

## Welcome to the Patients Association's Weekly News

 [Share](#)

 [Tweet](#)

 [Forward](#)

### Patients Association calls on Health Secretary to protect NHS



Health Secretary Sajid Javid meets NHS staff during a visit to St Thomas' Hospital. Picture by Simon Dawson / No 10 Downing Street.

The Patients Association has today written to the Health Secretary asking him to act now to protect the NHS.

In her letter to Sajid Javid, Chief Executive, Rachel Power, said: “The NHS is running red hot and a crisis is upon us. You cannot stand by while people are dying because they cannot get a hospital bed or ambulance crews are unable to reach them.”

We have asked the Health Secretary to:

- Provide immediate investment in social care
- Request military back up for ambulance services
- Bring in Plan B.

Read our full press release on our website.

[Read our press release](#)

---

## Patient Voice Matters - the new name for the lived experience advisory panel



Our lived experience advisory panel, which we recruited to over the summer and first met in September, has finally named itself.

It's now known as **Patient Voices Matter**. The ten members chose the name because they are all passionate about wanting to share their experiences to make a difference and help patients. Also, all members of the group have struggled to access services and experienced real issues trying to communicate with the health and social services.

One area Patient Voices Matter will be looking into at future meetings is the NHS Constitution. A review of the NHS Constitution is due soon and the group would love to be fully included at the heart of the review process.

In the last session, the group discussed principles 1 and 4, of the constitution: provision of a comprehensive service, available to all; and the patient at the heart of everything the NHS does. The group felt that sections of the NHS could be doing more to live up to these principles.

We'll provide updates on Patient Voices Matter over the coming months, and if it's been a while since you

looked at the NHS Constitution, click on the link below.

[The NHS Constitution](#)

---

## MHP Patient Voice Panel first event



Readers of Weekly News are invited to register for the online event, Shared decision making – is progress threatened by the move towards remote consultations?

The event, on Thursday 18 November, will launch the results of MHP Health's first Patient Voice Panel, which has been brought together through a collaboration with the Patients Association.

The Patient Voice Panel includes patients with long term conditions from all demographics across the UK. The Panel aims to understand lived patient experiences to help inform effective patient engagement strategies.

The event will share patient insights on the debate around remote consultations vs in person care, looking closely at the challenges to shared decision making in a digital world.

The event will bring together patients, professional bodies and the pharmaceutical industry, together with patients who participated in the MHP/ Patients Association Patient Voice Panel. Our Chief Executive Rachel Power is one for the speakers.

To register for the event, which is on 18th November, from 5:00-6:00pm, on Zoom, please email [mhp.events@mhpc.com](mailto:mhp.events@mhpc.com).

---

## Event: Shared decision making: a reality for everyone?



If attending the MHP Patient Voice Panel event next week makes you want to learn more about shared decision making and contribute to the debate, join our event on 24th November.

We've released more tickets for, Shared decision making: a reality for everyone? after the event 'sold out' last weekend; apologies if you tried and couldn't book a space. Please try again.

We've speakers from the National Institute for Health and Care Excellence (NICE), NHS England & NHS Improvement, the Winton Centre for Risk & Evidence Communication, as well as patient/carers.

You can register to join the event below.

[Register for Shared decision making: a reality for everyone?](#)

---

**Self care week starts on Monday**



Self Care Week is the annual national event to raise awareness of what we can all do to improve our physical health and mental wellbeing. This year, the theme is Practise Self Care for Life.

The charity, the Self Care Forum, organises Self Care Week and is encouraging people to use the week to think about how we live our lives and maybe make small changes that will help us take better care of ourselves and our families. Those changes could be looking at what we eat or drink, or how much exercise we do or how much sleep we are getting. They could be about our work life balance, and staying connected to friends and family.

If you're looking for where to start getting information on what steps to take to look after you and your family try the [NHS website](#) The Self Care Forum also has some [useful fact sheets](#).

Self Care Week is the annual national event to raise awareness of what we can all do to improve our physical health and mental well-being. This year, the theme is Practise Self Care for Life.

The charity, the Self Care Forum, organises Self Care Week and is encouraging people to use the week to think about how we live our lives and maybe make small changes that will help us take better care of ourselves and our families. Those changes could be looking at what we eat or drink, or how much exercise we do or how much sleep we are getting. They could be about our work life balance, and staying connected to friends and family.

If you're looking for where to start getting information on what steps to take to look after you and your family try the [NHS website](#). The Self Care Forum also has some [useful fact sheets](#).

---

**From the helpline**  
**What to take to your booster jab**



Thomas\* called our helpline to ask what he needed to take with him to a walk-in centre to get his booster jab.

He'd had a look on the NHS website but hadn't found the information he needed. Our adviser helped Thomas find his way around the website site to find the appropriate page.

The NHS website recommends people attending for the booster jab take their COVID vaccination card from their first two jabs, their NHS number, if they have it, a face covering and, if you've booked your booster, the booking reference.

\*Name changed to protect privacy.

To contact our helpline team, call 0800 3457115 between 9.30am and 5pm on weekdays or email [helpline@patients-association.org.uk](mailto:helpline@patients-association.org.uk). See [our website](#) for more ways to get in touch.

---

## What our team is reading this week

['Lives being lost' due to Scottish ambulance waiting times](#)

[Covid Scotland: Nursing staff back industrial action over pay](#)

[Doctors say patients are 'dying in ambulances and waiting rooms' because of 'shocking' A&E overcrowding](#)

---

[Health trust boss says 'one in five' NHS staff in Northern Ireland are still not fully vaccinated](#)

[Black women four times more likely to die in childbirth](#)

---

## About Us

Our purpose is to ensure that everybody can access and benefit from the health and care they need to live well, by ensuring that services are designed and delivered through equal partnership with patients.

Our strategic focus for 2021-25 is patient partnership in the design and delivery of health and care services.

We are a registered charity raising all our own funds. If you'd like to support our work for all patients and make a difference, please [donate or consider making a regular donation](#). Thank you.



*Copyright 2021 The Patients Association, All rights reserved.*

You are receiving this email because you subscribed to the Patients Association Weekly News. If you no longer wish to receive it and wish to unsubscribe, please follow the links contained in this email.

**Our mailing address is:**

The Patients Association  
PO BOX 935  
London, England HA1 3YJ  
United Kingdom