

West Norfolk CCG Patient and Stakeholder

Newsletter

Issue 13 Summer 2017

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NHS West Norfolk CCG welcomes new Accountable Officer



John Webster has joined West Norfolk Clinical Commissioning Group (CCG) as the new Accountable Officer.

Mr Webster was previously Deputy Accountable Officer for Luton CCG. He has worked at director level for the last 15 years in a number of provider and commissioning organisations, including the Department of Health. Prior to joining Luton CCG, he was Director of Commissioning for East & North Hertfordshire CCG.

Mr Webster said: "I am delighted to have been appointed as the next Accountable Officer for West Norfolk CCG. The Norfolk and Waveney Sustainability and Transformation Plan (STP) is developing clear plans to transform the health and care system and my key priority will be to ensure that the particular needs of West Norfolk patients are recognised and properly planned for. I will concentrate on delivering our ambitious programme of change and I look forward to working closely with colleagues in the CCG and our partners to achieve this."

John is married with two children and lives in Stamford. In his role at Luton CCG, Mr Webster led on the development of local plans for Luton as part of the wider Bedfordshire, Luton and Milton Keynes STP.

Deputy Chair of the CCG, Revd Hilary De Lyon, said: "I am delighted to welcome John Webster as our new Accountable Officer. He has excellent experience and will be a great asset in his leadership of our dedicated team. We are looking forward to working with him."

West Norfolk CCG hosts 6th annual patient and public events

NHS West Norfolk Clinical Commissioning Group (WNCCG) is holding a series of public events to give local people the opportunity to get involved in shaping healthcare services locally.

The CCG's 6th annual patient and public events take place in October 2017. The CCG will be holding the events in four locations across West Norfolk to enable as many people attend as possible: -

▶ Monday, October 2nd	King's Lynn Town Hall	6pm to 8.30pm
▶ Monday, October 9th	Hunstanton Town Hall	9.30am to 12pm
▶ Wednesday, October 11th	Downham Market Town Hall	2pm to 4.30pm
▶ Wednesday, October 18th	Swaffham Assembly Rooms	2pm to 4.30pm

Reimbursement of travel expenses will be available for West Norfolk patients and the public.

CCG Blog by Dr Paul Williams

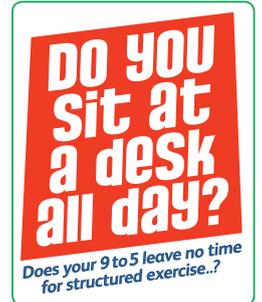
Dr Paul Williams, Governing Body GP, writes a comprehensive and informative blog for the West Norfolk CCG website every month. Below is the most recent.



Staying healthy during summer!

We are already well into summer and the holiday season is in full swing. Hopefully you are fit and well enough to enjoy lots of exciting summer activities, A&E departments often see an upswing in attendances with physical injuries this time of year as people do things they are not used to and get muscle or bone injuries as a result. Staying fit and healthy is the most important thing in our lives, if you are unwell it doesn't matter how rich you are your quality of life will be affected adversely.

As doctors we are constantly urging you to eat a healthy diet and take enough exercise. Exercise can be difficult for those of us who work in an office and travel to work by car. Just when do you fit it in? This month the local NHS community physiotherapy department did an educational session for local GPs about exercise in the workplace and general back care. They made us aware of a campaign by the Chartered Society of Physiotherapists to encourage people to do simple exercises at their desks to improve fitness levels.



This link:

http://www.csp.org.uk/sites/files/csp/secure/do_you_sit_at_your_desk_exercise_sheets_a4.pdf

is to a leaflet explaining some simple exercises you can try yourselves. I tried them and they do make you feel fitter!

Another thing you can do to improve your health is to have a NHS Health Check. If you are in the 40-74 age group without a pre-existing condition such as heart disease or diabetes etc. you can get a NHS Health Check form your GP. You may have received a letter offering this but if you haven't why not ask your GP reception if you are eligible.



It's designed to [spot early signs](#) of stroke, kidney disease, heart disease, type 2 diabetes or dementia. As we get older, we have a higher risk of developing one of these conditions. An NHS Health Check helps find ways to lower this risk.

●●● Enjoy the rest of the summer and stay healthy!

If you would like more information about any of the topics in this newsletter or would like to provide feedback or get involved please contact:

Get Involved!

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