

## Your local NHS - opportunities to get involved

31 October 2019

---

### Opportunities to get involved

#### Patient Participation Group event, 19 November - your invite

Are you interested in getting involved in local healthcare and joining your GP practice's Patient Participation Group (PPG), then please come along to [this event](#) to find out more:

When: Tuesday, 19 November, 10am - 2pm

Where: Lord Street West United Church, Lord Street West, Southport, PR8 2BH

We are working together with Healthwatch Sefton to run the event, which will also include a health and wellbeing marketplace where you can learn about what services are available locally to help you and your family live healthier lives.

The event is open to anyone, so please share the [event invitation](#) with friends and family. Please note refreshments and a light lunch will be provided.

To confirm your attendance, please email [southportandformby.ccg@nhs.net](mailto:southportandformby.ccg@nhs.net) or call 01704 395785.

If you are unable to make this date, please note that the same event will be held in south Sefton on 12 November; details are available [here](#).

#### Diabetes UK patient survey

If you have type 2 diabetes and have attempted to make lifestyle changes to put your diabetes into remission, then Diabetes UK would like to hear from you by completing an [online survey](#).

The survey is designed to get an understanding of people's motivations, experiences and support, looking at what worked well and what other support they might have found beneficial.

You can find out more and complete the survey [here](#). Please note, the survey closes mid November.

## **Opportunity for youth involvement in the NHS Long Term Plan**

The NHS Youth Forum is looking for a diverse range of young people to work on a project to inform the implementation of the NHS Long Term Plan and to further develop plans for youth engagement in the health sector. The project will run from November 2019 to March 2020.

Applications are welcome from young people aged 16-25 with experience of representing the voice of young people. More information about the role and how to apply are available in the [application pack](#). The deadline for applications is Tuesday, 12 November.

## **The NHS explained - free training**

If you would like to learn more about the NHS, then this free online training course will help you gain a detailed understanding of how it works and some of the challenges it faces. Developed by the King's Fund, the training is open to anyone with an interest in healthcare, including those working in the health and social care sector, patients and the public.

To find out more about the training and to sign up, please visit the [Future Learn website](#).

## **Involvement updates**

### **Review of urgent care services in south Sefton - what people told us**

From December 2018 to the end of January 2019, we asked local people to share their views and experiences of using urgent care services in south Sefton as part of a wider review. You can read feedback from this exercise, along with further information about the review and how we involved people, in the [engagement report here](#).

Urgent care describes a wide range of services that people need to access immediately or on the same day, including accident and emergency care, GP services, pharmacies, NHS 111, walk in centres and emergency ambulances.

### **Big Chat 11, September - what we talked about**

Every year we combine our Annual Review with a 'Big Chat' style event where we discuss our plans and ideas for the development of local health care services with residents and partners. To find out about what we talked about and to listen to people sharing their views on some of the topics we discussed, please visit our [Big Chat 11 page](#) on our website.

Best wishes

The communications and engagement team