

# Talking Health

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## Stay well this winter



Winter conditions can be seriously bad for our health, especially for people aged 65 or older, and people with long-term conditions.

Being cold can raise the risk of increased blood pressure, heart attacks and strokes. But there are lots of things you can do to stay well this winter.

Click [here](#) for further information on staying well this winter.

## "We Care, Our Care" - Carers Engagement Report

Our thanks to Manchester Carers Forum who kindly presented this partnership report to the Manchester CCGs boards over the summer. The report was welcomed by clinical board members and emphasised the need for ensuring that carers needs are addressed across the city. Click [here](#) to read a copy of the report.

An action plan from the recommendations is being developed with carers and our Patient and Public Advisory Group members. If you are interested in being involved in this work email [talkinghealthmanchester@nhs.net](mailto:talkinghealthmanchester@nhs.net).

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#### PARTNER NEWS

[End the Fear - Domestic or Sexual Violence Help and Supprt Service](#)

[When Stroke strikes, Act F.A.S.T](#)

[NHS Choices - Dementia Information Service](#)

[North West](#)

Join the conversation about self care



**Join the conversation**

What can public sector and voluntary organisations in Manchester do to support self care?

Take your seat at one of our conversations about self care and how it can be improved. You are invited because of your experience or knowledge of self care. With views from the general public, community groups and the public sector, these events will shape the plans for self care in Manchester.

**Dates and locations:**

**Tuesday 6 October**  
Irish World Heritage Centre  
1 Irish Town Way  
Cheetham Hill, M8 0AE  
1-4pm including lunch

**Wednesday 7 October**  
Greater Manchester Fire & Rescue Service  
Service Street  
Newcastle, Manchester M4 5FP  
10am-12pm including lunch

**Thursday 8 October**  
Wythenshawe Forum  
Forum Square, Wythenshawe  
Manchester M22 5RX  
1-4pm including lunch

**Register by Friday 2 October**  
email: [g.holt1@manchester.gov.uk](mailto:g.holt1@manchester.gov.uk)  
telephone: 0161 234 5458

**CANCELLED**

Are you living with a long term condition in Manchester? What can public sector and voluntary organisations in Manchester do to support self care? Come along to one of the events and use your experiences to develop plans for the city.

Sharing your experiences of using wheelchair services in Manchester and Trafford

Manchester CCGs are still interested in your experiences of using wheelchair services delivered from the Ability Centre in Sharston.

The lead commissioner has met with the [North West User Group](#) who were able to share and discuss their concerns and queries. Click [here](#) to take part in a short survey.

Thank you for engaging in our Cancer Experience Forum



Our latest Cancer Experience Forum was held on Tuesday 15

[Wheelchair User Group](#)

[Survivors Manchester](#)

[Got a Healthcare  
Complaint? ICA -  
Independent  
Complaints Advocacy](#)

[UHSM Expert Patients  
Programme](#)

[It's not okay - Let's  
Stop Sexual  
Exploitation](#)

[Help Free the UK from  
Modern Slavery](#)

[Zest North Newsletter:  
Issue 29](#)

[Zest North Newsletter:  
Issue 30](#)

[Early Learning  
Resources Centre: New  
Opening Times](#)

[Manchester  
Community Central  
Bulletin: September  
Issue](#)

[Age UK: Tips for  
Keeping Warm and  
Well this Winter](#)

[Person Shared Support  
Service Manchester](#)

[Organ Donation](#)

[Al Hilal Regeneration  
Enterprise Play and  
Stay](#)

[Al Hilal Regeneration  
Enterprise Advice  
Service](#)

[NICE Public  
Involvement Update:  
October 2015](#)

September with the theme of 'Ending treatment and moving out of a hospital setting'. The event was supported by the Black Health Agency with information stalls from various projects and organisations.

The discussion groups helped us gather a diverse range of views. People affected by cancer wanted a co-ordinated approach to their care from GPs as they were made to feel as though they were on their own once they had completed treatment within a hospital setting.

Overall, the feedback on the [End of Treatment summary](#) templates wasn't positive. People affected by cancer did not like the jargon being used and felt the template should be discussed with them before it is sent out. All of the information collected is being shared with the various work-streams in Macmillan Cancer Improvement Partnership.

If you are a person affected by cancer and interested in getting involved in the work of the Macmillan Cancer Improvement Partnership, click [here](#) for further information.

#### Maternity Matters in Manchester



Are you pregnant and registered with a GP in Manchester? Would you be interested in keeping a diary to help improve the quality of services? Email [Talking Health](#) or call 0161 765 4004 for further information.

If you have used maternity services, you may be interested in the Manchester Maternity Services Liaison Committee Facebook group. This is a closed group that has been set up by women interested

in working with Manchester CCGs on improving maternity care. Search for Manchester MSLC on Facebook and make a request to join the group.

Manchester CCGs will be holding maternity workshops across the city soon, watch this space for further information.

[LINK Good Neighbours Newsletter Autumn 2015](#)

[Age Friendly Manchester e-bulletin: October 2015](#)

#### PARTNER EVENTS

[Black History Month in Greater Manchester](#)

[Free sessions - EachStep Blackley Dementia Cafe - Manchester](#)

[BOOST Course - Improve your Confidence and Raise Your Self Esteem](#)

[Walking for Health - Bee Walks](#)

[Pennine Acute NHS Trust - End of Life Strategy Focus Groups: 5 and 7 October 2015](#)

[Adventures in Global Health: Dementia: 6 October 2015](#)

[Alzheimer's Society Carer Information Workshops: 8 - 29 October 2015](#)

[Yaran Mental Health Day Event: 10 October 2015](#)

[Parent Voices Count - A-Z Guide Launch Event: Monday 12 October 2015](#)

[Manchester Literature Festival: 12 - 25](#)

Work or volunteer in south Manchester?

If so, why not become a Community Explorer? This is an opportunity to network with people and services who work across south Manchester.

Community Explorers are working in partnership with South Manchester CCG to map out community groups, services and buildings that offer support to local people. The idea is to use local assets more effectively to improve health and well-being.

The next meeting takes place on 14 October from 2pm until 4pm at Ladybarn Community Centre, Burnage. Call 0161 765 4528 for further information.

Are you a flu fighter in Manchester yet?



If you live with a long-term health condition, even one that is well managed, you are eligible for the flu vaccination free of charge. It's free because you need it. This also includes unpaid carers who may support and help you manage your condition.

Click [here](#) to read the latest flu vaccination leaflet which advises on who should have the vaccination and why. This also includes information for children and pregnant women. Click [here](#) to read an information leaflet for people living with a learning disability to help prevent them from getting the flu.

Questions to ask

Before you leave your next health appointment make sure you know the [questions to ask](#).

[October 2015](#)

[British Lung](#)

[Foundation](#)

[Conference: 13](#)

[October 2015](#)

[Diwali Mela: Saturday](#)

[17 October 2015](#)

[Birley Community Day:](#)

[Sunday 18 October](#)

[2015](#)

[CQC Listening Event:](#)

[Central Manchester](#)

[University Hospitals](#)

[NHS Foundation Trust:](#)

[27 October 2015](#)

[Building a Healthy](#)

[Future: 2 November](#)

[2015](#)

[NHS Maternity Review](#)

[Pride in Pennine Staff](#)

[Awards 2015](#)

[Booth Centre](#)

[Streetwise Opera - The](#)

[Passion - 25th and](#)

[26th March 2016](#)

TRAINING AND  
VOLUNTEERING  
OPPORTUNITIES

[Healthy Eating for All](#)

[level 2 - Three Day](#)

[Course](#)

[Volunteer at Al-Hilal](#)

[CALLplus Volunteer](#)

[Vacancies](#)

[CALLplus Volunteer](#)

[Training](#)

[CALLplus Volunteer](#)

Greater Manchester Health and Social Care Devolution #GMDevo



Ian Williamson, Chief Officer for the Greater Manchester Health and Social Care Devolution explains "Our vision is to make the biggest, fastest possible improvement to the health and wellbeing of the 2.8m people of Greater

Manchester. We believe that control of the £6 billion of public money spent on health and social care in Greater Manchester will mean we can deliver rapid and radical improvements over the next five years." Click [here](#) to read further information.

Comments, Compliments and Complaints

Do you have any comments, compliments, complaints or enquiries about the health and well-being services in Manchester? Then look no further... click [here](#) out how you can have your say.

Healthwatch Manchester

[Healthwatch Manchester](#) is your local consumer champion for health and social care. You can contact them via email at [info@healthwatchmanchester.co.uk](mailto:info@healthwatchmanchester.co.uk) or call the helpline on 08444 170 411.

Healthwatch Manchester will be holding their Annual General Meeting from 10am - 12 noon on the 21st October at Friends Meeting House, Manchester M2 5NS. To book a place call 0161-228-1344 Tues 9am-5pm.



## [Recruitment Poster](#)

The Sanctuary Mental  
Health Crisis Support  
Line



## CONSULTATIONS

Manchester Mental  
Health and Social Care  
Trust - Later Life  
Services

NHS England - National  
Maternity Review

Richard Caulfield, Lay  
Member Blog



Richard is the Lay  
Member for Patient  
and Public Involvement  
for South Manchester  
CCG. Click [here](#) to read  
his latest blog.

Interested in Keeping a

## When will I feel better?



**Speak to your pharmacist first for  
advice on what is best for you.**

### Symptoms can last longer than you think:

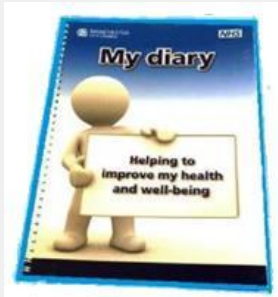
Ear Infection: at least 4 days	Flu: 2 weeks
Sore throat: 1 week	Nasal congestion: 2½ weeks
Cold: 1½ weeks	Cough: up to 3 weeks

**Remember antibiotics DO NOT help  
common winter ailments.**

Visit [www.treatyourselfbetter.co.uk](http://www.treatyourselfbetter.co.uk) for more information,  
advice and warning signs to look out for which may suggest  
you do need a GP appointment or medical attention.



Diary?



If you are interested in keeping a diary, click [here](#) to find out how.

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[Twitter](#)

[Facebook](#)

[Pinterest](#)

[Choose Well](#)

[Manchester You Tube](#)

[Macmillan Cancer](#)

[Improvement](#)

[Partnership You Tube](#)

[Macmillan Cancer](#)

[Improvement](#)

[Partnership Flickr](#)

[Storify](#)

Meetings Held in Public

[Central Manchester](#)

[CCG Board: 4](#)

[November 2pm-5pm](#)

[North Manchester CCG](#)

[Board: 11 November](#)  
[2pm-4pm](#)

[South Manchester CCG](#)  
[Board: 25 November](#)  
[1pm-4pm](#)

[Health Scrutiny](#)  
[Committee: 29](#)  
[October 2pm](#)

[Health and Well-being](#)  
[Board: 11 November](#)  
[10am](#)

Choose Well  
Manchester



Do you need advice  
about when and how  
to use NHS services?  
Why not visit our  
[Choose Well](#)  
[Manchester](#) website  
where you can find  
information on looking  
after yourself and  
which NHS service to  
use in an emergency.

September 2015