

February 2022

Welcome to the monthly update with some links to articles on our website plus other useful information about health and care that you may not have seen.

Board Meeting... Save the date!

Our next Board meeting in public will be held on Tuesday 29 March 6.30 to 8.30pm. Keep an eye on our website for attendance details. Agenda and papers will be published a week before the meeting.

Could you be a Community Healthwatch Champion?

We are looking for people to be the 'eyes and the ears' for Healthwatch Rutland in your community. This could be your local neighbourhood such as your district or village, or an area of interest. For example, you could be a champion for those with dementia or diabetes, or represent your local sports group or book club for example.. We will ask you to share Healthwatch Rutland's work with your community and listen to people's feedback about health and social care experiences. We can then use the feedback to help improve and shape health and social care services for Rutland people.

If you enjoy talking and listening to people and want to share information to empower your local community, then this could be the role for you!

For an informal chat to find out more call Amy on 07399 584572
or email amy.crawford@healthwatchrutland.co.uk

[Find out more](#)

Your Care, Your Way

Clear, understandable information is important to help you make the right health and care decisions. Medical and healthcare information can be complex. But, if you're disabled or have a sensory loss, you have a legal right to health and social care information in a way you understand, and communications support if you need it. So, for example, if you're D/deaf, you should be able to use a British Sign Language (BSL) interpreter at an appointment.

Even though the Accessible Information Standard has been a legal requirement since 2016, **many NHS Trusts are not supporting equal access** to care for deaf and blind patients.

That's why Healthwatch England has launched a new nationwide campaign, 'Your care, your way' to ensure services are taking their duty seriously to provide information in a way that people understand.

[Read more](#)

Do you want help to lose weight and improve your wellbeing?

A new free 12-week telephone support programme is now available for Rutland residents who are concerned about their weight and how it affects their health.

You will be paired up with a dedicated nutritionist or dietician to help you lose weight through a long-term plan. Setting realistic goals and making healthy choices will help you, with support, to succeed where hard-to-follow restrictive diets often fail.

[Find out more](#)

[Refer yourself to the service](#)

COVID-19 treatments for vulnerable people

The NHS is now offering new antibody and antiviral treatments to people with COVID-19 who are at highest risk. The treatments aim to reduce the risk of becoming seriously ill and are for people not admitted to hospital.

If you are in one of the highest risk groups, you will have been contacted by NHS England with information about the new treatments.

[Find out more about who is eligible for the treatments](#)

Download the new LLR Cancer Information app

People living with cancer, and their families and carers in Leicester, Leicestershire and Rutland are now able to access support and advice at their fingertips thanks to a new app.

The app includes information about treatments and side effects together with health and wellbeing support. It also offers a range of information on how to access local community support as well as more practical advice on topics like money and finance.

The app was developed in partnership between patients, NHS clinicians, and people from the voluntary sector. It is free to download to your mobile or tablet and works with both Apple and Android devices.

[Go to the Apple app store](#)

[Go to the Android app store](#)

News from North West Anglia Foundation Trust

Seriously ill or injured patients from across the region will benefit from extended air ambulance flying hours thanks to a generous donation of nearly £47,000 to Peterborough City Hospital from the HELP Appeal.

State-of-the-art helipad lighting will enable the helipad to be accessed 24 hours so that air ambulances can land throughout the night.

[Read about the 24 hour helipad](#)