

## Your Big Chat 11 invitation reminder – please join us!

**23 August 2018**

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You are invited to attend next month's combined Big Chat and annual review event, to learn more about our plans and ideas for local health and care and to browse the variety of stalls being hosted by health and wellbeing services from the borough.

Date and time: Tuesday, 10 September 2019, 1pm – 4.30pm

Venue: The Bliss Hotel (formerly the Ramada Hotel), Marine Lake, the Promenade, Southport, PR9 0DZ

From 1pm there will be refreshments and a 'marketplace' of health and wellbeing related stalls that you are invited to browse before the main programme begins at 2pm.

Stallholders include Lancashire Care's diabetes education team, Macmillan, Active Sefton and the Stroke Association to name but a few.

It is a chance for south Sefton residents, local communities and health and social care partners to hear about the CCG's work and achievements during 2018/2019 and also 'have their say' on future plans for local healthcare. The event will also focus on the recently published NHS Long Term Plan and how it will impact Sefton.

Further event, venue and travel information is available on the [CCG's website](#).

Please confirm your attendance by calling 0151 317 8456 or emailing [southportandformby.ccg@nhs.net](mailto:southportandformby.ccg@nhs.net) by Friday 6th September.

We look forward to seeing you there!

### **Nominate your unsung hero**

If you know someone who volunteers for the NHS or works in a non clinical role, you may want to consider nominating them for an award. The national Unsung Hero Awards recognise and honour non-clinical staff, teams and volunteers who go above and beyond the call of duty for the NHS.

The awards shine a light on the hard work and commitment of people who are vital to our health service but are sometimes overlooked. Nominations can be entered in any of the 11 categories including administration, estates, IT, volunteer and leader. To find out more or to nominate visit the [Unsung Hero Awards website](#). Closing date for nominations is 30 September.

### **Tips to look after yourself this bank holiday**

With the bank holiday nearly upon us, we have some tips to help you get back on your feet in no time, should you have an illness or injury over the long weekend. There are a range of services that can help from speaking with your local pharmacist and contacting NHS 111 by phone or online, to visiting a walk in centre. Don't forget, bookable GP appointments are now available at weekends and weekday evenings, including bank holidays – simply speak to your practice or NHS 111 for details.

You can find full information about services and support available by visiting our [website](#).

### **Sefton's Health and Wellbeing Strategy – have your say!**

We are supporting Sefton Council's consultation that asks for your views to help develop plans for health and social care in the borough for the next 5 years.

Your feedback about what matters most to you about being healthy and happy will help make sure that services and opportunities available to support people in Sefton will help them to have the best life they can.

You can find out more about the consultation and how to get involved on our [website](#).

The consultation closes on 9 September.