

Healthy Living Project Plymouth



Newsletter



WORLD CAFÉ EVENT: YOUR THOUGHTS!

The World Café Event held at Boringdon Park Golf Club in November was a real success!

Over 90 people attended the event, where we asked you questions on what you would like to see in the Plymouth Healthy Living Project (HLP)

You all said that you would recommend the workshop to someone else. You enjoyed the interactive sessions where we used the tables to capture your thoughts and opinions on what you would like to see in the Plymouth HLP.

Debra Laphorne (Plymouth Public Health) was really well received by you, with many commenting positively on her presentation. Debra spoke about the huge life expectancy difference between people living in Woolwell and Devonport (approximately 14 years). This shocked many of you who said “The presentation landed the point of why Healthy Living Pharmacies are so important”, and “The gap between Woolwell and Devonport needs to be closed!!”

You asked us to provide you more detail of what Healthy Living Pharmacies are all about, and many wanted to know where more information could be found (see below).

Lastly, it was wonderful to see 46 out of 54 people (85%) said you were “very likely” or “likely” to become a Healthy Living Pharmacy. **Thank you to all who attended.**



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WHAT IS A HEALTHY LIVING PHARMACY?

NHS Portsmouth developed and implemented the Healthy Living Pharmacy (HLP) concept during 2009/10 and has since seen quality and productivity improvements in community pharmacy services.

With around 50% of the contractors in Portsmouth having now received the HLP Quality Mark, the public are enjoying better access to health and wellbeing services including stop smoking, alcohol interventions, emergency hormonal contraception, Chlamydia screening, NHS health checks and targeted respiratory Medicine Use Reviews.

The interim outcomes achieved in Portsmouth (September 2010) have impressed many and interest in the concept

and the way it is being implemented has attracted interest across the UK.

The initiative has interested government officials with mentions in NHS Public Health 2010-2015 from Good to Great. Preventative, People-centered, Productive and the White Paper, “Healthy Lives, Healthy People: our strategy for public health in England”.

For more information we recommend you see:

<http://www.pompey-pharmacies.info/>

http://www.psn.org.uk/news.php/1104/twenty_healthy_living_pharmacy_pathfinder_sites_announced

HEALTHY LIVING PHARMACY



YOUR WISHES AND IDEAS ON HEALTHY LIVING PHARMACIES IN PLYMOUTH

At the World Café Event we asked you what you wanted to see in the Plymouth HLP pilot. This is an important exercise as **what you have told us will form the foundation of the Plymouth HLP Prospectus.**

We asked a number of questions to identify your key wishes and ideas for what you wanted to see in your Healthy Living Pharmacy.

Below are some of your great ideas!!



THE QUESTIONS:

What would you hear and feel in a HLP?

- All staff signed up to it - e.g. staff wearing a badge with "Feel free to ask me about Healthy Living Pharmacies"
- Media - posters, leaflets focusing on health promotion rather than illness
- Promotions - various ways, media, posters, leaflets focusing on health promotion rather than illness

What two HLP services will be put forward to evaluate?

- Diabetes risk checks (to address PCT priority of health inequalities)
- Alcohol (but could be difficult to approach)
- Weight Management/exercise

What help would you need to deliver a HLP in your pharmacy?

- Quality training and help to deliver promotion to change behaviours of customers
- Guidelines and localized signposting - to ensure pharmacy aware of local services
- Toolkits for specific areas and materials
- Cue cards/surveys
- On-line forum - sharing learning and best practice

How will your Healthy Living Pharmacy support the needs of your community?

- It is about putting the word community back into pharmacy
- Colleague knowledge with levels of intervention - a different approach
- Good rapport - get to know your customers needs
- Basing discussion on what customers are telling you

THE NEXT STEPS AND PROJECT TIMELINES

We are aiming to have the first Plymouth pharmacies awarded the Healthy Living Pharmacy Kitemark by the end of March 2012.

The first step will be for us all to agree on the framework, requirements and quality standards that Healthy Living Pharmacies in Plymouth will achieve, which will be based on what you told us at our World Café event.

You can expect to receive a prospectus setting all of this out by the 6th January 2012. Included with the prospectus will be an application form for you to complete and send into the Healthy Living Pharmacy team. The first training sessions for pharmacists and their teams will take place from mid February through to March. As the project develops more information will be put on the LPC Website (www.devonlpc.org) and the PCT website at www.plymouthpct.nhs.uk

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www.devonlpc.org