

## LANGLEY HOUSE SURGERY

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## PATIENT NEWSLETTER – NO 1 September 2017

### What is CHAMP?

You may have noticed at the top of this newsletter is the banner for CHAMP – the Chichester Alliance of Medical Practices. CHAMP represents the Chichester GP practices working together to have a collaborative voice at the Local Community Networks, sitting at the table with community services, voluntary sector, St Richards and mental health, so we can all deliver better, joined up care for our patients. Please see the next page for more about LCN's.

### Flu Vaccine – Why Bother?

Should I bother with the flu vaccine this year?

Good question. What good will it do?

The flu viruses come in many different strains. Each year the makers of flu vaccine have to decide by about February what strains of flu they should include in the new vaccine. They then have until August to make it. They take their recommendations from the World Health Organization who make an educated guess as to which will be the main viruses causing illness in the coming season.

Our flu vaccines this year are 'trivalent' which means they are protecting you against three of the most likely circulating flu viruses.

The flu jab does work and will help

prevent you getting ill. It won't stop all flu viruses, however if you do get flu it means you will have a milder form of the illness.

Please remember being vaccinated is not just about protecting you. Raising the general level of resistance in the community to an illness benefits everyone by helping to prevent the spread of epidemics. Each vaccinated person is a sort of 'immunological firebreak'.

There are very few side effects and most vaccinated people have no reaction at all. Some may have a sore arm or muscle ache for a day or so. The vaccine does not induce flu. If you do fall ill with a flu-like illness in the few days following the vaccine, then you were already incubating it.

Very few people are allergic to the ingredients of the vaccine. The vaccine may contain egg so beware if you are allergic to this. The maximum risk from flu is from November to March and your immunity starts within 10 to 14 days of having the jab. So it is still worth having it even if you are late in the season.

Flu is not fun and can be dangerous. It can make some people very unwell indeed. So yes it is worth bothering this and every year.

Flu vaccines are available free to patients aged over 65 or those under 65 who are in at risk categories such as diabetes, asthma, heart disease, pregnancy, obesity and carers.

## What are Local Community Networks?

**Local Community Networks ... the building blocks of the new model of care in Coastal West Sussex**

***“An exciting time for the health and wellbeing of Chichester, with new partnerships between health, social and voluntary sectors” Chichester GP***

The NHS is changing the way it is organised to help people receive more care closer to home, and to focus on the services our community really needs.

Currently there are a number of different services and organisations helping us all to stay well – our GP practice, the local hospital, the community teams, and mental health support. Some of these are really local, like our GP practice, whilst others work across bigger areas (district or even countywide).

This can make it confusing to know who to go to or where to be seen, and whilst people say they generally receive good or excellent care from the NHS; there is a lot of frustration about the lack of coordination between local health services.

In addition, the NHS is facing real challenges. People are living longer – which is good news, but also means people are living with longer term, complex conditions, and the current system is not set up to work well for this.

To improve how they work, local NHS teams are coming together to work as a **Local Community Network**, essentially one large team that covers all aspects of health and care for a specific geographical area. This means teams from different organisations working as one. The networks will also include council and voluntary services so it brings together all of the people working really hard to support local people.

There are eight Local Community Networks (LCN) being set up across Coastal West Sussex, and our GP practice is part of the Chichester LCN, which includes eight GP practices and is led by Dr Sandeep Mtharu, who is a partner at Parklands Surgery.

Together the LCN will work together to provide local health services, identify people who need extra help to stay well and out of hospital, and to understand what the specific issues are for their local area and where additional services may be needed. They are just getting started but so far the emerging priorities for our area are developing community support for older people and children’s wellbeing.

The launch of the LCNs doesn’t change how you receive treatment at your GP surgery. We will still contact the surgery in the same way and have appointments with doctors and nurses, but it will also mean that we should get more services locally and there should be a more seamless journey when you need help from a number of different health professionals.

It is crucial that patients and members of the public are part of these conversations, and we are keen for patients. We will share opportunities to get involved as this develops.

