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Spring health checks

We offer advice from the NHS locally on how to get your health checked, how to cope with reduced services over Easter and in light of industrial action and opportunities to get involved.

Health checks now available on the WoW Bus

Health and care providers are gearing up to offer health checks on the WoW bus this week. The Wellness on Wheels (WoW) bus has been traveling across Norfolk and Waveney offering COVID-19 vaccinations as well as screening, advice, and support.

The NHS Health Check is a health check-up for adults in England aged 40 to 74. 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**.

The WoW bus is supported by partner organisations across the Integrated Care System, including NHS Norfolk and Waveney, Norfolk County Council, the Voluntary, Community and Social Enterprise Sector and others.

If you see the WoW bus, make sure you hop onboard!

For more information visit improvinglivesnw.org.uk/hop-on-the-wow-bus/

Know your risk of Type 2 diabetes

People who are at high risk of developing type 2 diabetes may even be eligible for the Healthier You NHS Diabetes Prevention Programme.

Find out if you're at risk of developing type 2 diabetes by doing any of the following:

- Answering a few simple questions on the 'Know Your Risk' tool at riskscore.diabetes.org.uk
- Taking up the offer of a free NHS Health Check to assess your risk of type 2 diabetes, cardiovascular disease (heart disease and stroke) and other conditions such as high blood pressure (available for those aged 40-74)
- Asking your GP Practice to check if you are at risk.

If you are at high risk your GP Practice can refer you to the Healthier You NHS Diabetes Prevention Programme. If your GP Practice contacts you to take part in the programme please consider the offer seriously, there is no time limit on agreeing a referral so if you are invited but it is not a good time for you, please contact your practice when you are ready.

Be prepared and think 111 first during Easter and junior doctor Industrial Action strike

Residents in Norfolk and Waveney are being urged to plan ahead and to choose NHS 111 first for any urgent health needs during the Easter bank holiday weekend and **the planned industrial action planned for the four days after that**.

The British Medical Association (BMA), alongside the Hospital Consultants and Specialists Association (HCSA) and British Dental Association (BDA), have announced another set of strike action for junior doctors and dental core trainees to run continuously for 96 hours from 7am, Tuesday 11 April to 7am, Saturday 15 April.

This means that planned or elective care will be significantly reduced during that 4 - day period, so that consultants and other senior health staff are redeployed to provide emergency and inpatient care.

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Local NHS trusts have undertaken a significant amount of planning to ensure staffing rotas are covered to keep patients already in hospital safe and well cared for, and to keep our emergency departments open and safe for people with true emergencies. However, it is anticipated that Emergency Departments across the system will be very busy over this period.

The public are therefore reminded to please only attend an Emergency Department if it's absolutely necessary during the Easter bank holiday and junior doctor industrial strike action this April. Chest pain, difficulty breathing, bleeding that won't stop and signs of a stroke are examples of medical emergencies and people should always call 999 or attend an emergency department for these conditions. However, for more minor but still urgent health needs, the public are encouraged to use 111 first.

Thank you for continuing to support our hard working staff and volunteers as they work to keep patients safe during this busy period.

If you have a medical appointment and are not contacted directly, you should continue to attend for your appointment. If you are unable to make any NHS appointment, please contact the number on appointment letters so that it can be reallocated to another patient. The guidance can be found [here](#).

Could you be a Patient Safety Partner and be a voice for service users and patients across Norfolk and Waveney?

The Norfolk and Waveney Integrated Care System (ICS) is a term for a number of organisations who are working together to meet the needs of the local population within Norfolk and Waveney. These organisations include NHS Trusts, GP Practices, Voluntary Sector and Norfolk and Suffolk County Councils.

The Patient Safety Partner (PSP) role is open to members of the public to work as an advisor to help support the delivery of safe healthcare across the Integrated Care Systems. The level of involvement may vary depending on skills and experience.

We are seeking motivated and interested individuals who are committed to contributing to safe and effective care to enhance patient experience and improve health outcomes.

Activities that the PSP may be involved in could include:

- Membership of safety and quality committees whose responsibilities include the review and analysis of quality, patient safety and mortality information.
- Involvement in work that aims to improve health and care outcomes for patients.
- Working with organisational committees/boards to consider how to improve patient safety across the local health and social care system.
- Participation in patient safety incident and investigation oversight groups.

Norfolk and Waveney ICS recognise, value, and support the important role PSP's will play and welcome their active contributions. We will ensure that PSP's work collaboratively with quality service leads to promote patient safety and health inclusion.

PSP's will receive a robust induction and training programme, with regular support from other local PSP's. Designated support and guidance will be provided to ensure development within the role.

[Please find more information and how to apply here.](#)

Participation opportunity for young people in Norfolk

Young people aged between 13 and 25 with a disability can have fun and get their voices heard by joining the D.R.A.G.O.N.s (Disability Real Action Group of Norfolk).

The D.R.A.G.O.N.s is a group of disabled young people in Norfolk, who get together and look at how disabled-friendly different venues and services are and give suggestions about how they can be made more accessible.

They believe every young person should be listened to and have a chance to have their views heard. Joining the group provides lots of opportunities including public speaking, helping to set up services, training and interviewing.

[Please click here for more information and how to get involved.](#)

Norfolk Older People's Strategic Partnership (NOPSP)

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talking to them about the services they use in their everyday lives and using the information they gather to influence how they are provided.

They work across the whole of Norfolk and are interested in the full range of services that older people use. Although health and social care will always play a major role in their lives, they are equally interested in housing, transport, access to facilities such as banks and post offices, and how people obtain information and advice.

The way in which services are provided in Norfolk is changing rapidly. One of the benefits is that the organisations that provide them are far more open to hearing the views of patients and communities than before. The Partnership is adapting the way it works to better feed into the system by focusing on market towns and their surrounding areas. They recognise that there is a lot happening at this local level and they would like to work with you so that they can add value rather than duplicating existing efforts. If you would like to work with them, please contact Janine Hagon-Powley, our Partnership Co-ordinator on nospb@aol.co.uk

<http://www.norfolkolderpeoplespartnership.co.uk/>

Big Norfolk Holiday Fun Opens for Easter Bookings

Children across Norfolk can benefit from a range of fun activities this Easter, as the Big Norfolk Holiday Fun scheme returns for the two-week school holiday.

Bookings are now open for the programme, which provides free activities and a healthy hot or cold lunch for children eligible for means tested free school meals.

This Easter the scheme has more activities and providers than ever before. Delivered by Norfolk County Council in partnership with Active Norfolk, it supports children aged 5 to 16 as part of the government's Holiday Activities and Food (HAF) programme and will see 90 providers, including more provision for children with Special Educational Needs and Disabilities.

Activities will run from 3 - 17 April and are now open for bookings. The scheme is **free** for children eligible for means tested free school meals, and for young carers and children who are refugees. Paid spots for a small charge are available on many activities for those who don't qualify for a free place.

Find further information and details of how to book via www.norfolk.gov.uk/bignorfolkholidayfun.

Bus fare cap extended until end of June

Last week (1 April), as part of the Help for Households support, the government announced that they are extending discounted bus travel for another 3 months across 5,000+ routes from over 140 bus companies. The fare cap means passengers can save on single bus tickets. The scheme began in January this year.



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