

Patient Round Up

February 2018

2018

The NHS continues to face severe pressure this winter



NHS England said;

"Raised levels of flu and norovirus cases continued to put pressure on busy hospitals and other frontline services last week. And while the NHS is generally coping with ongoing winter demands, the public can continue to play their part by using NHS 111 and pharmacists for advice."

<https://www.sussexhelpmy.nhs.uk/>

Fire safety for vulnerable adults

Do you care for a family member who may be vulnerable in the event of a fire, for example due to a sight, hearing, mobility or mental health difficulty? A recent fatal fires report has shown that the majority of people killed by fires in Surrey had some form of disability, mobility or mental health issue which meant that they either didn't realise there was a fire, or weren't able to alert the fire services or escape from the building.

There are resources and services available to help keep vulnerable safe. This includes free smoke alarms and alarms for people with

hearing difficulties. Residents can also request a free Safe and Well visit which incorporates fire safety checks and information to help them live safer and more independent lives. You can book a [Safe and Well visit online](#) or by calling 0800 085 0767.

To find out more, visit [Surrey County Council's website](#) or contact the Surrey Fire and Rescue Service Community Safety Team via surreyfire.safeguarding@surreycc.gov.uk or by calling 0300 200 1005 (SMS 07527 182 861).

Couch to 5K has been designed to get you off the couch and running in just 9 weeks.



Just grab your trainers and follow the step-by-step instructions

'Running helps manage my blood pressure'

Andrew took up running after a routine medical check-up revealed he had high blood pressure.

'I took up running after losing a friend'

Father-of-two Aftab says he discovered running after losing a close friend through a heart attack.

'I struggled to get out of the bath before C25K'

Lorraine tells how she dropped three dress sizes after starting the Couch to 5K running plan.

Mother and son bond over love for running

C25K graduate Julia tells how a shared passion for running brought her closer to her son.

<https://www.nhs.uk/LiveWell/c25k/Pages/couch-to-5k.aspx>

New figures show that the average age of people in England who have a stroke for the first time has fallen over the past decade.

From 71 to 68 for men and 75 to 73 for women between 2007 and 2016.

Public Health England (PHE) data shows that over the same period, the proportion of first-time strokes suffered by 40 to 69-year-olds rose from 33% to 38%.

The drop in the average age of first strokes was because of a fall in the proportion of strokes suffered by over-70s. This appeared to be due to better healthcare for the elderly, including health checks, which help to monitor stroke risk factors.

The data shows that strokes do not just affect the elderly and we urge more people to be aware of the symptoms.

The Act FAST campaign is calling on people to phone 999 if they spot any signs of the condition in the face, arms or in speech to reduce the risk of disability or death caused by delayed treatment.

What to look for

- Face - Has their face fallen on one side? Can they smile?
- Arms - Can they raise both their arms and keep them there?
- Speech - Is their speech slurred?
- Time - Time to call 999

"Calling 999 as soon as you see even one of the symptoms develop - in the face, arms and speech - is essential. Speedy treatment will help prevent deaths and disability."

Strokes are the third most common cause of premature death and a leading cause of disability in the UK.

Get help to stop smoking

Smoking increases the risk of serious conditions like heart disease and stroke, even if you smoke only a few cigarettes a day. Find out practical, quick and simple steps you can take NOW to quit successfully.

<https://www.nhs.uk/livewell/smoking/Pages/stopsmokingnewhome.aspx>

Get involved

Do you use wheelchair services in Surrey or know someone who does?

The NHS in Surrey is designing a new wheelchair service for children, young people and adults and we want your views!

Share your experiences of current wheelchair services - and help us design the new service

Date: Wednesday 7 February 2018

Time: 11am – 2pm (registration from 10:30am).

Refreshments and lunch will be provided, please advise of any dietary requirements

Where: Tylney Room, Leatherhead Leisure Centre, Guildford Road, Fetcham, Leatherhead, Surrey, KT22 9BL

Places are limited so please register online at;

<https://www.eventbrite.co.uk/e/help-surrey-nhs-to-redesign-wheelchair-services-for-children-adults-tickets-41831467044>

or by calling 01372 201698 or SMS texting 07872 602627.

If you can't attend but would like to share your experiences or give feedback please call on the number above.

Blue Badge Eligibility Consultation

There is a new government consultation on the blue badge parking scheme. This consultation is looking at a range of views on making a change to the eligibility to take into account people with non-physical conditions which affect a person's ability to get from place to place. This would include people with Alzheimer's, mental health issues and people who find getting from place to place very difficult or dangerous.

There is further information at www.surreycc.gov.uk/bluebadges or you can go directly to the government [consultation on the blue badge scheme eligibility review](https://www.gov.uk/government/consultations/blue-badge-scheme-eligibility-review). The consultation is open until 18th March 2018. People can contribute, as an individual, as a representative of a disabled person or representing a disability group.

<https://www.gov.uk/government/consultations/blue-badge-scheme-eligibility-review>



NHS 70: Celebrating 70 years of the NHS

The National Health Service is turning 70 years old on 5 July 2018. It's the perfect opportunity to celebrate the achievements of one of the nation's most loved institutions, to appreciate the vital role the service plays in our lives, and to recognise the extraordinary NHS staff who are there to guide, support and care for us, day in, day out.

We would love to hear your stories (perhaps you were born in 1948 or remember a time before the existence of the NHS), what the NHS means to you and how we can best celebrate locally.

Please contact Carol Rowley carol.rowley4@nhs.net or text/call 07827253111

