

# Health Matters

Autumn 2011

Your local guide to health services in Bradford and Airedale



## Welcome to Health Matters

This guide has lots of information about your local NHS services and how you can make healthy choices about the way you live your life. It is designed so you can keep it handy and refer to it when you need our help.

NHS Bradford and Airedale, your local primary care trust (PCT), is currently the NHS organisation responsible for all health services delivered across the whole of the Bradford district.

We hold the local NHS budget and have used this money to make real improvements to your health services. It is our job to make sure that healthcare is available for everyone who needs it – whether you need a community pharmacist, family doctor or hospital.

Reforms of the NHS currently under way will lead to the creation of clinical commissioning groups in the district, which will be made up of GPs and other healthcare professionals.

These groups are already working alongside the PCT, preparing to formally take over some of its functions from April 2013.

The new groups will have responsibility for commissioning healthcare for the local community, while continuing to address health inequalities.

To find out more about the government's reforms, including the white paper about public health: Healthy Lives, Healthy People, visit [www.dh.gov.uk](http://www.dh.gov.uk)

## Giving every baby the best start in life

**Being healthy and having a healthy pregnancy will help give your baby the best start in life, so it's really important that mums-to-be take care of themselves and get all the help and advice they need.**

Mums, dads and families can all help to make sure babies get a healthy start in life.

Your baby will be more likely to be healthy if you are healthy when you become pregnant.

Here are some of the key things you can do to help give your baby the best start in life.

### During pre-conception and pregnancy

It's important to be as healthy as possible when you're trying to get pregnant or are pregnant:

- eat healthily
- be a healthy weight
- don't smoke – call **01274 202793** or text **mum2b** on **88020** for help with stopping smoking
- take folic acid and vitamin D which are in Healthy Start tablets
- avoid alcohol and non-prescribed drugs
- make sure you've had your 3-in-1 MMR jab
- be genetics aware – talk to your GP if there are any inherited disorders in your family
- as soon as you're pregnant, book early with a midwife. Call **01274 364502** or **01535 292120**.

### After your baby is born

- bond with your baby by talking, smiling and responding to their needs

- breastfeed your baby
- give your baby Healthy Start vitamin drops
- don't smoke and keep your home smoke-free
- keep your baby safe at home and in the car
- get benefits advice from the Benefit Enquiry Line on **0800 882200**
- for help with housing, call the Housing Options team on **0845 1416666**.

And remember, your midwife, health visitor, GP or children's centre can support and advise you on any of these issues – just ask!

You can also pick up an Every Baby Matters leaflet containing lots of useful information and advice from your local children's centre or visit [www.everybabymatters.org.uk](http://www.everybabymatters.org.uk)

## Inside this edition

- Looking after your mental health
- Flu jabs
- Getting screened
- Childhood vaccinations
- More ways to stop smoking
- Plus! Win 20 free Zumba classes**

**This publication is also available in different formats. Please contact us at: Communications team, Freepost RLZH-XTUZ-YAZK, Douglas Mill, Bowling Old Lane, Bradford BD5 7JR (no stamp needed).**

**Tel: 01274 237719 Email: [pctfeedback@bradford.nhs.uk](mailto:pctfeedback@bradford.nhs.uk)**

**A summary version of this document is also available in large print, on audio tape or in Braille.**

# Know your choices. Choose well.



The 'Choose well' campaign helps you decide which NHS service you need if you become ill or injured.

Every year, hospital accident and emergency (A&E) departments see tens of thousands of patients. Many of them don't really need to go to hospital. They could be treated more quickly by their GP, their local pharmacist or even by themselves with basic self-care, first aid and advice.

'Choose well' will help you decide if you need medical attention and what to do when you feel unwell. It explains what each NHS service does and when it should be used to help you get the care you need, in the quickest time. Choosing well makes sure you get the best possible treatment, leaving emergency services to those who need them most.

● **A&E or 999**

For symptoms of serious illness or injury such as choking, chest pain or severe bleeding. Emergency services are very busy – they should only be used in very serious or life-threatening situations.

● **NHS GP-led walk-in centre**

For minor illnesses or injury such as cuts and sprains. An appointment is not necessary.

● **GP (doctor)**

For medical advice, examinations and prescriptions for persistent illness or injury.

● **Pharmacy (chemist)**

For treatment and advice on common illnesses like coughs and headaches.

● **NHS Direct**

For advice and information about your health or where to access NHS services.

● **Self-care**

For very minor symptoms that can be treated with a well-stocked medicine cabinet.

● **Need urgent or emergency dental care?**

If you have toothache or gum problems – go to your dentist, or if it's an emergency, call **0845 1203 200**.

If your illness is getting worse, or not getting better, or you need help quickly, day or night, contact West Yorkshire Urgent Care Services on **0345 605 9999** or visit [www.wyucservices.nhs.uk](http://www.wyucservices.nhs.uk)



## Get the best from your GP

**Did you know?**

- you can change your registered doctor and move to another practice if you wish
- if you need to see a doctor urgently, you should be able to get an appointment on the day
- if it's not urgent, you should be able to see a doctor within two working days or a nurse within one day
- you should also be able to make an appointment further in advance, if that's what you want to do
- you should be able to see a specific doctor, if you're happy to wait a bit longer
- many doctors in Bradford and Airedale are now offering services in an evening, early morning or on a Saturday
- a doctor may be able to help you over the phone without needing an appointment. Check with your practice to find out if they offer telephone consultations.

For more information about how to move to a new practice, contact **01274 237555**.



## Protect yourself and others against flu

Thousands of people across Bradford and Airedale are being urged to protect themselves and others against flu this winter – especially if you have a health condition that puts you at greater risk.

Free seasonal flu jabs are being offered through GP practices to everyone aged over 65, but also to younger people who are more vulnerable than others to the effects of flu.

People with medical conditions such as diabetes, asthma, heart or chest complaints, kidney or liver disease, lower immunity due to disease or treatment, and pregnant women are more likely to be more seriously ill from flu than people who are in good health.

Letters have been sent to thousands of people across the district inviting them to contact their local GP practice to make an appointment for the flu jab over the next few weeks.

For more information pick up a leaflet at your GP surgery, or visit [www.nhs.uk/conditions/flu-jab](http://www.nhs.uk/conditions/flu-jab)

# Looking after your mental health

## It's important to take care of yourself and get the most from life.

Mental health or wellbeing is just as important as good physical health and is everyone's business.

If you're in good mental health, you can make the most of your potential, cope with life and play a full part in your family, workplace, community and among your friends.

It's easy to think that mental health issues don't concern us, but in fact a quarter of us will have problems with our mental wellbeing at some time in our lives. That includes stress, depression and anxiety.

Here are some ways to look after your mental health.

- Connect with the people around you, with your family, friends, colleagues and neighbours; at home, work, school, or in your local community.
- Be active. Exercising makes you feel good, can boost your self-esteem and help you concentrate, sleep, look and feel better. It doesn't just mean doing sport or going to the gym – walks in the park, gardening or housework all count.
- Eat well. A diet that's good for your physical health is also good for your mental health. It includes lots of different types of fruit and vegetables; wholegrain cereals or breads; nuts and seeds; dairy products; oily fish; and plenty of water.
- Drink sensibly and stay within the recommended alcohol limits. For men that is 3-4 units a day; no more than 21 units a week. For women, it is 2-3 units a day; no more than 14 units a week.

- Take notice of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.
- Keep learning. Try something new or set yourself a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.
- Give. Do something nice for a friend, or a stranger; volunteer your time or join a community group. Helping out can make us feel needed and valued.

If you're worried about your mental health, or if someone in your life is affected, there are plenty of ways to get help. Your doctor can give you advice and information, or visit [www.mentalhealthinbradford.nhs.uk](http://www.mentalhealthinbradford.nhs.uk)



## Wrapping people in wellness

An innovative course is helping people take responsibility for their own mental wellness.

The wellness and recovery action planning (WRAP) course supports people to identify self-management skills and strategies. It incorporates 'wellness' tools such as relaxation exercises, advice on diet and sleep, and peer counselling.

It helps them to monitor how they are feeling, reduce the severity and frequency of difficult feelings, and improve their quality of life.

"WRAP is about showing people they can get well, stay well and achieve their goals. Those on the course have achieved fantastic results," said Pete Scotcher, from Bradford District Care Trust.

Each participant develops their own action plan to take away with them to help manage their lives when the course ends.

MIND and Bradford District Care Trust run the course. If you want to join the next course, due to start in January 2012, call Jeanette Ward at MIND Bradford on **07827 848576** or Pete Scotcher on **01535 216020**.

# Protect your child from disease

## Give your children the protection they need by making sure they are up to date with their free vaccinations.

Vaccinations are quick, safe and the most effective way of keeping children protected against infectious diseases. You will receive an invitation when your child is due any vaccinations, or you can make an appointment at your GP practice to discuss vaccinations.



- **Babies.** Three visits at two, three and four months old. Protection from: diphtheria, tetanus, whooping cough, polio, haemophilus influenza type B (HIB), pneumococcal and meningitis C.
- **One year old.** One visit at 12-13 months old. Require a HIB and meningitis C booster, pneumococcal booster, and first measles, mumps and rubella (MMR) vaccination.
- **Pre-school booster.** One visit at three years and four months old. Require diphtheria, tetanus, whooping cough, polio and second measles, mumps and rubella (MMR) vaccination.
- **Girls, school year eight.** Three jabs over six months given in school to administer the human papillomavirus vaccination (HPV).
- **Teenagers, aged 13 to 18 years old.** Protection against diphtheria, tetanus, and polio.

## Stay healthy, get screened

Screening health checks are recommended to help identify some possible health problems quickly and start treatment early. Nationally, screening saves many thousands of lives a year.

Here are the main screening checks that you need to know about. If you are registered with a GP you will automatically be invited for screening when needed.

- Cervical screening (smear test) – all women between the ages of 25 and 64 are eligible for a free cervical screening test every three to five years.
- The NHS Breast Screening Programme – provides free breast screening every three years for all women in the UK aged 50 and over.
- The NHS Bowel Cancer Screening Programme – offers screening every two years to all men and women aged 60 to 74.
- Diabetic retinopathy screening – offers annual screening to all people with diabetes aged 12 years and older.

## Help with substance misuse problems and sexual health

For drug and alcohol treatment, advice and information, contact **0845 0508 465** or visit [www.hiwecanhelp.com](http://www.hiwecanhelp.com) which includes an online directory of local services.

For alcohol related problems, contact your GP or practice nurse, the Piccadilly Project on **01274 735775** or Project 6 (Keighley) on **01535 610180**

or Drinkline, the national 24-hour helpline on **0800 917 8282** or visit [www.drinkaware.co.uk](http://www.drinkaware.co.uk)

Everything you need to know about sexual health can be found at [www.bash.nhs.uk](http://www.bash.nhs.uk)

For help and advice about contraception or sexual health services, you can also contact **01274 200024**.

## More ways to make a connection

Social media and social networking is helping us to get more people involved with their healthcare.

It lets us and you know what other people are thinking and talking about and makes it easy to join in conversations about all sorts of things, including health and social care.

We have an active Twitter feed that gives daily updates on both local and national health initiatives and issues, and we also respond to any issues that people may raise.

Our Facebook site is used to support our media and public health campaigns.

You can find us at:

[www.twitter.com/nhsbradford](http://www.twitter.com/nhsbradford)  
[www.facebook.com/NHSBradfordandAiredale](http://www.facebook.com/NHSBradfordandAiredale)



# Dentists help smokers quit the habit

**Smokers are getting extra help to quit the habit from an unusual source – their local NHS dentist.**

Ron Haley, aged 66, from East Bowling, Bradford (pictured right with dental hygienist Asif Khan), smoked for 45 years until a visit to his dentist changed his life for good. As part of his dental check-up he was offered support to stop smoking at the practice using nicotine replacement therapy. Within a few weeks Ron had kicked his habit and was feeling fitter and healthier than he had in years.

“I’ve really noticed a difference in my health since I stopped smoking. I always felt cold but now my circulation’s much better and I’ve got more colour in my face. It’s not an easy road to quit, but this time I’ve had fantastic help from my dental practice and I’d advise anyone to try to stop,” said Ron.

Ron’s dental practice – dentistry@BD4 – is one of a number of local practices, based in areas with high levels of smoking, which offers specialist services to help people quit. Many other practices are offering stop smoking advice and signposting patients to the local NHS stop smoking service as a matter of routine, as part of a check-up or oral



hygiene appointment.

They are also helping patients be more aware of health risks around alcohol misuse and signposting them to alcohol support services.

A visit to the dentist is an ideal opportunity to talk about smoking and alcohol and the very serious effects they have on the health and hygiene of people’s mouths, as well as their general health. Tobacco and alcohol

are risk factors for oral cancer.

The dental practice staff have been trained to give patients high quality advice and care around stopping smoking, alcohol use and eating habits.

For more information about stopping smoking, speak to your local dental practice or contact the NHS stop smoking service on **01274 202793** or text **quibb** to **88020**.

## Competition: win 20 free Zumba classes

Win 20 free Zumba classes to get you moving – worth over £100.

Zumba is one of the newest and hottest fitness crazes to hit the UK and is a great alternative to aerobics.

The easy to follow dance class is inspired by Latin music and is suitable for all abilities.

You can do the classes at any of the following centres:

- The Leisure Centre, Keighley **01535 681763**
- Richard Dunn Sports Centre **01274 307822**
- Thornton Recreation Centre **01274 436021**

To enter our prize draw, all you have to do is answer the question below.



**Name three benefits of stopping smoking**  
 (the answer can be found at [www.bradford.nhs.uk](http://www.bradford.nhs.uk))

- 1 .....
- 2 .....
- 3 .....

Send your answer, before Friday 7 October, to:

**Health Matters competition, Communications team, NHS Bradford and Airedale, Douglas Mill, Bowling Old Lane, Bradford BD5 7JR**

Name .....

Address .....

Contact number .....

Email .....

## Tell us what you think

NHS Bradford and Airedale has set up a panel of local people who are interested in shaping the future development of health services.

Each month, panel members are sent a short survey about a relevant issue to complete and return.

We use the feedback from these surveys to help us with our strategic and business development. We will let you know how the feedback you have given us has been used to improve services.

You don’t need to have used a particular service to be able to comment on it – what we want to know is what people think about local services and health issues.

If you would like to join the patient panel, contact **01274 237606** or email [natasha.noor@bradford.nhs.uk](mailto:natasha.noor@bradford.nhs.uk)

If you want to make general comments about the NHS, email [pctfeedback@bradford.nhs.uk](mailto:pctfeedback@bradford.nhs.uk) or call **01274 237606** and ask for a comments form and FREEPOST envelope.

**Detailed information about GPs, pharmacists, dentists and opticians in Bradford and Airedale can be found at [www.bradford.nhs.uk](http://www.bradford.nhs.uk)**

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