you easily accessible information to enable you to participate fully in your own healthcare decisions and to support you in making choices.

Quality of care and environment

YOUR RIGHTS

- You have the right to be treated with a professional standard of care, by appropriately qualified and experienced staff, in a properly approved or registered organisation.
- You have the right to expect NHS organisations to monitor, and make efforts to improve, the quality of healthcare they provide, taking account of the applicable standards.

NHS PLEDGES

- The NHS will strive to ensure that services are provided in a clean and safe environment that is fit for purpose, and for continuous improvement in the quality of services, based on national best practice.

Nationally approved drugs and treatment programmes

YOUR RIGHTS

- You have the right to drugs and treatments that have been recommended by NICE for use in the NHS, if your doctor says that they are clinically appropriate for you.

NHS PLEDGES

- The NHS will strive always to provide approved vaccination and screening programmes.

Involvement in your healthcare and the NHS

YOUR RIGHTS

- You have the right to be involved in discussions and decisions about your healthcare, and to be given information to enable you to do this.
- You have the right to be involved in the planning, development, and proposals for changes in healthcare services and their operation.

NHS PLEDGES

- The NHS will strive to work in partnership with you, your family and carers.
- The NHS will strive to provide you with the information that you need to effectively influence the planning and delivery of NHS services.

Complaints and redress

YOUR RIGHTS

- You have the right to make a complaint about your NHS services; to have your complaint dealt with efficiently and investigated appropriately; to know the outcome; and to compensation when harmed by negligent treatment.
- You have the right to take your complaint to the Health Service Ombudsman, or to make a claim for Judicial Review, if you have exhausted other rights of appeal.

NHS PLEDGES

- The NHS will strive to ensure that if you make a complaint, you are treated with respect and courtesy, you receive a timely and appropriate response, any harm that you suffered is corrected and any necessary changes are put in place.



Health Secretary Alan Johnson, left, chats to mum Lucy Pearce with her daughter Maggie with Wolverhampton South MP Pat McFadden at the Gem Centre.

Minister praises the Gem Centre

THE Secretary of State for Health, the Right Honourable Alan Johnson MP, has officially opened the Gem Centre for Children and Young People at Bentley Bridge, Wednesfield.

The Secretary of State unveiled a plaque and spent 90 minutes touring the facility and meeting staff and some of the children and young people who attend the centre for treatment.

The striking £six million development opened in April 2006 and provides specialist community health services for children and young people – including paediatrics, specialist children's nursing, child and adolescent mental health services, hearing services, school nursing, physiotherapy, occupational therapy and speech and language therapy, as well as local authority and voluntary services - under one roof.

The Secretary of State said: "What really

inspires me about this building is the approach by people to work together. It is a classic example of the NHS working with the Local Authority to provide services.

"It's breathtaking. It is not just the level of partnership, the building is just fabulous. Everywhere you go you feel you are in some smart resort. It does justice to the people working here together."

He added that he had been "badgered" to visit the Gem Centre by the city's three MPs and by Ed Balls, Minister for Children, Schools and Families, who had been so impressed with the centre after visiting earlier this year.

Jon Crockett, chief executive of Wolverhampton City Primary Care Trust, said: "The Gem Centre is one of the first of its kind in the country and we were delighted the Secretary of State officially opened these purpose-built, state-of-the-art facilities we have developed in the city for children and young people with special

health needs. Having services together in one centre for the first time in the city enables staff to offer children and their parents a personalised, co-ordinated service with clinic appointments with different professionals - such as the paediatrician, physiotherapist, occupational therapist, and audiologist - on the same day, thus reducing the number of times they have to visit."

Mum Lucy Pearce, whose two-year-old daughter Maggie Dean attends the centre said: "The centre shows the whole of Wolverhampton what we have and highlights what's available. Some mothers might be frightened as it is very daunting when you are told your child has special needs, but everyone is really friendly."

Centre user Michael Southan, aged 17, attended its topping-out ceremony in 2005. He said: "It's a great place – people can come and get support for different needs. It's made life such a lot easier."

Campaign launched to raise awareness of prompt action over stroke symptoms

Wolverhampton is supporting the Stroke Association's FAST campaign to raise awareness of the symptoms of a stroke and the importance of taking prompt action.

Many people are unaware they have had a stroke because they ignore the tell-tale signs and the Face Arm Speech Test (FAST) campaign is designed to spread the message that stroke is a medical emergency warranting a 999 call - even if it turns out to be a false alarm.

- FAST is used by front line staff to recognise the symptoms of a stroke and stands for:
- Facial weakness – can the person smile? Has their mouth or eye drooped?
- Arm weakness – can the person raise both arms?
- Speech problems – can the person speak clearly and understand what you say?

- Test all three symptoms; early treatment can prevent further brain injury.

More than 500 people in Wolverhampton suffer a stroke each year, while around 260 have mini strokes known as Transient Ischaemic Attacks (TIA).

These are similar to a full stroke but symptoms may only last a few minutes and will have completely gone in 24 hours. If ignored, a TIA could lead to a major stroke.

In Wolverhampton, strokes cause about 60 deaths a year and are also the leading cause of disability in adults. The city has nearly 4,600 stroke survivors of which a third have moderate or severe disabilities.

The FAST campaign includes leaflets containing an informative wallet-sized card that can be detached. Look out for leaflets at health centres, surgeries, libraries, community centres and other public venues.

Proud mum Paula kicks smoking habit

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So in January she approached the city's stop smoking service and with their help she was weaned off cigarettes with patches, an inhaler, advice and regular visits from a stop smoking adviser. Husband Alan added his support by also giving up smoking.

The couple's efforts were rewarded when Tyler was born on schedule weighing a healthy 8lbs.

Paula said: "I'd recommend the scheme to any woman who needs to quit because she is pregnant.

"The support has just been incredible. I'm sure the fact that I gave up smoking during the pregnancy had a lot to do with Tyler being born on time and being such a good weight. Like the other births, this was by Caesarian section but it went much more smoothly than the previous ones."

Jackie Carpenter, Paula's stop smoking adviser, said: "Paula has done fantastically well – and Tyler is a beautiful, healthy baby."

- The stop smoking service provides free help and support. Phone 0800 073 4242, or visit www.wolverhamptonhealth.nhs.uk/healthy_city or email the service on stopsmokingservice@wolvespct.nhs.uk

GP service one of UK's best

PATIENTS in Wolverhampton get one of the best services in the Midlands region when it comes to accessing services at their GP practice.

Almost three-quarters of practices in the city offer extended opening hours – and the number is set to increase with more planning to open for longer and new practices launching next year.

Lynne Allen, director of primary care for Wolverhampton City Primary Care Trust which manages primary care services provided by family doctors, said: "Wolverhampton GPs are among the best in the region with 74 per cent now offering extended opening hours to their patients. In April 2009 access to GPs will be further improved when three new practices and a GP-led health centre will launch in the city under the Government's improving access to primary care initiative."

Day of advice

WORLD Diabetes Day is on November 14 and marks the birthday of Frederick Banting, who, along with Charles Best, developed Insulin for the treatment of diabetes in 1922.

To promote World Diabetes Day, this year's Living With Diabetes Day in Wolverhampton is on Saturday, November 15 between 9.15am and 4pm at the Connaught Hotel, Tettenhall Road.

Local healthcare professionals will be speaking on diabetes care in Wolverhampton for adults and children. Workshops will be available on exercise, relaxation, diet, blood glucose control, foot care and more.

Entry is free but people must register for a place. For further details contact: Diabetes UK by calling 01922 614500, emailing w.midlands@diabetes.org.uk or printing off the registration form at www.wdconline.org.uk

NHS 60

A photographic round-up of Wolverhampton's summer events to mark the 60th anniversary of the National Health Service

Jacqui Staunton, right, who has worked for the health service in Wolverhampton for 42 years, and Angela Lawrence, one of the PCT's newest recruits, gear up for a week of events to celebrate the NHS 60th birthday.



PCT chairman Barry Picken, left, and chief executive Jon Crockett with Jo Sahni, ward manager and staff nurse Memory Seka at the tea party at West Park Rehabilitation Hospital.



Janice Edwards, community food adviser gets fruity at the Health and Wellbeing Fair

City events mark 60th anniversary in style

WOLVERHAMPTON celebrated the 60th anniversary of the National Health Service in fine style with a week-long programme of events that involved both healthcare staff and the public.

One highlight was a reception at the Civic Centre for 40 long serving staff from the city's Primary Care Trust and the Royal Wolverhampton Hospitals NHS Trust at which the Mayor, Cllr Christine Mills, cut a NHS 60th birthday cake.

Displays showing the work of the NHS in the city over the last 60 years were staged in the reception areas of the Gem Centre for Children and Young People, the Phoenix Health Centre, Penn Hospital, West Park Rehabilitation Hospital, New Cross Hospital, the Mayfield Medical Centre at East Park and the Civic Centre.

Visitors to the City Show in West Park enjoyed sharing their positive memories of the NHS over the last 60 years at a special NHS 60 stand in the One City marquee.

The city's Primary Care Trust staff toasted the 60th milestone with commemorative NHS 60 mugs at a series of celebration tea parties at which they shared their experiences of working in the NHS with the PCT's chairman, chief executive and directors.

Health and Wellbeing fairs at West Park Hospital, Penn Hospital, the Gem Centre, Phoenix Health Centre and PCT headquarters at Coniston House also gave staff the chance of a free health check, with advice on healthy eating, physical activity and smoking cessation. Some of the fairs were also open to patients, visitors and the public.

Jon Crockett, chief executive of the PCT, said: "The NHS is one of the nation's most fantastic achievements of the 20th century, providing healthcare free to all, free at the point of delivery. Advances in technology and the development of state-of-the-art facilities have made the NHS of the 21st century very different to how it was at its inception 60 years ago.

"We were honoured that the Mayor agreed to join in the celebrations and host the reception for us. It was a wonderful opportunity for staff to share their memories of the NHS throughout its life."

Long-serving trio go to London for celebrations

THREE long-serving Wolverhampton healthcare workers enjoyed a memorable day out when they were chosen by the PCT to represent the city at the recent 60th anniversary celebrations of the NHS.

Head of occupational therapy services for the PCT June Caddick was invited to a special reception with Prime Minister Gordon Brown at 10 Downing Street to mark the occasion.

Dorothy Darby, a long-serving member of the community health council and patients' forums, and John Brown, chairman of the staff-side unions, attended London's Westminster Abbey commemorative service in July, followed by a reception in the Queen Elizabeth Conference Centre.

Dorothy said: "We were seated in the west end of the Abbey on the front row. We stood up while all the dignitaries walked through including Prince Charles.

"We thought it quite amusing because when Gordon Brown walked past he looked at my carer, Pat, and said 'hello'.

"A nice touch when the service began was that the choir boys stopped right next to us to sing their first hymn before proceeding further into the Abbey.

"We listened to the original speech by Aneurin Bevan MP and sang several hymns. It was a very pleasant service. Soprano Leslie Garrett sang for us at the reception afterwards, which was wonderful and then

we had our photographs taken with her. "I was going to get out of my wheelchair but she knelt down next to me and was very friendly," she added.

"It was a really wonderful day out and I enjoyed myself immensely."

John Brown, who has spent almost 35 years with the NHS, travelled to London with Dorothy and her carer Pat Jones, a former nurse in Wolverhampton.

He said: "It was an excellent day out and both Dorothy and I thoroughly enjoyed the experience, which is probably one of the last times we'll get to celebrate the NHS in its current form. I think that in another 10 years time the health service might look very different.

"We got the opportunity to meet some old colleagues and some friends we have known over the years, and we got the chance to reminisce about some of the experiences we've shared over the years. It

was a very, very enjoyable occasion. "One of the main guests in the Abbey was the singer Lesley Garrett, whose husband is a GP, and she sang a song for us at the reception afterwards which was very nice and we also had our photographs taken with her."

John added: "It was also very fitting, especially from Dorothy's point of view, that there was some acclaim and recognition for what she and others like her have done over the years in the community health council and the patients' forum.

"With my involvement on a national level and with the union over the years I got to meet some of the former secretaries of state for health like Alan Milburn and Frank Dobson.

"A lady who was actually appointed by Aneurin Bevan years ago also gave a little address which was very heartwarming."

Also in attendance were Prince Charles,

Prime Minister Gordon Brown, Conservative leader David Cameron and Nick Clegg from the Liberal Democrats. "The whole day was a delight; very well organised and very well run. We thoroughly enjoyed it," said John.

June Caddick, head of occupational therapy services for the PCT, was one of around 150 frontline NHS staff invited to a special reception with the Prime Minister.

The reception was held to honour the enormous contribution made by the current 1.3 million NHS staff and all those who have worked in the service since its launch in 1948, and was attended by a wide range of NHS workers, both past and present.

June said: "I was honoured to be invited to Downing Street by the Prime Minister and it was really lovely to meet him and to see what Number 10 actually looked like on the inside."

Guests were treated to a performance by soprano Lesley Garrett, and Mr Brown spoke to them about his own experiences as a patient of the NHS, recalling the treatment he received as a teenager after an incident in a rugby match left him in danger of losing his sight.



Unison had bags of information for NHS workers at the Health and Wellbeing Fair. Pictured is Nina Jones, Unison branch secretary.



A Health and Wellbeing Fair was staged as part of the NHS 60 celebrations. Andrew Tomlinson, community walking developer, explains about the free walks available across the city to Alex Owen, student nurse in addiction services.



Mayor of Wolverhampton Cllr Christine Mills with, left, Pat Hogan head of the PCT's foot health service and Margaret Evans from medical physics and clinical engineering at New Cross Hospital, cutting the 60th birthday cake.

Treatment team leads the way

OLDER people with mental health needs in Wolverhampton are benefitting from an award-winning home treatment service which is leading the way for other health authorities in the UK.

More than 200 people have been cared for under Wolverhampton City PCT's home treatment service, an innovative scheme which provides specialist integrated mental health assessment, treatment and support for older people with complex mental health needs.

Launched in January 2006, the service is almost unique in the UK and enables many patients over the age of 65 to be treated in their own homes rather than being admitted to Penn Hospital in Wolverhampton.

Simon Sullivan, the PCT's head of acute mental health services, said: "The service maximises the patient's independent living and promotes faster recovery from illness, as well as preventing unnecessary admissions to psychiatric inpatient beds."

"Supporting patients to live at home with their families where they are generally more content and settled enhances their experience of treatment. The one-to-one nature of this service allows a greater level of trust to develop between the patient and service providers, thus allowing for a higher quality of care."

In 2007 the scheme won first prize in the innovative commissioning category of the national Positive Practice Awards. The awards are organised by the Care Services Improvement Partnership, which supports positive changes in services and the wellbeing of vulnerable people with health and social care needs.

Staff praised in review

AN INDEPENDENT review of mental health services provided to young people by Wolverhampton City PCT has found a host of improvements.

The Quality Improvement Network for Multi-Agency Child and Adolescent Mental Health Services found staff were "committed" and had "considerable amounts of energy."

The review focused on areas of the child and family and learning disabilities teams where the PCT had identified most need for improvement.

The child and family team reduced waiting times to under three weeks, improved links to adult mental health services, demonstrated commitment to sharing experiences, learned from good practice and were flexible to access needs.

Emergency referrals were also seen within 24 hours and intensive community support is preventing young people being admitted to hospital.

Spotlight on caring therapy boosting patients' quality of life



Computer skills are just one of the therapies on offer to patients. Pictured is Julie Grainger, occupational therapy clinical lead for older adult inpatient services, with one of the patients.

Popular activities build confidence

PEOPLE with mental health needs being cared for at Penn Hospital can take advantage of a whole new range of therapeutic activities, with everything from music and woodwork sessions to fitness workouts and internet facilities on offer.

The hospital has spent the last few years identifying ways of improving the inpatient experience on a daily basis, and has been able to implement a range of new facilities stage-by-stage since 2006 thanks to a number of significant investments.

Patients have full access to the internet with laptops available on the wards, as well as a gym, library, woodwork room and music room kitted out with drums, keyboards, percussion instruments and a range of guitars.

The hospital also has three top-of-the-range 'Vibe' indoor exercise bikes, with staff members trained to supervise sessions.

Regular sessions are held in all of these as well as art, cookery and discussion groups. The PCT is also purchasing a Wii games console as well as appointing an exercise and fitness instructor.

Sam Dewis, occupational therapy team leader, said: "The feedback we've had from patients has been really positive. I have presented the facilities we offer for younger and older adults at a national occupational therapy conference and found that others do similar things, but no-one does what we do here."

"With having the internet and laptops on the wards patients can send emails, keep in touch with their friends and do everything that everyone else does at home. Why should all that stop just because they come into hospital?"

"One of the really popular activities we do here is cooking. We have a breakfast club where people can come and make their own bacon sandwich and enjoy a chat over the newspapers. A lot of the men here really enjoy that," she added.

Volunteer Jack Gage in the woodwork shop making a rocking horse.



Music therapy includes playing the guitar, drums and keyboard.

"We also work at building people's confidence and supporting them once they leave hospital if they are going back into employment, whether it's their communication skills or the practicalities of getting back to work. We've got occupational therapy colleagues in the community so we work together to support people."

Julie Grainger, clinical lead occupational therapist, said: "Some people we work with on a one-to-one basis in order to help them return home and there is a whole raft of positive activities for them to do while they are in hospital."

"We also have a large number of wonderful volunteers who do a tremendous amount of work in helping to run the sessions."

Patients recalled for repeat jabs

A TOTAL of 573 children and adults invited to have a repeat vaccination in an immunisation recall exercise in Wolverhampton, have taken up the offer. A further 127 have made an appointment for a second jab.

More than 2,150 children and adults were recalled to have repeat jabs including childhood vaccinations, the pneumococcal jab and travel and work-related immunisations after it was found vaccines may not always have been stored correctly at their GP practice.

Wolverhampton City Primary Care Trust decided to recall all patients who had had immunisations at the Bushbury Medical Centre, in Northwood Park Road, and the Wednesfield Medical Centre, in Neachells Lane, as a precautionary measure to make sure they were as well protected as possible against a range of illnesses.

"We are very pleased with the uptake rate so far as previous immunisation recall exercises elsewhere in the country have shown that uptake rates are poor," said Dr Dr Adrian Phillips, director

of public health for Wolverhampton.

"It is important that patients take up the free repeat vaccinations which are being offered as a precautionary measure to ensure they are fully protected against a range of illnesses including measles, diphtheria, meningitis C and tetanus. These illnesses used to be common but are now rare thanks to the immunisation programme.

"We are also pleased to report that virtually every older person as well as others with an underlying chronic health condition who were invited to have a repeat pneumococcal immunisation have taken up the offer. This is extremely good news.

"We are still urging anyone who has received a letter inviting them for a repeat immunisation but who has not yet made their appointment to do so as soon as possible."

Mum Maureen O'Keefe, whose 10-year-old daughter Abigail was one of the first patients to have a repeat vaccination said: "As soon as I got the letter I phoned the helpline and was very happy with the way my call was handled and that I could get an appointment for my daughter the next day.

"Primrose Lane clinic is really



Ten-year-old Abigail O'Keefe attending the Primrose Lane clinic to receive a repeat jab.

handy for me as we live at Fordhouses so I'm pleased we don't have to travel far. Only Abigail has to have a repeat vaccination as my other daughter is with a different GP practice."

Letters of explanation with

details of a dedicated immunisation helpline have been sent to all current and former patients at the practice. Of these, around 2,150 who received vaccinations at either of the surgeries in the past have been recalled for repeat jabs.

MMR push stepped up

A RISE in the number of cases of measles has seen Wolverhampton City PCT step up its MMR vaccination programme for 16-25 year olds.

The scheme operates across the board and provides cover against measles, mumps and rubella, some of which have been on the increase in the UK in recent years.

PCT immunisation and screening facilitator Eve Simcox said: "This is a campaign to offer anyone who hasn't had two MMR vaccinations to get up-to-date, as there has been a growing number of measles and mumps cases.

"All practices make sure every child is immunised against MMR, but there are also those aged 16-25 who should make sure they are fully covered. These young people may only have had one immunisation and that's why there has been several outbreaks reported at universities. We need to make people of this age aware so they can contact their GPs and arrange a second vaccination."

School girl vaccinations combat cervical cancer in later life

GIRLS aged 12-13 in Wolverhampton are being given a new vaccination aimed at preventing cases of cervical cancer – the second commonest cancer in women – in later life.

The immunisation programme, which takes in all year 8 girls, was launched in schools in September. Given by qualified nurses, the vaccine protects against the HPV virus, which is responsible for 70 per cent of cervical cancer.

Around 1,000 women in the UK die every year from cervical cancer.

Dr Abraha Derso, consultant paediatrician and lead clinician for immunisation for Wolverhampton City PCT said: "The cancer commonly occurs in young women in their 30s and in women in their 70s and 80s. Ninety-nine per cent of cases of cervical cancer are caused by the HPV infection.

"The vaccine targets these two types, but to gain protection they need to be given before the risk of infection starts.

"The infection is passed on by physical contact and the incidence of it rises from age 14 onwards."

The vaccination is given in the upper arm and three doses are needed to provide protection. These are given at two-monthly intervals over six to 12 months.

Hazel Hawkins-Dady, school nurse manager for Wolverhampton, said: "We are offering this at all secondary schools and also in the private sector.

"The schools have worked with us brilliantly and have arranged dates for us throughout the year for the immunisation team to go in. This is a new team so they will be supported by school nurses who will be trained up to take the scheme over.

"We're also in the process of writing to all 17-18 year-old women in Wolverhampton to encourage them to come to one of our drop-in sessions around the city. These are being held at the Gem Centre, the Phoenix Health Centre and the Terrace Bar at Molineux football stadium."

Dr Adrian Phillips, director of public health for Wolverhampton, added: "Wolverhampton has an excellent childhood immunisation programme and the introduction of the vaccine against human papilloma virus (HPV) is part of a national programme to protect against the infection which causes cervical cancer in the future."



Pioneering screening extended

A PIONEERING national screening programme for the detection of bowel cancer is being extended.

Bowel cancer is the third most common cancer and the second leading cause of cancer death in the UK. Screening is important as 90% of cases are highly treatable if detected early.

In 2006 Wolverhampton was of the first in the country to introduce bowel cancer screening for people in their 60s and there are plans to extend the programme.

Dr Adrian Phillips, director of public health for Wolverhampton said: "Every year about 70 people in Wolverhampton die from bowel cancer. Screening which identifies hidden blood in stools can reduce this number."

Under the programme people eligible for the screening receive a letter and simple test kit to complete in their own home.

The kit must then be returned to the laboratory for analysis using a prepaid envelope.

Julietta Patnick, director, NHS Cancer Screening Programmes said: "Early detection is crucial. Bowel cancer screening could reduce deaths from bowel cancer by 16 per cent in those invited for screening."

Free winter flu injections

SOME 42,200 people aged 65 and over in the city are being urged to take up the offer of the PCT's free flu vaccine again this winter.

The immunisation campaign was first launched in 2000, and last year a total of 29,475 older people were vaccinated – 71 per cent of the city's population of 65s and over.

Immunisation and screening facilitator Eve Simcox said: "We are sending out a letter from the PCT to all people aged 65 and over encouraging them to take up the free flu jab once again.

"Anyone who is under 65 requiring a jab should contact their local GP practice to arrange one.

"GPs normally start flu immunisation at the end of September or beginning of October, and it goes right through until the end of March next year."

Free flu jabs are also given to anyone with a chronic health condition.

Young people have a say on health service

CHILDREN and young people in Wolverhampton are to play a direct role in shaping the services available to them during a year-long consultation – due to get underway this weekend.

On Saturday, September 13, a thinktank of youngsters will be put together at 'It's All About Me, Me, Me!' a fun day at the Gem Centre to encourage youngsters to interact with the PCT and its partners. The day runs from noon until 3pm.

The group will then start giving their thoughts on services through a fun consultation and be asked to absorb and comment on new PCT literature and ideas.

Maxine Bygrave, PALS co-ordinator for Wolverhampton City PCT, said: "We will be trying to answer questions like are we interacting with them appropriately? Is our information of the type they would pay attention to? And are our staff child-friendly?"

"Engaging young people in this way will have a great effect on improving services for the benefit of all child patients in Wolverhampton."

The core group of youngsters will be put together while they take part in activities like a climbing wall, bouncy castle, face painting and a huge human 'buzz wire' as part of the fun day.

A Who Wants to be a Millionaire style question and answer session with interactive handsets will also be held to get the consultation rolling.

Youngsters who can't make the event can still have their say by adding their views to an opinion board inside the Gem Centre.

The consultation is being carried out in conjunction with the PCT's partners at Wolverhampton City Council, voluntary and community organisations and the city's youth service.



IT support engineer Gee Patel received the Employee Service Award for outstanding customer service support.

Hi-tech awards

STAFF from Wolverhampton City Primary Care Trust who have used information technology to improve services for local people have picked up a series of awards from the PCT.

Jon Crockett, chief executive of the PCT, said: "The awards are an opportunity to reward those whose innovative use of information technology has really improved the services we provide to our patients."



Barry Picken, chairman of Wolverhampton City Primary Care Trust with Stuart Edwards, from the PCT's gardening team, who played a leading role in the design of the garden, toast the opening of the therapy garden.

Garden grows a sense of calm

A SPECIAL therapy garden to help patients recover after illness, has been opened at West Park Rehabilitation Hospital.

Wolverhampton City Primary Care Trust has invested about £20,000 in creating the garden which includes features such as different walking surfaces, raised flower beds and a greenhouse for

planting out to aid patients' rehabilitation.

The garden was officially opened by PCT chairman Barry Picken who said: "I am thrilled to open the new therapy garden which is not just an oasis of greenery for patients and visitors to relax and enjoy but which is a kind of 'working garden' in that it will play an important role in the

rehabilitation of many of those being cared for at the hospital."

Stuart Edwards, one of the PCT's gardening team, led the scheme and the team worked closely with Carol Portik senior occupational therapist for elderly rehabilitation to design a garden that could be used to help improve patients' mobility following a stroke, fall, illness or the development of a

neurological condition.

Wendy Worth, general manager for rehabilitation, said: "Patients will be able to use the garden as part of their rehabilitation and learn to cope with different surfaces, gradients and curbs as their mobility improves, but it will also be a calm and restful area for them to relax in and enjoy time away from the ward."

PCT steps up hi-tech screening to check for diabetic changes in the eye

THE Primary Care Trust has invested in state-of-the-art equipment and staff training to provide high quality eye screening services at 13 locations across the city.

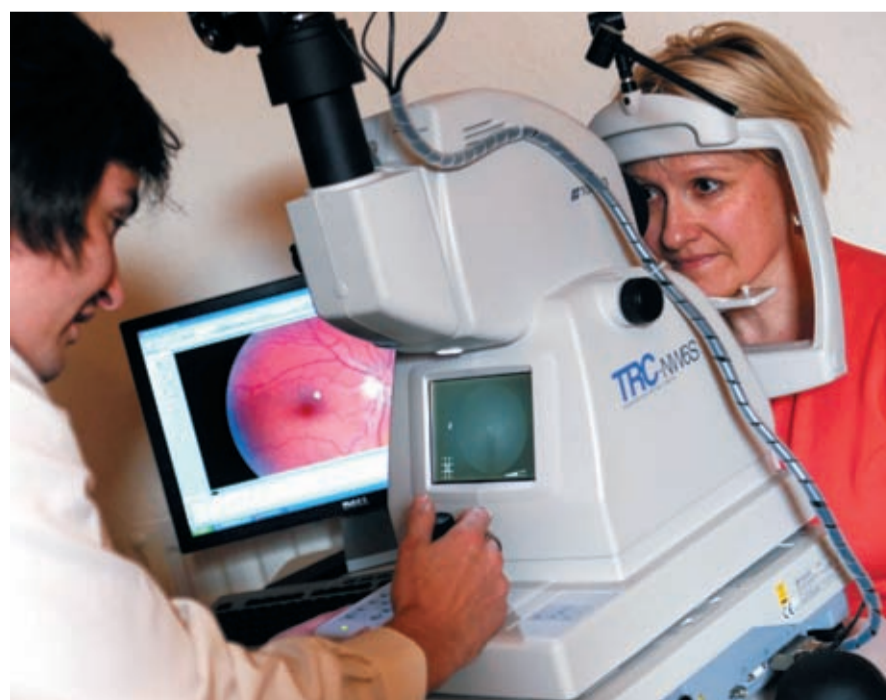
Hi-tech digital diabetic retinopathy screening takes pictures of the back of the eye – the retina – which are then checked, and double checked, for signs of diabetic retinopathy.

Diabetic patients are at risk of developing changes in their eyes known as diabetic retinopathy.

Regular eye examinations can detect early diabetic changes, even before they affect vision and it is recommended that all diabetic patients have an annual eye screen from the age of 12.

Commissioning project manager, Tim Jones said: "This progress signifies an important step in further improving the services for over 13,000 diabetic patients in Wolverhampton."

For more information contact the screening programme team by calling 01902 695629 or emailing diabetesadminteam@rwh-tr.nhs.uk



Special equipment – now in place at 13 locations around Wolverhampton – produces detailed images of the inside of the eye.