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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.
Join the conversation about self care

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
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.
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.
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 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.
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:

<table>
<thead>
<tr>
<th>Medical condition</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ear Infection</td>
<td>at least 4 days</td>
</tr>
<tr>
<td>Sore throat</td>
<td>1 week</td>
</tr>
<tr>
<td>Cold</td>
<td>1½ weeks</td>
</tr>
<tr>
<td>Flu</td>
<td>2 weeks</td>
</tr>
<tr>
<td>Nasal congestion</td>
<td>2½ weeks</td>
</tr>
<tr>
<td>Cough</td>
<td>up to 3 weeks</td>
</tr>
</tbody>
</table>

Remember antibiotics DO NOT help common winter ailments.

Visit 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.
If you are interested in keeping a diary, click here to find out how.

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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