

Healthier Together - Autumn 2015

Please note, NHS Newham CCG is moving offices at the end of November. The CCG will be located at [4th Floor Unex Tower, 5 Station Street, London E15 1DA.](#)

Newham shortlisted for two prestigious HSJ awards

Newham has been recognised not once but twice in Britain's leading and most prestigious health sector awards. The Health Service Journal (HSJ) announced work in the borough to screen and treat latent tuberculosis (TB) and for working with carers to better support them had been shortlisted for awards.

The annual HSJ Awards champion best practice and innovation to overcome the challenges faced within the health sector. NHS Newham CCG, Newham Council and health and social care partners have been shortlisted in the award's primary care innovation and working with carers to improve care categories. You can [read more about the awards here](#) or read about [how we won an HSJ award last year here](#).

New chair of Newham CCG



We are delighted to announce that Dr Prakash Chandra has been appointed to the role of chair of the governing body.

Dr Chandra has been working as a GP in Newham for nearly 30 years. Whilst Dr Chandra will have full responsibility for the statutory and constitutional roles set out for the position of chair, he will be supported by Dr Stuart Sutton who will assume some of the Chair's non statutory/constitutional roles.

Dr Prakash Chandra, GP and chair of NHS Newham Clinical Commissioning Group, said:

"I am committed to improving the health and wellbeing of our local population and will continue on focused, outcome based, innovative commissioning and strengthening the primary care services to be robust and resourced to deliver the demands. I am excited by the rich culture of community engagement and involvement within the CCG and I am looking forward to taking this work forward with local people and our

partners.”

Steve Gilvin, chief officer of Newham Clinical Commissioning Group, said:

“I am delighted to announce that Dr Chandra has been appointed to the position of Chair. Dr Chandra is well respected amongst GPs and the governing body. He brings a wealth of experience where in his role as a board member he has already made a considerable contribution to improving health services in Newham.”

Wayne Farah named in HSJ Patient Leaders 2015

We are very proud to see that NHS Newham CCG vice-chair, Wayne Farah, was named in the Health Service Journal (HSJ) inaugural list of 50 outstanding individuals who are patient leaders.

This list recognised people whose personal experiences have led them to instigate change and as a result are shaping healthcare.

Wayne’s work on the Newham community prescription was highlighted for praise, with judges also noting his championing of diversity issues in Newham. Judges’ comments included “His work has helped engage a lot of people from diverse communities.”

To read the full list please [visit the HSJ website here](#).



Lizi Goodyear – Pulse Power 50, local champion



Dr Lizi Goodyear, local GP and Newham CCG board member who leads on clinical maternity and children has been included in a national list of influential GPs.

The Pulse Power awards are run by national GP publication, Pulse, and this year’s list of ‘local heroes’ includes Dr Goodyear at number six.

You can read [Dr Goodyear’s profile on the list here](#), or to read the full Pulse Power 50, [visit the Pulse website here](#).

Walk-in service closure

The walk-in service at Vicarage Lane Health Centre closed on 31 August. From September there are now more GP appointments available at GP practices across Newham.

To make an appointment please contact your regular GP practice. If you are not registered please visit www.nhs.uk to find your nearest GP practice and details on how to register.

NHS Newham AGM gets people talking about health

NHS Newham CCG held its second ever AGM on 8 September. We were absolutely delighted by the number of people who took the time to come along and share their views. The event was attended by over 150 people made up of representatives from patient groups, clinicians, health and social care providers, voluntary sector organisations and local people.

Presentations, discussions, debates and a marketplace for networking all proved popular with the 120 attendees. To find out more about the event and download the slides, [please click here](#).

Protect yourself and your family this winter

Newham residents who are pregnant, aged 65 and over or suffering with health conditions such as cancer, diabetes or heart or respiratory diseases are among those being urged to ensure they protect themselves this winter with a flu vaccination.

Flu is a highly contagious viral infection that anyone can catch, and it can be a really serious illness for some. This is why Newham CCG and Newham Council are urging all those at the greatest risk of catching flu to ensure they have their free flu jab.

The NHS makes the vaccine available to these groups:

- People aged 65 or over
- Pregnant women
- People with a long term condition such as a heart problem, diabetes, kidney disease, liver disease, a chest complaint or breathing difficulties including bronchitis or emphysema.
- People with a weakened immune system– for example patients taking steroids or undergoing treatment for cancer
- All children aged between two and four years old
- Carers for an elderly or disabled person whose welfare may be at risk if the carer falls ill

This is because people in these groups are 11 times more likely to experience complications if they get the flu.

The vaccine is updated every year to combat the latest flu strains, so even if people had the jab last year, to be flu free they need to have it again this year. All GP surgeries and many pharmacies offer the flu jab free of charge to people who are at risk to make sure that they are protected against catching flu and developing serious complications.

In Newham last year, 54.3% of pregnant women and 62.7% of people under 65 received the vaccine. Newham also had the second highest take up rate in London for over 65 year olds with 75.2% of residents receiving their flu jab.

Antibiotic guardian and world antibiotic week (16-22 November 2015)

Protect yourself and your family against the spread of antibiotic resistance by becoming an antibiotic guardian.

Antibiotics treat infection by killing bacteria, but bacteria are now fighting back. Our medicines are becoming less effective which means more deaths and more complications for people receiving treatment in hospital.

We are all been encouraged by the chief medical officer Professor Dame Shirley Davies to make a pledge via a letter sent to all CCG accountable officers, community care trust chief executives and chief pharmacists across the country. We can all take a few simple steps to save our antibiotics: further information can be found at www.antibioticguardian.com

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If you would like to send content for Healthier Together please forward information to [Richard Mountford](#).

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