



Easter 2018

Happy Easter! Here's a round-up of the latest news and events from your CCG.

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Get the right care first time this Easter

Need help and advice over the Easter weekend?

GP practices are closed over the Easter Weekend from Friday 30 March up to and including Monday 2 April but you can get help from your local pharmacy.

Specialist medicines for palliative care are available at some pharmacies – these are highlighted yellow in the table below.



	Pharmacy	Address	Phone	Friday 30 March	Sunday 1 April	Monday 2 April
Selby	L Rowlands	66 Doncaster Road	01757 702835			12noon– 1pm
	Boots Pharmacy	10 Market Place	01757 703717	8.30am – 5.30pm	12noon – 1pm	
York	Lloyds Pharmacy	Intake Avenue	01904 623472		3pm – 5pm	
	Asda Pharmacy	Monks Cross Shopping Park	01904 689410	9am – 6pm		9am – 6pm
	Lloyds Pharmacy	Monks Cross Shopping Park	01904 613779	10am – 4pm		10am – 4pm
	Tesco Stores Ltd	9 Stirling Road	01904 394120	8am – 9pm		9am – 6pm
	Tesco Stores Ltd	Askham Bar	01904 394123	6.30am – 10.30pm		9am – 6pm
	Boots Pharmacy	5 St Marys Square	01904 635559		11am – 1pm	
Pickering	Pickering Pharmacy	22 Market Place	01751 472550		11am – 12noon	

The local community is asked to check the location of their nearest open pharmacy during the Easter holidays in case they need access to medicine or healthcare advice.

While GP surgeries will be closed over Easter, some pharmacies will be open and can offer treatments and free advice on common illnesses and ailments, including colds, flu, minor rashes and pain relief.

People who use regular prescribed medication should also make sure they order and collect any prescriptions in good time before the holidays begin to ensure they don't run out of medicine.

The timetable above can also be accessed [here on the CCG's website](#).

Dr Shaun O'Connell, a local GP and the CCG's Joint Medical Director, said: "Every pharmacist is trained in managing minor illnesses and providing health and wellbeing advice, so they can provide many of the same services that GPs do.

"They don't require you to book an appointment and are often open at times of the day when your GP surgery might be closed – such as during the Easter break."

You can self-treat many minor illnesses and injuries at home by keeping your medicine cabinet and first aid kit well stocked with medicines such as paracetamol and ibuprofen.

Further information about how to self-treat common conditions, using over-the-counter remedies, is available at: www.valeofyorkccg.nhs.uk/advice-from-local-gps-about-staying-well/

Using a pharmacy or consulting self-care resources for minor health concerns helps to free up GP appointments for those who really need them, as well as to take the pressure off A&E departments, freeing up staff there for real emergencies.

You should call free NHS non-emergency number 111 if you have an illness or injury that needs treatment quickly but is not life-threatening.

When you call NHS 111 - which is available 24 hours a day, 365 days a year - you will be directed to the most appropriate medical care by a highly trained adviser who is supported by healthcare professionals.

If you have a medical emergency, such as breathing difficulties, chest pains or if you've been in a serious accident, call 999 for an ambulance or go to the nearest emergency department, which in the Vale of York is located at York Hospital.

Latest news

Haxby Group victorious at Yorkshire Humber General Practice Nursing Awards

Haxby Group was victorious at the Yorkshire and Humber General Practice Nursing Awards on Wednesday night (21 March) in York – winning two awards and being shortlisted for three others.

Haxby Group – a CCG member practice – won the Practice Nurse Leadership Award, while Sarah Butler scooped the Judges' Choice Award.

Lorraine Rankin, Helen Raine and Debra Smith were also shortlisted for awards. Lorraine was shortlisted for the Healthcare Practitioner of the Year Award, Helen was vying for the

York Nurse Manager meets Prince of Wales at Buckingham Palace event to honour nurses

A York nurse manager has met the Prince of Wales at a special ceremony at Buckingham Palace to celebrate the work of nurses from across the country.

Cheryl Lythgoe, Advanced Nurse Practitioner and Nurse Manager at Priory Medical Group, was invited to the reception hosted by Prince Charles to honour frontline nurses on Wednesday 14 March.

She said: "It was a fabulous event - very positive throughout. I was very lucky and managed a hand shake (with Prince Charles) and a few words alongside a group of

Practice Nurse Innovator of the Year Award and Debra was a finalist in the Judges' Choice Award category.

The accolades come two weeks after Haxby were the big winners at the Humber, Coast and Vale Sustainability Transformation Partnership (STP) edition of the awards – when they claimed five of the eight awards on offer.

Michelle Carrington, the CCG's Executive Director of Quality and Nursing, said: "Congratulations to Haxby Group for winning the Practice Nurse Leadership award at the Yorkshire and Humber General Practice Nursing Awards which to me recognises the whole nursing team as being at the forefront of care. Loraine Rankin and Helen Raine were worthy finalists. Sarah Butler went on to win the Judges' Choice Award for inspirational practice where Debra Smith was also in the final three.

"I attended the event and was moved and inspired by the work which goes on every day to provide the very best care to patients, families and carers. I could see that these awards mattered so much to the practice nurses and the effort which went in to the many nominations we received proved that this great care is happening beyond the award winners.

"I am really proud of all those nominations, finalists and winners and look forward to continuing to work with such great practice nurses going forward."

Get on yer bike!

A local GP is urging more people in the Vale of York to cycle to work and enjoy healthier lives in the process.

Undertaking regular cycling and other forms of cardiovascular exercise can help reduce the risk of developing many health conditions, including heart disease, Type 2 diabetes and certain cancers.

colleagues I was stood with.

"The invitation to Buckingham Palace was an honour that was totally unexpected but very, very gratefully received. But it's an honour for all of nursing – to be recognised in this way."

Cheryl, who has worked for four years at Priory Medical Group - a CCG member practice admitted that she initially thought that the invitation was a practical joke.

"I received the invitation at work and at first when I opened the envelope I thought it was some kind of joke, I looked to see who was chortling in the background," she said.

"Then when I looked again at the envelope – which had the royal crest on it – it was one of those heart-stopping moments where you realise, actually, this is real."

Cheryl, who was nominated for her efforts in frontline nursing and workforce transformation, divides her time between two roles at Priory Medical Group.

In one capacity she has undergone extensive extra training to be an Advanced Nurse Practitioner, where she diagnoses and treats patients much like a GP would; while in her second position she works as the manager of the practice's nursing team where she develops and promotes its nursing services and trains others.

Cheryl was also recognised for her achievements in healthcare last year when she was nominated for the 'Nursing in Practice' Nurse of the Year Award at the General Practice Awards.



Dan Cottingham, a GP at Sherburn Practice and the NHS Vale of York Clinical Commissioning Group's (CCG) Cancer Lead, is therefore encouraging more people to leave their car at home and cycle to work instead.

Dan, pictured above right, signed up for this year's Ride to Work Week (12-18 March) and is encouraging other Vale of York residents to do the same to reap the health benefits of doing so.

Ride to Work Week also encourages more people to adopt a cycling commute to reduce congestion and pollution in their communities.

He said: "I think Ride To Work Week is great thing for us in a cycling friendly city to get involved with. I have cycled to work since I started my job in York in 2016 and have to say I really enjoy it and I find that I can get to work faster by cycling than I can driving on most days."

York is one of the most cycle-friendly cities in England, with an extensive network of cycling paths and lanes in and around the city. A significant proportion of the CCG's employees cycle to work every day and some joined Dan in signing up for Ride to Work Week.

Dan added: "A lot of staff at the CCG cycle to work as it's the most convenient method of travelling to our offices in the city centre and also because of the obvious health benefits of engaging in cardiovascular exercise twice a day."



The National Health Service (NHS) is turning 70 on 5 July 2018. Across the country there will be celebrations, including ceremonies for NHS staff in York Minster and Westminster Abbey.

We will be working with our partners, patients and public to create a series of celebrations and use it to help raise awareness of a number of key priorities around prevention and self-care, tackling loneliness and isolation, showcasing healthcare innovation and creating a sustainable NHS.

The Care Quality Commission (CQC) has launched a new campaign, aimed at raising awareness of the CQC among people choosing adult social care, for themselves or others.

The campaign, #Careaware, wants more people to be aware that if you are choosing home care or a care home, the CQC can help to make that decision.

Did you know that the CQC has a series of independent reports to compare options before choosing a care home? For more information visit: www.cqc.org.uk/careaware.



Upcoming Governing Body meeting

Members of the public are invited to discover first-hand what is being done to improve healthcare services in the Vale of York area. The CCG's Governing Body, which consists of local GPs and other healthcare professionals is responsible for monitoring the performance and quality improvement of healthcare providers in the Vale of York area.

The next meeting that takes place in public is on Thursday 5 April 2018 at West Offices, Station Rise, York YO1 6GA at 9.30am.

People wishing to raise a matter or ask a question at the meeting should submit their enquiry, in writing, by 5pm on Monday 2 April to valeofyork.contactus@nhs.net or by writing to Michele Saidman, Executive Assistant, NHS Vale of York CCG, West Offices, Station Rise, York, YO1 6GA.

The agenda and papers for the Governing Body meeting will be available online prior to the meeting at www.valeofyorkccg.nhs.uk/about-us/governing-body-meetings/

Out and about

York Older People's Assembly, Monday 9 April 2018 at 2pm: Phil Mettam, our Accountable Officer will be giving the latest update about the CCG the York Older People's Assembly in the Friends Meeting House, Friargate, York YO1 9RL

Healthwatch Assembly, Tuesday 24 April 2018, 2 - 4pm: Representatives from our Quality and Nursing Team will be talking about how we are working with our partners in care to promote quality and improve joint working between the NHS and the care home sector. This takes place at Priory Street in York.

We will also be attending a number of **Patient Participation Groups** in Selby and through York Medical Group in April to give an update on the work of the CCG and to gather feedback from patient representatives.

Get in touch

If you have a question, would like to share your views or require this document in an alternative format you can:

Email - valeofyork.contactus@nhs.net

Phone - 01904 555 870

Write to - NHS Vale of York CCG, West Offices, Station Rise, York, YO1 6GA

Go to - www.valeofyorkccg.nhs.uk



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