

HEALTHIER TOGETHER – A NEW WEBSITE

Shropshire, Telford and Wrekin Integrated Care System has launched a new website that provides consistent, accurate and trustworthy healthcare advice to parents, carers of children, young people and professionals.

Shropshire, Telford and Wrekin Healthier Together is a free website developed by healthcare professionals to help parents and carers keep their children safe and healthy. The website provides clear advice and information for anyone in Shropshire, Telford and Wrekin who wants a reliable source of local information and is available by visiting www.stw-healthiertogether.nhs.uk.

The Shropshire, Telford and Wrekin Healthier Together website will be a boost for children and their families, and will also support health services by ensuring the right people are being directed to the right services. The easy-to-use self-triage tool gives health advice via a system of red, amber, and green signs which directs the user to the right place for the care of the child. If the website suggests the child does not need professional medical care, it may still suggest self-care for minor ailments (green), that can be provided at home or via their local pharmacy with over-the-counter treatments. For children rated as amber, parents will be directed to primary care services, or NHS111 if outside normal GP practice opening hours. In cases where urgent or emergency treatment could be required (red), the website will signpost the parent or carer to a nearby Accident and Emergency Department.

With typical waiting times for health services at a record high, the hope is that this new website will provide parents with an alternative way of helping to identify the support they need in a quick and easy way.

Carer Connect Group

April saw the successful launch of 'Carer Connect' - a community initiative to support the carers of Much Wenlock & Cressage Medical Practice. Community & Care Co-ordinator Jo Weaver-Jackson identified the need for the group as so many volunteers and other local initiatives were lost through covid, leaving carers feeling isolated within their own community.

'Face to face contact is fast becoming a thing of the past and that can alienate many patients who are needing reassurance and support in their role as carer. This group aims to restore that, a safe space to share information and try something new'.

Support for the first meeting came from a variety of service providers, including Shropshire Carers, Age UK, the Alzheimers Society, dementia respite professional Karen Cromwell and our newly appointed Admiral Nurse. Special thanks also to the High Sheriff of Shropshire who supported our launch with such enthusiasm. All were available to chat informally over refreshments before Sally Tonge and her magical guitar quite literally lifted the spirits of everyone in the room - a great introduction to the joy of music and what better way to signpost people to local singing groups in the area?

'Carer Connect' will continue to meet on the first Tuesday of the month, thanks to the support of the Much Wenlock Forester Charitable Trust.

HRT PRESCRIPTION PREPAYMENT CERTIFICATE (PPC)

Women experiencing symptoms of the menopause can now access cheaper HRT - the main treatment for menopause symptoms - helping to save hundreds of pounds in prescription charges.

The new HRT PPC being rolled out today (1 April 2023) will reduce prescription costs to just £19.30 per year and can be used against a list of eligible HRT items that includes patches, tablets and topical preparations. Patients can use the HRT PPC as many times as they need across the year.

There are a few different ways to get the HRT PPC:

- online on the NHSBSA website: www.nhsbsa.nhs.uk/hrt-ppc
- in person at some pharmacies
- if you're deaf or hard of hearing, you can use the textphone (or minicom) to contact the NHSBSA using the text relay service. Dial 18001 then the relevant phone number. This will be available from 25 May 2023
- the NHSBSA also offers a telephone translation service and can provide documents in large print or Braille on request

Patients can call 0300 330 2089 for help and support.

To use your HRT PPC, ask your prescriber for your HRT items on a separate prescription to any other medicines you are prescribed (one prescription per item). This is to ensure the prescription can be processed correctly at the pharmacy.

Take your prescriptions and HRT PPC to a pharmacy and use it as many times as you need over 12 months.

Before getting the HRT PPC:

- check that you're not already eligible for [free NHS prescriptions](#) using the eligibility checker on the NHSBSA website
- check that your medicine is covered by the HRT PPC - see the [list of eligible HRT medication](#)
- check whether a [3 or 12-month general PPC](#) is more suitable for you - it covers all NHS prescriptions, not just HRT items, and may be more cost-effective if you are prescribed other medicines as well as HRT

The HRT PPC will be valid for 12 months and there is no limit on the number of times the certificate is used before it expires. You do not need to get it on 1 April 2023 - get it just before your next prescription to maximise your use of it over the year.