

# Health Network

Summer 2013

## Waste not, want not

We need your help to reduce medicine waste. It costs over £1 million each year in Thanet.

### Tips for reducing medicines waste

- Discuss your medicines with your GP and pharmacist and let them know if you have stopped taking any medication on a regular basis.
- Check what medicines you still have at home before ordering more.
- Think carefully before ticking all the boxes on your repeat prescription forms and only tick those you really need, you can still request the item next month.
- Please don't order extras as standby supplies.
- Unused medicines kept in the home are a safety risk. Please dispose of your medication safely and responsibly by returning it to your pharmacy.

## A healthy Thanet

We all know that Thanet is brilliant and beautiful. It's got culture and cafes, beaches and bright sunshine and loads of places to see and visit.

But we all know that recent years have been tough for areas like Thanet, which used to rely on the seaside holiday trade. During past decades, the number of people out of work has always been higher than many neighbouring areas, and this is still the case.

Does this affect the health of people in the area, though? Well, yes, it does – and that probably won't surprise you.

Your local GPs know the health concerns that affect local people. And that's why NHS Thanet Clinical Commissioning Group (CCG) – made up of Thanet GPs – is determined, with your help, to tackle the problem.

And if you want to know more, check out the CCG's new patient prospectus, which you can find online at [www.thanetccg.nhs.uk](http://www.thanetccg.nhs.uk)

If you read it, you'll see how the CCG is funded, and how it's going to spend its money.

The prospectus gives details of how the CCG will tackle concerns such as smoking, obesity and dementia.

But the money that is spent on healthcare is your money. With a budget of £190 million, the CCG has to make sure the money is spent where it's needed.

"Thanet is a great area, but some parts have experienced mixed fortunes. And you can see that many people in the local population have been affected by this too," said Clinical Chair of NHS Thanet Clinical Commissioning Group, Dr Tony Martin.

He added: "But the CCG is determined to tackle the root causes of poor health, and help the people of Thanet to improve their own quality of life."



Our prospectus is available on our website [www.thanetccg.nhs.uk](http://www.thanetccg.nhs.uk)

Alternatively, email [thn@thanetccg.info](mailto:thn@thanetccg.info) or telephone **03000 424615** for further details.

Dr Tony Martin

Clinical Chair



# Event reaches out to Thanet voluntary and community sector

A recent event held by NHS Thanet CCG saw more than 90 people attend to hear of the CCG's proposals to involve voluntary and community sector organisations in shaping the delivery and design of local healthcare.

NHS Thanet CCG Clinical Chair, Dr Tony Martin, said: "The voluntary

and community sectors play an important role in supporting members of the local community."

The supporting papers are now available to download at [www.thanetccg.nhs.uk](http://www.thanetccg.nhs.uk)



## Come along and get involved

If you want to know more about the work of the NHS Thanet CCG, and feel that you'd like to contribute to the future shape of healthcare in Thanet, why not come along to our Governing Body meetings in public?

Meetings are held at different locations, near public transport routes, and agenda papers are always uploaded on to the internet in advance.

If you'd like to know more about the meeting in public, simply visit [www.thanetccg.nhs.uk/health-network/public-events](http://www.thanetccg.nhs.uk/health-network/public-events)

## Thanet listening events

**10 October**, 10am to 12.30pm.  
Newington Community Centre Event,  
Princess Margaret Avenue, Ramsgate,  
CT12 6HX (*for the community and  
voluntary sector*)

**11 October**, 10am to 2.30pm.  
Portland Centre, Hopeville Avenue,  
Broadstairs, CT10 2TR

**14 October**, 10am to 12.30pm.  
Cobbs Room, Margate Media Centre,  
King Street, Margate CT9 1DD

**16 October**, 10am to 12.30pm.  
Minster Village Hall, Minster High  
Street, Minster, CT12 4BU

**17 October**, 7pm to 9.30pm.  
Newington Community Centre,  
Princess Margaret Avenue, Ramsgate,  
CT12 6H

## Join the Thanet Health Network

We've set up the Thanet Health Network to make sure that everyone gets a chance to make their views known.

By becoming a member you can decide to take part as much or as little as you like.

- You'll receive our regular e-newsletters.
- Share ideas and views about local health services.
- Stay up-to-date with the health topics that interest you.
- Take part in focus groups, consultation and surveys about healthcare.

## Want to know more?

Simply go online to  
[www.thanetccg.nhs.uk/  
health-network](http://www.thanetccg.nhs.uk/health-network)



## Keep in touch

You can also follow us on Twitter (@ThanetHealth) or join our Facebook Page ([www.facebook.com/ThanetHealthNetwork](http://www.facebook.com/ThanetHealthNetwork)).

Please share this newsletter with friends, family and colleagues. To join the Thanet Health Network as a new member, please go to our website [www.thanetccg.nhs.uk](http://www.thanetccg.nhs.uk)